

Bike Trips

Cycling Activities - Whether you have your own mountain bike or want to rent one from Outdoor Rec, you the Outdoor Adventure Program has set up a variety of biking trips to thrill and challenge. All trips include at least transportation and support and most include a snack lunch.

July Four day, Four play weekend!

Here's a great "package deal" on 4 of our most popular rides. Starting July 2nd after work come out with us for the Phantom Canyon downhill "at night".

July 3 enjoy the bike paths on the "Vai Summit to Breckenridge" ride.

July 4 ride one of my guide's favorite rides, the Self Road 50/50 (half dirt/half paved).

July 5 we will finish it off right here in our back yard with the "Front Range Trail Ride". This path starts north of C.S. in Greenland and heads south through the springs for 45 miles. You may have ridden some of this path already, but without the shuttle or support it would be a very, very long day. You can sign up for these activities individually or sign up for the "Four day, Four play" and save \$35. Activity includes:

Transportation, guide, support and snack lunch. Cost is \$99. For more information please read individual write-ups. Space is limited, sign up early. Bikes can be rented from the Outdoor Recreation Center by calling 333-4753.

Vail Pass to Breckenridge - July 3 & 25

Start on Vail Pass, at 10,666 feet, descend hundreds of feet through Copper Mountain, cruise by Frisco and traverse the forested Blue River Bikeway on your way into Breckenridge. This trip is a total of 28 mostly downhill miles and follows a two-lane, paved path for its entirety. Activity includes: Transportation, guide, support and snack lunch. Cost is \$39.

Phantom Canyon Downhill Bike Ride - July 18

This exciting downhill bike ride through the scenic Phantom Canyon from Victor to Canon City. Be prepared to drop more than 4,000 feet of elevation in 28 miles. Beautiful views, tight canyon walls and tunnels make this our most popular single day bike event. Activity includes: Transportation, guide, support and snack lunch.

Phantom Canyon Downhill "at Night" - July 2

Will the full or near full moon be so bright that you will not need a light to see? "Probably not" you're in a canyon, so bring a light. Enjoy a downhill ride of 15-18 miles in the Phantom Canyon. A little shorter than the daytime ride, this ride is fun2. Cost is \$35.

**Bikes can be rented from the Outdoor Recreation Center by calling 333-4753
Cost is \$20.**



Front Range Bike Ride - July 5

The Front Range Trail is planned to run from Wyoming to New Mexico, but it's not done yet. Join us as we ride 45 miles (one way) of this trail from Greenland to Fountain. We'll meet at Outdoor Rec. at 0730, load up and head to Greenland. The trail goes by other names on this route, to include: The New Santa Fe Trail, Pikes Peak Greenway Trail and Fountain Creek Regional Trail. You may have ridden some of this route already, but it's not that easy to ride the whole thing without a shuttle. We will have a support vehicle along the way and a lunch stop. Activity Includes: Transportation, shuttles, vehicle support, guides and a snack lunch. Cost \$25

Shelf Road 50/50 Bike Ride - July 4

Starting in Cripple Creek and ending in Canon City, the Shelf Road drops 3,650 feet in elevation over its 27-mile route, but it's not all downhill. The SR 50/50 parallels one of our most popular rides, the Phantom Canyon Downhill, but is quite different. Half paved road and half dirt road, we'll see historical points of interest, and with any luck, a few bighorn sheep and other wildlife. Activity includes transportation, guide, SAG support and snack lunch. Cost \$35

"Out There" Bike Repair - July 14 & 15

This is a two-part class is held from 5:30-8:30 p.m. two evenings a week. Ever have a problem with your bike out on the trail, and not know how to fix it? Learn chain repair, derailleur adjustments, wheel truing, tire repair and much more. Bring your own bike or we'll provide one. The class will cover road, mountain and hybrid bikes. If you don't emerge from this class with the confidence that you can fix your bike "out there," you can attend the next class free for as many times as you need! Tuition of \$25 with satisfaction guarantee.

Bike ride down "Pike's Peak" - July 7 & July 17

You all love our downhill bike rides, so this year we adding a big one! It took us a while to get permission and the permits, but we finally did it. Get ready to enjoy more than 7000' of elevation drop over about 13 miles. We will meet at the Outdoor Rec. in the morning, fill out some paperwork, inspect and load bikes, drive up to the summit of Pikes Peak, unload, take in the view, enjoy a downhill ride of a lifetime. At the end of the ride while the bikes are being loaded you can enjoy a meal at the "Wines of Colorado" restaurant before we head on home. People's appetites and food preference very too much for us to include the meal, so bring some money. Activity includes: Transportation, Pike's Peak entry, guides and snacks. Cost \$59!

