



The Bikers Bible

Biking From Southwest Colorado to Moab, Utah

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San Juan Hut Systems Bikers Bible

Hello Bike Adventurer!

San Juan Hut Systems' mission is to provide low impact, human powered, lightweight backcountry travel opportunities for the independent health conscious adventurer at a practical price. We have devoted over twenty years to creating and defining destination hut-to-hut mountain bike travel. With the only destination hut-to-hut based system in the US, we take the weight out of bike touring by offering fully stocked huts and minimal route finding challenges. So, you are considering a ride on one of our 215 mile bike hut routes or you have already reserved your departure date. To help you decide if this is a ride for you or to help you plan the trip, we have put together this, The Bikers Bible.

The Bikers Bible is intended to be a tool for you, the rider. It does not take the place of common sense and ultimately you are responsible for yourself out on the route. The Bikers Bible will answer your initial questions like how do I reserve a departure date, what do I need to bring, what is provided in the huts, and how do I get back to the trailhead, my car or the airport? San Juan Hut Systems supplies expert advice on all aspects of adventuring with us. Founder Joe Ryan's knowledge and experience shows through in every aspect of the company. Feel free to call or email us with any questions or concerns you may have after reviewing the information provided here in the Bikers Bible.

San Juan Hut Systems also has a Blog. This Blog is a great place to find or share information about your trip. We intend for the Blog to be rider driven, providing riders with information from other users of the huts and trails. Get information and share your experiences here. You may also sign up for our e-newsletter to receive direct emails containing important information, new developments, and special promotions!

How to Use the Bikers Bible: **For those who have reserved a departure date...print The Bikers Bible and take it on your ride!** It contains valuable information for your ride while on route and at the hut and provides emergency contact numbers. For those deciding if you have what it takes to do one of our routes, use the Table of Contents to guide you to the information pertaining to your questions. Any contact information for services not provided by San Juan Hut Systems is listed in our Appendix.

So there you have it! Thank you for keeping the spirit of adventure alive! We here at San Juan Hut Systems look forward to providing you and your group an...

Adventure Without the Weight!

Policies and Procedures:

Reservations

- Your departure date is secured with a deposit of 50% of the total trip cost.
- The 50 % deposit is non-refundable.
- Adding last minute riders is not a problem if there is space left on your departure date. Departure dates can be changed based on availability.
- Group Reservations, call our office for the details pertaining to Group Reservations
- Reservations are taken over the phone.

Final Payment

- Full payment is due no less than 30 days prior to your trip departure.
- San Juan Hut Systems will automatically charge the credit card on file the remaining balance 30 days prior to the reserved departure date if full payment has not been received.
- The Route Map and Hut Key are mailed once full payment is received.
- Payments made to San Juan Hut Systems are non-refundable

Cancellations and Credit Policy

- In the event one must cancel their reservation, a credit for the amount paid to San Juan Hut Systems will be issued to the individual who made the reservation. Refunds to credit cards are not issued by San Juan Hut Systems.
- This credit is valid for two additional seasons from the original reserved departure date.
- This credit is non-transferable and cannot be applied to any additional promotions, specials, or group rates that are offered by San Juan Hut Systems. In regards to Group Reservations, no credit is offered for the "free rider/s" if less than the number of riders offered by the group rate ride.
- Future reservations for hut trips are subject to rate increases.
- San Juan Hut Systems does not issue credits for incomplete trips.

Route Descriptions, Maps and Hut Key

San Juan Hut Systems has a two part Route Packet that is provided to individual riders and group leaders who then disperse the packet to their group. The first part of The Route Packet is an email containing a Daily Standard Route Description, Alternate Route Overview, Supplemental Map Information, Liability Waiver, Group Roster, and Route Checklist. This information is sent at the time your reservation is made or in early April if you have booked your trip well in advance. The second part of The Route Packet comes via the USPS and contains the key to unlock the huts and a set of maps that has been made for SJHS, marking the Daily Standard Route. This second part of the Route Packet is sent when full payments for the trip and the Liability Waiver(s) for you or your group are received.

Planning Your Trip:

Trip Dates

When planning your trip it is most beneficial to allow for at least one full day prior to your departure date at the elevation of your trailhead. This allows riders to begin acclimating to the altitude. This is a seven day/six night ride. It is best to plan on a late arrival in Moab on your seventh and final day of riding.

Airports

- Riders may fly into Durango Airport for the Durango to Moab Route.
- Riders may fly into Montrose Regional Airport for the Telluride to Moab Route.
- Riders may fly into Grand Junction for the Telluride to Moab Route or the Durango to Moab Route but be advised that this airport is a three hour drive to either trailhead.
- Riders may fly into Telluride for the Telluride to Moab Route but be advised that luggage to this airport is frequently lost or delayed.
- Denver International Airport is an eight hour drive to either trailhead.

Transportation

Transportation considerations for your Bike Hut Trip vary for each route and depend on whether an individual or group is flying or driving. Three transportation considerations are:

1. Getting to your hotel and the trailhead from the airport.
2. Returning to the trailhead or the airport
3. What to do with your vehicle if not flying.

1. Getting To Your Hotel/Trailhead

When flying into Montrose and needing to get to the **Telluride to Moab** trailhead consider using **Telluride Express** to shuttle riders, bikes, gear, or all three. This shuttle service will take you into the town of Telluride and drop you off at the front door of your hotel. Please be advised that the trailhead for the Telluride to Moab Route is approximately 7 miles outside of the town of Telluride. There is a paved bike path leading from the town of Telluride to the Telluride Airport and onto the trailhead. If you do not want to add these extra miles to your day's riding, you will need to reserve a shuttle to take you to the trailhead on the morning of your departure date but it is an easy ride from town to the trailhead.

