

Lessons From the Bike: A Wellness CME Adventure
Bike Durango, Colorado to Moab, Utah
[CLICK HERE FOR RIDE DETAILS](#)
August 14-August 20, 2022
Price: \$2000

WHAT IS INCLUDED IN MY TRIP?

- Shuttle to start at Durango Mountain Resort and back to Durango from Moab at the end
- General camp gear from Ready Camp (2 10'x10' shelters, full kitchen, cooking/eating utensils, dry firewood, camp chairs, camp toilet, fresh water)
- Camp/gear relocation each day including trash removal
- Food/Meals throughout the trip prepared by Hermosa tours.
- 6 Self-Guided Riding Days and 5 Nights Self-Supported Camping
- Note: Trip starts and ends in Durango, CO (you will ride to Moab, and be transported back to Durango)

NOT INCLUDED

- Transportation to Durango Colorado prior to trip or from Durango after trip
- Lodging the night prior to the event (August 14) and the night you return to Durango if needed (expected return time to Durango is approximately 7 pm on August 20)
- Overnight gear: you will need your tent/gear for overnight. The goal of the team building is that everyone works together to set up and tear down, but overnight gear is not included except what is listed above.
- Alcoholic Beverages: can be transported if desired but not included.
- All food will be provided. If there are special needs you may bring those and they can be transported, or let us know so we can plan accordingly.
- Weather Control – Mother Nature has a mind of her own
- Bikes – Hermosa Tours can rent you a full-suspension bike for the week if needed
- Sag service. This is a DIY ride that will be led by Dr Warren and is set up to be more of a DIY ride each day with relocation nightly of gear as noted above.