

SUPPORTED MOUNTAIN BIKE WEEKEND

5th – 7th December 2014 ITINERARY – Single Track Galore

The snowy mountains region is renowned for its quality and variety of mountain bike trails. You will get the most out of your stay in the mountains with the expert local knowledge of your experienced and qualified local guides who will ride with the group throughout the weekend.

You will enjoy the advantage of local knowledge in exploring the best of the best trails in and around Lake Crackenback Resort & Spa as well as in the Kosciuszko National Park, the Thredbo area and the surrounds of Lake Jindabyne.

As the name suggests, the weekend is filled with kilometre after kilometre of single track fun and thrills with the routes tailored to suit all participants. Whilst the weekend isn't specifically a skills training event, our guides will be there to give plenty of quality advice to help you improve your riding so you get the most out of this weekend and your riding in the future.

Friday 5 th December 2014	
2.00pm – 4.00pm	Weekend Check-in
4.00pm – 4.30pm	Welcome, meet your guides, weekend briefing
5.00pm – 6.30pm	Introductory ride on resort trails (approx. 18kms)
7.30pm	Dinner at Alpine Larder



Saturday 6 th December 2014	
7.30am - 8.30am	Optional free morning yoga – Freestyle Room
7.00am – 9.00am	Breakfast in Cuisine at your leisure
9.30am	Depart Activate Centre. Ride to Thredbo via Muzzlewood & Thredbo Valley Trails (approx 20kms)
Saturday 6 th December 2014 cont.	
12.00pm - 1.00pm	Lunch at Thredbo Village (own expense)
1.00pm	Ride via Thredbo Golf Course trail, pipeline & bridal trails then return via Thredbo Valley Trail & complete a full loop of Resort trails (approx 35kms)
4.00pm – 6.00pm	Free time. Our Segway experience tours or pre-book yourself into a treatment at the Spa & Wellness Centre.
6.30pm	Dinner at Alpine Larder
Sunday 7 th December 2014	
7.30am - 8.30am	Optional free morning yoga – Freestyle Room
7.00am – 8.30am	Breakfast in Cuisine at your leisure
8.30am	Depart Activate Centre by bus to the Bungarra Alpine Centre.
9.00am - 11.00am	Ride the flowing single trails of Bungarra (approx. 20kms)
11.00am - 11.30am	Early lunch in Jindabyne (own expense)
11.30am - 1.30pm	Ride the Mill Creek trails between Jindabyne & Tyrolean Village (approx. 20kms)
1.30pm	Return bus transfers to the Resort
	Late checkout – 3.00pm

