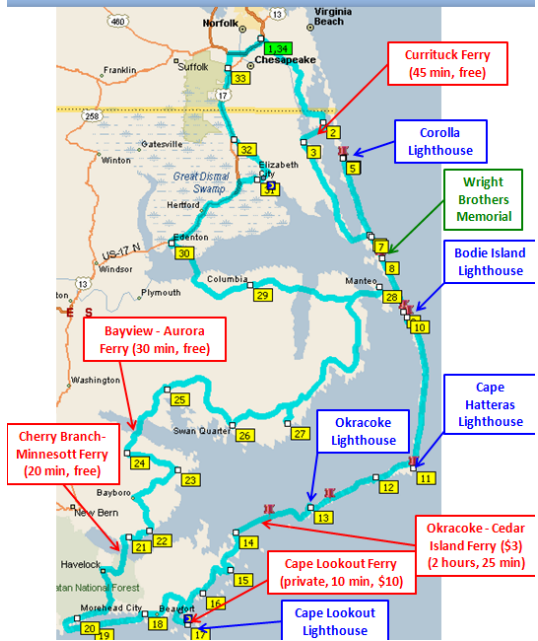
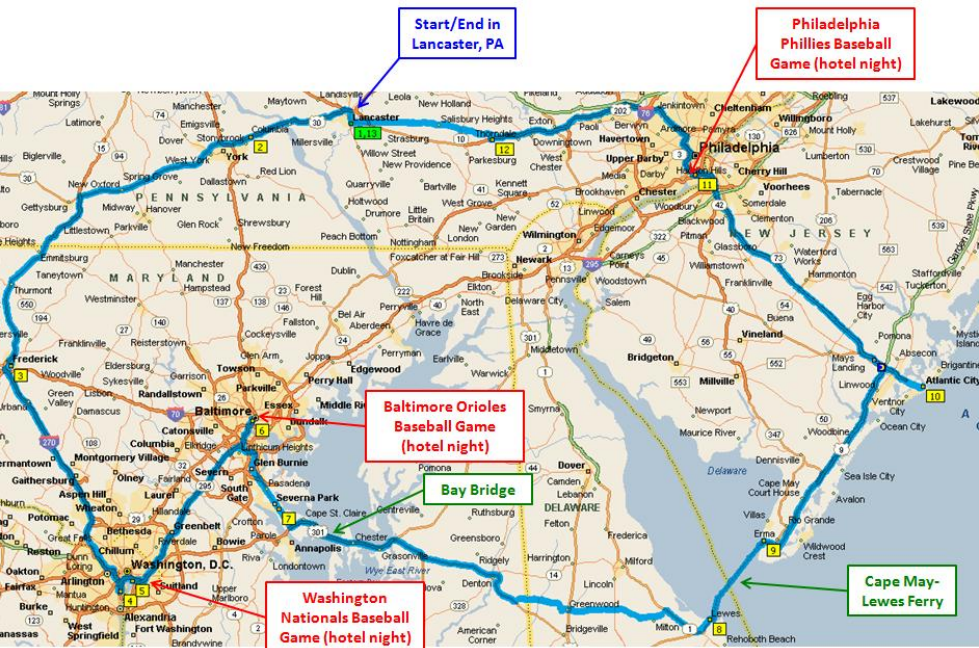


**Grand Canyon/Southern Utah**

**Bike Tour  
Ideas for  
2012**  
Saturday, May 12 –  
Saturday, May 19



**Outer Banks, NC**



**A Tale of Three Cities**



**Florida Keys  
& Everglades**

## Southern Utah/Grand Canyon

- Sat, May 12 – Sat, May 19 (or start a couple of days earlier if necessary)
- 524 miles (CCW direction)
- Ship bikes to bike shop in Page, AZ
- Several motels in Page, AZ for start and end of the trip
- See more details on next slide
- Modeled somewhat after a commercial tour:

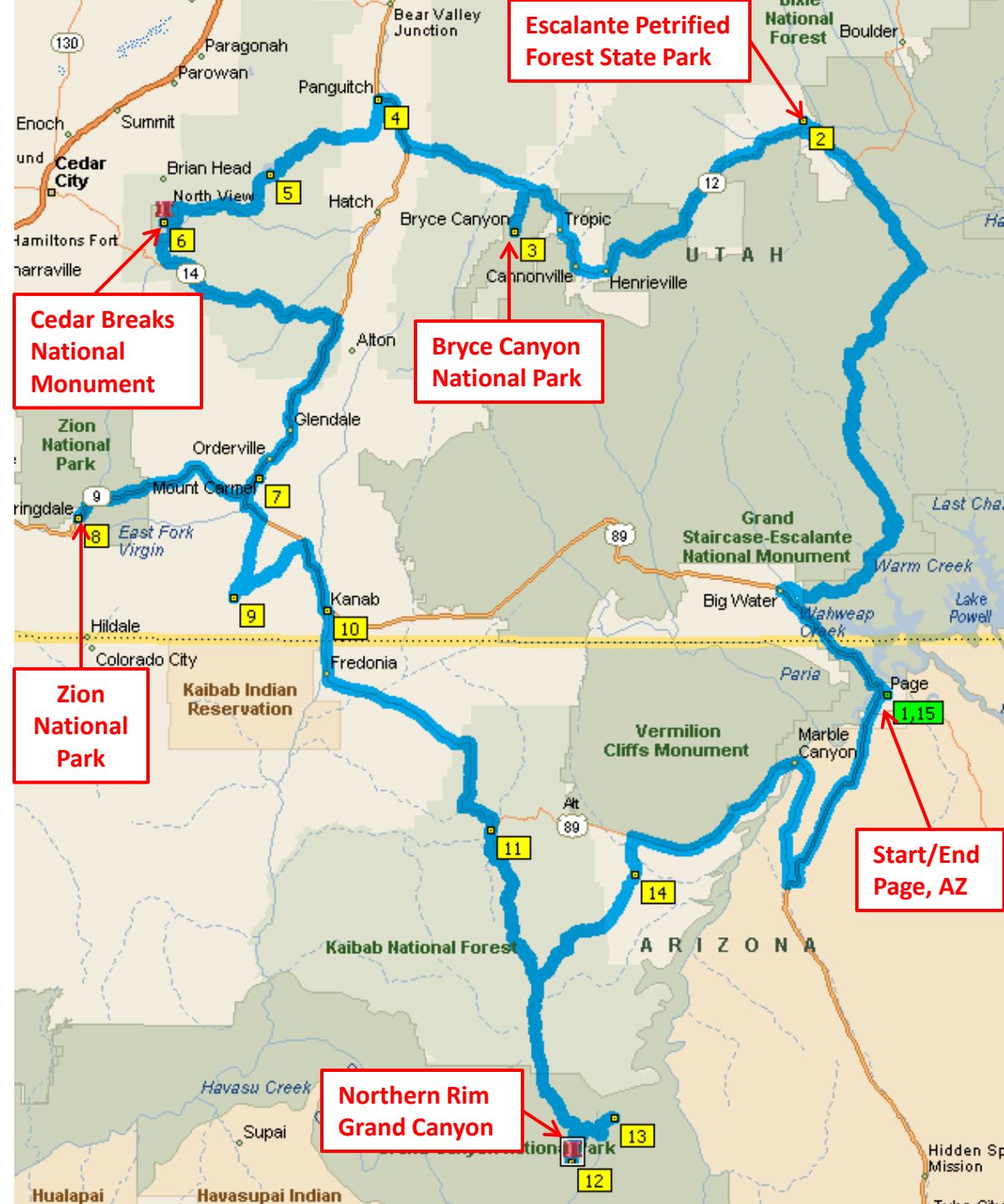
<http://www.escapeadventures.com/activity/road-cycling/cycling-bryce-zion-and-the-grand-canyon>

### Pros

- Wow! What a trip! Unparalleled scenery.