When flying into Durango and needing to get to the **Durango to Moab** trailhead consider using **Durango Transportation** to shuttle riders, bikes, gear, or all three. This shuttle service will take you into the town of Durango and drop you off at the front door of your hotel. Please be advised that the trailhead for the Durango to Moab Route is approximately 25 miles outside of the town of Durango. **The Silverpick Lodge and the Durango Mountain Resort** are two establishments that are within one mile of the trailhead. Consider staying at one of these two lodges to avoid shuttle fees from Durango Airport to the town of Durango and then fees

for shuttle services, and possible delays, to the trailhead on the morning of your departure date.

2. Returning to the Airport/Trailhead

Once you have completed your bike hut trip and are in Moab, you need to get back to the airport. Hire Porcupine Shuttle or Roadrunner Shuttle to get you back to your trailhead, an airport, or the towns of Telluride or Durango.

3. What To Do With Your Vehicle if not Flying

- i. Where to leave your vehicle
- ii. Shuttling you/group from Moab back to the trailhead
- iii. Having your vehicle shuttled to Moab

Parking in the town of Telluride is a nightmare! Telluride presents a festival every weekend in the summer months and this can make parking interesting to say the least. When making your accommodation reservations consider arriving one full day before your departure date to acclimate to the altitude. Ask the hotel if you may leave your vehicle at the establishment until your return. Most places in Telluride have limited parking and do not allow for this. If this is the case, riders can leave their cars at the **Telluride Airport**. The airport is located near the trailhead for the Telluride to Moab Route. You can leave your car for the duration of your bike ride and hire one of the shuttle companies in Moab to bring you and/or your group back to the trailhead and to your car or...you can hire them to shuttle or your car and have it waiting for you in Moab. Prices vary; contact the shuttle companies for direct quotes. You may also call the **Town of Telluride** for the latest instructions on where they would like you to park the week you are away or the **San Miguel County Sheriff** in Telluride.

For those riding the Durango to Moab Route, you may park your vehicles in the parking areas of the lodging providers we recommend you stay. Inquire about the individual policies of lodging establishments if you choose to stay in the town of Durango. Durango Mountain Resorts, located at the trailhead will allow guests and non-guests to leave their vehicles **upon request**, though they will not be responsible for vehicles or their contents. Contact them and identify that you are a San Juan Hut Systems client and need to park your car at the resort for the week. You can leave your car for the duration of your bike ride and hire one of the shuttle companies in Moab to bring you and/or your group back to the trailhead and to your car or...you can hire them to shuttle your car and have it waiting for you in Moab. Prices vary; contact the shuttle companies for direct quotes.

Riders may also consider first driving to Moab, leaving their vehicle and having one of the shuttle services deliver you and/or your group and gear to either Telluride or Durango. Vehicles left in Moab prior to the start of one's trip may be left at the hotel you book for your arrival in Moab or for the end of your adventure ride. The **Moab Police Department** is very helpful, as well as the Visitors Center, and can also direct you to the best parking locations.

Where to Stay:

There are many choices to fit all budgets. Please check the appendix for a list of lodges by location or the LINKS option at www.sanjuanhuts.com.

Guides:

Guide services are not offered by San Juan Hut Systems but can be hired through Peak to Peak Bicycles in Ridgway, Colorado. They are currently permitted to guide the Telluride to Moab Route and will soon offer guide services on the Durango to Moab route with its web of Single-Track Alternate Route options. They include shuttle services in their fee and provided the security of route finding, mechanical repair, and first aid training.

Bikes:

We recommend that you ride your own bike if it is possible. This cuts down on the time spent learning how to ride foreign gear and avoids potential repair issues in the backcountry. If you need to rent a bike or panniers, several shops in our vicinity, work closely with us and are familiar with our routes. These bike shops are willing to set you up with the right gear and all offer bike assembling and storage packages if you need to ship your bike. **Peak to Peak Bicycles in Ridgway, Cliffside Ski in Bike outside of Durango, and Paragon Ski & Sport in Telluride are listed in The Appendix.** **High Country Shipping** is also located in Telluride and can assist you, regardless of which route, with all your shipping needs direct from your home and in Moab at the completion of your ride. Under the List Section of this Bikers Bible, you find the suggested repair equipment for bikes, for these routes. **Old Man Mountain Products**, a company out of California, makes pannier racks that will accommodate full suspension bikes.

Altitude & Health Considerations

These bike routes are demanding. Although they are well within the capabilities of many riders, you should not underestimate the difficulty of the trip. Riding three to five hours a day for a week presents its own challenge. Pedaling at altitude will noticeably increase fatigue levels. We recommend spending a few days, and no less than 24 hours, acclimatizing at altitudes similar to those you will be riding at before heading out on the route. This will ease the shock placed on the body that accompanies leaping from near sea level elevations to 10,000 feet. Staying hydrated may be the single most important thing you do before and on this trip. Fluids lost can be difficult to replenish. A five percent decrease in fluid is likely to occur if you neglect proper hydration. Dehydration can equal upwards of a 20% loss in performance. Bring a hydration pack with at least a 100 oz. Reservoir (about 3 liters) and two water bottles. Use the bottles for mixed drinks, and the reservoir for straight water. Hydrate your way across the route and it will seem much friendlier. This trip gets hotter and drier as you progress west, so be on top of hydration and you will actually feel like having a

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couple of beers in Moab at the week's end! Begin focusing on hydration three to five days before your trip, especially if you are a "caffeine junky". Drink! Drink! Drink! Then drink some more. A 175-pound person needs an average of six liters a day, more if it is hot.

If you are currently taking medications or treatments that would compromise your body's fluid levels or performance in the heat, please consult your physician before reserving your Bike Hut Trip and let your Group Leader be advised of any medical conditions.

