



TRIP ITINERARY
BC: SUPERNATURAL
TYPE: DOWNHILL

HANG ON TIGHT ON DH TRAILS THAT HAVE MADE BC FAMOUS – 9 DAYS, 8 NIGHTS

TRIP DETAILS

Wake up, grab your full-face and armour and load your big bike on the big truck. Shuttle up a remote logging road and ride a head-shakingly amazing downhill that was built for big bikes by locals who ride like it's a religion. Repeat.

2010 DATES

You choose! Private trips only in 2010.

2010 LAND COST \$2225 USD +5% GST
SINGLE SUPPLEMENT \$300 USD

JOINING IN *Castlegar, Canada*

*Note: The riding in BC's Kootenay region is technical. Unlike other tour companies, we won't be focusing this trip on the hardest trails but instead on the best trails. There will be man-made obstacles and stunts to consider; some you will ride and others you will walk around. The beauty of the trip is that you will get to ride with a born and bread locals who'll unlock the door to this unique region.

ITINERARY

The following is a general outline for the Supernatural DH trip.

DAY 1: ARRIVE IN CASTLEGAR. TRANSFER TO NELSON.

Starting off in the epicentre of mountain biking in the Kootenays, Nelson, the Queen City, is our first location. Once you've checked in and got your bike built up, we'll do a warm up on one of the many local descents that funnel back into Nelson. Tonight we stay in downtown Nelson.

DAY 2: RIDE NELSON AND THE WEST ARM.

Our first full day of riding is centered around Nelson and the trails along the scenic shores of Kootenay Lake's West Arm. Rip some beauty singletrack descents, and the usual assortment of steeps and rock roll-ins. Finish it off with a dip in the lake.

DAY 3: RIDE BALDFACE.

Hand built by a crew of local riders from Nelson, the trails at Baldface are among some of the most epic and well designed downhill trails anywhere. Starts with a 40 minute hike-a-bike to a mindblowing start off of an alpine peak. From here it's a blur of flow, very technical steeps and a near 6000 ft vertical descent to the lake.

DAY 4: RIDE MEADOW CREEK AND IDAHO PEAK. TRANSFER TO NEW DENVER.

2 hrs north of Nelson are some lesser known trails with big vert and fun techy singletracks, in the small logging village of Meadow Creek. After lunch we drive over to the sleepy town of New Denver and shuttle Idaho Peak for a sweet ride, from a mountain top ridge to a swim in Slocan Lake. Tonight we stay in New Denver.

DAY 5: RIDE IDAHO PEAK.

Once called the Silvery Slocan, this part of the Kootenays still has many relics and signs from its mining past. Lucky for mountain bikers are the miles of ultra flowy trail that trace over the backs of the old mining roads and rawhide trails. Riding here is about pinning it through the subalpine, into the woods, tackling some sick cornered steeps, and riding past the old mining settlements. A couple of laps off of Idaho Peak and we stay one more night in New Denver.

DAYS 6 + 7: RIDE ROSSLAND.

After breakfast it's a two hour transfer to the self-proclaimed Mountain Bike Capital of Canada. Rossland doesn't disappoint with several trails that range from the smooth and fast lines built on the numerous old mining and wagon roads, as well as true singletrack built on terrain unique to the area.

DAY 8: RIDE CHRISTINA LAKE.

Never heard of this place? Not too many people have, but this little summer haven has some of the sweetest downhills around, and always finishes with a swim in one of the warmest lakes in BC. Tonight we're back in Nelson for the last night's festivities.

DAY 9: TRANSFER TO CASTLEGAR. FLY HOME.

Depending on departure times, the guides will drive to the airport for the flight home.

DETAILS

MAX GROUP SIZE: 10

WHAT'S INCLUDED?

- Expert Leadership with professional local guides
- Accommodation in 3 star hotels
- All meals except five dinners and all lunches
- Airport pick-up and all transportation
- Detailed pre-departure information and trip extension assistance
- Big Mountain t-shirt

WHAT'S NOT INCLUDED?

International and domestic airfare; personal travel and medical insurance; optional tipping to leaders and local staff; airport taxes and excess baggage charges (if any); your bike and related equipment needed to ride; personal items like drinks and snacks. We recommend approx \$20 USD per day for lunches and extras.

ACTIVITY LEVEL

The **technical ability** required for Misty Mountain Hop is rated as 'strong intermediate and above.' In other words, the trails are technically challenging at times with man-made stunts and features. There are long descents each day and big climbs too. For **fitness level**, participants must be fit to very fit. All participants must train accordingly to fully enjoy this trip.

BIKE AND EQUIPMENT

The perfect bike for this trip is mid weight to light weight dual suspension with disk brakes. This trip could also be enjoyed on a hard tail. As we are doing lots of descending, make sure to ask us about tips on improving your bike for this type of riding (shorter stem, fat tires etc). It is advised that participants have leg armor for the descents. All participants are required to have their **bikes in excellent working order** before the trip begins. We will send you a detailed list of required equipment and clothing before departure. Rental bikes are available on a first come, first served basis.

LODGING AND FOOD

During Misty Mountain Hop we will stay in great hotels and mountain chalets. The area has fantastic restaurants which we'll eagerly sample. We always make sure that everyone is well fed. Please let us know if you have special diet needs.

YOUR SAFETY

Our trips take place in remote to very remote regions with limited evacuation options available and there are always risks and hazards on the trails that we ride. If you choose to participate in our trips, it is up to you to ride well within your limits, to ride conservatively and to be safe as mountain biking is a dangerous sport. Participants must keep their bikes in good working condition, they must be hydrated and rested and alcohol and drugs are not permitted while riding. Our guides have basic first aid training and if a serious injury is suspected they will call helicopter search and rescue at the cost of the participant. Personal medical travel insurance is mandatory.

CLIMATE

In big mountains, weather can change quickly and drastically - it could be 30 degrees celcius one day and then nearly freezing on a mountain top the next day. Generally though, it'll be hot and sunny!

THE NEXT STEP

Call us toll free at 1-866-894-0220, or email at info@ridebig.com to confirm that there is space on this trip. Then, fill out our secure online registration form on our website. Make sure that you have read and understand our Terms and Conditions and Waiver. Upon booking, we will send you detailed pre-departure information to make sure that you are well prepared for the adventure ahead.

WHY BIG MOUNTAIN IS YOUR CHOICE

Big Mountain Bike Adventures is the pioneer for performance XC, all-mountain, DH and freeride mountain biking adventures. We know that to find the very best trails, you have to ride with locals. All of our trips are designed in part by local riders and often guided with local riders and professional Big Mountain guides. We aim to provide safe, quality trips and the best customer service to our participants.

REFERENCES

We'll be happy to provide you with references of satisfied past travellers.

QUESTIONS

Feel free to call us at 1.866.894.0220 or email info@ridebig.com if you have any questions. We are here to help!

CONTACT US

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