### Cons

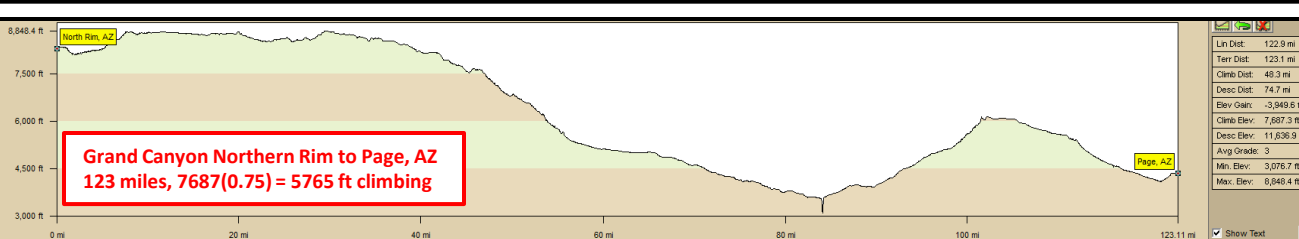
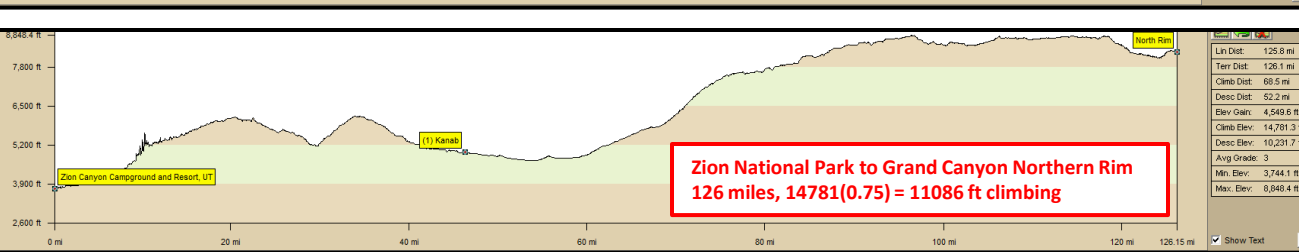
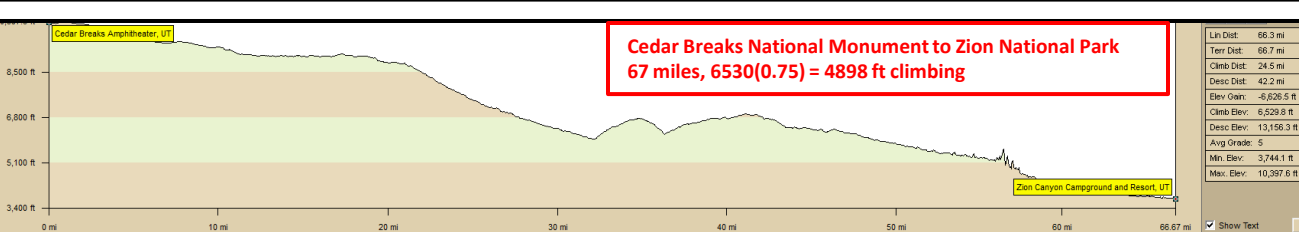
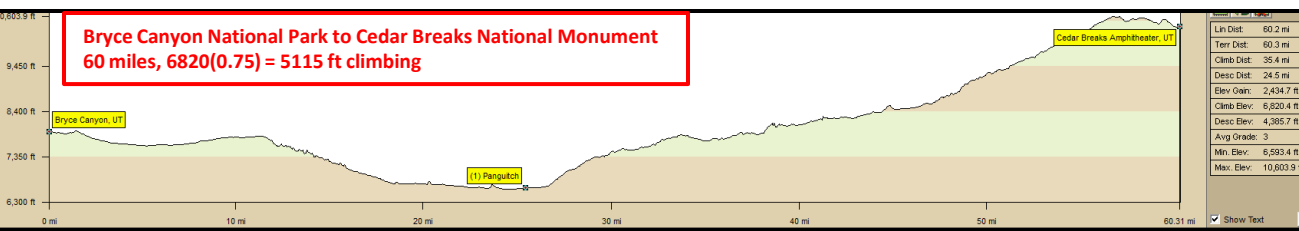
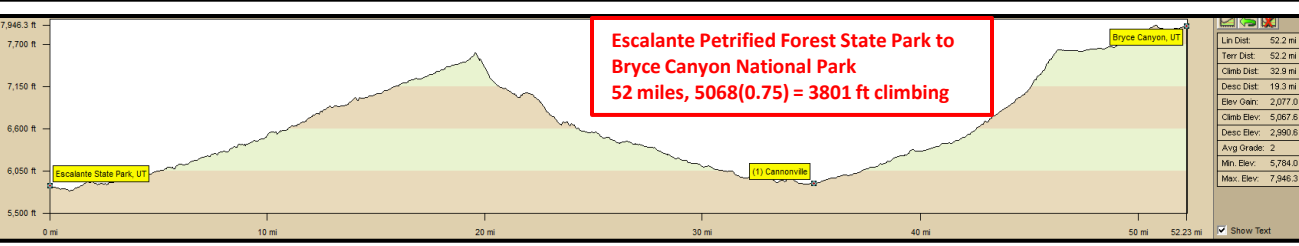
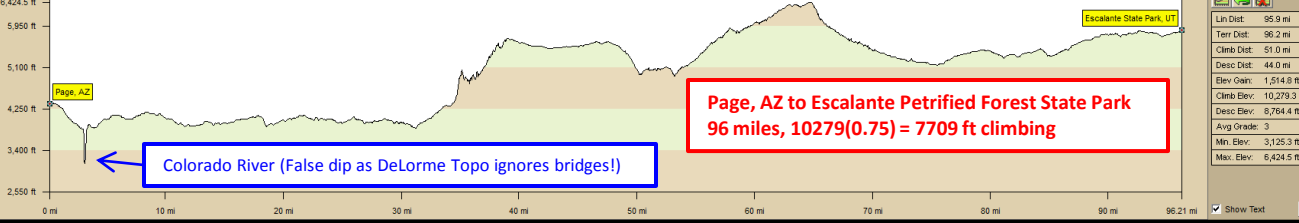
- Travel cost
- Cost to ship bikes
- Temperatures may be quite cold at high elevations
- Lots of climbing (38,373, but still much less than the BRP!)