On the Route:

Human Powered:

San Juan Hut Systems' mission is to provide low impact, **human powered**, lightweight backcountry travel opportunities for the independent health conscious adventurer at a practical price. We do not allow vehicular support of any kind.

Communication

There is no guaranteed cellular service along either route. One may find phone service on the Telluride to Moab Route at the Gateway Hut on the fifth day of riding by accessing services at Gateway Canyon Resort located a short distance from the hut.

Weather

It is entirely possible that your group will experience the full spectrum of weather conditions known to this planet over the course of your seven-day ride. A few years ago, a group from California departed the first week of June after an exceptionally good winter. The trail had several sections with snow. One five-mile section of the trail had continuous snow pack! They traveled these sections early, taking advantage of the firm frozen conditions. During days two and three, they encountered big wind and cold precipitation including quarter-sized snowflakes, slushy sleet, and freezing rain. The weather broke on day four, and it was glorious sunshine. They pedaled to the finish in unseasonably hot weather with temperatures topping 100 degrees Fahrenheit on the last leg to Moab.

For the first two weeks of our season in June and towards the end of our season in September, riders should augment their cold weather clothing over and above that on our suggested clothing list. It is common to experience late season snowstorms during the first three days of the trip when you are traveling through the high elevations. Be on the guard for the potential of hypothermia during these times. Be aware that it can snow like crazy here, even in July.

Bring everything that you could possibly need to Colorado and leave extra equipment in your car, at the lodging you stayed the night before or at the bike shop you are renting from. It would be a shame to get here, find you need it, and have to buy it again. **The day before your departure, check the National Weather Service Five-Day Forecast!** A link to the local route weather from the National Weather Service web site is located on our web site under LINKS.

Lightning

Lightning is a very serious consideration on this ride. It can occur extremely violent on any part of the route, at any time during the riding season. Certain periods of the season

however, will see more severe and widespread lightning. **Typically, the lightning season begins in early July and extends until mid September 15 and coincides with the onset of the "afternoon monsoon."** High lightning exposure areas include:

- On the Telluride to Moab Route, the second half of Day Two while on Horsefly Mesa and the entire Uncompahgre Plateau ridgeline on Day Four.
- On the Durango to Moab Route, starting the second half of Day Three, until almost the end of Day Four, and as you approach the last hut in the Pine Flats area on Day Six.

Be aware of the phenomenon known simply as "afternoon buildup." Cold mountain air pushes around hot air from the desert and, along with other barometric factors, culminates in a showdown that can let loose lightning and severe weather throughout the summer. This may occur as early as 11AM. and continue as late as 5PM. The extremes are most activity between Noon and 4PM. Plan your departure and day's ride to avoid these hours and the above-mentioned high lightning exposure areas on suspect days.

If caught in one of these storm systems, hunker down with your rain gear, deep in the forest (but not under a big tree!), and wait for the storm cell to pass. If caught in the open, **stay away from fences!** While your bike's metal will not "attract" lightning, we do not advise sprinting downhill. Sprinting through sagebrush with loaded panniers and funny shoes in fear of your life is asking for its own trouble. Set your bike down gently, kiss it goodbye for the time being. Take cover in lower country or deep in the forest. If you are pinned-down and feel that the lowest, immediate ground is the safest, find a spot **without water** and crouch low. Maintain the lowest profile possible and keep minimal contact with the ground. Do this only if certain and immediate peril prevents you from moving around!

Mud and Snow

Mud and snow may be serious at times. Major storms roll over both the Telluride to Moab and Durango to Moab Routes. These storms can be intense, sometimes lasting 1 1/2 - 2 days. The nature of the soils in this area makes for incredibly sticky slick mud. Riders who are mentally prepared for mud fair well. It can be very difficult to move forward on a bike when it is snowing overhead and muddy under the tires, but it is possible. The best way to deal with mud conditions is to avoid them. So, read up on your Alternate Route Overview, provided in The Route Packet, and look for postings in the huts for options to avoid the muddy mess. But if you do find yourself in the mud, releasing cables on brakes that set the pad to the rim can really help on up-hills, flats, and gentle descents. It is imperative that you take the time to peel the mud off your derailleur, brakes, rims, chains, and anywhere else it collects. With a clogged chain and derailleur, you have to be very careful when shifting. You may not be able to shift at all. If you do, you could break the derailleur. You may have to peel the mud off every quarter mile for miles. You may have to get on and off to walk your bike. You may

have to walk through the sagebrush with your bike beside the road to avoid impassible mud! This is what you could face out on route...and some do it with a smile.

First Aid on Route

There are no emergency medical services within easy reach of any one of the huts on either route. It is the responsibility of the group leader to collect any allergy or other pertinent medical information for the group. If someone in your group does have a medical condition or allergy, make sure the group is aware of it, and able to recognize signs of distress.

It is each group's responsibility to bring a First Aid Kit. There are basic First Aid Kits at the huts. However, our first aid kits get pilfered regularly and, though we try to keep them well stocked, the group before may have had an emergency and cleaned the kit out or your injury may occur a great distance from the next or previous hut. Below is a list of recommended items you should include in your First Aid Kit:

- Liquid Iodine (for water purification) 1 fluid oz. per four riders on the trip.
- Betadine solution and or Betadine sponges for scrubbing wounds, especially road/dirt rash.
- Adhesive tape, 2 rolls per four riders. We suggest the cloth/athletic type of tape.
- Antibiotic ointment. We suggest one 15-gram tube per four riders.
- Band Aids. Assorted sizes with flex type fabric.
- Ibuprofen or the equivalent, check with your group for allergies to aspirin. We suggest that you have enough to give 400 mg. to each rider when necessary.
- Toenail clippers.
- Gauze, one roll per every two riders.
- Non-stick and regular gauze pads, eight per four riders.
- Moleskin/Mole foam packets, 2 square sheets per rider.
- Small scissors capable of cutting tape and Mole foam effectively.
- Decongestant tablets (pseudoephedrine or equivalent), 12 tablets per four riders.
- Benadryl for bites and allergic reactions. If a member of the group is allergic to nuts, bee stings or other serious allergies bring two syringes per rider with this condition. This is not a place where help is around the corner and anaphylactic shock can be a life threatening condition.
- Antibiotics for respiratory conditions or wounds that can get out of control. Please consult a physician.
- Snake bite kit.
- Sunscreen, a minimum of SPF 30. We recommend 8 oz. per every four riders.
- SPF 20 lip balm.
- Zinc oxide for out of control sunburn and nasty saddle sores.
- A needle for removing sharp things embedded in the skin.
- Anti-fungal ointment, 1/2 oz. per four riders.
- Cortisone cream.
- Cough Syrup such as Robitussin or its' equivalent, 1 oz. per every four riders.

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- Insect Repellent. "Deet" is the 'heat' and the biting black flies will munch you like a buffet if you do not bring some.

Recommended Hydration Routine

Be aware that Colorado and Utah are dry climates and monitoring your fluid loss is difficult. It is very important to replace electrolytes and sugars in your body to speed up re-hydration, especially on hot days. Too much sugar however, can actually dehydrate you. Make frequent use of springs along the Standard Route. It is your responsibility however to filter or otherwise treat this water for purification. Most water filters found in backpacking stores will do the trick, as will purification tablets or iodine drops. Use purifying techniques according to the manufacturer's instructions!

Iodine Use for Water Purification on the Route

- For water purification, use a 2% tincture solution available from your pharmacy.
- For mostly clear water, use five drops per liter. Use eight drops for turbid or murky water.
- If the water is over 70 degrees, wait 30 minutes after treatment before drinking. For colder water, allow more time as bacteria, parasites, viruses, and other organisms absorb iodine at a slower rate as the water temperature decreases.
- Water left standing overnight requires only two drops per liter.
- "Burp" your water bottle after treatment. Place a drop of iodine on the threads of your bottle. Close the cap without tightening it all the way. Loosen the cap, and then tighten it once again. Shake the bottle well, turn it upside down, and then loosen cap to let a little water leak through and air bubbles rise into the bottle. Let enough water leak out to irrigate the cap's threads. Tighten the cap once more and wait the appropriate treatment time before drinking. For bottles with non-threaded caps, place one drop of the iodine solution on the rim, under the cap. Spin the cap, distributing the iodine. Spin the cap more and shake the bottle well. Turn upside down, and open the exit tube. Let a small amount of water exit the tube to irrigate and flush. Close the tube and let it sit until appropriate treatment time has passed before drinking.

Things to Keep in Mind While Riding

- Wear your helmet! It will save your life someday.
- When encountering motorized vehicles, ride single file down the road, do not ride wide around corners.
- On all trails, horseback riders have the right of way. If you encounter horseback riders, dismount your bike and stay on the downhill side of the trail. Also, if you encounter cattle on the trail, do not spook them. Remember these trails that you are riding were initially built by ranchers and miners. Be respectful of those that came before you.

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- Monitor your body temperature. Add or remove layers accordingly. Do not get behind on hydration or core temperature.
- Plan the day's ride around the weather. If lightning is evident in the early afternoon, get out early and beat the bad weather.
- Be prepared to get benighted. Carry a headlamp, lighter or matches, extra battery, and enough food to get you by. Plan for the worst.
- Keep in contact with your group. Travel the speed of your slowest rider or make plans to regroup at predetermined points along the way—do and do not deviate from these plans! Do not make turns without everyone being in sight. Make sure everyone in the group has access to the maps.
- Be aware of animals. The mountains and canyons of this route have bears, lions, cows, bulls, and coyotes, rattle snakes, scorpions, black widows, and tarantulas. All of these critters have the potential to cause you pain.
- On either Route, once you enter the drier canyon areas, such as the approach to the Gateway Hut on the Telluride to Moab Route and the area from Dry Creek Basin Hut to halfway up the hill headed to Geyser Pass Hut on the Durango to Moab Route, you must be aware of goatheads. Goatheads are thorns that exist on small plants all over the aforementioned areas. The way to not have your tires punctured by these small thorns is to make sure that you stay on existing roads and trails. It is quite possible to get ten punctures in a tire in 10 feet.

The Hut and Hut Etiquette:

Leave No Trace

The Leave No Trace Center for Outdoor Ethics is an educational, nonprofit organization dedicated to the responsible enjoyment and active stewardship of the outdoors by all people, worldwide. Leave No Trace is a national and international program designed to assist outdoor enthusiasts with their decisions about how to reduce their impacts when they hike, camp, picnic, snowshoe, run, bike, hunt, paddle, ride horses, fish, ski or climb. The program strives to educate all those who enjoy the outdoors about the nature of their recreational impacts as well as techniques to prevent and minimize such impacts. Leave No Trace is best understood as an educational and ethical program, not as a set of rules and regulations. Please visit their website and review their recommendations so that we can all work to Leave No Trace. Thank you. www.Int.org/programs/principles.php

Cleanliness

It is essential that you consider the repercussions of your every action over the course of this trip. There is no greater a case for this argument than the one regarding cleanliness. It is imperative for multiple reasons. If you are not mindful of this you will ruin the trip for yourself, the riders behind you, and the quality of the hut experience and the environment surrounding the huts of San Juan Hut Systems.