Rafting Trips

All trips depart from the east side of the Outdoor Recreation Center (where the camping trailers are parked) at 7 a.m. and return about 6 p.m.

All rafting trips include:

- Transportation from the Academy to the Arkansas River
- Wet suit
- Helmet
- Personal flotation device
- Splash jacket
- Lunch

All rafts are state-of-the-art self-bailing and other equipment is the finest available. Our primary concern is for your safety. All guides are state-certified white with First Aid and CPR certification.

Rafting trips are not limited to the scheduled dates listed. We offer custom excursions on any open dates. Book a custom rafting trip for your squadron, family, company or friends.

THE ROYAL GORGE-FULL DAY - Class IV-V

Not for meek or weak landlubbers! Combine the fun of the Bighorn Sheep Canyon trip with the exhilaration of the Royal Gorge's 7 miles of thunder. Minimum age is 16. Cost: \$85.

BIGHORN SHEEP CANYON-FULL DAY - Class II-III

(IV High water) Keep your eyes peeled for the bighorn sheep that this stretch is named for. This trip is fun for all ages! Cost is \$55.

BROWNS CANYON-FULL DAY - Class III (IV High water).

Awesome scenery. Milder than the Gorge, but with several exciting white-water rapids such as Big Drop, Raft Ripper, Widow Maker and more! Cost is \$65.



Big Horn Sheep Canyon

July 4, 5, 7, 9, 10, 11, 16, 18, 23, 24, 25, 28, 30, 31

Royal Gorge

July 5, 9, 10, 11, 16, 18, 23, 24, 25, 30, 31

Browns Canyon

July 2, 3, 4, 8, 17

Combine two of these all day trips for an overnighter and we'll provide the transportation, good grub and all the gear (bring your own pillow). Minimum group size is 10. Reservations and prepayment required well in advance. Prices start at just \$155 per person, call for more info.

Kayaking

July 6 - Intro to Kayaking, Session No. 1

For first-time kayakers. Learn basic skills including basic paddle strokes, boat control, balance, T-rescues and the Eskimo roll. Cost is \$20. Class will be the First Tuesday of every month, 8-10 pm in the Fitness Center pool.

July 3 - Advanced Kayak River Trip

OAP will offer these trips to those who have completed all three classes and the Intro River Trip. We will explore Class II-III white-water at the instructor's discretion. Learn how to scout rapids, run rapids and most importantly, river safety. Cost is \$85.

July 20 & 27 - Intro to the Kayak Roll, Sessions # 2 & 3

This two-part roll class is for those first-timers from Session No. 1, and experience kayakers who need some fine-tuning. Hone your skills and get ready for some moving water. Cost is \$40. 8-10 pm in the Fitness Center pool.

Kayak Open Play - all class dates

Open play is available all class nights. Cost is \$5.

July 31 - Intro Kayak River Trip

This instructional trip will test the skills you have acquired in our classes and apply them to moving water. You'll learn about hydraulics, and how to maneuver in the current, by ferrying, eddy turns, peel-outs and T-rescues. Cost is \$60.

"NO FEE" Activities

Hut Trips and more!

"Ladies" Casual Hiking on USAFA

Tuesdays at 9 am
This casual hike is a great opportunity to get out and enjoy nature while getting some exercise. Hike will last approx 1 – 1 ½ hours. Activity is free, but you must sign up. Space is limited.

"Ladies" Experienced Hiking on USAFA

Thursdays at 12 at 9 am
This hike will be for the more serious hiker that wants to cover more ground quickly. This is a great opportunity to get out and exercise while taking in some fresh air. Hikes will last approx 1 – 1 ½ hours. Activity is free, but you must sign up. Space is limited.

Santé Fe Ride. Bike ride from Outdoor Rec.

July 6 (Tue), 13 (Tue), 19 (Mon)
22 miles south (downhill) on the Santé Fe trail. We will Leave from outdoor Rec. at 5:30 pm and head south down the Santé Fe trail to Kohl's on Circle Rd. A van will be waiting to bring you back up the hill. Activity is free, but you must sign up. Space is limited.

"No Drop" Mountain bike group ride on the Falcon Trail

Tuesday Nights @ 6:15
Meet at the Community Center ORC and we'll ride across the street to the Falcon Trail. The Falcon trail is 13 miles long and has lots of challenging single track sections. Bring a light and dress for the weather. Please have at least some experience on this trail before joining the group ride. Water and energy bar provided free of charge after the ride. Activity is free, but you must sign up. Space is limited.

Dutch Oven & CPR Classes

July 22 - Dutch Oven Cooking Class

Want to cook in a Dutch oven, but Don't know where to start? We can help! Learn proper heat management and some great recipes. We will cook up an entrée, some bread, soup, a side, and desert. The best part, we sit down and each our work at the end of class! Class is limited to 12 people. So sign up early for a Full hearty Dutch Oven Meal. Class starts at 5:30 pm at the ORC. (Dutch Ovens, and All food included) Cost \$15/person.