# Southern Utah/Grand Canyon

## Elevation Profiles

- These profiles do not relate to days of the trip. Camping spots will be selected later.
- DeLorme Topo was used to generate the elevation profiles. It tends to run about 25% high, so the values shown on the map have been reduced.
- Total distance: 524 miles
- Total vertical climbs: 38,373 ft
- Compare this to 60,000 ft of climbing in 570 miles when doing the BRP/Skyline Drive



# Southern Utah/Grand Canyon

## Temperatures

- Temperatures can be quite low at high elevations in May.
- I found that a commercial tour in this area runs their first tour of the year on May 15 (SAG tour, but they do camp). See link on previous slide.
- Elevations on the trip run from 3744 ft to 10,600 ft.

Location	Elevation (ft)	Average low temperature in May	Average high temperature in May
Page, AZ	4,344	54	68
Escalante State Park	5,849	42	76
Bryce Canyon	7,950	31	68
Panguitch, UT	6,627	31	50
Cedar Breaks	10,600	27	53
Zion National Park	3,744	37	51
Grand Canyon Northern Rim	8,312	34	62



## Southern Utah/Grand Canyon



### Bryce Canyon

- Two campgrounds (North & Sunset) – only \$15 for 3 tents/10 people per site
- Canyon Lodge (Visitor Center)
- Bryce Amphitheater (geological wonder)
- Cycle to Sunrise, Sunset, Inspiration and Bryce viewpoints
- Hike the Navajo Trail (entrance pictured on the right)
- Pictures from [www.nps.gov/brca/photosmultimedia](http://www.nps.gov/brca/photosmultimedia)





## Southern Utah/Grand Canyon

### Zion Canyon

- Two campgrounds (Watchman, South) - \$16/site.
- Zion Lodge serves breakfast, lunch, and dinner. Also has rooms, suites, cabins, and a gift shop
- Cycle Zion Canyon Scenic Drive
- Visitor Center & History Museum
- Pictures from [www.nps.gov/brca/photosmultimedias](http://www.nps.gov/brca/photosmultimedias)





## Southern Utah/Grand Canyon

### Cedar Breaks

- Incredible views from over 10,000 ft
- Snow is common until late May, so we will have a backup plan
- Campground doesn't open until late June!
- Visitor Center
- Scenic Drive (UT148) open late May until Nov
- Pictures from [www.nps.gov/cebr/photosmultimedia](http://www.nps.gov/cebr/photosmultimedia)





## Southern Utah/Grand Canyon

### Grand Canyon – Northern Rim

- Highway to canyon ends at Grand Canyon Lodge & Visitor Center. Lodging, dining, deli, saloon.
- Visitor Center opens in mid-May (shown right)
- Bright Angel Point Trail – 0.5 mi from Visitor Center to spectacular view of the canyon (shown below)
- North Rim Campground (store, showers)
- May need to check opening dates when it gets closer and have a backup plan.
- Pictures from [www.nps.gov/grca/photosmultimedia](http://www.nps.gov/grca/photosmultimedia)





## Southern Utah/Grand Canyon

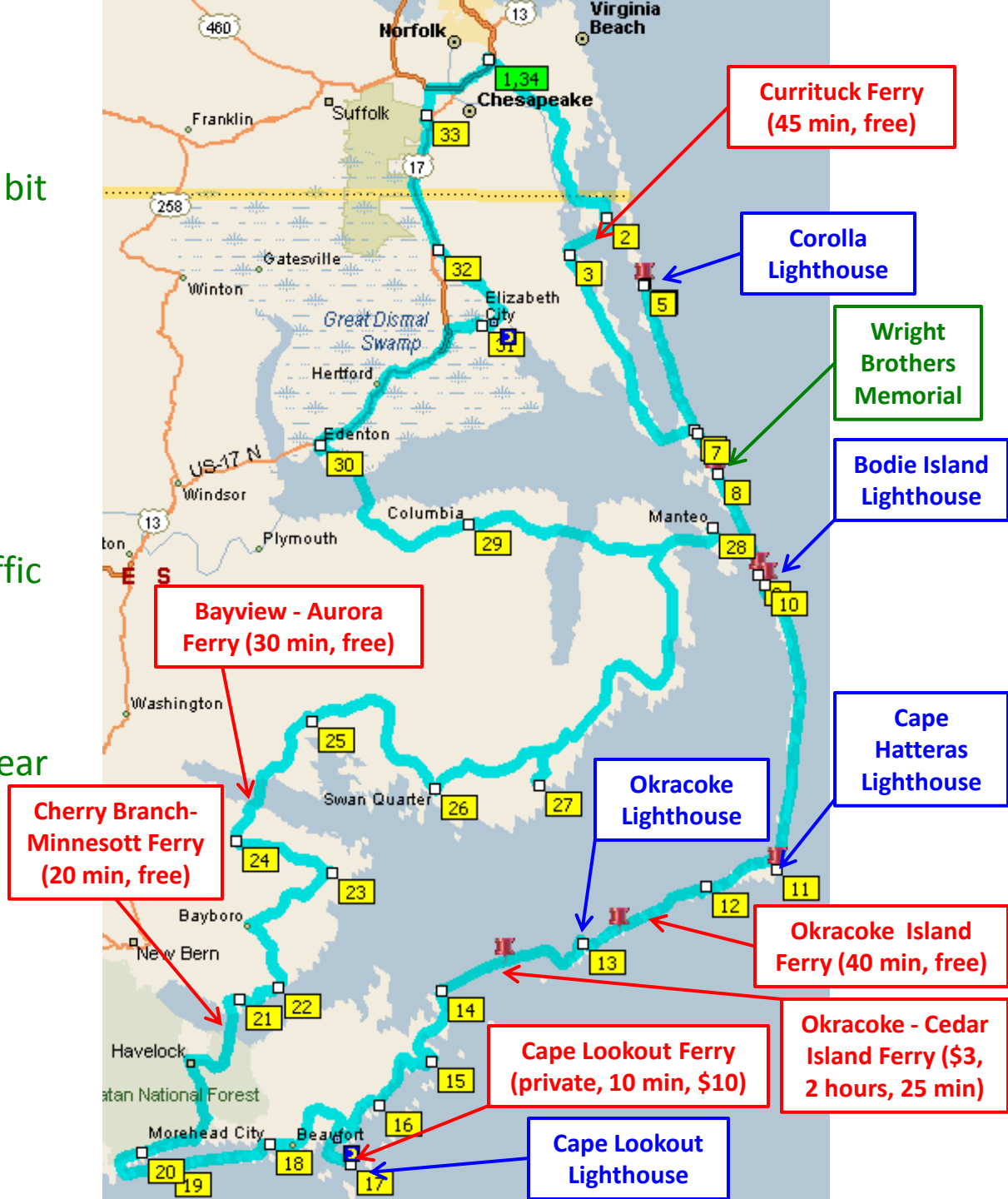
### Escalante Petrified Forest State Park

- Wide Hollow Campground - on the shore of Wide Hollow Reservoir (canoes for rent)
- Petrified Forest trail next to campground
- Visitor Center & Museum
- Restaurants in nearby Escalante, UT
- Pictures from <http://stateparks.utah.gov/parks/escalante/>



# Outer Banks, NC

- Sat, May 12 – Sat, May 19
- 653 miles (CW direction)
- Might be able to shorten route a bit if necessary
- 6 ferries
- 5 lighthouses
- Many long bridges
- Endless beaches!
- Nice temperatures
- No climbing!
- Just before tourist season, so traffic shouldn't be too bad
- Seafood! (Crabcake Tour II)
- Wild horses can often be seen in Corolla and Shackleford banks (near the Cape Lookout Lighthouse)





**Outer Banks, NC**



**Bonner Bridge over Oregon Inlet (2.5 mi)**



**Wright Memorial Bridge (3 mi)**



**Virginia Dare Memorial Bridge (5.2 mi, bike-friendly with bicycle overlook at highest point)**



**Washington Baum Bridge (1.05 mi, 82 ft high, 4% grade)**



**Albemarle Sound Bridge (3.5 mi)**



**Lindsay Warren Bridge over Alligator River (2.8 mi)**



**B. Cameron Langston Bridge  
(0.9 mi long, 65 ft high)**



**Atlantic Beach – Morehead City Bridge  
(bike friendly design, 0.75 mi)**





**Currituck Beach  
Lighthouse**



**Bodie Island  
Lighthouse**



**Hatteras  
Lighthouse**



**Okracoke  
Lighthouse**

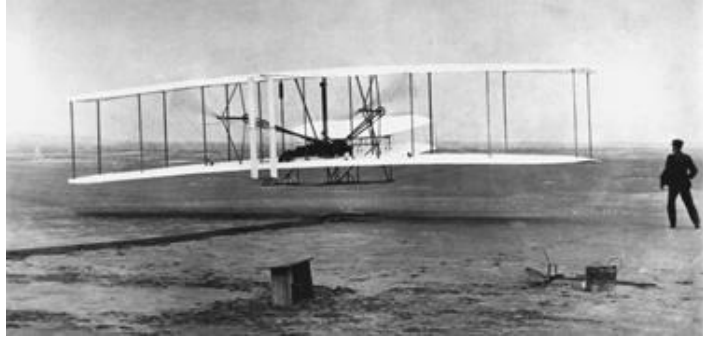


**Cape Lookout  
Lighthouse**

**Outer Banks, NC**



**Horses on the beach in Corolla**



**Wright Brothers Memorial – Kill Devil Hill**



**Okracoke Ferry**

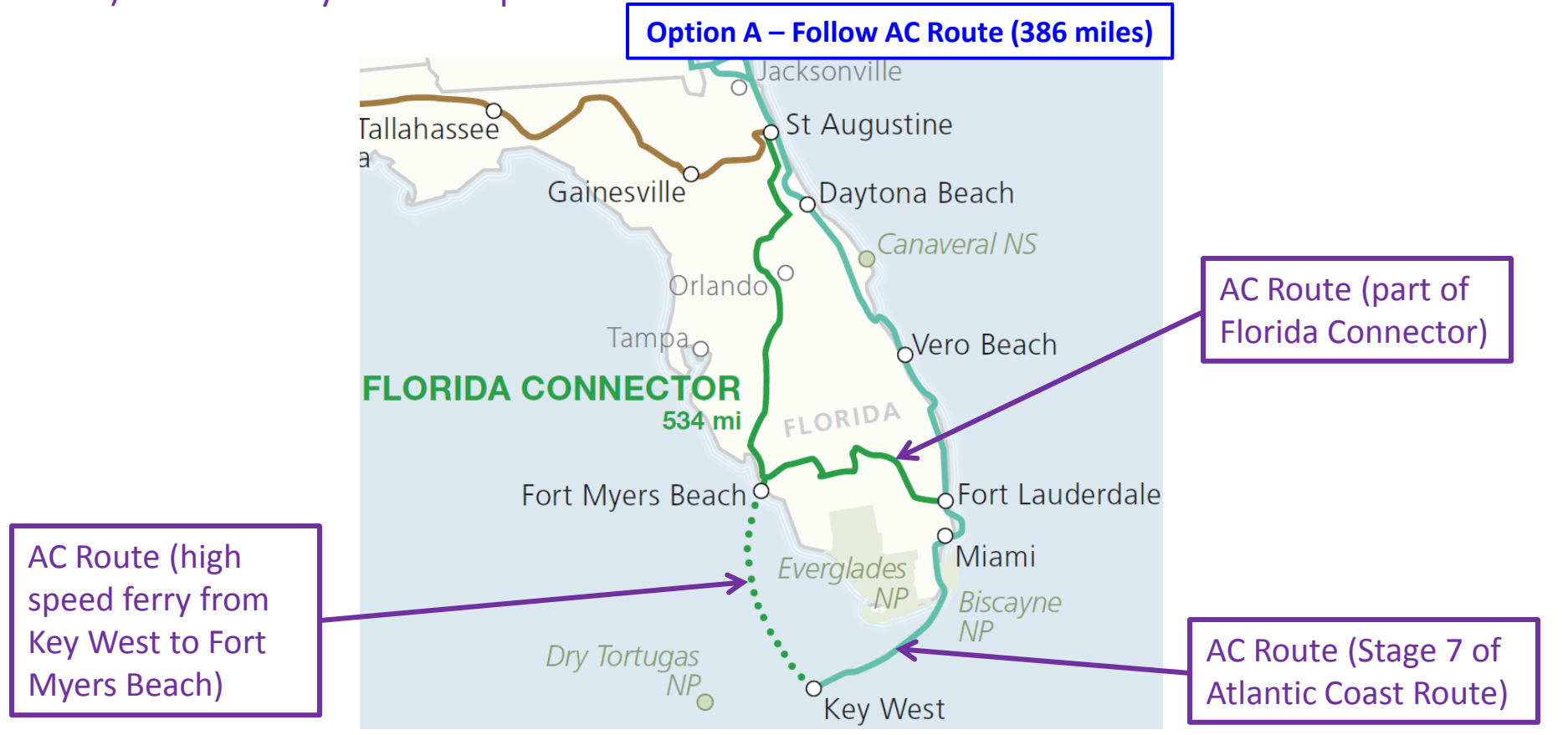


**Endless beaches**



# Florida Key & Everglades

- Sat, May 12 – Sat, May 19
- Based on Adventure Cycling (AC) route (386 miles from Ft. Myers Beach to Fort Lauderdale to Key West and then the ferry back to Ft. Myers Beach)
- Option: Adjust route to include most of the 110 mile trail (2/3 paved) around Lake Okeechobee.
- Option: Adjust route to see more sites in the Everglades
- End the tour with a high speed ferry from Key West to Ft. Myers (3.5 hours, \$86 + \$17 for bike) – Leaves Key West at 6pm.



