

Moab Off Road Duathlon and Spring Trail Run Travel Info in a Nutshell.....

Moab is close to two National Parks and offers a multitude of outdoor recreational activities; therefore the town has grown to accommodate visitors from out of town.

There's several nice **hotels** right in town and just outside of town. I would suggest using an internet travel site to search for a hotel that best fits your needs (Kayak.com, Orbitz.com, Priceline.com, etc.). All the hotels along Hwy 191/Main Street are within 25 min of the race start/finish. There are two lodges located about 40 minute drive from town which are very nice, but are not as convenient for the race (Red Cliff Lodge and Sorrell River Ranch.)

There are also several **condos and guesthouses** available for rent which would be nice for longer-term stays. Many condos and guesthouses are located in Spanish Valley, which is just South of town. They are outside of town, but only about 10 min extra driving time. See our TripAdvisor link for more info. on this type of accommodation.

Camping in Moab in early March is for the hardy. Be prepared for cold nights. You may camp near the venue off one of the dirt roads north of town for free, but there are no amenities, so bring what you need and pack everything out. Right **in town** there are several campgrounds with hookups and restrooms with running water. The closest one to the race venue is Archview Campground. There are also dozens of **BLM campgrounds** in Moab, including several along Potash Road, the River Road, and Kane Creek Road. All are nice and affordable. It should not be a problem to find a site in March.

The best **airports** to fly into to get to Moab are **Grand Junction** (1.5 hr drive) or **Salt Lake City** (4 hr drive). Both offer several flights daily with affordable rental cars at the airport. Shuttles to/from GJ or SLC are sparse. Allegiant air also offers flights into **Provo** Airport and **Montrose** Airport, both 3 hr drive to Moab.

Flying into the **Moab airport** is possible on SkyWest Airlines through Salt Lake City. Enterprise offers rental cars from the Moab airport.

Rental cars are the easiest way to get around, although there are limited taxi service and shuttle service. See the www.discovermoab.com, under the Transportation link, for info and phone numbers on shuttles and taxis.

Moab is a small town, but it has most everything one would need. There are several good **restaurants** in town. We suggest **Milt's Stop & Eat**—we are bias since we own it! The Menu Guide is available in town and has menus for most of Moab's restaurants. **City Market** is located on the East side of Main Street, about half way through town. **Gearheads** has running shoes and packs/water bottles, running clothes and that kind of stuff if you forgot something. Gearheads is just South of City Market.

There are 8 bike shops in town that all provide super service and sell most all the bike gear you might need. They also offer rental bikes and helmets. We like Poison Spider bike shop. There is a **hospital** located on 500 West and Williams Way.

If you have some extra time to **vacation** before or after the race, Moab has a lot to offer. **Arches** National Park is just 5 miles from town. A good hike/run is Delicate Arch or Devils Garden Primitive Loop. **Canyonlands** and **Dead Horse State Park** are about 40 minute drive from town and offer incredible views. Syncline Loop in Canyonlands is a nice 8 mile run/hike. And the Intrepid Trail in Dead Horse Park is a fun 9 mile loop, open to mtn bikes and hikers/runners. Some other nice places to run, hike, and mtn bike (besides the race course) include **Slickrock Trail, Bar M area trails, Magnificent 7 area trails, and Porcupine Rim trail**. There are several places with neat petroglyphs to explore as well. If you want to get off your feet, we suggest **kayaking, paddleboarding, or rafting the Colorado River**. There are also several **jeep and ATV** rentals places around town. The **Moab Aquatic Center** on 400 West has a nice swimming pool and also workout equipment. For the more adventurous Moab offers some unique **Canyoneering and Rock Climbing as well as Skydiving**. A new **zip line** course has recently opened as well. An intro to climbing/ropes can be done at the **Moab Adventure Park** on Kane Creek Road. You won't be bored, but you may get tired so a nap in on a smooth sunny redrock or in **Moonflower canyon** might be nice, or a cool soak in **Negro Bill creek or Millcreek** might refresh!