

Utah: Bryce Canyon & Zion National Parks

Bike Vacation Only

What's the one thing you wish you had on a group cycling vacation? More free time! That's why we designed this remarkable Utah adventure with your freedom in mind. Your experienced local trip leaders have the inside knowledge to help you choose your own adventure—whether you're looking for extra miles or a relaxing afternoon by the pool. You might challenge yourself—spinning past the rosy spines of hoodoos to the panoramic views at Bryce Canyon's Rainbow Point. Or explore on foot—hiking the lush riverside Emerald Pools Trail or ascending the rocky switchbacks of the West Rim Trail in Zion National Park. You might also choose to browse the art galleries in Springdale, or kick back and indulge in a relaxing spa treatment at your resort hotel. The choice is yours!

Cultural Highlights

- Cycle among the dramatic red sandstone landscapes of Snow Canyon.
- Ride to Bryce Canyon City along the Red Canyon Bicycle Trail, a stunning canvas of red earth, low shrub, and rising slopes.
- Marvel at the spindly hoodoos of Bryce Canyon at the park's famed Inspiration Point.
- Explore the unique geological formations of Bryce Canyon by foot when you opt for a half-day hike.
- Pedal along the Pa'rus Trail, tracing the Virgin River, and follow the Zion Canyon Scenic Drive to the Temple of Sinawava, a spectacular natural amphitheater.

What to Expect

This tour offers a full range of easy terrain mixed with moderate hills, making it ideal for both beginner and experienced cyclists. The VBT support vehicle is available for those who would like assistance on the hillier sections. Please note that vehicle support will be limited on the scenic drives in both Bryce Canyon National Park and Zion National Park. During these rides, your trip leaders will provide extra snacks and supplies.

Tour Duration: 6 Days

Average Daily Mileage: 10-40 miles

Average Cycling Time: 2-5 hours

Group size: 20 max

Climate Information

Average High/Low Temperature (°F)

April 53°/24°, May 63°/32°, June 74°/39°, July 80°/47°, August 77°/45°, September 70°/37°, October 58°/28°

Average Rainfall (in.)

April 0.9, May 1.4, June 0.6, July 1.4, August 2.1, September 1.6, October 1.5

DAY 1: Your VBT Vacation Begins / Snow Canyon State Park Warm-Up Ride

VBT Pre-Tour Extension Guests:

Enjoy an included breakfast at the hotel before exploring at your leisure. Please have lunch on your own before meeting your full group and trip leaders at 2:00 p.m. for a safety and bike-fitting session, followed by a warm-up ride.

VBT Tour-Only Guests:

Your tour begins at your first hotel, Red Mountain Resort, in St. George.

The resort offers a complimentary shuttle from the St. George Airport for arrivals until 5:00 p.m. Please arrange this in advance by calling the resort. If you arrive after 5:00 p.m., taxi service is available at your own expense. Travel time to the resort is approximately 30 minutes.

Nestled in the Greater Zion region—where the Colorado Plateau, Great Basin, and Mojave Desert converge—St. George presents a stunning blend of natural beauty and cultural sophistication. Red-rock mesas rise above a vibrant city filled with shops, restaurants, art galleries, theaters, and museums. With the Pine Valley Mountains in the distance, this is the perfect gateway to Zion National Park and the surrounding wilderness. Your luxury accommodations at Red Mountain Resort offer the best of both serenity and style.

Upon arrival, enjoy lunch on the terrace of the Canyon Breeze Restaurant or pick up a salad or sandwich from the Canyon Café and dine on the spacious grounds. Since your room may not be ready until late afternoon, a place will be made available for you to change into cycling clothes.

Meet your trip leaders at 2:00 p.m. for a safety and bike-fitting session. If you arrive early, you may be able to start your ride as early as 11:00 a.m.—look for your leaders by the VBT van in the parking lot. Your Bryce Canyon and Zion bike tour begins with a warm-up ride into Snow Canyon State Park. This stunning route follows the paved Whiptail Trail on a gentle ascent, passing the region's famed red-rock and white

Navajo sandstone formations in an otherworldly landscape of ancient lava flows and soaring cliffs. You'll have time to explore on foot if you wish. Reach a scenic overlook near the park's highest point, then return along the same route.

This evening, gather for a welcome reception hosted by your trip leaders, followed by a delicious dinner featuring locally sourced ingredients.

Today's Ride Choices

Afternoon: Short Option: Warm-Up Ride – Snow Canyon Out-and-Back – 7 miles OR Long Option: Warm-Up Ride – Snow Canyon Out-and-Back – 10 miles

What to Expect:

Ride from the hotel to Snow Canyon State Park on the paved Whiptail Trail, enjoying spectacular views as you ascend into the park. You may choose to stop and explore the park on foot. After approximately seven or ten miles, return to the hotel by retracing your path along the Whiptail Trail.