Adult CPR Class - July 29

Come take our Adult CPR Classes with Certified Red Cross Instructors. We teach adult rescue breathing, choking procedures for adults and CPR. Class is held from 6-10pm in the ODR Classroom. Cost is only \$35/person! First Aid or Child Infant Classes can be setup upon request for additional charge.

Weekend Hut Trip - Aug 21 – 22 Cost \$75

Last year we offered the hut trips as a "hiking" or "biking" activity. This year it is going to be a "whatever" weekend activity. If you want to hike or bike, great, there are trails all over the place. Or we can take you to some of the many nearby trail heads for hiking or biking. We have even had groups that just wanted to sit in camp chairs amongst the beautiful mountain surroundings and read a book. If you have questions about the hut or would like to see some pix of it, go to www.lostwonderhut.com/ and check it out. We'll make stops in route so you can grab some eats, lunch will be whatever is in your packs and we'll provide 1 dinner and 1 breakfast at the hut made in our Dutch ovens. Evening campfire and campfire treats also provided. Activity includes transportation, guide, lodging, and above mentioned meals.

Three day hut trip - July 9 – 11 Cost \$149

Same as the "Weekend Hut Trip" but with an added full day, lodging, campfire, breakfast, dinner and backpack lunch goodies. Enjoy an additional "full day" to hike, bike, read a book, write a book, take a picture, paint a picture, summit one of the nearby peaks or just sit in awe gazing at the beauty of your surroundings. Activity includes transportation, guide, lodging, and above mentioned meals.

Inaugural Mountain Bike Trip to Fruita & Grand Junction Aug 5 – 8 (Thur – Sun) Cost \$149

OAP is running an advanced mountain bike trip to Fruita and Grand Junction Co. This place is a mountain biker's heaven, single track, step ledges, climbs, descents, awesome views, drops, stops, rock and dirt everywhere. Unlike the Moab Ut. Trip this adventure is for mountain biking only, but some of the best biking on the planet. This first trip will be offered at a "Huge" discounted price that will not be offered on later dates. Now the trip is in August so there is a good chance it will be hot, maybe even very hot, so be prepared. We will also be doing some night rides to escape the heat and also because they are just more fun. One of my favorites is the "Kessel Run" at night (so bring lights and batteries). We shuttled up and ran this a dozen times one night. Other rides may include: 18 Road, The Tabeguache Trails and The Kokopelli Trails. We reserved a group camp site in the thick of it all and we will even throw in your tent, cot and sleeping bag if you want them at no additional charge. Activity includes transportation, guide, campsite camping. Pre trip meeting Aug 2, 5:30 pm at Outdoor Rec.



July 2010

USAFA Outdoor Adventures



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|---|---|
| |  | | | 1 Ladies Hiking | 2 Night Phantom Canyon Bike Ride | 3 Vail Pass Advanced Kayak River Trip |
| | | | | | Browns Canyon | Browns Canyon |
| 4 Shelf Road 50/50 Browns Canyon Bighorn Sheep Canyon | 5 Front Range Bike Ride Royal Gorge Bighorn Sheep Canyon | 6 Santé Fe Bike Ride Intro Kayak Ladies Hiking "No Drop" Mountain Bike | 7 Pikes Peak Bighorn Sheep Canyon | 8 Ladies Hiking Browns Canyon | 9 3 day Hut Trip Bighorn Sheep Canyon Royal Gorge | 10 3 day Hut Trip Bighorn Sheep Canyon Royal Gorge |
| 11 Advanced Cycling 3 day Hut Trip Bighorn Sheep Canyon Royal Gorge | 12 | 13 Santé Fe Bike Ride Ladies Hiking "No Drop" Mountain Bike Kayak Fast Track | 14 Out There Bike Repair | 15 Kayak Fast Track Ladies Hiking Out There Bike Repair | 16 Kayak Fast Track Royal Gorge Bighorn Sheep Canyon | 17 Pikes Peak Bike Ride Browns Canyon |
| 18 Phantom Canyon Bike Ride Royal Gorge Bighorn Sheep Canyon | 19 Santé Fe Bike Ride | 20 Ladies Hiking "No Drop" Mountain Bike INTRO to the Kayak ROLL Pool Session #2 | 21 | 22 Dutch Oven Cooking Class Ladies Hiking | 23 Royal Gorge Bighorn Sheep Canyon | 24 Royal Gorge Bighorn Sheep Canyon |
| 25 Vail Pass Royal Gorge Bighorn Sheep Canyon | 26 | 27 Ladies Hiking "No Drop" