



MOUNTAIN BIKE RIDING DAY

6 HOURS OF GUIDED ACTIVITY

Detailed Itinerary

The day will begin at 9am with 2, one and a half hour rides. This course will comprise of several different surfaces, including bitumen, dirt, gravel and even sand. Ultimately giving everyone a good chance to get a feel for their bike and prepare themselves for the afternoon rides. There will be a snack break after the first ride and also a 45 minute lunch break following the second cycle of the morning. In the afternoon, we will progress onto some even tougher terrain. Including rocky surfaces and devilish descents. This course will take riders around the back of Lake Bellfield, before riding back to the base on the bitumen road; this longer ride will conclude the day's activities.



What's Included

- 6 hours of training and fitness based activities

- Lunch, snacks and water

Other Options

- Extra day extensions, which includes overnight accommodation arrangements





Fast Facts

Halls Gap - The Grampians National Park is home to some absolutely stunning flora and fauna; with steep sandstone mountain ranges setting the backdrop for an ideal workout environment .By its very nature adventure styled travel involves an element of the unexpected. To get the most out of your adventure it is important that you are mentally flexible, positive and eager to take on all the challenges that arise.



Contact Details

Email -
info@ventureea.com

Website -
<http://www.ventureea.com/>

IMPORTANT NOTE

These trip notes represent the most current information for this itinerary and all information should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control

Price – \$60
for the day
and all its
inclusions