

Bryce Mountain Bike Camp

- TWO Sessions - July 17-19 & July 31-Aug2 | Ages 8-16 | 9:00am-4:00pm
- Check in begins at 8:30am and all campers must be picked up by 4:30pm from the Sports/Pool complex or Lake Laura
- Bryce Resort Members - \$165 (+ \$135 if a Bike rental is required)
- Non-Members - \$195 (+ \$135 if a Bike rental is required)
- Mountain Bike Camp Maximum – 22 Riders per Camp Session

Camp Description

The Bryce Mountain Bike Camp is the perfect summer activity for 8 to 16-year-old kids and teens! From first-timers to experts, mountain bikers of all ability levels are welcome. We'll place each rider in a group with other kids of similar skills & ability. Participants must be able to ride a bike. "Riding a bike" includes but is not limited to comfortably starting, stopping, turning, and riding 3+ miles. We encourage participants to ride as much as possible before attending camp as this sets a good activity base and helps ensure the best camp experience. Instructors will choose terrain that is appropriate for the campers' ability and equipment.

Highlights of our Bryce Resort Mountain Bike Camp program includes:

- Appropriate grouping with bikers of similar skill levels – Instructors will evaluate each campers' riding strengths and identify areas of improvement
- Participants will develop advanced riding skills, gain experience & endurance on the bike, and will have fun riding bikes every day
- Instructors will teach both basic and advanced riding skills that includes the proper attack position for every situation, braking, cornering, building speed through rollers, etc.
- Instructors will provide end of camp evaluations and recommendations for a student's continued improvement

Items to Bring to Camp

- Mountain Bike; minimum front suspension, disc brakes strongly recommended
- Students must wear sport specific footwear (flat soled shoes)
- Lunch in a cooler and Snacks: one before lunch, one for after lunch (**NO PEANUT BUTTER or NUTS**)
- Water bottle(s) or hydration bladder
- A full face mask helmet, elbow and knee pads are required
- Chest/Back protector and neck brace are recommended
- Light jacket/extra clothes/raincoat and Swimsuit & Towel
- Label all items and Do NOT bring electronics, cash or any other objects that could be lost or go missing. It is not the responsibility of the camp or Bryce Resort if this happens.