Animals will eat anything left lying around. Word travels fast in the animal world. An infestation can occur in less than 24 hours if one fails to clean and lock up everything. **You must keep all containers, lockers, and packages closed and out of reach when you are not right there using them!** This means no crackers, toilet paper, nuts, or anything else left out or within reach of mice, pack rats, and all the other critters that inhabit the forest. Again, if you fail to do this you will have mice crawling over you at night and the next group will encounter an even grimmer scene when they arrive. **You must keep steel lockers locked and closed when you are not actively getting something out or putting something away!** Mice are opportunists and an open door is all they need. Critters will chew through anything to get to the goods, so please, keep food out of reach. In addition, wash all dishes when you are finished with them. Dirty dishes left about will also attract species not welcome in the huts.

Before leaving each morning **CLEAN THE HUT** top to bottom. Sweep, re-organize, and tidy things up. We know that occasionally bad apples leave huts in bad shape. If it means cleaning up messes that are not yours, please do the right thing and help assure those behind you do not experience the same. If there is a very slovenly group in front of you, call us when you get out and we will deal with it accordingly. The huts are supplied and serviced every 16th to 24th rider. However, it is impossible for us to monitor the day-to-day activity of every hut. Please be conscious of your fellow riders and leave the huts

better than you found them. If everybody continues doing this the huts will continue to be rodent free.

Propane Instructions

The huts have stoves and lanterns fueled by propane. For your safety and ease of operation please follow the guidelines that follow.

1. To charge the gas lines when preparing to use the stove or lanterns, turn the grey valve on the propane tank $\frac{1}{4}$ turn **counterclockwise**. Turning the knob more will not increase gas flow and will slow the time needed to shut off gas in case of an emergency.
2. Shut the gas off at the outside tank **every night** and **before leaving** the next morning. Please double-check that the gas is off! To turn the gas off, turn the grey valve in a **clockwise** direction until snug.

If a propane tank is empty, exchange it with one of the provided full reserve tanks. Use the adjustable wrench found in the kitchen area. On the empty tank, remove the "hex" style brass gas fitting located nearest to the tank's valve. To differentiate the lantern lines from the stove line look for the regulator on the outside of the hut. Remember, gas fittings are always **reverse threaded!** This means "righty-loosey", "lefty-tighty." Be certain you are turning the fitting **clockwise to loosen** and **counterclockwise to tighten**.

It is **VERY IMPORTANT** to check for leaks. If you smell a sulfur-type odor, make a sudsy soap and water solution with detergent from the hut and apply it to the fittings and hoses where you suspect the leak might emanate from. Tighten fittings gently until leaks stop. Take care not to over-tighten the fittings as brass fittings may break.

Lighting the Lantern:

1. Push in the lever on the side of the lantern and flip the lever to the 'ON' position (embossed in the metal on the side of the lamp)
NOTE: You must push the lever **IN** before flipping the lever to the "ON" position. This disengages a mechanism in the lamp that prevents accidental movement of the lever resulting in gas leaking out.
2. Light a match and hold it beneath the mantle.
NOTE: Do not touch the match or lighter to the mantle. Doing so may break a hole in the mantle necessitating its replacement. (If needed look for replacement mantels on the wall in the area of the lamp)
3. If the lantern does not light and you need to try again, it is important that you begin repeating the procedure from Step 1.

Turning off the Lantern:

When finished with the lantern, push lever in and turn it to the off position stopping the flow of gas. Do not force lever! It will become jammed and require taking the cover off the lantern. Simply feel for the spring and the slot it presses into and then gently rotate the lever.

Trouble Shooting the Lantern:

If the lantern is dim, and the tank has gas, look for a spider web or other blockage in the supply tube of the lamp housing. Remove the web or other obstruction with a pencil or pen.

Lighting the Stove: **Do not leave a burning stove unattended!**

1. Turn on the main gas valve located outside the hut on the propane tank.
2. On the stove, turn on the desired burner by rotating the knobs located on the stove front. Have a flame ready and over burner when gas flow begins.

Please clean any spills or messes in the stove or blackened pots and pans. **Turning the heat to high may cause the flame to emanate from the bottom of the cook pan/pot and melt the stove knob. Use medium/medium-high heat at the most.**

The Wood Stove

IF A FIREBAN IS IN EFFECT, USE OF THE WOOD STOVE IS PROHIBITED!

- Locate the fire extinguisher in hut. Make sure all hut users are familiar with its location and operation.
- You may collect fallen dry wood from the area surrounding the hut. Please **DO NOT USE** the firewood stacked at the Last Dollar Hut (the first hut on the Telluride to Moab route). This wood supply is for winter use when firewood collection is difficult in this area.
- Store only what wood and kindling you plan to burn right away inside the hut. These huts are efficient. You do not need to play Paul Bunyan and stack a cord of wood under the bunks. It is a mess to clean up.
- Pick up dead, dry wood from ground or out further from the hut. Do not break live or dead limbs off trees around hut.
- Look for dry red needles from coniferous trees as they make a good fire starter. Shavings from the interior of dry branches make good kindling.
- Open the damper in the stovepipe (if one is provided).
- Light a small starter fire, and close stove door to about 1/4 inch. This will make the stove draw air properly. Listen for a rushing sound of air as you close the door to determine the proper amount of closure.
- Open and close the stove door quickly to avoid releasing smoke into the hut.

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- Once the fire gets going, do not leave the stove unattended.
- Do not let the stove, or stovepipe, get glowing red-hot!
- Keep the area around and under stove free from flammables!
- Extinguish all fire in stove before leaving for the next hut. Do not use water! Anticipate the time of your departure, and stop feeding the fire as your departure time nears. Rake remaining coals to the front of the stove near the vent to help the coals burn down. You may sprinkle a cup of water on the coals to kill the remaining embers before you leave. Please do not throw large amounts of water into the stove. It will cause rust and make it difficult for the next group to start a fire.
- **DO NOT THROW ANY ASHES UNDER THE HUT.** If you need to empty ashes from the stove, please put them in the metal ash pail located outside the hut.
- Some of the lower elevation huts have extremely tinder-dry fuels around the area of the hut. There are no wood stove in these huts.

Daily CleanUp Responsibilities

Please take ten minutes every morning and follow this procedure:

1. With a wet sponge and a touch of bleach in the water, wipe off kitchen counter thoroughly, drying with a paper towel. Discard towel into stove and burn.
2. Remove pads from the bunks and shake them thoroughly outside of the hut.
3. Sweep bunks onto floor beginning with the top bunks furthest from the door, working down and towards the door.
4. Sweep under the tables, bunks, and wood stove.
5. Gather all swept residue (minus the non-organic materials) and dispose of it in the outside compost bin.

Care of Sleeping Bags

- Please treat the zippers very gently and be careful not to snag the bags on sharp objects.
- Please do not lay sleeping bags or pads directly on the ground, inside or outside of the hut. Please use a plastic tarp as a ground sheet.
- If you spill food or drink on a bag, please clean it with mild soap and fresh water. Make sure the bag is dry before returning it to the bunk or its storage container. Hang the bag from a clothesline to dry away from nearby mouse launching pads.
- Shakeout all sleeping bags (inside out) before returning them to their storage location.
- Secure container lids tightly so mice cannot get in and munch the bags to pieces.

Water Jugs

We have to ship in all of the potable water at the huts. Please practice good water conservation ethics. This is a dry climate; please monitor your water use accordingly. Water is

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for drinking, cooking, and conservative-minded dishwashing. It can be impossible to keep pace with water wasters!

- Please limit your water usage to 2 gallons per rider per day.
- Try to fill your water bottles at the indicated locations on the Daily Standard Route Description before arriving at the hut.
- Do not use water from the hut supply for bathing, washing your feet, or washing your bike.

Utensils, Pots, and Pans

Please meticulously clean all cookware before leaving for the next hut. We provide detergent and bleach at the huts for cleaning. Shake excess water from scrubbies and sponges before returning them to the wire basket. Return brushes to their hooks. Throw dishwater **devoid of all food scraps** at least 50' away from the hut. Food scraps attract rodents and bears. Do not use metal utensils to scrape, stir, scoop, or cut food in pans with nonstick surfaces. Use paper plates as liners for the blue metal plates. This will save immensely on your clean up time and water usage. The paper plates make great fire starters. Burn all paper garbage that does not contain foil in the stove before departing.

Food Information

- Please reduce waste by using open containers first.
- Clean up spilled food inside of food lockers immediately.
- When leaving the hut, please reorganize the food locker for the next group.
- **Keep the food locker doors closed at all times, even while you are in the hut!** Rodents are brave little dudes, and they will dive in while your head is turned.

Trash Management

Please help us to minimize the trash at each hut. Trash removal from the hut uses precious resources and occupies landfill space. Please recycle, reduce, and reuse whenever possible.

- Separate out and burn all burnable trash in the wood stove when provided.
- Crush all steel and aluminum cans with the provided can crusher. This will help reduce the volume and number of loads necessary for transport to a recycling facility.
- Separate out all organic compostable food waste and scraps following the below composting procedure.

Food Composting Procedure

1. Place all un-eaten food scraps and organic food waste into the food waste pail.
2. Empty the food waste pail into the right side compartment of the composting bin located outside the hut, next to compost toilet.
3. Add wood chips from the left side compartment of the composting bin, to the food scrap waste compartment and mix thoroughly with the compost bin stir and mix tools.

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4. Rinse out the food waste pail with water. Please use this same water to clean the compost bin stir and mix tools.

In huts with wood stoves, please burn paper towels, plates and other burnable trash, otherwise place these items in the compost bin.

Composting Toilets

Composting toilets only work if people treat them properly. They compost your waste so that in a short time, it is safe to return to the environment. Please understand and respect what does and does not belong in the composting toilets.

What **DOES NOT** go down the Poop Chute:
(a partial list "collected" through experience)

- Your underwear or pet gerbil
- Plastic bottles and containers
- Plastic of any kind
- Foil wrappers
- Tampons and tampon applicators (they don't biodegrade in this system)
- Sanitary hand wipes (all are synthetic and will not biodegrade)

We have to **HAND PICK** items that do not belong out of the crapper and your waste. We're sure you wouldn't want to do this job... neither do we. Please place all non-biodegradable material in the waste can provided. Do the right thing and help keep these toilets working.

What **DOES** go down the Poop Chute:

- Your bodily waste, liquid and solid
- Toilet paper
- Wood shavings
- **Nothing else!**

Campfires are not allowed at any of the huts! The frequent 'tinder dry' conditions, dry winds, and the huge availability of fuel make this region very susceptible to wild land fires. We will not accept any liability for open fires.

Failure to comply with this rule is grounds for immediate removal from the route.

Things to Keep in Mind While at the Hut

- **CONSERVE WATER!**
- Do not use candles outside of their holders or unattended. Extinguish all candles when you start to feel sleepy—a runaway candle will burn down a hut.

Clothing/Bike Equipment/Gear Lists:

Clothing List

Essential Clothing for the Start and End of the Season

- Wool hat, a ski, or stocking type. Try to get one which can somehow be crammed under a helmet if need be.
- Neck gaiter (synthetic).
- Fleece vest (with wind stopping properties).
- Long pants such as polypropylene or capilene, medium weight or thermal biking tights without a chamois. 'Expedition weight' for the first and last two weeks of summer.
- Mittens or lobster claws that are heavy weight wool or synthetic material with water/weather proof shells and poly-pro liners.
- Neoprene shoe covers/wool socks.