Cumulative Distance Range: 7 – 10 miles

Included Meals: Dinner

DAY 2: Dixie National Forest / Red Canyon / Arrival in Bryce Canyon City

After breakfast, shuttle to Cedar Breaks National Monument, where today's ride begins with a gentle 34-mile descent to the historic frontier town of Panguitch, listed on the National Register of Historic Places. Enjoy an included lunch here before continuing your ride toward Bryce Canyon.

Your route showcases the dramatic contours of Utah's wilderness—a breathtaking tableau reminiscent of the Old West. For more intrepid cyclists, an optional moderate ride from Panguitch Lake to Panguitch may be offered, weather permitting. The main route leaves Panguitch and enters the Dixie National Forest, stopping at the Red Canyon Visitor Center. From there, pedal along the scenic Red Canyon Bicycle Trail, surrounded by low shrubland, vibrant red earth, towering cliffs, and majestic ponderosa pines. The region's spellbinding palette—rusty reds, deep oranges, and ghostly white striations—comes to life as you cycle past massive buttes and slender hoodoos. A highlight of the day is the Red Canyon Arch, a

spectacular natural formation carved into the sandstone.

Your ride ends in Bryce Canyon City—originally called Ruby’s Inn, renamed in 2007. Founded in 1916 by Reuben C. “Ruby” Syrett, the town remains a quaint settlement with just a few hundred residents. Dinner is on your own this evening.

Today's Ride Choices

Afternoon: Cedar Breaks to Panguitch — 34 miles | Panguitch to Bryce Canyon — 22 miles

What to Expect:

After lunch in Panguitch, you ride to Bryce Canyon City. The first portion of the ride follows Highway 89 and Highway 12, where you’ll cycle on the road’s shoulder alongside passing traffic. If you prefer to avoid highway cycling, you may shuttle with your trip leaders (approximately 10 miles) to the start of the Red Canyon Bicycle Trail. This scenic bike path ascends through striking buttes and hoodoos. After reaching the ride’s highest point near the Coyote Hollow Trailhead, enjoy a gentle descent to the hotel. Along the way, you’ll pass the iconic Red Canyon Arch. Please note: This afternoon’s optional ride is rated moderate due to a steep grade and narrow shoulder.

Cumulative Distance Range: 22 – 56 miles

Included Meals: Breakfast, Lunch

DAY 3: Bryce Canyon National Park

The natural spectacle of Bryce Canyon National Park is yours to explore today. Pack a lunch to enjoy along the bike route, stop at Bryce Canyon Lodge for a take-out meal to enjoy rim-side, or plan to return to the hotel for lunch.

After breakfast, you’ll get an early start on the Bryce Canyon Shared-Use Path. Your first stop is the visitor center, where exhibits provide a preview of the geological wonders ahead.

Your ride leads into the park, passing dramatic rock formations and stands of ponderosa pine. The path offers leisurely access from Bryce Canyon City to Inspiration Point—your first destination. Though Inspiration Point sits at 8,100 feet, the trail’s grade never exceeds 6%, making for an easy-to-moderate

ride. Upon arrival, you'll be treated to a breathtaking view of finger-like hoodoos rising in a natural amphitheater, backed by the striking Boat Mesa.

You may return to the hotel the same way, or opt for a longer route along the Bryce Canyon Scenic Drive. This spectacular 18-mile road stretches the full length of the park. Pause to admire landmarks like Natural Bridge—an 85-foot arch sculpted by erosion—and Agua Canyon, a favorite perch for the majestic California condor. The route culminates at Rainbow Point, at 9,100 feet, where you can take in sweeping views across the entire park.

This afternoon, your trip leaders are happy to help you plan a hike in Bryce. After a full and rewarding day, gather for an included dinner at a local restaurant.

Today's Ride Choices

Morning: Bryce Canyon National Park — 10 – 41 miles

What to Expect:

Today's ride begins at the hotel and offers countless opportunities to pause and take in the magnificent vistas of Bryce Canyon National Park. You'll start on the Bryce Canyon Shared-Use Path, with time to stop at the Visitor Center before continuing to Inspiration Point. From there, you may choose to return to the hotel or continue riding along Bryce Canyon Scenic Drive. This portion of the ride shares the road with vehicles and features a steady ascent—never exceeding a 6% grade—to the highest point in the park at Rainbow and Yovimpa Points.

Cumulative Distance Range: 10 – 41 miles

Included Meals: Breakfast, Dinner

DAY 4: Zion National Park

This morning, you shuttle to Springdale, the gateway to Zion National Park and your home for the next two nights. After a pre-ordered lunch beside the Virgin River, you'll enter Zion National Park by bike, following the Pa'rus Trail as it winds into the canyon. At the end of the trail, you connect to the Zion Canyon Scenic Drive—closed to private vehicles and open only to park service shuttles—offering a peaceful and breathtaking ride through towering sandstone monoliths. Along the way, you'll have plenty

of opportunities to pause and take in the stunning scenery.