# Florida Key & Everglades

• Sat, May 12 – Sat, May 19

**Option B – Visit more places in the Everglades (390 miles)**

Ferry from Key West to Ft. Myers Beach





# Florida Key & Everglades

- Sat, May 12 – Sat, May 19

**Option C – AC Route + Lake Okeechobee (390 miles)**

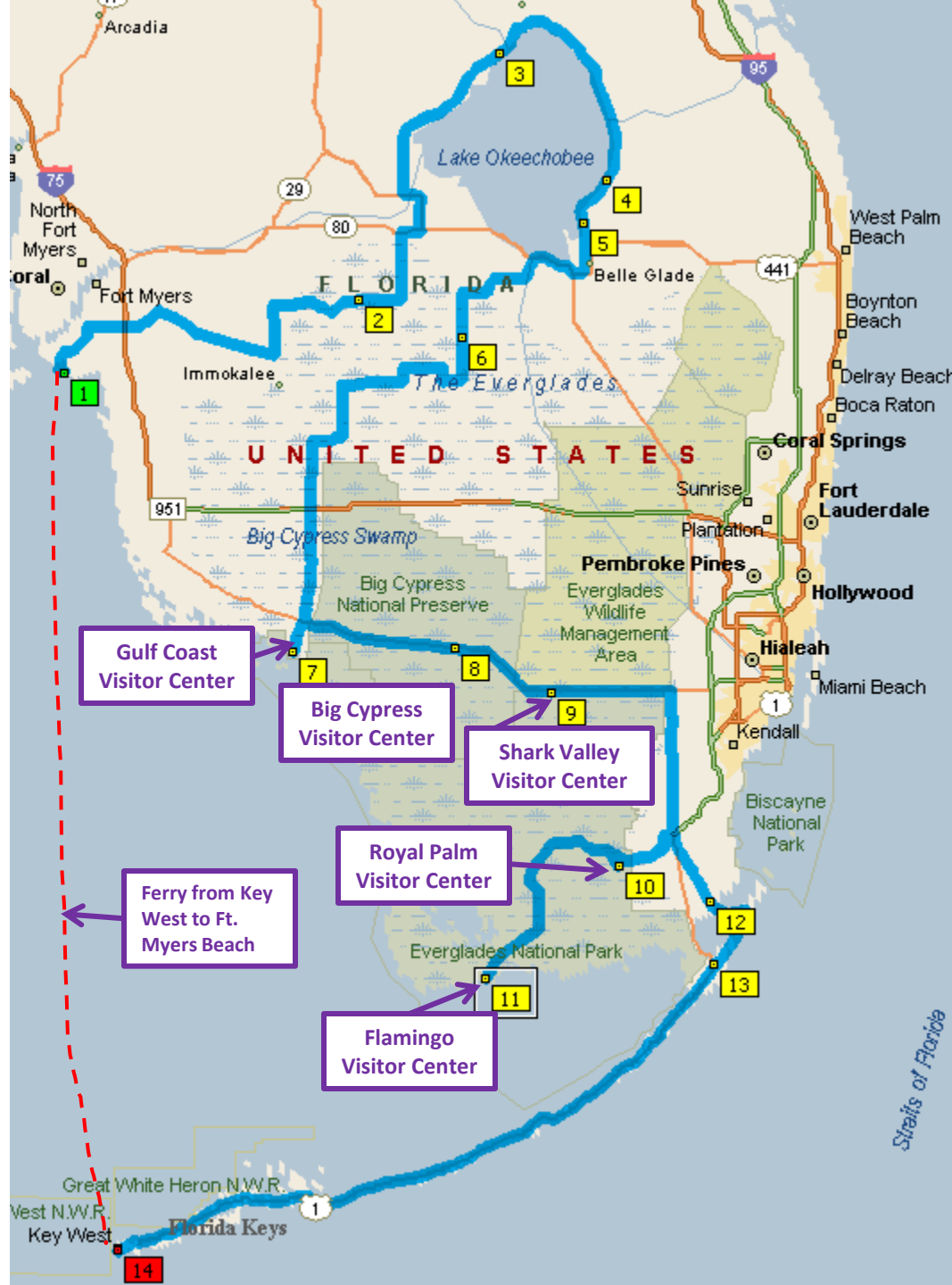
Ferry from Key West to Ft. Myers Beach



# Florida Key & Everglades

• Sat, May 12 – Sat, May 19

**Option D – Lake Okeechobee + Everglades + Florida Keys (591 miles)**  
**(my favorite Florida option)**





## Florida Key & Everglades

**Key West**  
Express

<http://www.seakeywest.com>

- Key West – Fort Myers Beach High Speed Ferry
- 3.5 hours
- \$86 + \$17 for bike
- Leaves Key West at 6pm (ticketing & boarding begin at 5pm)
- Probably finish the trip by taking the ferry on Saturday, May 19 (although Friday night is a possibility)