Additional Clothing

You can accommodate many layering combinations for the fair weather season with a long sleeve jersey, short sleeve jersey, shorts, knee warmers, leg warmers, and arm warmers. They reduce weight, bulk and provide many combinations for the elements.

- Lightweight poly-pro or wool blend undershirt-sleeveless.
- Long sleeve poly-pro or capilene shirt or jersey with a zipper-turtleneck.
- Long sleeve fleece jacket with a high collar-medium weight.
- Cycling shorts, with the padded chamois crotch.
- Lightweight synthetic socks plus medium weight synthetic socks.
- Riding gloves, one pair fingerless riding gloves with a well-padded palm and a second pair for cool days that are full fingered, lightly insulated (light neoprene or fleece lined).
- Waterproof or Vapor Barrier rain gear.
- Baseball type hat.
- Sunglasses.

Be wary of affordable clothing that breathes. You are generally better off with watertight PVC material than "leak-tex" cloth. Get gear that is absolutely going to keep you dry. During a hypothermia-inducing downpour, you want to be dry! If you are suspicious, buy it and try it. Go home, put it on and stand in the shower cranked on for 15. If it works great, please let us know what the product is and where to get it!

With most of the breathable fabrics on the market, when it is raining hard, and we mean "Colorado Plateau" hard, you are going to get wet. With "Vapor Barrier," non-breathable

gear you can zip down the front, roll up the sleeves, vent the pits to let the heat escape if you get hot. Internal moisture is much warmer than the stuff from above. Ill-equipped clients can find themselves in life threatening situations due to inadequate. Please get your raingear sorted out before you come. We recommend that you **always** bring cold/wet weather gear. Before your departure, check the five-day forecast and plan your clothing accordingly.

Cycling shoes should be large enough to accommodate thicker socks, especially early or late in the season. Check your shoes at home to confirm that you have good toe movement. If they are the least bit tight, there will be trouble.

Gear List

The following list contains Items we feel you should have with you on our routes:

- Mountain bike.
- Helmet.
- Tire patch kit, however not the glue less type. Bring three new tubes of glue and twenty patches per rider. Hint: Inspect your rim tape before departing, small abrasions or sections failing to cover eyelets completely can cause a maddening spree of unexplainable flats.
- Tubes, two heavy-duty extras per rider. Carry a few lightweight emergency spares for the group.
- Extra tires, two per four riders. We recommend the folding bead type.
- Dollar bill or other tire boot used to cover a hole in the tire itself.
- Bike pump and CO-2 cartridge system or two pumps if you are solo. Choose compact, high volume types, such as Blackburn or Zefal.
- Large volume hydration pack, 70-100 oz. reservoir with pockets and storage capacity for jackets, gloves, and a few other immediate need items.
- Water bottles, one 16 oz. and one 20 oz. are recommended for those using hydration packs, otherwise a minimum of 3 liters per rider.
- Rear, over-the-tire type pannier rack. See the appendix for recommendations on rentals and pannier racks for full suspension bikes.
- Two panniers for rear rack, small to medium size should be adequate.
- One bike bag to be secured on the top of the rack.
- Lighter and or waterproof matches.
- Headlamp, spare battery, and bulb. (Flashlights are difficult to handle when two hands are required for a task... and generally, they are).
- Sleeping bag liner-33"x72," or there about, depending on your height. Many good options are available on the market, check with your outdoor store or online. 1.8 or 2 oz. nylon sewn in a dimensioned rectangle work well.
- Candle, for lighting fires at the huts, in case of an emergency, and they provide extra light within the huts.

Bike Repair Equipment & Tool List

Any part of a bike can break. Recently a group broke a derailleur and it's hanger on a trip. We list spare derailleur on our extra parts list. We do not list a derailleur hanger and our client was less than happy. This is a Suggested Bike Repair Equipment & Tool List. You feel you need to bring more, or less, do so. There are a number of lightweight, compact tool kits on the market. While there is no substitute for the "*Real Tool*," the weight savings is worth it. Several companies make good kit/multi-tools. However, many sell crap. We recommend *Park Tool* kits as they have a very high quality, durable product.

- Make sure what you bring meets an "inspection of logic." Each kit should include:
 - Chain-breaking tool.
 - Multi-tool Allen wrench set with 3 mm-9 mm sizes. (If not all are present, be sure to add extra Allens).
 - Tire levers
 - Spoke wrench, for all four-nipple sizes.
 - 3 mm-6 mm wrenches, preferably open-ended.
 - Phillips and slotted head screw drivers that fit all needs of all heads on a bike, more than one may be necessary.
 - Adjustable wrench.
- Four spare spokes and nipples, at least one fitting each spoke length on your bike.
- Spare rear derailleur. Find one that is compatible for at least one per every four riders.
- Spare brake and derailleur cables, long enough for either front or rear replacement, one set per four riders.
- Chain lube.
- Shock or fork pump for those with air spring suspensions, one per group (Based on compatibility, obviously).
- Spare set of brake pads, one set per four riders.
- *Leatherman* or other multi-tool that includes a good set of needle nose pliers and a sharp knife blade.
- Duct tape; roll a good length around the tube on your bike near the seat tube for future use.
- Small coil of medium to heavy gauge wire.
- Toe straps, they repair everything duct tape cannot. Bring two per four riders.
- "In the Field" bike repair book, if necessary.

At least one member of the group should have all of the necessary parts, tools, and the knowledge to use them. Riders are responsible for checking their bikes for proper operation prior leaving home. Re-check all tires, cables, brake pads, tubes, chains, and other parts before departure from the trailhead. Be careful not to replace a chain without giving your bike a good strenuous test ride before leaving as cogs and chains wear out together and replacing one may result in a failure of the two to mesh. Mechanical troubles can really ruin a trip.

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seen frames broken into two pieces. Should we include a spare bike frame in our list of spare parts?