Your destination is the awe-inspiring Temple of Sinawava, a natural amphitheater with soaring vertical walls plunging 3,000 feet. Take time to appreciate its grandeur before beginning your return ride.

After a refreshing break, enjoy a different perspective of Zion's dramatic landscape as you bike or shuttle back to Springdale. This afternoon, explore the charming town at your leisure.

Tonight, enjoy dinner on your own with many excellent local options to choose from.

Today's Ride Choices

Morning: Zion Canyon Scenic Drive — 16 miles

What to Expect:

Ride from your hotel along the Pa'rus Trail to the Zion Scenic Drive. Continue along the Scenic Drive if you wish, taking in panoramic views of the towering canyon walls and dramatic rock formations along the way.

Cumulative Distance Range: 16 miles

Included Meals: Breakfast, Lunch

DAY 5: Zion National Park Hike

Leave the bikes behind today to explore Zion National Park on foot. Your trip leaders will help you select a trail that suits your interest and ability. Perhaps stroll the Emerald Pools Trail, a series of short paths along a lush stream that feeds several scenic pools. The Scout Lookout Trail rewards you with sweeping views of the canyon, while the West Rim Trail offers a dramatic zig-zag ascent along soaring rock walls. Whichever route you choose, Zion's awe-inspiring scenery will stay with you. Lunch is on your own today.

If you prefer a more restful day, unwind at the hotel pool, enjoy a spa treatment, or explore the shops and galleries of Springdale. You might also stop by the Zion National Park Visitor Center or learn more about the region's cultural and natural history at the Zion Human History Museum. This evening, gather with your fellow travelers for a celebratory farewell dinner at a local restaurant.

Today's Ride Choices

What to Expect:

Non-Biking Day: Take a break from the saddle to explore Zion on foot or unwind in Springdale. Enjoy the day at your own pace.

Included Meals: Breakfast, Dinner

DAY 6: Ride to Rockville or Hike the Watchman Trail / Shuttle to St. George / Your VBT Vacation Ends

This morning, choose between an early ride with your trip leaders or a self-guided hike—both options depart from the hotel. The ride is an out-and-back route that follows Route 9 southwest through the charming town of Springdale to the small village of Rockville. Here, you'll cross the Virgin River on a historic bridge, passing orchards and farms before stopping for a creekside snack. If you prefer a final hike, the Watchman Trail ascends through a canyon to a plateau offering sweeping views of Zion National Park and Springdale. Return to your hotel in time for a quick shower before departure.

VBT provides two private shuttle options from the hotel to the St. George Regional Airport and the St. George Shuttle office. The first shuttle departs at 8:30 a.m., arriving at 10:30 a.m.; the second departs at 11:30 a.m., arriving at 1:30 p.m. Guests on the 11:30 a.m. shuttle will be dropped off at the St. George Shuttle office in time to connect with the 2:00 p.m. shuttle to Las Vegas Harry Reid International Airport (LAS) (at your own expense). Please note: If you take the early shuttle, you will not have time for the morning ride.

Today's Ride Choices

Morning: Springdale to Rockville — 13 miles

What to Expect:

Choose between an early ride with your trip leaders or a self-guided hike today.

Cumulative Distance Range: 13 miles

Included Meals: Breakfast

Accommodations

May vary depending on departure date.

Red Mountain Resort (Day 1)

Spread across 55 acres that blend into a stunning landscape of red-rock cliffs and canyons, the Red Mountain Resort exudes the spirit of a desert community. Its focus on whole-body wellness has inspired its spa, wellness workshops, cuisine, and robust roster of outdoor activities. During your stay, connect with the desert when you walk its meditative labyrinth. Savor a healthy dinner at the elegant Canyon Breeze Restaurant, and ease into the relaxed rhythm of life in southern Utah. Each air-conditioned room offers all the amenities you need for a comfortable stay.

Best Western Bryce Canyon Grand Hotel (Days 2-3)

One mile from Bryce Canyon, your conveniently located hotel is surrounded by spectacular views of hoodoos. Start the day off right with a hot breakfast, and soak your tired muscles in Bryce Canyon Grand Hotel's private pool or hot tub after a rewarding day in the park.

Cable Mountain Lodge (Days 4-5)

Set at the foot of stunning red-rock mountains, the Cable Mountain Lodge offers quick and easy access to Zion National Park. The park entrance is just steps away. During your stay, treat yourself to a spa treatment. Visit Zion Canyon Village. Stroll the lush banks of the Virgin River, right on the property, perhaps enjoying a picnic under the cottonwood trees. Or take a cool dip in the pool or a soothing soak in the hot tub. Each air-conditioned room is inspired by the rustic beauty of your surroundings.