

## Riding the Glacier National Park Bike Tour

**Glacier Bike Tour Ability Level:** Lower-Intermediate to Advanced Cyclists. Although there are BIG climbing and challenging options miles here, this is a good bike tour for mixed abilities. Neither advanced nor intermediate cyclists will be disappointed.

**Do the Bump!** Daily mileage options allow cyclists of varying abilities to enjoy this tour. One of our favorite options is to give cyclists a "bump" via the support vehicle, or a 10 to 20 mile lift down the road representing an hour of pedal time. After the bump the rider is "off the front" and riding at his or her own pace without feeling they are being left behind the group. They'll then have time to linger and take in the spectacular scenery. All cyclists come together in time for lunch. Afterwards, cyclists can take another bump and/or continue riding.

**Slow or Fast?** Many cyclists who sign up for our tours have worried themselves silly about not being able to keep up, but then they're surprised to find that all the worrying was about nothing. They do just fine! Slow and Fast only exist relative to other cyclists. Speed does not matter as long as one is moving on the bike. As long as one is moving, they are truly going fast enough.

**The details:** Our Glacier National Park Bike Tour has suitable options for cyclists of all abilities. Ride as much or as little as desired. There are BIG climbs and bonus mileage options available each day. Both parks provide not to be missed hiking options to waterfalls, verdant meadows filled with wildflowers and mountain summits. We'll take a few of these treks to add variety to the week's activities. While we'll remain in the confines of Glacier and Waterton, the scenery more than makes up for the relatively compact area of the tour. And since we will be venturing out in summertime, the far northern latitude brings extended evenings. Don't be surprised if sunset arrives until 10:30 at night! *Our Glacier National Park Tour is one for any "bucket-list".*

**What about the altitude?** Cyclists from lower elevations ride Glacier each year without issues. Just prepare well, have patience and drink more water than you normally would. As in the mountains of Colorado, Glacier will challenge your fitness level. You might find that you pedal a little slower and breathe a little harder. But you'll find that once you've acclimated to the elevation (which ranges from 3,150 ft. at Flathead River to 10,466 ft. atop Mt. Cleveland), you'll be fine. Your efforts will be rewarded with unforgettable vistas, crisp mountain air and the camaraderie to fellow travelers.

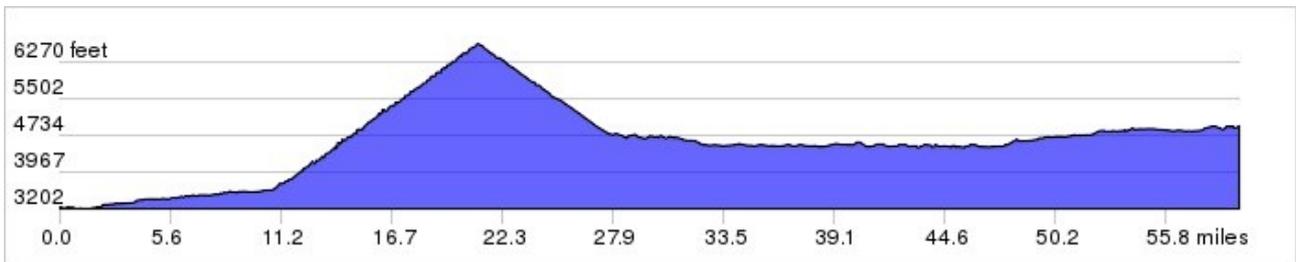
**The weather:** Summer in the Rockies demonstrates the full range of Mother Nature's moods. You might enjoy bright sunshine at first. But in a matter of hours, you'll hear thunderclaps and witness lightning across darkening skies. We are experienced in providing a safe riding experience for you and your fellow cyclists, should inclement weather arise.

### Elevation Profile:

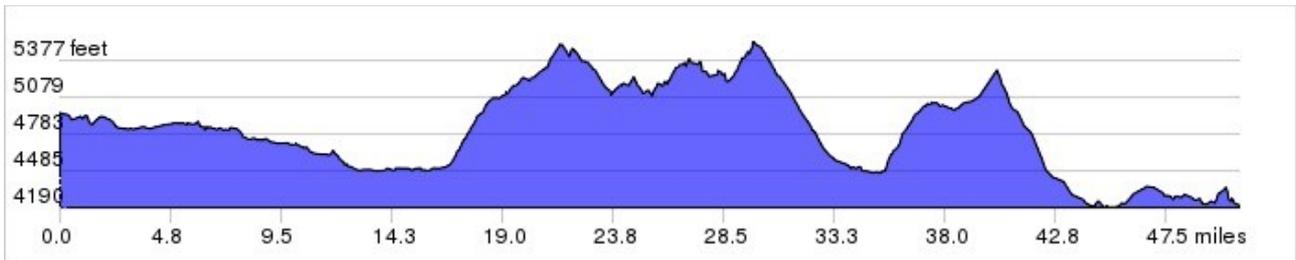
Day 1:



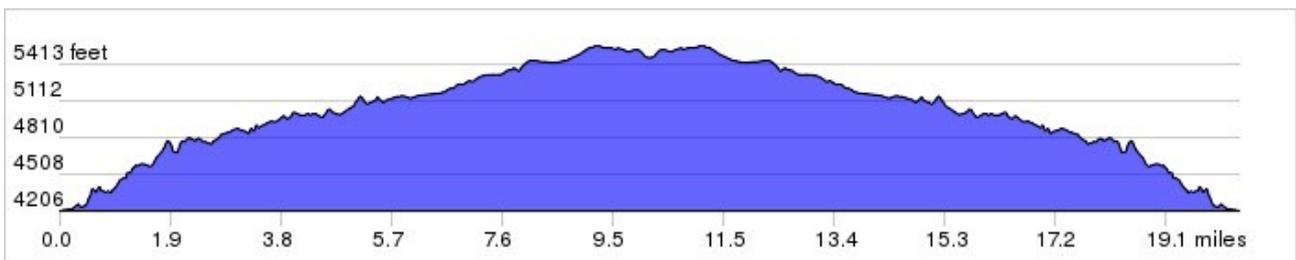
Day 2:



Day 3:



Day 4:



Day 5:



Day 6:

