

Peaks to Park 2022

Peaks to Park is one of the most adventurous and memorable experiences we offer! Because it's a multi-day backcountry ride, it takes some special preparation. Participants and family members, please thoroughly read through the trip itinerary and packing list, and don't hesitate to reach out with questions; we want to ensure everyone is mentally, physically, and logistically ready for the most awesome time on the Arizona Trail!

Location

We'll start our adventure at Aspen Corner and end on the South Rim of the Grand Canyon. The route encompasses 92.6 miles of the Arizona Trail. For the first three nights along the way, we'll stay in dispersed camping sites. The campsites will not include running water or a bathroom, but we will have all the supplies we need to be self-sufficient and practice Leave No Trace. After reaching the Grand Canyon South Rim, we'll stay in the Mather Campground for our final evening; the campground includes running water and flush toilets, a glorious treat after days of boondocking!

About the Trail

The route traverses a variety of landscapes on mostly singletrack trails, passing through ponderosa pine forests, aspens, and juniper woodlands. This portion of the Arizona Trail is rated intermediate. Participants can expect flowy downhill sections, sustained climbs, chunky rocky roads, a section of tight corners with steep ups and downs, and everything in between. Riders should have proficient foundational mountain biking skills, experience on intermediate trails, and the excitement and grit needed to cover 18-27 miles per day in potentially hot and sunny conditions.

Dates & Times

Q&A Session: We'll send out a doodle poll to find a good time for everyone to hop on a 30-minute Zoom meeting. During the meeting, instructors will describe an overview of the trip, ensure everyone's familiar with the packing list, and answer any questions.

El Grupo riders: Monday, June 6, will be a travel day to Flagstaff. You'll camp out on June 6 and meet the group the following morning at the start of the route. Deidra Bustos will be in touch about details for this travel day.

Drop off: Tuesday, June 7, at 8:00 AM at [Aspen Corner](#).

Pick up: Sunday, June 11, at 12:00 PM at the [Thorpe Park baseball fields](#).

Transportation

Flagstaff families will provide transportation to Aspen Corner, and Tucson participants will arrive via El Grupo's van. At Aspen Corner, we'll load up our overnight gear into the ATA truck; a staff member will transport our gear from Aspen Corner to that night's campsite while the group bikes the trail. Each morning we'll pack up and load our stuff back into the truck to be bumped to our next campsite. Transportation for participants will be provided from the Grand Canyon South Rim to Flagstaff via ATA's 15 passenger van, and our bikes and gear will return in our trailer and truck. Masks are required in the ATA van. El Grupo participants will return to Tucson via El Grupo's van.

Who Can Participate?

Peaks to Park is for youth ages 13-15. The group will include riders from El Grupo and ATA's youth programs, Seeds of Stewardship & Gear Girls.

Trip Leaders

Peaks to Park will be led by 3 instructors, including ATA and El Grupo staff. One staff person will be dedicated to transporting gear, managing camp, and being on call in the event of a medical incident.

Trip Overview

DAY 1 Tuesday, June 7 8 am - Meet at Aspen Corner Ride: Aspen Corner to Cedar Ranch 23.2 miles	DAY 2 Wednesday, June 8 <i>Cross Babbitt Ranch</i> Ride: Cedar Ranch to Moqui Station 27.3 miles	DAY 3 Thursday, June 9 <i>First view of GC!</i> Ride: Moqui Station to Grandview Lookout Tower 17.9 miles	DAY 4 Friday, June 10 <i>Arrive at GC</i> Ride: Grandview Lookout Tower to Mather Point 22.2 miles	DAY 5 Saturday, June 11 <i>Travel home</i> Depart Camp @ 10 12 pm - pick up at Thorpe Park
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Peaks to Park Packing List

As you scroll through this list, please keep in mind that we don't expect everyone to already have all these items. We will be glad to lend out or help you acquire any items you need; just give us at least ten days notice. Gear should not prevent anyone's participation!

Come prepared for a dramatic temperature swing between 70-85° daytime temps to 40-50° nighttime temps. Multiple clothing layers and a warm sleep system will be key for fun, safety, & morale!

Please pack all your items so that they're ready to be neatly shuttled to the campsite and brought along the ride. You should end up with:

- 1 duffle bag or large backpack
- If it doesn't fit into your duffle, your sleeping system can go in a separate bag (a trash bag labeled with your name works great).
- A camp chair folded up
- 1 day pack with supplies, including a lunch, for a 25 mile day of mountain biking
 - Don't forget your biking equipment, too!

Mountain Biking Equipment & Day Pack Items (Pack Separately from Camping Items)		
1	Mountain bike	A mountain bike with a wheel size of 26 inches or larger in good shape for singletrack trails. If it hasn't been regularly maintained, we strongly recommend getting a tune-up at a local bike shop prior to the trip.
1	Helmet	
1 pr	Bike gloves	We'll have a bin of loaner gloves available too.
1 pr	Glasses or sunglasses	For eye protection while we're riding
1	Day pack	Big enough for 3-4 liters of water, lunch, snacks, and weather-appropriate layers
4-5 liters	Water	Bike water bottles and a 3 liter hydration bladder. Please no leaky hydration packs. Bring full water vessels.
1	Lunch	A main lunch item for day 1, such as a sandwich or wrap. All other food is provided.
	Extra layers	Weather-appropriate clothing layers, such as a lightweight jacket
	Sun protection	Sunglasses and a small bottle of sunscreen. Recommended: a lightweight long sleeve shirt. Optional: A bandana for soaking in water and keeping your neck cool and protected from the sun.
1	SPF chapstick	
	If applicable, essential medications	Any participants who require an epi pen, inhaler, or other life saving medications must have those medications available for the ride.
Optional	Anti-chafe cream	Small container
1	Headlamp	Make sure your headlamp has full battery life.
Sleep System		
Quantity	Item	Description
1	Tent	We recommend including a footprint, a tarp that goes underneath the tent. We'll discuss participants potentially sharing tents.
1	Sleeping bag	It can get down to 35 degrees at night. Pack a bag with a 20 degree warmth rating. We will provide bags for anyone who doesn't have a sleeping bag suitable for chilly nights. Please pack your sleeping

		bag in a compression sack if you have one.
1	Sleeping pad	It can be closed-cell foam (like a Ridge-Rest or Z-Rest) or inflatable (like a Therma-Rest). Inflatable pads usually make for a warmer, cozier sleep than closed-cell foam pads.
Clothing		
Quantity	Item	Description
2-3	Synthetic t-shirts or jerseys	To wear while biking. For more sun protection, a long-sleeved sun-shirt can be worn instead.
1	Lightweight long sleeve shirt	For sun protection
1	Baselayer long sleeve top	Something comfortable for hanging out at camp and to sleep in.
1	Mid-layer top	Zip up sweater or hoodie
1	Puffy jacket	
1	Rain jacket	
1-2 pr	Cycling chamois	Comfortable for hours on the saddle!
1	Athletic shorts	
1	Base layer long underwear bottoms	Light- or midweight fleece, synthetic, or wool. Fleece pajamas or yoga pants work great!
1	Fleece pants or sweatpants	For staying warm and cozy at camp
5 pr	Underwear	
2-3	Sports bras	
1	Warm hat	
1	Sun hat or baseball cap	

3-5 pr	Socks	
1 pr	Comfy socks for sleeping	
1 pr	Biking shoes	Close toed shoes. Whatever you normally wear.
1 pr	Camp shoes	Sandals or sneakers. Sandals recommended.
Personal Items, Camp Supplies, & Toiletries		
Quantity	Item	Description
1	Costume	For camp festivities!
1	Plastic mug or travel thermos	
1	Camp chair	Foldable
	Extra batteries	Enough to replace the batteries in your headlamp once. If you have a rechargeable headlamp, you may pack a rechargeable battery pack and cord.
1	Watch	A watch with an alarm clock is super helpful!
1	Mask	A cloth, surgical, or KN95 face covering
1	Toiletries kit	Toothbrush, travel-size toothpaste, hair brush, and 2 hair ties. Perfume and makeup are unnecessary. Pack feminine supplies, extra wipes, and baggies for disposal as needed.
	Prescription eyewear	If you use contacts, bring extras and a small bottle of solution. Please note that contacts can be difficult to keep clean while camping.
	Prescription medications	Prior to the campout, family members must provide written instructions (dose, time, and any other special notes) for any child who will be taking prescription medication. Medications are to be carried by the instructors so that we can ensure they're safely packed and taken at the correct time. Please place your medications in a ziplock bag labeled with your name, and, if possible, keep your medications in their original prescription bottles so that they can be easily identified.
1	Small journal, sketchbook, pens/pencils, or book	It's nice to have something for right before bed or in the morning before wake up time. Please no electronic reading devices; our gear will be stacked during transportation, and we'd be bummed if something broke!

Optional	Camp toys	Such as hacky sacks or frisbees
Optional	Camera	
Optional	Cell phone	If you chose to bring a cell phone, please keep it packed away on silent. It can be used to take pictures and shouldn't be used for anything that might detract from our group's outdoor experience. Instructors' cell phones will be available for necessary communications.
Optional	Your favorite snacks	All snacks are provided, but you're welcome to bring some of your favorite goodies too!

Provided Gear

- As needed, biking equipment: Let us know if you need to borrow any equipment, such as a bike, helmet, and bike gloves. Instructors will carry repair supplies, including a pump, multitool, patch kit, and tubes.
- Kitchen & cooking supplies: Tables, cooler, stove, fuel, pots, bowls, plates, utensils, dish wash station
- Hygiene & self care supplies: A trowel, toilet paper & wipes, tp/wipes disposal kits, hand wash station, hand sanitizer
- Water
- Meals & snacks
 - 4 Dinners
 - 4 Breakfasts
 - 4 Lunches
 - Snacks: Chips, bars, nuts, trail mix, apples, oranges
 - Hot beverages: Hot cocoa, decaffeinated tea
 - Electrolyte drink mixes
- Camp games
- Firewood
- Instructors will carry a comprehensive first aid kit and emergency communication devices.

Borrowing Gear: Is there stuff on this list you don't have?

If there is any gear that you do not have, don't worry about purchasing it! We will make sure you have everything you need. Please let us know what you'd like to borrow at least 10 days in advance by emailing julie@aztrail.org.