



Registration DEADLINE: June 7th

2011 DMBA Ride the Rockies Experience!
Friday, July 29 to Saturday, August 6



- ✓ Seven days of unforgettable riding
- ✓ Flowing trails, rooty trails, steeps and ridges, and amazing descents coupled with awesome views on trails with names like: Phat Bastard, Dem Bones, Lactic Ridge, Moonraker, and Psychosis
- ✓ At least two "epic days" including one of the stages of the TransRockies Challenge and the Jumping Pound / Cox Hill trail, rated one of the best rides in all of North America.
- ✓ Guided by two experienced local guides who know the trails like the back of their hands!
- ✓ Accommodations at great mountain lodges in Fernie and near Kootenay National Park.
- ✓ This trip is a custom-designed trip targeted at fit intermediate and advanced riders looking for a fun week of testing their stamina and their technical skills!

See attached trip dossier for details on itinerary,
accommodations, price, and how to register

Registration requires a downpayment of \$500. To register or to obtain additional information, contact:

Ene Underwood
Ene.underwood@sympatico.ca
416-463-6902 (evenings after 9:00 pm)



(Pretty Much)

Everything You Need to Know About the 2011 DMBA Ride the Rockies Experience

The Concept

A customized trip targeted at fit intermediate and advanced riders looking for a fun week of testing their stamina and their technical skills. Aim is to have a minimum of eight to ten riders. All rides will be supported by two experienced guides which creates the possibility of splitting the group in two depending on speed and riding interests.

Our Accommodations

To maximize time for riding (and recovery) while giving us a good sampling of the riding available in the Rockies, we will have two home bases during our trip: Fernie and Invermere. Note that on our last night, you'll have the option of returning to Toronto on a red-eye flight or staying overnight in Calgary near the airport. We will be negotiating a special group rate at one of the airport hotels.

Fernie

While in Fernie, we'll be staying in a local lodge with easy access to downtown Fernie (and the four bike shops and Rocky Mountain Chocolate Factory). While in Fernie, we expect to eat our breakfast and lunches at the lodge (or on the trail) and dine in town for dinners.

Invermere -- Nipika Mountain Resort

www.nipika.com

Nipika Mountain Resort brings to life the dream of Lyle & Dianne Wilson to create a wilderness haven that is in harmony with its spectacular Rocky Mountain setting. Nipika is an eco-resort and generates all its electricity utilizing green technologies and takes pride that its beautiful cabins are energy self-sufficient. Nipika's hand-built cabins are luxuriously appointed with full kitchens, comfortable beds, and great chairs for curling up by the fireplace with a book. While at Nipika, we'll be supplied with everything we need for our breakfasts, lunches, and dinners.

Our Itinerary

The following outlines the general itinerary for our trip. As a custom trip, we have the flexibility to modify the itinerary depending on the interests and energy of the group. Treat this as an initial glimpse into the adventure that awaits us but feel free to make your own suggestions both prior to and during the trip and our guides will do their best to accommodate!

Day 1 (Friday, July 29) Arrive Calgary/Fernie

Arrange your flights from Toronto to Calgary to be ready for our guides to pick us up by 2:00 and transport us as a group to Fernie. We'll arrive in Fernie in time to put our bikes together so we are ready to ride on Saturday! Check out what awaits you at: <http://crankfernie.com/>

Day 2 (Saturday, July 30) A Fernie Introduction

The wonderful thing about Fernie is that it has a diverse and expansive trail system that you can access from any location in town. You can ride north, south, east, or west and find yourself on trails that offer amazing riding and stunning views. After a healthy breakfast at our lodge, we can decide on whether we want to start the day in Fernie's skills park or head straight for the trails. Either way, we'll get in a morning ride and an afternoon ride with lunch at our lodge and dinner at the restaurant of our choice in Fernie.

Day 3 (Sunday, July 31) Taste the TransRockies

Fernie is the only town that has been part of every TransRockies Challenge since its inception in 2002. So, it is only fitting that exactly one week before the 2011 TransRockies begins, the DMBA crew will ride the first stage of this now legendary multi-day epic race. And if this 31 km stage doesn't feel like enough for us, our guide has promised to take us out on the best single-track portions of the second stage of the TransRockies which also is set to begin from Fernie. Check this link for course profiles: <http://transrockies.com/trc/route-and-stages> and this link for a video that profiles mountain biking in Fernie and the TransRockies http://www.youtube.com/watch?v=aL7dl_EUzCo

Day 4 (Monday, Aug 1) Change of Scenery

Today, our home base will shift from Fernie to Nipika. Depending on the interest of the group, we may begin the day with a skills session or short ride before making the three hour drive towards Invermere. We'll unload our bikes and take a break from all the climbing in Fernie to ride "Along the Johnson". Pinkbike describes this as "a magnificent, all-mountain trail of twisty, flowy singletrack with short climbs and a fast descent along the beautiful Toby Creek Canyon". You can check out a map here <http://www.columbiavalleycyclingsociety.org/pdfs/johnsonmap.pdf> or watch a video here: <http://www.youtube.com/watch?v=gujJQMlSdko> (ummm... and don't look to the left!!!!). We'll then load up our bikes for the short trip to our new base at Nipika for dinner and relaxation in Nipika's wood-fired hot tub and sauna!

Day 5 (Tuesday, Aug 2) Nipika Mountain Resort – "The Kootenay Krusher"

In September 2010, Nipika teamed up with the Columbia Valley Cycling Society to offer the inaugural "Kootenay Krusher" – a 50 km endurance race that covers all the trails in the Nipika system including some parts of the TransRockies route when Nipika was a host site in 2007-2009. Today, we'll saddle up and head out on the same route – with the option of either the 25 km or full 50 km route available to all riders. There's a very cool six minute video that provides a great glimpse of Nipika and the kind of riding and relaxing we'll be doing there. Go to this link, then scroll down to the title "Nipika Mountain Resort" http://www.rideguide.ca/bike_photos.aspx?media_type=video Double click on the picture where you'll see three riders against a mountain backdrop and you'll see the video come up on the right of your screen.

Day 6 (Wednesday, Aug 3) Ready for a Rest? Or Not?

With lots of miles in our legs, at least some of us may be ready for a rest. Wednesday will offer a full range of options from our base at Nipika: a half-day or full-day paddling on the Kootenay river; an easy

ride (or a hard ride!) on the Nipika trails; a DMBA beach volleyball tournament; or just a day of kicking back and enjoying the sun, the mountains, and the hot tub!

Day 7 (Thursday, Aug 4) Moonraker, Mount Swansea -- or perhaps both?

Today, we'll take stock of what everyone wants and head out in one or two groups for trails in the Golden / Invermere area. For those looking to challenge their technical downhill skills, Mount Swansea (<http://www.pinkbike.com/video/133385/>) or Mount Seven (<http://www.youtube.com/watch?v=q6XognvaSyE>) await. Alternatively, for those interested in a more traditional cross country ride, Moonraker and Canyon Creek trails offer all kinds of fun and "wow" moments. Regardless of our choice of trails, we'll end the day back at Nipika with a great meal and an evening around the fire or in the sauna!

Day 8 (Friday, Aug 5) Cox Hill / Jumping Pound Ridge

Prepare to climb – but it will be worth it. On our last day, we'll get an early start and say goodbye to Nipika and drive to Kananaskis Country. There, we'll embark on the challenging singletrack climb up the side of a mountain and find ourselves in an alpine meadow looking down at the mountains. This epic day will end with 7 kilometres of sweet singletrack and almost 3000-ft of vertical descent. Check out the pictures and the write-up! http://www.leelau.net/2002/JumpingPound_Cox/Jumping.htm' We'll load up the bikes and head to Calgary for a group dinner and an evening of rest before flying home on Saturday.

Day 9 (Saturday, August 6) Home Sweet Home!

Book your flights based on how you want to end your week! Keen to get home? – book a red-eye and head home Friday night. Want to sleep in? – book an early afternoon flight on Saturday. Either way, day 9 marks the official end of the trip and a week of great memories for DMBA!

And all this can be yours for

Final trip cost will depend on the number of riders that sign up:

- 6 Riders: \$1695 each*
- 8 riders: \$1595 each*
- 10 riders: \$1550 each*

Price includes:

- Transfer from/to Calgary Airport
- All transportation throughout the trip
- Insurance
- Accommodation in Fernie and at Nipika (last night in Calgary is additional)
- Guiding
- Coaching
- All breakfasts, lunches, and most dinners
- Bike maintenance and repair as required on the trip (excluding parts)
- A great time and another check mark on your "bucket list"!

Price excludes:

- Taxes (12% BC HST)

- Accommodation for last night in Calgary (if required)
- Dinners on Day 1, 2, and 3 (Fernie) and Day 8 (Calgary)
- Bike rentals (if required)
- Half day “paddle the Kootenay” option at Nipika in inflatable canoes (approx \$60 – can decide when there)
- Massages at Nipika (must be confirmed before leaving Fernie)
- Chocolate, beer, fuel for the trail, and Advil!

What about bikes?

You will need a dual suspension bike for this trip. Ideally 5” travel but all the trails we’ll be riding can be ridden with 4”. It is highly preferable for you to bring your own bike because then you’ll be on the set-up that you are most familiar with.

If necessary, rentals can be arranged – but at least a few weeks lead time is required so a bike can be reserved. Rental cost for a week will be roughly \$250 to \$300 so it is way cheaper to bring your own bike.

Air Canada and Westjet have different requirements about surcharges for bikes. Up until recently, it has been \$50 each way for Air Canada and \$20 each way for Westjet. Check the websites to get the latest details.

You’ll need a bike box or bike bag and can rent one from most bike stores – or borrow one from someone!

How to Register

Registration deadline is Tuesday, June 7th

Registration is first-come, first serve and requires a \$500 deposit. Deposit is non-refundable but can be transferred to another rider if you can recruit a replacement or if there is a waiting list.

Final payment required by June 30, 2011. Amount of final payment will be confirmed based on the number of participants.

Registration is a two-step process:

- Step 1 → Contact ene.underwood@sympatico.ca to confirm your interest and confirm whether there are still slots available. If there are still slots available, Ene will ask you to proceed to step 2. If there are not slots available, Ene will add you to the waiting list and let you know where you are on the list.
- Step 2 → Contact info@nipika.com with “Register for DMBA Ride the Rockies Experience” in the subject line. Provide your contact information and you will receive a call or email back from the staff at Nipika who will arrange for you to pay your deposit by credit card.

AND → If you are going to need to rent a bike, contact ene.underwood@sympatico.ca and she will ask our guide to reserve one for you in Fernie.

If you end up on the wait list, don't despair. We'll keep you posted on where you stand – and if need be, we will check with our guides about the possibility of expanding the group size to twelve riders.