Q & A

What is included in the Mountain Bike Weekends?

Majority of meals included 2 dinners, 2 buffet breakfasts, 1 light lunch. 2 days of extensive training with local experts Craig Trevallion and Vanessa Knee including a variety of mountain bike trail rides including technique focus, use of Lake Crackenback Resort & Spa FREE activities including 9 hole golf course and golf equipment, over 25km's of trails, heated lap pool, gym, sauna, stand up paddle boards, canoes, kayaks, trampolines and archery. 2 nights' accommodation in a 4.5 star property.

Do I need my own bike?

If you do not have your own suitable mountain bike or are not able to travel with your own bike, the resort has a choice of high quality Specialized brand mountain bikes for hire. We have both hard tail cross country bikes or premium full suspension "29er" bikes available. See resort website under Activate for bike hire prices. http://www.lakecrackenback.com.au/activities/mountain-biking

Can I get any sports massage, acupuncture or relaxation therapies whilst at Lake Crackenback Resort & Spa?

The resort has a 5 room Day Spa & Wellness Centre onsite with qualified therapists. It is essential if you wish to book a sports massage, relaxation or any other therapy to book in advance so we can fit you in limited spare time around the weekend activities as per the program. Alternatively come pre or post the weekend by booking additional nights, bookings still highly recommended in advance.

Can I do any cross training whilst at the resort?

Yes there is dedicated free time in the program to do as little or as much as you like. The resort has a heated lap pool, gym, sauna and over 25km's of tracks for trail running, bush walking as well as mountain biking. We also hire our fishing gear and Segways if interested.

How fit do I need to be to participate in the weekends?

Craig and Vanessa have a strong inclusive policy and these weekends are designed for mountain bike riders of all abilities; from beginners to experienced riders. Craig and Vanessa will group clients according to their fitness level and mountain bike experience to ensure that each client is given the best possible experience over the weekend. You will always be supported by an experienced guide when out on trails. Some mountain biking experience is required, including at least a basic ability on single track riding. The trails utilised vary from wide fire trail to single track across a variety of terrain, soils and elevation. Within the set itinerary our experienced guides will be able to tailor and adapt trail choices to suit all riders if required. At least a moderate level of physical fitness is required.

I am a novice so can I still come?

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What do I need to bring to the trail running weekend?

Clients need to bring enough clothes to ensure they are comfortable on the trails for three days and casual clothes during meals. Clients will also need to bring a hydration pack that will fit some basic mandatory gear or carry sufficient water bottles. It is strongly suggested to bring both winter and summer gear as temperatures can fluctuate greatly. As we will be in the outdoors often away from immediate assistance, each participant should be predominantly self-sufficient from a riding and safety perspective. As well as your standard riding equipment such as helmet, closed in shoes & suitable clothing, you should carry basic bikes tools and spares, a small basic first aid kit, water and your personal choice of riding foods/energy snacks.

What is the mandatory gear?

Mobile phone (with emergency contact name and numbers), compression bandage. Craig and Vanessa also suggest all clients bring sunscreen, anti-chaffing cream and bring gloves and beanie in case of cold weather. Your guides will be riding with basic first aid on all occasions.

How far we will be riding during the mountain bike weekend?

See the weekend program riding order.

What is a mentored mountain bike ride?

The mentored rides are much more than just a group ride. There will be many opportunities to learn 'on the bike' correct trail riding techniques. Craig and Vanessa will model technical trail riding skills, and demonstrate correct posture and technique for uphill and downhill riding. There will be many other 'teachable' moments that will occur as a whole group. The group rides will also teach clients how often and regularly to eat and hydrate according to what works for optimum performance for Craig and Vanessa.

What trails will we be riding on?

Some of our mentored rides will be within the grounds of Lake Crackenback Resort & Spa on our 25km's plus of single trail. Additionally, we will be utilising the stunning surrounds of the local National Parks trails and trails adjacent to Lake Jindabyne to showcase the region. Craig and Vanessa will make sure that your safety is of paramount importance by providing a sweeper at the back of the group. Each sweeper will also be carrying back up hydration and a full first aid kit.



What is the temperature at Crackenback during the weekends?

	0	Temperature	
Months	Normal	Warmest	Coldest
March	-	27.3°C	13.0°C
October	-	19.4°C	6.1°C
November	-	22.6°C	8.8°C
December	-	32.0°C	12.7°C

What if it is raining or cold?

Mountain biking is a sport to be enjoyed in all types of weather conditions. The rides will still go ahead in these conditions and we expect clients to prepare themselves for these conditions by bringing a range of riding attire as per our earlier mentioned mandatory attire. Rides will not go ahead in severe weather such as snow, sleet, hail, lightening or excessive heat. It is suggested to bring several sets of bike riding clothing. The trails are normally dry; however in the event of wet weather the trails can become slippery.

Can I bring a friend or partner who is not going to ride?

Yes, we strongly encourage partners as the resort has so much to offer guests of all interests. There are many FREE activities both within the resort and a range of things to do, throughout the region for non-riders to enjoy. Our reservations team will be only too happy to assist you at time of booking.