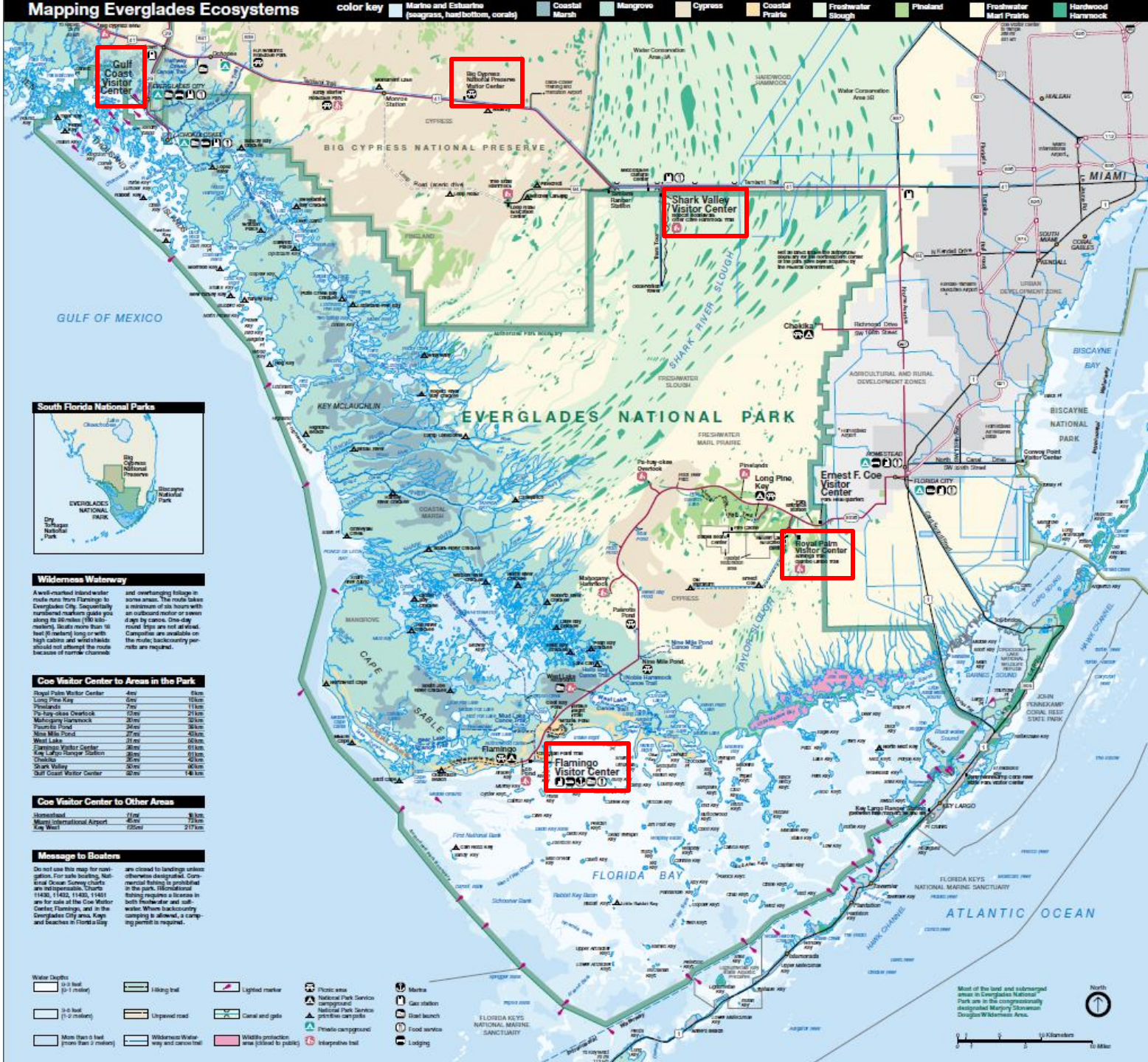




# Florida Key & Everglades

## Map of the Florida Everglades

Visitor Centers boxed in red



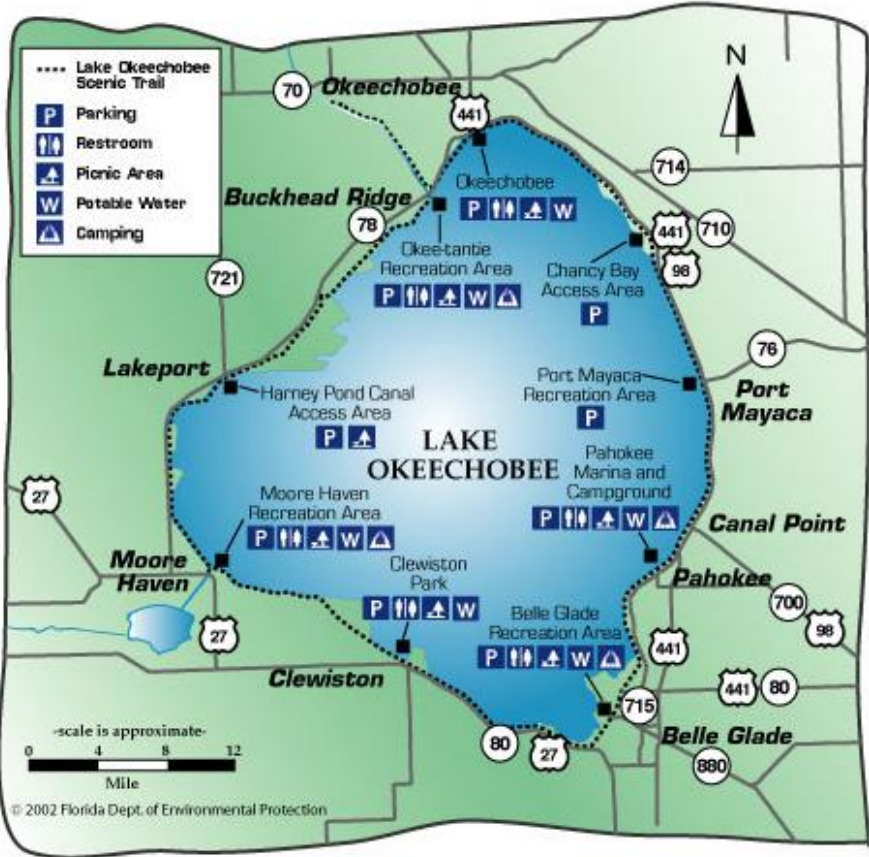


# Florida Key & Everglades

## Lake Okeechobee Scenic Trail

Designated as a segment of the Florida National Scenic Trail, this trail circles the second largest freshwater lake in the contiguous United States. The trail itself is located atop the Herbert Hoover Dike, which surrounds the lake for flood protection, and provides views ranging from scenic lakeside to working agricultural landscapes. It also takes users near and through communities that are at the heart of agriculture in this part of the state, such as Clewiston and Belle Glade. The area affords opportunities for viewing wildlife, particularly in fall and winter, when birds such as herons, egrets, and a variety of wintering waterfowl are abundant. And of course, fishing opportunities are endless.

Navigate Guide ▾



**Major Activities**

**Mileage:** 110 - 62 miles paved  
- 48 miles unpaved

**Trail Length/Surface:**  
Unpaved, typically double-track gravel; approximately 110 total miles

**Fee:** None

**Counties:** Okeechobee, Martin, Palm Beach, Hendry, Glades

**Nearby Cities:** Belle Glade, Clewiston, Okeechobee, Pahokee, Moore Haven

© 2002 Florida Dept. of Environmental Protection



# Florida Key & Everglades

**Florida Keys:** A 126-mile span connecting a chain of over 100 coral and limestone islands connected by 42 bridges.



Card Sound Bridge – Key Largo



Pigeon Key Bridge



Seven Mile Bridge between Ohio Key and Knight's Key

# A Tale of Three Cities

- Sat, May 12 – Sat, May 19
- 8 days, 478 miles
- 5 states: PA, MD, VA, DE, and NJ
- Begin and end in Lancaster, PA (I would have started in DC, but the baseball schedule didn't work.)
- Three major cities: Washington DC, Baltimore, and Philadelphia
- Three major league baseball games at all three cities - night games. (Attendance optional, but it should be fun!)
  - Mon, May 14 – Washington vs San Diego
  - Tues, May 15 – Baltimore vs New York
  - Fri, May 18 – Philadelphia vs Boston
- Include a full day touring DC:
  - Mt. Vernon Trail, Capital Crescent Trail, Georgetown Trail, Rock Creek Park
  - Washington Monument, White House, US Capitol, Jefferson Memorial, Lincoln Memorial, National Mall, Washington Zoo, and more
- Option to arrive one day early for a tour of Lancaster, Pa (Amish country)
- Visit Annapolis (remember Chick N Ruths?)

