



WPCC SUMMER & FALL Adventure Series

SUMMER: Sunday Adventure Series (June, July, August)

June 6, 2021

Out & Back - Trail Hike / Introduction to Ski Walking

A hiking adventure using ski poles to mimic classic skiing. We will stop for lunch part way up Snow Mountain to talk about goals and hiking etiquette.

- **Drop Off Time & Location:** 9:00 AM at Snow Mountain Ranch
- **Pick Up Time & Location:** 1:00 PM at Snow Mountain Ranch
- **Equipment / Requirements:**
 - ALL athletes must be physically capable of carrying their own backpack, with the following supplies: raingear, water bottle(s), snacks, and lunch
 - ALL athletes must have a mask or buff, appropriate clothes, and hiking shoes
 - Other recommended supplies: hat, gloves, and sunglasses
 - ALL athletes will need hiking or trekking poles (slightly shorter than “classic” ski poles)
 - ALL athletes must be able to hike for 2-3 hours / 8 miles out and back
 - We will take snack breaks along the trail

June 20, 2021

Point to Point - Trail Hiking/Ski walking

A hiking adventure where we will talk about ski walking techniques, how to use maps and compasses, and trail use and hiking etiquette. We will stop for lunch at a lookout point along the trail, and talk about goals, hiking, fitness, and wellness.

- **Drop Off Time & Location:** 9:00 AM at Berthoud Pass Trailhead
- **Pick Up Time & Location:** 4:00 PM at Winter Park Resort
- **Requirements:**
 - ALL athletes must be physically capable of carrying their own backpack, with the following supplies: raingear, water bottle(s), snacks, and lunch
 - ALL athletes must have a mask or buff, appropriate clothes and hiking shoes
 - Other recommended supplies: hat, gloves, and sunglasses
 - ALL athletes will need hiking or trekking poles (slightly shorter than “classic” ski poles)
 - ALL athletes must be able to hike for 5-6 hours / 12 miles point to point
 - We will take snack breaks and a lunch break along the trail



July 11, 2021

Point to Point Duathlon: Bike & Hike

A biking and hiking adventure; we'll talk about bike safety and etiquette, how to use maps and compasses while on a bike route. We will stop for lunch at Winter Park Resort, and talk about goals, hiking, fitness, and wellness, before hiking up the mountain.

- **Drop Off Time & Location:** 10:00 AM at Fraser River Trailhead in Fraser
- **Pick Up Time & Location:** 3:00 PM at Winter Park Resort
- **Requirements:**
 - ALL athletes must be physically capable of riding a mountain bike for 1.5 hours / 8 miles; **and**, hiking out and back for 1.5 hours up the mountain at Winter Park Resort.
 - **Backpack Required** with the following supplies: raingear, water bottle(s), snacks, and lunch which will be transport for athletes and await them at the Winter Park Resort
 - We will eat lunch at the Winter Park Resort before hiking up the mountain
 - ALL athletes must have a mask or buff, appropriate clothes and biking / hiking shoes
 - **Required:** bike, helmet, gloves, hydration, gloves, and sunglasses

July 25, 2021

Point to Point Duathlon: Bike & Hike & Bike

A bike to hike to bike round-trip adventure on the Rendezvous Trail System

- **Drop Off Time & Location:** TBD
- **Pick Up Time & Location:** TBD
- **Requirements:** TBD
- **Plan on a 5 hour Adventure day!**

August 1, 2021

Out and Back Hike to Devil's Thumb Pass

A round-trip hiking adventure to the Devil's Thumb Lookout

- **Drop Off Time & Location:** TBD
- **Pick Up Time & Location:** TBD
- **Requirements:** TBD
- **Plan on a 5 hour Adventure day!**

August 15, 2021

Peak Bagging Season Ender - Byers Peak - Ski Walking & Hiking!

Hike to the summit. Work on pacing and traveling as a group. Summit lunch and photos before heading back down. This is a big day, appropriate for the culmination of the summer.

- **Drop Off Time & Location:** TBD
- **Pick Up Time & Location:** TBD
- **Requirements:** TBD
- **Plan on a 6 hour Adventure day!**



FALL: Sunday Adventure Series (September, October, November)

- 6 Adventure Sessions
- Hiking, Biking, and ADVENTURE!
- Possible early ON-Snow Skiing Adventures
- TIMES: TBA
- DATES: TBA
- LOCATION: TBA

Why participate in the WPCC Adventure Series? Hiking is the perfect cross training sport for Nordic skiing in the Fraser Valley. Hiking offers the opportunity for true adventure; plus, hiking brings a feeling of aliveness and awareness that sharpens our senses and helps put life in perspective.

More and more research is being done on the effects nature has on people's mental and emotional well being, and the results are extremely positive. There is mounting evidence showing that exposing athletes to nature on a regular basis positively affects brain development.

Hiking is a great break from running and biking, and carries a reduced risk of injury while building fitness that is highly transferable to Nordic skiing. If you're training for a competitive Nordic event this winter, now is the perfect time to take an adventure hike. I can promise you won't regret it. Whether you're prepping for a race or you just want to round out your fitness, scheduling some hikes can improve your endurance level in ways that will also improve your skiing, running, and cycling game.

FOR MORE INFORMATION: **Bruce Manske, WPCC Nordic Program Director**
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