

CAMP ONDESSONK MOUNTAIN BIKING ADVENTURE CAMP

SUNDAY: Arrival Day!!!

Check in and set up camp at Ahatsistari. Meet your fellow mountain bikers and unit leaders!
Inspection and Flag Lowering in the Parade Grounds
Mass in the Grotto
Opening Campfire - your counselors will put on skits and sings songs for you!

MONDAY: Mountain Biking Fundamentals Day:

Meet your experienced mountain biking guides for the week. Today will set the foundation for the week.
Check out the Bike Surgeon's website: <http://bikesurgeon.com/>
Safety expectations, get fitted with the perfect bike, basic riding techniques and movement
Basics of bike maintenance, bike handing, and skills building on Camp Road and Camp O trail system.
General Swim at Lake St. Isaac, rest, shower time.
Inspection
Unit campfire at Ahatsistari. Get to know each other better with marshmallows around the fire!

TUESDAY: Cedar Lake Trail System

http://smbatrails.com/cedar_maps.html <http://smbatrails.com/cedarlake.html>
Drive to Cedar Lake trail network in the Shawnee National Forest
This will be about a 15-mile day on Cedar Lake's fun trail network with plenty of elevation gain.
Lunch on the trail and overnight at the Cedar Lake Causeway or in Cove Hollow natural bluff
Dinner around the fire and campout under the stars!!!

WEDNESDAY: More Riding at Cedar Lake

Ride another section of trail around Cedar Lake in the morning with a trail lunch.
Drive to Lake Glendale Recreation Area.
Foil burgers on the campfire for dinner!!!
Enjoy a night out around the fire and under the stars!!!

THURSDAY: Lake Glendale and Dixon Springs State Park <http://smbatrails.com/trails/lake-glendale/>

This will be about a 15-25 mile day on the trails between Glendale and Dixon Springs. Lunch on the trail.
More trail riding in the afternoon
Return to camp, General Swim at Lake St. Isaac, rest, shower time.
Inspection
Lodge Ceremony

FRIDAY: More riding at Camp O

Ride some more technical and challenging trails around Camp O in the morning. Trail or picnic lunch.
Marathon on bikes!!!, General Swim at Lake St. Isaac, rest, shower time.
Themed Inspection
Closing Campfire - You and your fellow campers will put on skits and songs for your counselors!!!

SATURDAY: Departure Day :(

Donuts in the Old Dining Hall!!!
Check out with your unit leader
Depart Camp :(
See you next year!!! Heepwah!!!