



Western Educational Adventures Inc.
(250) 888-1622
www.westernadventures.ca

Summer Outdoor Day Programs

Greater Victoria & Sooke BC

Please contact us if you have any questions

Mountain Biking Skills & Physical Fitness Abilities

About the Mountain Bike Multi-Sport Program

Are you a returning family or new family looking for something more challenging or different than WEA's Classic Summer Day Camp or other summer camps? Our Mountain Bike Multi-Sport Day Camp program takes outdoor adventure in Victoria BC to the next level. While Mondays and Tuesday are for mountain biking, the group gets to have input on what activities they will do on Wednesdays and Thursdays. Options include wilderness navigation, fishing, full day lake canoeing, paddle boarding, kayaking, outdoor cooking, marine exploration, advanced archery, joining in on a day of Classic Camp and more. Like our Classic Day Camp program, we run a wilderness day trip on Friday. However, unlike our other camps which are hiking, Friday in the MTB program are a wilderness trail ride to a remote location. This program is intended for kids with lots of energy who are physically fit and able to push themselves (within reason).

Physical Fitness

Physical fitness is key for WEA's Mountain Bike Multi-Sport programs. If your child is not very active, this program will not be a good fit. Our Classic or Wild Paws Camps are a great camp for almost all children and a good introduction to fitness and the outdoors.

Please note this program is not a good fit for families hoping to get their children more active. It is for kids who are already extremely active.

In order for your child and the other children in the Mountain Bike Multisport Camp to have a good experience, your child should be able to:

- Ride a mountain bike on proper mountain biking trails for 4-5 hrs a day, 2 days in a row, for at least 15km.
- Ride a bike for 35km or more on flat ground.
- Be physically active for at least 7 hours a week doing moderate to intense physical activities like soccer, hockey, running, track, swimming, hiking, biking, etc.
- Run at least 1km or hike more than 15km in a day with at least 400m elevation gain.
- Hike Mount Finlayson in under 45 min with a 10lb backpack.

If your child is able to meet the mountain bike requirements but not all the other requirements, or you just aren't sure, please contact us for clarification.

For safety reasons, children not meeting these criteria should not be registered for the Mountain Bike Camp. Children who do not meet these criteria and are registered anyway may have to miss certain days of the program without refund.



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Riding Ability

It is very important to determine the participants riding ability. This program is suitable for youth **in levels 2-4**. If your child does not fit within these ability levels, please contact us, we may be able to make an exception. On riding days, groups will be divided by ability.

Please note availability levels below:

- **Level 1 Never - Ever** - Has experience road and gravel biking but has never mountain biked before or has very limited experience on a mtb.
- **Level 2 Novice** - Able to ride easy green trails at speed and easy blue trails with caution.
- **Level 3 Intermediate** - Able to ride all blue trails.
- **Level 4 Advanced** - Able to ride all blue trails at speed and some black trails. Able to do 1-2ft drops.
- **Level 5 Expert** - Looking to shred the knar!

A Note on Gear

As we operate our programs 100% outside and often in wilderness environments, it is essential that all families pack all items on our packing list. Failing to do so may compromise your child's safety and experience. In addition to the other items on our packing list, your child must have hiking boots (or possibly runners) and a proper backpack like the Osprey ACE series. We do have these backpacks available for rent.