



## 2 Day/1 Night Guided Biking Intermediate Sample Itinerary

### Day 1: Warner Lake to Spruce Camp

**Stats:** ~18km, +117m / -404m. 4-5 hours.

From our base, you will begin your day with a scenic roughly 20-minute flight into beautiful Warner Lake located at 1,850 m.

From Warner Lake your group will bike approximately 18 kms of rolling, and at times technical single-track to our Spruce Camp.

You can expect to hike along rocky sections of trail that have some mild exposure and spectacular valley views, past the glacier fed Trigger and Hummingbird lakes, through grasslands and alpine meadows that are dotted with beautiful aspen groves and wildflowers (if in bloom), and along the shores of Spruce Lake. There are short to moderate uphill sections of trail over the day.

At the end of your first day you will arrive at our Spruce Camp. Here you can relax, fuel-up and enjoy some lake activities. Or do some additional small rides close by if you desire.

### Day 2: Spruce Camp to the Valley (Gun Creek Road)

**Stats:** ~ 25kms, +145m / -864m. 3-6 hours.

From Spruce Lake your group will ride roughly 25 kms of rolling, and at times technical, classic Chilcotin single track back to the valley.

You can expect to ride next to Spruce Lake before entering wide open grasslands and meadows that are dotted with beautiful aspen groves and wildflowers (if they are in bloom), along rocky, rooty and sandy sections of trail that can be challenging, and next to Gun Creek. The day will be filled with sweeping downhills, scenic traverses, and short uphill pedals. Before arriving back in the valley, where our van will meet you and shuttle you back to our base.