

Rocky Mountain Multisport Tour

An Epic Inn-to-Inn Hiking, Mountain Biking, Whitewater Rafting, and Rock Climbing Adventure

Rocky Mountain National Park and surrounding wilderness areas are the showstoppers of the West! Emerald lakes, wildflower meadows and old growth forests complement stunning 14,000' peaks. And the wildlife here is just as amazing! Marmot to moose and elk to bighorn sheep fill our travels as we venture well above tree line through our country's highest national park and the most spectacular region of the Rocky Mountains.

Suited to a variety of abilities and interests, mix it up with spectacular alpine hiking, off-the-beaten-path biking, world-class rock climbing and whitewater rafting or kayaking on the mighty Colorado River. In the evenings, relax in the comfort of charming inns, dine in renowned restaurants and share stories with newfound friends.

Day 1. Hike Flagstaff Mountain, Winter Park Mountain Lodge (970-726-4211 / private baths)
<http://www.winterparkhotel.com/index.html>

Our group assembles in the sitting room of the Hotel Boulderado at 8:00 a.m. After a short orientation, we hike one of Boulder's most scenic footpaths, Gregory Canyon en route to Flagstaff Summit. Our walk takes us into the foothills of the Rockies and along the base of the spectacular, jagged rock formations known as the Flatirons. We then proceed up Flagstaff Mountain and spectacular views of Boulder below. Welcome to the Rocky Mountains!

After a scenic shuttle into the heart of the Rocky Mountains, we arrive in the ski resort town of Winter Park for a warm-up bike ride along the river in this beautiful valley.

Our home-away-from-home for the next two nights is Winter Park Lodge, complete with the best micro brewery in town, an indoor swimming pool, two 10-person hot tubs, sauna and more!

- Gregory Canyon and Flagstaff Mountain Hike [5 miles; 1400 feet of elevation gain and loss]
- Winter Park Mountain Biking [5-10 miles of relatively flat terrain]

Day 2. Mountain Bike Winter Park, Winter Park Mountain Lodge

Indulge in a fat tire fantasy as we ride the nationally acclaimed Winter Park Mountain Bike Trail System. The area offers endless miles of designated trails, eight major loop trips and access to miles of scenic logging roads. The same trails that delight skiers in the winter become a mountain biker's summer playground. These trails are some of our favorites and a few hours spent biking here is an experience not to be forgotten. This evening relax in the pool or hot tub at our lodge or venture into town to sample some high country nightlife.

- Winter Park Mountain Biking [up to 20 miles, distances and elevation changes variable]

Day 3. Whitewater Raft the Colorado River, Black Bear Lodge (800-563-4340/ private baths)
<http://www.blackbeargrandlake.com/>

Today we switch to paddle power and head to the mighty Colorado River. This section of the Colorado winds through Lower Gore Canyon, a beautiful and remote region accessible only by boat. We grab our paddles and hop in our rafts for an exciting adventure and experience the Rockies from a very different perspective. Highlights along the river include historic cabins and natural hot springs.

- Lower Gore Canyon Rafting [Class II-III rapids]

Day 4. Hike Old Ute Trail and Drive Trail Ridge Road, Baldpate Inn (970-586-6151 / shared baths)
<http://www.baldpateinn.com>

Today we hike through the fragile alpine tundra with its delicate forget-me-nots and microscopic plants. More than one-fourth of the plants located here are also found in the Arctic. Our hike ascends along the western slopes of Rocky Mountain National Park from Poudre Lake to the alpine visitor center atop Trail Ridge Road, America's highest continuous paved highway at 12,100-feet.

Descending from this "rooftop of the world" we enter Estes Park, the eastern gateway to Rocky Mountain National Park. Spend the late afternoon strolling through Estes Park's quaint streets and shops.

Our home for the next two nights is nestled along the Peak-To-Peak Highway, one of Colorado's designated Scenic Byways. Located in this high alpine setting is our charming secluded lodge for the next two nights, the Baldpate Inn.

- Old Ute Trail from Poudre Lake [4.2 miles, 1,050 feet of elevation gain, starting at 10,758 feet of altitude]

Day 5. Rock Climb at Mary's Lake and Hike Gem Lake, Baldpate Inn

The morning begins on the rocky ridge above Mary's Lake, just south of Estes Park. Here we strap on a climbing harness for an introduction to the exhilarating sport of rock climbing. Under the care of expert guides, begin by learning the basics: an introduction to equipment and terminology, knot tying and belaying. After learning easy maneuvers, progresses to some basic rock climbs and possibly have an opportunity to advance to more challenging climbs.

