



#### TRIP ITINERARY

**BC: MISTY MOUNTAIN HOP**

**TYPE: ALL-MOUNTAIN**

**THE ROOTS: SWEET RIDING, CULTURE AND ADVENTURE – 10 DAYS, 9 NIGHTS**

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#### TRIP DETAILS

*Be prepared to fall in love with BC's Kootenay Rockies region. This all-mountain buffet samples the best of the best singletrack in meccas: Nelson, Rossland and the Slocan Valley. We'll also swim in a few lakes and even drink a beer or two around a bonfire.*

#### 2008 DATES

*Friday, September 12 to Sunday, September 21, 2008*

**LAND COST** \$2420 Canadian +5% GST

**JOINING IN** Castlegar, BC

\*Note: The riding in BC is generally technical. Unlike other tour companies, we won't be focusing this trip on the hardest trails rideable but instead on the best trails available. 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 bred local, Joe Schwartz. With Joe you'll truly unlock the door to this unique riding paradise.

#### ITINERARY

The following is a general outline for the Misty Mountain Hop trip.

##### **DAY 1, FRIDAY, SEPTEMBER 12 – ARRIVE IN CASTLEGAR, TRANSFER TO NELSON**

Pick up at the airport and transfer to Nelson, a charming heritage community tucked away on the scenic shores of Kootenay Lake, surrounded by spectacular peaks and glaciers. And of course home to renowned trails. Once in Nelson, we'll set up our bikes and sample the local goods. Tonight we stay at the Mountain Hound Inn, Nelson's newest boutique hotel located right in the heart of historic downtown and only steps away from Nelson's finest shops, restaurants and nightlife. We'll probably go out and sample some of these goods as well.

##### **DAYS 2+3, SATURDAY AND SUNDAY, SEPTEMBER 13+14 – RIDE NELSON**

These next two days will be spent acquainting ourselves with Nelson's incredible network of trails. Rides will feature combinations of shuttles and climbs. We'll stay at Mountain Hound Inn both nights.

**DAY 4, MONDAY, SEPTEMBER 15 - RIDE BALDFACE**

In the summer of 2005, a crew of the industry's best trail builders and pro riders assembled to develop trails at Baldface, a world renowned backcountry cat ski resort. In the summer of 2007, the Big Mountain crew will assemble at Baldface to rip several laps of this perfect, pristine wilderness singletrack. Tonight we stay at Baldface Lodge, situated at 6,750 feet above sea level.

**DAY 5, TUESDAY, SEPTEMBER 16 – RIDE SLOCAN VALLEY: IDAHO PEAK**

"Dreamscape 360-degree panoramas, followed by epic vertical, high speeds and heaps of flow" is how Mitchell Scott (Bike Magazine, Editor at Large) described the riding at Idaho Peak. After the ride, we will make our way to Meadow Creek Lodge, another spectacular mountain hideaway. Here we'll be greeted with cool beverages and gourmet dinner before lounging under the stars or indulging in a wood-fired sauna.

**DAY 6, WEDNESDAY, SEPTEMBER 17 – RIDE MEADOW CREEK**

An unforgettable singletrack classic. Guess what? These trails have barely ever been ridden. Exclusive. Our epic experience deepens even further as we ride the last run of the day back to our cozy, high-alpine lodge.

**DAY 7, THURSDAY, SEPTEMBER 18 – RIDE SEVEN SUMMITS**

The International Mountain Biking Association has designated 37 trails in the world as "Epic Rides". The Seven Summits trail, added to this list upon its completion in 2005, is a point-to-point adventure featuring over 30kms of rolling ridgeline singletrack, affording spectacular panoramic views of the Columbia River Valley and the Southern Selkirk Mountains. Expect it to take our group 7 hours to complete the ride. Epic. Indeed. Tonight we stay in very quaint Rossland.

**DAY 8, FRIDAY, SEPTEMBER 19 – RIDE ROSSLAND**

A legacy of wagon roads, railgrades and logging roads has blessed Rossland with an expansive network of singletrack and backcountry trails, earning the town the distinction as Canada's Mountain Biking Capital. After today's ride, you'll see why. Tonight we stay in Rossland.

**DAY 9, SATURDAY, SEPTEMBER 20 – RIDE NELSON**

Back in Nelson for another day of tasty local Nelson sweetness.

**DAY 10, SUNDAY, SEPTEMBER 21 – TRANSFER TO CASTLEGAR, FLY HOME**

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

## DETAILS

### LAND COST

\$2420 Canadian +7% GST

**Single Supplement:** A single supplement is available on certain nights only. Please inquire with us for more information.

### WHAT'S INCLUDED?

- Expert Leadership
- Accommodation in hotels and chalets
- All meals except two dinners and all lunches
- Airport pick-up and all transportation
- Detailed pre-departure information
- Big Mountain t-shirt

### MAX GROUP SIZE: 12

### 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 CAD 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.

### **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](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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