- Get transported across the Bay Bridge near Annapolis (\$10)
- Cycle the Baltimore-Annapolis Bike Trail (13 miles long)
- Take the Cape May-Lewes Ferry (\$10, 1.5 hours) from DE to NJ
- Probably stay in hotels for the 3 games nights and camp the other 4 nights

## Approximate Schedule:

- Fri, May 11: Optional tour in Lancaster, PA
- Sat, May 12: Lancaster, PA to Frederick, MD (camp)
- Sun, May 13: Frederick, MD to Washington DC (camp)
- Mon, May 14: Tour of Washington DC, Baseball game (hotel)
- Tues, May 15: Washington DC to Baltimore, baseball game (hotel)
- Wed, May 16: Baltimore to Annapolis to somewhere on MD/DE eastern shore (camp)
- Thurs, May 17: Continue to Cape May-Lewes Ferry then to Atlantic City, NJ (camp)
- Fri, May 18: Atlantic City, NJ to Philadelphia, baseball game (hotel)
- Sat, May 19: Philadelphia to Lancaster, PA



# A Tale of Three Cities

Start/End in Lancaster, PA

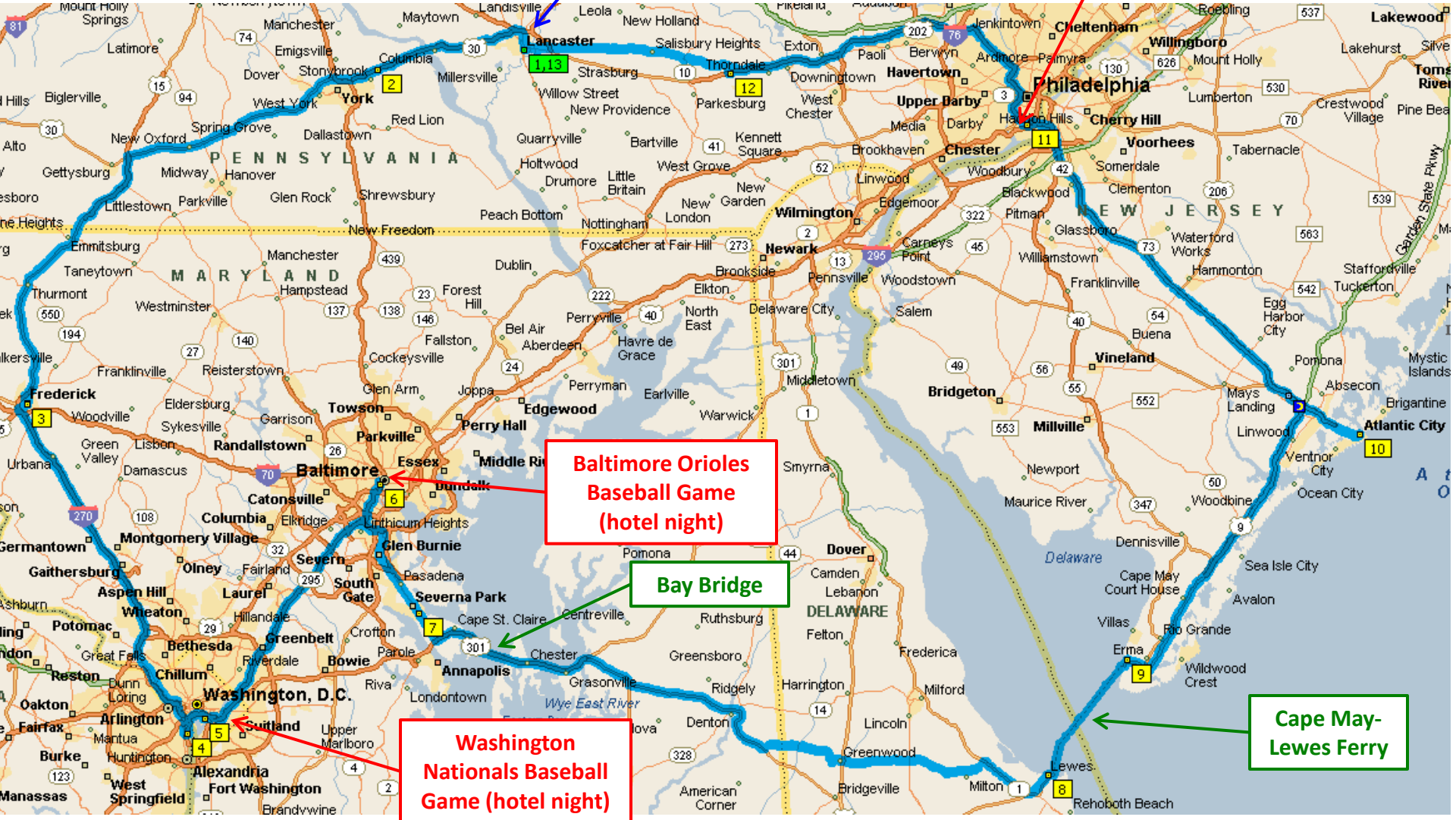
Philadelphia Phillies Baseball Game (hotel night)

Baltimore Orioles Baseball Game (hotel night)

Washington Nationals Baseball Game (hotel night)

Bay Bridge

Cape May-Lewes Ferry



# A Tale of Three Cities

**Washington DC** is a great place to cycle. In addition to bike lanes on many streets, there are some outstanding paved bike trails. Check out the 40-mile route shown.

Capitol Crescent Trail

Georgetown Trail

Rock Creek Park Trail

Washington DC Zoo

White House

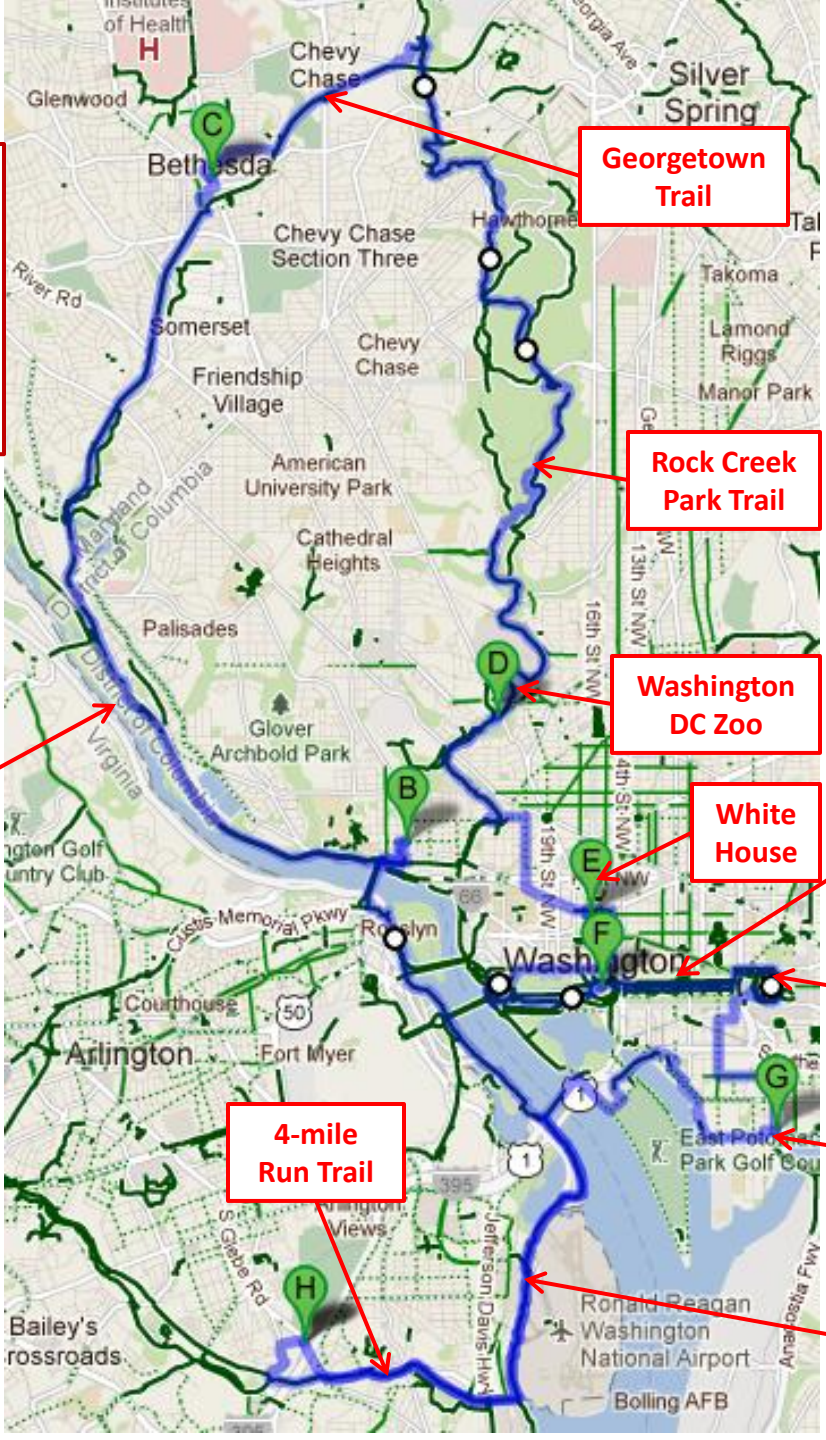
National Mall - Smithsonian

Washington Monument

Washington Nationals Stadium

Mt. Vernon Trail

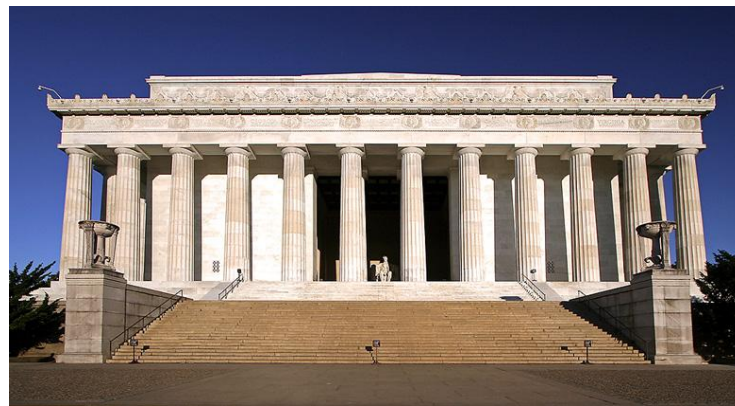
4-mile Run Trail






# A Tale of Three Cities

The best way to see DC is by bicycle!



 Smithsonian  
*National Zoological Park* | Friends of the  
National Zoo

 **VISIT**  
FREE ADMISSION

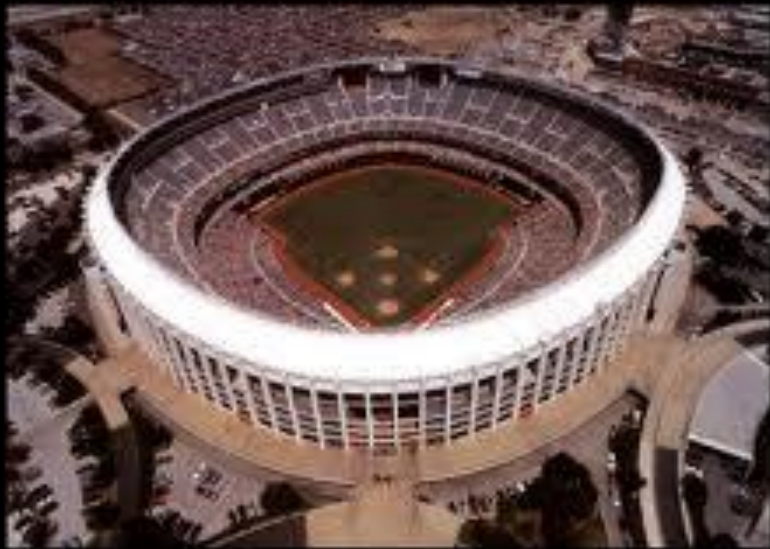




# A Tale of Three Cities



- Mon, May 14 – Washington Nationals vs San Diego Padres
- Tues, May 15 – Baltimore Orioles vs New York Yankees
- Fri, May 18 – Philadelphia Phillies vs Boston Red Sox
  
- Washington Nationals stadium has free bike valet parking. It is easy to cycle to the stadium (I have cycled to night games twice.)
- All stadiums have easy access via metro.



**VETERANS STADIUM**  
PHILADELPHIA  
FIRST NIGHT GAME APRIL 9, 1981  
SEA WIDE CHARITABLES



**BALTIMORE**  
FIRST NIGHT GAME APRIL 9, 1981  
SEA WIDE CHARITABLES



# A Tale of Three Cities



- ## Cape May - Lewes Ferry
- Lewes, DE to Cape May, NJ
  - 17-mile, 85-minute cruise
  - Ferry holds 100 cars & 1000 people
  - Passengers \$10 each (no extra fee for bikes)
  - Ferries depart Lewes at 9:15 AM, 12:45 PM, 4:15 PM, and 7:45 PM