After a hearty lunch, an afternoon hike takes us to the Lumpy Ridge section of Rocky Mountain National Park. Ascending through some of the most varied and distinctive scenery in the park, our destination is beautiful Gem Lake, set in a natural rock amphitheater. The trail affords grand views of the distant Longs Peak massif and surrounding mountains.

Trip Details:

Trip Type: Inn

Trip Length: 6 days/5 nights

2012 Departure Dates: July 1-6, August 12-17

2013 Departure Dates: June 30-July 5, August 11-16

Price: \$2098

Single Supplement: \$400

Bicycle Rental: \$95

Trip Rating: Moderate

Activities: hike (3 days), bike (1-1/2 days), raft (1 day), rock climb (1/2 day)

Gateway City: Denver, Colorado

Gateway City Transfer: Public transportation from Denver International Airport is available. The 'Super Shuttle' (303-227-0000) provides this transportation hourly for \$19 one-way and \$36 round-trip to the Hotel Boulderado and other select Boulder hotels, or \$25 one-way and \$45 round-trip to other Boulder locations. Reservations are not required, as the shuttle leaves the airport every hour, 10-minutes past the hour (7 am - 12 midnight). Check in at the 'Super Shuttle' desk upon arrival into the airport. [The RTD Public Bus service](#) from Denver International Airport to Downtown Boulder operates hourly and costs \$13 one way (cash and exact change only). The Downtown Boulder bus terminal is only a few blocks from the Hotel Boulderado. Taxis are also available. Fares to Boulder run approximately \$70-\$75 one-way.

Meeting Time & Place: 8:00 a.m. at Hotel Boulderado, 2115 13th Street, Boulder, Colorado 800-433-4344 / 303-442-4344. The hotel is located one block north of Pearl Street. We recommend that you have a hearty breakfast prior to our meeting and arrive ready to hike. For your comfort, we recommend that you wear comfortable hiking boots with ankle support and wool socks coupled with a thin liner sock.

Trip Conclusion: 5:00 p.m. at Hotel Boulderado, Boulder. Airline departures from Denver should be scheduled no earlier than 8:30 p.m. and airport shuttles should be scheduled no earlier than 5:30 p.m.

Trip Fees Include: Rafting, rock climbing instruction and equipment, biking instruction, T-shirt, water bottle, all meals (lunch Day 1-lunch Day 6), all accommodations (double occupancy), support vehicle, national park fees and professional guides.

Trip Fees Exclude: Airfare, personal insurance, miscellaneous hotel expenses (phone, fax, laundry, etc.), additional optional tours, services not specified in the tour itinerary, and guide gratuities (An appropriate gratuity to *each* trip leader is \$75-\$100 per guest).

The Next Step...

References Don't take our word for it that The World Outdoors trips are the finest in the adventure travel industry. Ask our past guests. *Call about any of our trips and we'll be happy to refer you to someone who's been there with us.*

- Rock Climbing [½ day program]
- Gem Lake Trail Hike [4.0 miles round trip, 1,090 feet of elevation gain, then loss]

Day 6. Hike to Lake Isabelle, Boulder

After breakfast, we are off for a hike in the Indian Peaks Wilderness. Walking through a lush river valley, we pass a number of cascading streams en route to Lake Isabelle. The view from the lake is incredible, and includes Isabelle Glacier and the craggy Indian Peaks: Apache, Pawnee, Paiute, and Shoshoni. We enjoy a leisurely lunch and the high country's colorful flowers that line the lake's edge: showy daisy, alpine gentian, bistort and elephant head.

Following our hike, we shuttle to Boulder for the conclusion of our trip.

- Lake Isabelle [5 miles round trip; 700' of elevation gain, then loss]

The Best Value in Active Travel Guarantee: *We commit to you that all of our trips are of the highest quality at the best value.* If you find a trip of equal quality that matches our itinerary and inclusions at a lower fare within 30 days of booking your trip with us, we will gladly refund the difference. A simple guarantee that assures you of the best trip at the best fare!

How do I join this trip? Call The World Outdoors at (800) 488-8483 and a Trip Consultant will reserve your space(s) or register online at www.TheWorldOutdoors.com. Your travel agent can also book your trip at no extra cost and provide other helpful assistance.

Special Requests: If you have any special dietary needs or any special request that will make your trip more enjoyable, please be sure to notify your Trip Consultant or travel agent upon booking.

