

## Wyoming: Grand Teton & Yellowstone National Parks

### Bike Vacation Only

From spectacular geysers and colorful hot springs to moose, elk, grizzly bears, and eagles, America's first national park is the perfect backdrop for your Yellowstone biking tour. Add the western flair and history of the town of Jackson and you've got a vacation to remember. With the snow-covered Teton Range in the distance, you'll pedal on bike paths and roads past geothermal pools, pristine lakes, stunning waterfalls, and grazing animals. Out of the saddle, you'll get up close and personal with Yellowstone's distinctive features, hiking through geyser basins and along the rim of the Grand Canyon of the Yellowstone, making for an unforgettable vacation with memories that will last a lifetime.



### Cultural Highlights

- Acclimatize as you cycle Jackson's paved Flat Creek pathway.
- Ride to Jenny Lake with jaw-dropping views of the Teton Range.

- Watch the Jackson Hole Shootout, a Wyoming tradition since 1957.
- Experience the wilderness with bison, pronghorn antelope, moose, elk, grizzlies, black bears, eagles and more.
- Spend half a day exploring the Upper Geyser Basin, from Old Faithful to Morning Glory Pool, and learn why Yellowstone National Park contains half of the world's geothermal features.

## What to Expect

This tour offers a full range of easy terrain mixed with moderate hills.. It is ideal for beginner and experienced cyclists. The majority of the rides are on paved park roads, many with shoulders. There is one 4-mile section on a gravel road. Higher elevations can cause fatigue (averaging about 7,500 ft. in YNP; up to 6,800 ft. in GTNP; and 6,200 ft. in Jackson) so cyclists should hydrate, pace themselves, and respect their limits. Our VBT support vehicle is limited due to park regulations for biking group sizes and time required between smaller biking groups. One leader will be with each biking group., VBT will provide bear spray for the bike rides and hikes.

The National Park Service limits the size of groups. Grand Teton National Park does not permit guided hiking and you will bike in small groups with VBT leaders but hike without VBT leaders or local guides. Your leaders will provide pre-walk briefings, maps, and directions. In Yellowstone National Park you will bike and walk in small groups with VBT leaders. We appreciate your cooperation with the parks' regulations.

**Tour Duration:** 6 Days

**Average Daily Mileage:** 9 - 24

**Average Cycling Time:** 00:00 - 02:30

**Group size:** 18 max

## Climate Information

### **Average High/Low Temperature (°F)**

Jun 70°/41°, Jul 79°/47°, Aug 78°/45°, Sep 67°/37°

### **Average Rainfall (in.)**

Jun 1.5, Jul 1.5, Aug 1.4, Sep 1.3

## DAY 1: Arrive in Jackson

Make your own arrangements for travel to Jackson. If you're flying to Wyoming, please arrange your own

transportation to the Rustic Inn Creekside Resort and Spa. Due to COVID, the hotel's complimentary shuttle service from the airport is suspended until further notice. We recommend Book a Ride ([bookaridejh.com](http://bookaridejh.com)), Uber, Lyft, or a taxi (approximately \$45 for two people) from the airport.

Guests driving to the tour may leave their car in the Jackson Hole Airport long-term parking lot for the duration of the tour (daily rates apply and are not included in your tour). For more information visit [bookaridejh.com](http://bookaridejh.com)).

Your group meets at the Rustic Inn Creekside Resort and Spa at 12:30 p.m. Please plan to have lunch beforehand and come dressed for cycling (with your pedals and/or saddle if you use your own), as there will be no place to change into cycling clothes before the warm-up ride. Before you begin your Yellowstone biking tour, join your VBT trip leaders for a safety and bike-fitting session, followed by a warm-up ride. At 4:40 p.m., meet again and walk to Gather, a nearby restaurant, for a tour orientation and welcome reception followed by a delicious dinner.

Today's Ride Choice

Afternoon: Warm-up Jackson 9 or 16 miles

What to Expect: Ride along Jackson's paved pathway heading south along Flat Creek and either loop back to town or continue through ranch lands and riparian areas with a chance to view a variety of mammals and birds before looping back to town where you might catch a glimpse of the family of otters that has taken up residence near your hotel. There will be no VBT support vehicle on the warm-up rides.

