

Vancouver Island Training Camp: Jan. 19-20 Schedule (subject to change)

Saturday

Tzouhalem XC ride, focus on technical skills - descending, rock rolls, and drops

10:00 am - Meet at Mt. Tzouhalem parking lot at the top of Kaska Rd. in Duncan

10:15-10:45 Warm up - Double D

11:00-12:00 Drop session on Toxic Tea Cup

12-12:30 Lunch - please bring lunch - there are only washrooms at Mt. Tzouhalem

12:30-2:30 Bumble Bee, Grand Traverse, Finality, Field of Dreams, Rocky Mountain Ridge, Full Double D, etc.

For riders staying over for both days, we will have a team dinner (details tbd)

Sunday

Mt. Quimper -Very tech xc, big rock rolls and long descents

10:00am-1:00pm Ride

This is my favourite riding in the entire area. Big climbs, amazing views and long, challenging descents.

This ride will be less about specific skills and more about overall technical capability riding terrain more challenging than we typically see on an xc course.