Then Leave the Rest to Us... Before you go, we provide you with extensive pre-departure information, including your reservation payment receipt and confirmation, travel insurance application, suggestions for preparing for your trip, a packing list, information on pre- and post-trip arrangements, a guest questionnaire and a liability release agreement.

Travel Protection: To make your trip with The World Outdoors even more carefree, we strongly recommend the purchase of our travel insurance plan. Offering comprehensive coverage and peace of mind, our travel insurance plan is designed to protect you in case of lost or damaged luggage, a sudden illness or death in the family, emergency medical expenses and transportation costs, and flight delays. We'd be happy to arrange travel insurance coverage for you, so contact us at (800) 488-8483 with any questions.

How do I book airfare for this trip? Call our in-house travel agent, Sherry Marriner, at 800-488-8483 from 8:00 a.m. to 5:00 p.m. Mountain Time Monday through Friday or you can email her at sherrym@theworldoutdoors.com. Sherry is also available to assist you with pre- and post-lodging needs. If Sherry is unavailable and your needs are urgent, please call Frosch Travel, a local travel agency, at 800-538-7461 and ask for Georgia (ext 251) or email her at Georgia.Terry@frosch.com. Be sure to tell her you are traveling with The World Outdoors. Alternatively, you are welcome to book your airfare online, directly with the airline or through your personal travel agent.

General Information, Questions & Answers

What weather conditions can I expect? Summer is prime time in the mountains. You can expect low humidity with highs in the 70s and lows in the 40s and 50s. However, as in other mountainous regions, weather in the Rockies is very changeable - sunny skies can turn stormy in minutes, and afternoon thunderstorms are common.

How will the change in altitude affect me? This is a difficult question to answer as altitude physiologically affects different people in different ways. The Rocky Mountains range from 5,000 to over 14,000-foot elevation, and have an extremely dry climate. Thus, to prevent altitude sickness we recommend that you always remain well hydrated, gradually expose yourself to higher elevations, exercise moderately until altitude acclimatized, eat a diet consisting of at least 70% carbohydrates beginning 1 to 2 days prior to ascent, and get plenty of rest. Furthermore, we suggest that you arrive at our gateway city *at least* 1 to 2 days prior to the first day of your trip.

How difficult is this trip? ... Really? This trip is ideal for those who feel comfortable being active 4-6 hours a day. The hikes range from 4 to 5 miles and the mountain bike rides can be up to 20 miles. The rock climbing is intended for those wanting to experience an introduction to the sport.

Emergency Contact Information: Our office in Boulder, Colorado is open Monday to Friday from 8:00 a.m. to 5:00 p.m. Mountain Time 1-800-488-8483. For emergencies outside of our normal business hours call Bill Marriner at 720-289-0460, Sherry Marriner at 303-915-9660, Darcie Carr at 303-595-8561 or Eric Wagner at 303-324-7795.

Hotel Boulderado By Car: Boulder is 26 miles northwest of Denver, approximately 40 minutes by car. It is best approached from I-25 (north or south). From Interstate 25, take the Boulder Turnpike Exit / Highway 36, which will take you into Boulder. From Highway 36, take Baseline exit and make a left at the light. Following Baseline west, turn right on Broadway. Head north on Broadway, take a right on Pine St. and an immediate right on 13th Street and you will see the Hotel Boulderado. During the trip, cars can be at the Hotel Boulderado parking garage for \$8 dollars a day.

Pre & Post Trip Accommodations:

If you arrive in Boulder the evening before the trip, or stay over after the trip, we recommend the Hotel Boulderado, 800-433-4344 / 303-442-4344; please let them know you are with The World Outdoors.

- Marriott Hotel 2660 Canyon Blvd, 888-238-2178, <http://www.marriott.com/hotels/travel/denbo-boulder-marriott> [rate: \$139-269]
- The Bradley Inn 2040 16th Street, 303-545-5200, <http://www.thebradleyboulder.com> [rate: \$195-\$245]
- Millennium Hotel 1345 28th Street, 303-443-3850, <http://www.millenniumhotels.com/millenniumboulder/index.html> [rate: \$95-\$179]

We're Always Improving! While the information presented here details this trip's planned activities, routes, accommodations, departure and conclusion times, we are consistently seeking new opportunities to enhance this itinerary and your experience. Our actual activities and sites may vary due to season, special events, or weather. As a result, we reserve the right to alter the itinerary since unforeseen circumstances that mandate change may arise. Naturally, we will keep you up-to-date on any changes that may affect your arrival or departure times.