Cumulative Distance Range: 9 or 16 miles

Accommodation: Rustic Inn Creekside Resort & Spa

Included Meals: Dinner

## **DAY 2: Jenny Lake / Grand Teton National Park**

After a hearty American buffet breakfast, head out into the grand expanse of Grand Teton National Park. Shuttle ahead to Moose and the Craig Thomas Discovery and Visitor Center or to Cottonwood Creek. Enjoy the Visitor Center or admire the stunning views of the Tetons while your trip leader unloads your bicycles.

The pathway from Moose and Cottonwood Creek to String Lake and Jenny Lake offers spectacular views of the rugged Teton Range and provides access to many scenic overlooks. You will be surrounded by natural beauty in every direction.

Back at the visitor center, grab your deli box lunch from the VBT support vehicle and find your special place in the shadow of the Tetons to pause, refuel, and experience why they call these the mountains of imagination. Next, watch the 24-minute high-definition movie *Grand Teton National Park: Life on the Edge* before the whole group shuttles back to the hotel.

Note: we will split our group into two smaller groups today. One group will bike from Cottonwood Creek to String Lake, lake drive loop, and end at the Craig Thomas Discovery and Visitor Center. The other group will leave from the Visitor Center and will bike to String Lake, lake drive loop, and will end the ride at Cottonwood Creek and then will shuttle to Moose. Each group will have some time to stroll by the lake and maybe go for a quick swim! Everyone will eat lunch at the Visitor Center. Groups will shuttle back to our hotel.

In the late afternoon and evening, you can discover Jackson's treasures at your leisure. The resort offers a full-service spa, outdoor pool, hot tub, and sauna. During fishing season, you can enjoy fly fishing on the iconic Flat Creek from your hotel property. Complimentary fishing pole rentals are available at your hotel but a Wyoming fishing license is required. A single day fee is available for purchase but is not included in your tour.

Stop in at the Jackson Hole and Greater Yellowstone Visitor Center across from your hotel. The visitor center offers beautiful views of the National Elk Refuge as well as indoor interpretive displays and a stunning series of paintings depicting the surrounding area at different elevations. During the summer you are unlikely to see elk since most of the herd has moved to mountain meadows and forests which offer abundant food and escape from the warmer temperatures, but other animals may be within viewing range.

Don't miss the Jackson Town Square Shootout at 6:00 p.m. VBT recommends advanced reservations for dinner in Jackson tonight. Some of your trip leaders' favorite local restaurants include Trio, The Kitchen, Local, Figs, Roadhouse Pub, Glorietta, Snake River Grill, and Liberty Burger. Some restaurants may only accept day-of reservations. After dinner, stop by Moo's Gourmet Ice Cream. Later, relax by one of the cozy fire pits offered at your 12-acre resort.

*\*Please note: The National Park Service limits the size of all groups. Grand Teton National Park does not permit guided hiking and you will bike in small groups with VBT leaders. You will hike without VBT leaders or local guides. Your leaders will provide pre-walk briefings, maps, and directions. We appreciate your cooperation with the park's regulations.*

## Today's Ride Choice

Morning: Moose to String Lake and lake drive loop back to Cottonwood Creek – 20 miles | Cottonwood Creek to String Lake and lake drive loop back to Moose – 20 miles

What to Expect: Weather in the mountains is quite variable so check the weather report and dress appropriately. Shuttle from your hotel to Moose or Cottonwood Creek, where our bike path begins. We'll be on a bicycle lane for most of the ride, with very short sections on the main paved park road and a secondary paved road. Pause along one of the lakes with a spectacular view of the Cathedral Group: Teewinot, Mt. Owen, and the Grand Teton. There will be no VBT support vehicle on these rides. After returning to Moose, we will relax next to the Visitor Center for a box lunch. Everyone will take the vans back to the hotel from Moose.

Cumulative Distance Range: 20 miles

Accommodation: Rustic Inn Creekside Resort & Spa

Included Meals: Breakfast, Lunch

## **DAY 3: Shuttle to Old Faithful in Yellowstone National Park / Upper Geyser Basin hike**

After breakfast, you will travel (driving time 3 hours) to Old Faithful in Yellowstone National Park. Along this drive you'll be crossing the Continental Divide numerous times as we drive along the very ridge of the Rocky Mountain Range.

Exhale, explore Old Faithful Historic District and enjoy lunch on your own.

After lunch, meet your leaders for a guided hike from Old Faithful, pausing to view its eruption, right on schedule. Established in 1872, Yellowstone National Park has over 10,000 thermal features, of which more than 500 are geysers.

Old Faithful will leave an indelible impression on you with its stunning tall and feathery plume of steam and boiling water. Follow your leaders beyond the boardwalk and learn why Yellowstone National Park contains half of the world's geothermal features. After your hike, you will have a short shuttle back to your lodge. Settle in and meet your group for dinner at Old Faithful Inn.

*\*Please Note: Groups staying at Grant Village will shuttle after the hike from Old Faithful to Grant Village (driving time 45 minutes – 1 hour) where dinner is included. Take out only is available at this time due to Covid-19 restrictions.*

Today's Walk Choice

Afternoon: Old Faithful hike – 3-mile

What to Expect: This loop hike is easy, starting on the boardwalk near Old Faithful and Upper Geyser Basin, then on a paved path to Morning Glory Pool, then a short section on hard pack gravel, and ending on a paved trail and mostly flat terrain with very little elevation gain. As you observe the thermal features, your leaders will share the science of why geysers erupt, what causes the rainbow colors in hot springs, and more.

Cumulative Distance Range: three-mile guided hike

Accommodation: Old Faithful Snow Lodge, Yellowstone National Park

Included Meals: Breakfast, Dinner

### **DAY 4: Cycle to Firehole Lake Drive and Freight Road / Lunch by the river / Grand Prismatic Spring / Shuttle to Canyon Village**

After breakfast at your lodge, begin cycling in Yellowstone National Park. Your first destination is Firehole Lake Drive with hot springs and geysers bubbling on either side of you. Continue on to Fountain Flat Drive and Freight Road (gravel) along the Firehole River where you will enjoy your box lunch by the water. Next, cycle to the Grand Prismatic Spring, Yellowstone's largest hot spring, and back to Old Faithful.

From Old Faithful, your group will shuttle to Canyon Village (driving time one hour and 15 minutes).

Arriving at the Grand Canyon of the Yellowstone, marvel at the colorful canyon walls dropping 1,000 feet to the turbulent Yellowstone River below. View the 308-foot Lower Falls from where you can shuttle back with your leaders or explore more along the rim of the canyon on your own before hiking to your lodge. Tonight, dinner is on your own in Canyon Village.

*\*Please note: groups staying at Grant Village will shuttle after breakfast to Old Faithful (driving time 45 minutes – one hour).*

*\*Note: Canyon Lodge dining room is temporarily closed due to Covid-19 restrictions. Take out only is available at this time for dinner at Canyon Eatery. If the dining room does open in time for your visit, advanced reservations at the Canyon Lodge dining room will be made for you by VBT to guarantee a seating time (dinner is not included and is at your expense). Your leaders will confirm the time with you and the lodge a few days prior. Your leaders will cancel the reservation if you prefer to make other dinner plans.*

## Today's Ride and Walk Choices

Morning: Old Faithful to Firehole Lake Drive and Freight Road – 24 miles

Afternoon: Grand Canyon of the Yellowstone hike – 1 or more miles

What to Expect: Both groups will bike one hour apart each with a VBT trip leader sweeping by bike. In the morning, bike from Old Faithful to Firehole Lake Drive and Freight Road (576 feet elevation gain, 575 feet elevation loss, maximum grade 2.9%). You will bike on paved roads with vehicular traffic and a shoulder most of the time, including a one-way stretch through the steam of hot springs and geysers burbling on both sides of Firehole Lake Drive. Then cycle on the main road for three miles and turn onto Fountain Flat Road, a secondary road which will turn into gravel (Freight Road) with no vehicular traffic. Enjoy lunch near the Firehole River. Ride on to Old Faithful where the whole group will shuttle to Canyon Village. There will be no VBT van support on this ride. If time allows, enjoy an independent hike of the Canyon Rim. Dinner is on your own tonight.

Cumulative Distance Range: 24 miles guided biking and 1 or more miles independent hiking

Accommodation: Canyon Lodge, Yellowstone National Park

Included Meals: Breakfast, Lunch

## **DAY 5: Canyon Rim / Yellowstone Lake / West Thumb Geyser Basin / Jackson Lake**

This morning, explore both the north and south rims of the Grand Canyon of the Yellowstone on your bicycle. Bike to Artist's Point, for your first view of the spectacular Lower Falls of the Yellowstone. The Yellowstone River falls 417 feet into the canyon (Lowers Falls and Upper Falls combined), over twice the height of Niagara Falls. Next, we'll visit a lookout to view the Upper Falls and then continue on to the north rim. View the canyon from the spot that inspired Thomas Moran, the artist brought along on the 1871 expedition to explore the Yellowstone area. His painting helped inspire congress to protect Yellowstone as the world's first national park. Our ride will end back at the lodge. Pause to eat your box lunch.

Next, travel to Hayden Valley, one of the best places to view Yellowstone's abundant wildlife. This stretch of road reveals new vistas at every turn. The lush valley north of Yellowstone Lake is a popular gathering place for bison, elk, coyotes and grizzly bears. As you approach Yellowstone Lake, look for trumpeter swans, named for their resonant call. There were 27 resident swans recorded in 2019, including three territorial pairs.

Join your leaders for a guided hike of the West Thumb Geyser Basin before traveling to your lodge.

Tonight, regroup for a farewell dinner at Jackson Lake Lodge.



## Today's Ride and Walk Choices

Morning: Canyon Village to North Rim, Inspiration Point and back to the village – 5 miles | Canyon Village to South Rim, Artist Point, North Rim, Inspiration Point and back to village – 11 miles

Afternoon: West Thumb Geyser Basin hike– 0.6-mile

What to Expect: Ride from Canyon Village to the south rim and pause to walk to Artist Point. Next, bike to the north rim of the canyon and hike down (optional) to the Brink of the Lower Falls (and hike back up). Cycle past several lookouts with your group to Inspiration Point, a scenic point overlooking the falls and canyon. Cycle back to the village.

After a box lunch you will shuttle to the shores of Yellowstone Lake, with spectacular views of the Absoroka Mountains to reach West Thumb Geyser Basin perched right on the edge of the water. Enjoy a guided walk around the geyser basin with your leaders before shuttling to Jackson Lake Lodge (driving time 1 hour and 15 minutes).

Cumulative Distance Range: 5 or 11 miles guided biking plus 0.6-mile guided hike at West Thumb

Accommodation: Jackson Lake Lodge, Grand Teton National Park

Included Meals: Breakfast, Lunch, Dinner

## **DAY 6: Cycle to the shores of Jackson Lake / VBT Bicycle Vacation ends**

This morning, you will enjoy an early breakfast at Jackson Lake Lodge. Head out on your bike to Colter Bay and the shores of Jackson Lake. Alternatively, from the lodge there is access to two easy trails with stunning Teton views - Lunch Tree Hill trail and Christian Pond loop trail. As you bid farewell to the Tetons, you'll agree that these are aptly named the mountains of imagination.

Your trip leaders will transfer you from Jackson Lake Lodge, departing no later than 11:15 a.m. to Jackson Hole Airport (JAC), arriving by 12:00 p.m. (travel time approximately 45 minutes). For this reason, we suggest a flight departure no earlier than 2:00 p.m. If you wish to spend more time at Jackson Lake Lodge and wish to book one of their guided activities in advance, please contact the lodge directly (307.543.3100). At this time only scenic river floats and horseback riding are available from the lodge due to Covid restrictions. The Jackson Lake Lodge complimentary guest shuttle from the lodge to the town of Jackson is not operating at this time due to Covid restrictions.

## Today's Bike and Walk Choices

Morning: Jackson Lake Lodge to Colter Bay and back – 12 miles | Lunch Tree Hill Loop – 0.5 miles easy



OR Christian Pond Loop – 4 miles

Begin your hike from the lodge or bike in two smaller groups, 30 minutes apart, with your leaders to Colter Bay. Cycle back to the lodge.

What to Expect: Enjoy a short and scenic ride with your leaders (split into two smaller groups 30 minutes apart) to Colter Bay and the shores of Jackson Lake with grand views of the Tetons. There will be no VBT support vehicle on this ride. If you prefer to hike, note that Grand Teton National Park does not permit guided hiking. You will hike without VBT leaders or local guides. Your leaders will provide pre-walk briefings, maps, directions, and bear spray. We appreciate your cooperation with the park's regulations.

Cumulative Distance Range: 12-miles guided biking; or 0.5 or 4 miles independent hiking  
Included Meals: Breakfast