

SUPPORTED MOUNTAIN BIKE WEEKEND

27th – 29th MARCH 2015 ITINERARY – Epic Mountains Combo

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 the Lake Crackenback Resort & Spa as well as in the Kosciuszko National Park, the Thredbo area, the surrounds of Lake Jindabyne and of course Australia's highest peak - Mount Kosciuszko.

In a unique combination of the best trails in our region the weekend will be truly epic! There will hardly be a minute spare as you explore the best of the region's single track, take in the breathtaking peaks and ridge lines en route to Cascades Hut and experience the unique opportunity of riding to a sunset on Mount Kosciuszko. 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 27 th March 2015	
2.00pm - 4.00pm	Weekend Check-in
4.00pm – 4.30pm	Welcome, meet your guides, weekend briefing
In Olonm — h Ronm	Introductory ride on resort trails plus the Muzzlewood & Diggings River trail (approx. 20kms)
7.30pm	Dinner at Alpine Larder



Saturday 28 th March 2015	
7.30am - 8.30am	Optional free morning yoga – Freestyle Room
7.00am - 9.00am	Breakfast in Cuisine at your leisure
9.00am	Depart Activate Centre. Ride via Thredbo Valley Track to Thredbo. (approx.20km).
12.00 – 12.30pm	Lunch at Thredbo (own expense)
12.30pm	Return ride to the Resort. Ride the Resort Loop. (approx. 20kms)
3.30pm – 4.00pm	Freshen up
4.00pm	Depart Activate Centre by bus to Charlotte Pass. Ride the summit road to Mount Kosciuszko – sunset at Australia's highest peak (approx. 16kms)
7.00pm	Return bus transfer to the Resort
8.00pm	Dinner at Alpine Larder
Sunday 29 th March 2015	
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