Bring what you think you need for your trip Our list is suggested items. You are responsible for what you bring! We are not responsible for what you break, what you do not bring, or what do not know how to fix.

San Juan Hut Systems Ten Commandments

1. Thou shall not use vehicle support. We strictly prohibited use of vehicles. Bringing vehicles on the hut system is in direct violation with the U.S. Forest Service and private landowners. Violation of this commandment results in your prompt removal from the system without opportunity to return.
2. Thou shall not sneak on extra riders. We **will** catch you as our routes are monitored regularly. Violation of this commandment results in your prompt removal from the system without opportunity to return. You also incur a charge for the additional persons.
3. Thou shall not remove tools, utensils, pots, pans, plates, cups, sleeping bags, etc., etc, or any other items from the huts. They are there for a reason and you would miss them if they were gone when you arrived.
4. Thou shall not skip huts or stay extra nights. Remember, there is often a group ahead of you and behind you.
5. Thou shall not leave a pigsty hut disaster. Cleanliness is Godliness. Good hut system travelers know this.
6. Thou shall use proper bike etiquette. You all know how to be considerate travelers, so do so. Be courteous, friendly, and kind to all who share the trails with you. Remember on all trails, horseback riders have the right of way. If you encounter horseback riders, dismount your bike and stay on the downhill side of the trail. Do not spook the horses. Ride as if there was a horse around each blind corner. Horses were here first and horses originally created these trails.
7. Thou shall pack your brain. Common sense is a mandatory item. Do not suddenly forget where you are and what you are doing.
8. Thou shall conserve water! Take only what you need and leave the rest for your fellow travelers.
9. Thou shall read and understand our Cancellation & Credit Policy.
10. Thou shall have a great adventure! We are all here to have fun!

Appendix:

Shuttle Services/Rider Transportation

Telluride Express	970-728-6000	www.tellurideexpress.com
Durango Transportation	970-385-5231	
Road Runner Shuttle	435-259-9402	www.roadrunnershuttle.com
Porcupine Shuttle	435-260-0896	www.porcupineshuttle.com

*If you hire an independent transportation or shuttle service, it is your responsibility to verify that the company maintains current and adequate insurance. **San Juan Hut Systems assumes no liability for these services.**

Parking Personal Vehicles

Durango to Moab Route:

Park your vehicles in the parking areas of the lodging providers where you stayed the night before. Durango Mountain Resorts, at the trailhead, will allow guests and non-guests to leave their vehicles *upon request*, though they will not be responsible for vehicles or their contents. Please visit the front desk of main lodge and indicate you are a client of San Juan Hut Systems so that Security will be notified and not tag your car.

Telluride to Moab Route:

Call the Town of Telluride (970-728-2151) for the latest instructions on where they would like you to park the week you are on your trip. This changes frequently. Another option is to park your car at the Telluride Airport.

Moab:

Contact the Moab Police Department 435-259-8938 or the Moab Visitors Center

Lodging by Location

Ridgway Area:

Adobe Inn	970-626-5939	
Orvis Hot Springs	970.626.5324	www.orvishotsprings.com
Ridgway Lodge and Suites	970-626-5444	www.ridgwaylodgeandsuites.com
Chipeta Sun Lodge	970-626-3737	www.chipeta.com

Moab Area:

Red Stone Inn	435-259-3500	
Lazy Lizard International Hostel	435-259-6057	www.lizardheadhostel.com
Bighorn Lodge	800-325-6171	www.moabbighorn.com
Apache Motel	435-259-5727	www.moabredstone.com

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Durango Trailhead:

Silverpick Lodge	970-259-6600	www.silverpicklodge.com
Durango Mountain Resort*	970.426.7271	www.durangomountainresort.com
	800.525.0892	

*Ask for Lindsey or Jessica in Group Reservations and identify yourself as a San Juan Hut Systems client to receive a discounted rate.

Telluride: There are so many options here, hit the two main websites
www.telluridechamber.com www.visittelluride.com

Area Chambers of Commerce

Below are numbers for the area Chambers of Commerce that can help you find additional information about the area and services offered.

Telluride	970-728-4431
Moab	800-635-6622
Montrose	970-249-5000
Grand Junction	970-242-3214
Ridgway	970-626-5181
Durango	970-247-0312

Bike Rentals and Pannier Resources

- Peak to Peak Bicycles
540 Sherman St.
Ridgway, CO 81432
970-626-3177
www.peaktopeakbicycles.com
- Paragon Ski and Sport
215 W. Colorado Ave.
Telluride, CO 81435
970-728-4525
www.paragontelluride.com
- Cliffside Ski and Bike
46825 Hwy. 550 N.
Durango, CO 81301
970-385-1461
www.cliffsideski.com

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- **Poison Spider**
497 N. Main St.
Moab Utah 84532
800-635-1792
shop@poisonspiderbicycles.com
- **Old Man Mountain Products**
23 S. Fairview, Suite C
Santa Barbara, CA 93117
888-439-6455
805-692-9950 or 805-692-9390
www.oldmanmountian.com

Emergency Contact Numbers

San Miguel County Sheriff (Telluride, CO)	970-728-1911
Montrose County Sheriff (Montrose, CO)	970-252-4023
Mesa County Sheriff (Grand Junction, CO)	970-242-6707
La Plata County Sheriff (Durango, CO)	970-247-1157
Grand County Sheriff (Monticello, UT)	435-587-2237
Telluride Medical Center	970-728-3848
Montrose Memorial Hospital	970-249-2211
Basin Clinic (Naturita, CO)	970-865-2665
Uncompahgre Medical Center (Norwood, CO)	970-327-4233
St. Mary's Flight for Life	800-332-4932
San Juan Hut Systems (Ridgway, CO)	970-626-3033