



#### TRIP ITINERARY

**NEVADA AND UTAH, USA: BC BIKE RACE SPRING TRAINING CAMP**

**TYPE: CROSS-COUNTRY**

**PRIVATE XC TRAINING CAMP WITH CELEBRATED MOUNTAIN BIKER ANDREAS HESTLER – 7 DAYS, 6 NIGHTS**

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#### TRIP DETAILS

*Hone your riding and training skills in a beautiful desert environment with Dre. Get in shape and have fun!*

**2010 DATES:** Sunday, March 28 to Saturday, April 3

**2010 LAND COST:** \$1950 USD

**SINGLE SUPPLEMENT:** \$325 USD

**JOINING IN:** Las Vegas, Nevada

#### CAMP DETAILS

Have you ever competed in a mountain bike race and wondered how the winners go so fast? How is it possible? Join 1996 Olympian, 3-time winner of the Trans Rockies, celebrated coach and charismatic athlete Andreas Hestler on this private training camp and learn techniques that will help you be a better mountain biker. "I believe that the difference between amateur cyclists and professionals is dedication and focus," says Hestler. "During this training camp, we will have one unified goal, to gather miles and learn skills over a concentrated period of time. These skills can be applied to racing or everyday riding." The location for the camp is one of mountain biking's little-known Meccas near Las Vegas, Nevada; an arid region with varied trails, spectacular scenery and world class riding. Off the bike, Hestler will share his secrets about goal setting, nutrition, fitting your bike, seasonal periodization, stage racing and anything you can dream of. All participants will receive handouts on the various topics.

#### ITINERARY

The following is a general outline for *Spring Training Camp*

*Big Mountain reserves the right to make alterations and substitutions to the itinerary as weather or terrain conditions dictate or as necessary to improve the trip quality or to accommodate the comfort, convenience, and well-being of our guests.*

#### **DAY 1 – ARRIVE IN LAS VEGAS, TRANSFER TO BOULDER CITY, RIDE BOOTLEG CANYON**

Meet your guides by 10 am this morning at McCarran International Airport and transfer 40 minutes to the small town of Boulder City. After building up our bikes we'll head out for a light warm up ride. The landscape here is classic arid desert with spectacular rock outcroppings and the singletrack is smooth and flowy to with some rocky sections and short climbs – perfect to warm up and work on skills.

Ride time: 2 hours

Evening Session: goals and season plans

Accommodation: El Rancho Hotel, Boulder City

## **DAY 2 – RIDE BOOTLEG CANYON, NEVADA**

This morning we'll ride out the door for a 2-hour loop. Did you know that the XC trails in Bootleg Canyon are designated *Epic* from IMBA? They've only given out 44 of these. After lunch we'll ride to the famous Hoover Dam, built in 1935 on the border of Arizona. Ride time: 2-3 hours in the morning, 2 hours easy in the afternoon  
Evening session: the technical aspects of mountain biking  
Accommodation: El Rancho Hotel, Boulder City

## **DAY 3 – RIDE BLUE DIAMOND, NEVADA**

This morning we shuttle an hour to the west side of Las Vegas to the Blue Diamond area to shred trails dubbed 3 Mile Smile and Black Velvet and Puke Hill. Expect smooth carving corners on flat fast singletrack, punctuated by mildly technical rocky sections where we'll put the skills that we've learnt to the test. We might see wild donkeys today. Ride time: 3-4 hours  
Evening session: nutrition  
Accommodation: El Rancho Hotel, Boulder City

## **DAY 4 – TRANSFER TO HURRICANE, UTAH, RIDE JEM TRAIL**

After a casual start we'll transfer two hours to neighboring Utah and check into our hotel. This afternoon we ride from the hotel on a perfect XC loop. The riding here is pure joy and exhilaration all melded together under the shadow of the strange, red, Gooseberry Mesa with large mountains looming in the distance and cactus in every direction. Ride time: 4 hours  
Accommodation: Hurricane Hotel

## **DAY 5 – RIDE GOOSEBERRY MESA AND LITTLE CREEK, UTAH**

Like Moab on steroids; slick rock that winds and undulates with plenty of cornering and singletrack to practice skills and fitness. Over all quite flat, we will be developing strength and acceleration while experiencing some of the best riding in the universe. Mesa is Spanish for table, and at times we will rise above these strange rock formations to gaze out over this amazing landscape. Ride time: 4-5 hours  
Accommodation: Hurricane Hotel

## **DAY 6 – RIDE THUNDER MOUNTAIN, TRANSFER TO LAS VEGAS**

After a well deserved relaxing morning, after having progressed our skills and strength, we'll ride one of Andreas' all time favorites and one of the most beautiful in Utah – Thunder Mountain. Then we pack the van and drive back to Las Vegas for our last night...party!  
Ride time: 2-3 hours  
Accommodation: Las Vegas motel

## **DAY 7 – TRANSFER TO AIRPORT, FLY HOME.**

This morning we'll transfer you back to McCarran International Airport for your flight home. Bon voyage!

## DETAILS

### MAX GROUP SIZE: 12

#### WHAT'S INCLUDED?

- Expert Leadership (2 per group), Coaching and Training Sessions
- Motel accommodation
- All breakfasts and 4 dinners.
- 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; airport taxes and excess baggage charges (if any); your bike and related equipment needed to ride. Personal items like drinks and snacks and 2 dinners and all lunches.

#### ACTIVITY LEVEL

The **technical ability** required for this camp is Level II and the **fitness level** is also Level II-III. In other words the trails are not too difficult (desert environment) but we'll be riding fairly intensely for this early season. We suggest that all participants train accordingly to fully enjoy this trip.

#### BIKE AND EQUIPMENT

The perfect bike for this trip is a light-weight dual suspension XC bike with hydrolic disk brakes. 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.

#### LODGING AND FOOD

During Spring Training Camp we will stay in comfortable motels. The area has good 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 the desert it could be 30 degrees celcius one day and then nearly freezing at night. It's almost always sunny though!

**THE NEXT STEP**

Call us toll free at 1-866-894-0220, or email at [info@ridebig.com](mailto: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](mailto:info@ridebig.com) if you have any questions. We are here to help!

**CONTACT US**

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