

## **San Juan Biking –**

One-Week program for campers with little or no experience biking.

### **Objectives:**

- Provide campers with a safe outdoor experience.
- Challenge yourself in new ways, while being in a safe and supportive environment (challenge by choice).
- Be a part of a close-knit group and learn successful techniques to operate in a group.
- Learn new peer-to-peer leadership styles by leading a group of your peers.
- Learn and practice practical skills such as cooking on a camp stove, setting up camp, making a fire, traveling in a group and the technical skills of biking.

### **Program Details:**

- Campers stay in open-air cabins in at Camp Orkila one to two nights at the start of their program and one to two nights at the end of their program.
- When groups are in the field they stay in organized city, state, federal and private campgrounds. Groups sleep under tarps, which they set up. Tarps are single sex.
- Campers carry gear and 2-3 days worth of food and resupply during their trip.
- Campers travel on paved roads and learn road safety.
- Campers are highly encouraged to bring their own touring bicycle.
- Bike within the San Juan Islands.
- Bike 9 – 15 miles daily.
- Safety protocol requires staff to carry cell phones and call camp every other day.

### **Sample Itinerary:**

Day 1: Arrive at Camp Orkila, swim check

Day 2: Day ride and skills instruction at Orkila

Day 3: Travel by ferry to Lopez Island, camp in Spencer Spit Campground

Day 4: Day ride on Lopez Is and camp in Spencer Spit Campground

Day 5: Travel by ferry to Shaw Island, day ride around the island

Day 6: Travel by ferry to San Juan Island, day ride around the island

Day 7: Ride to Camp Orkila

Day 8: Closing and return to Seattle