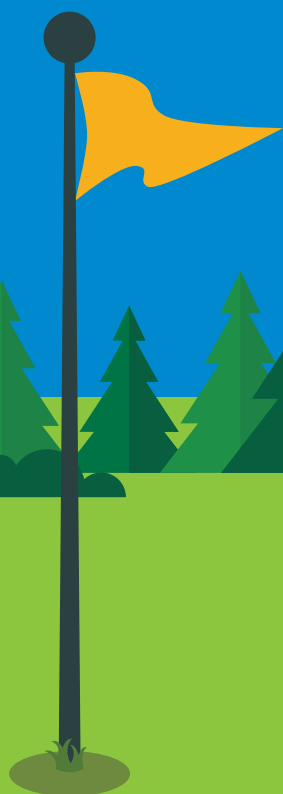


# MOUNTAIN BIKING EXPEDITION (14-17)

## YMCA CAMP SANTA MARIA



### SAMPLE DAILY SCHEDULE

**7:30am:** Wake up at Tent Town

**8:30am:** Breakfast at Basecamp

**9:15am:** Shared Responsibilities, Pack for Overnighter

**10:00am:** Leave No Trace on the Trail Activity

**10:45am:** Depart for Salida

**11:00am:** Morning Snack on the Road

**12:30pm:** Arrive in Salida, Lunch

**1:30pm:** Depart on Guided Flow Trail Half-Day Ride

**3:00pm:** Afternoon Snack on the Trail

**5:30pm:** Depart for Camp Site

**6:00pm:** Dinner and Backcountry Cooking Skills

**7:00pm:** Set up Camp, Knot and Shelter Skills Activity

**7:45pm:** Weather Permitting, Campfire and S'mores

**9:00pm:** Get Ready for Bed & Embers

**9:30pm:** Lights Out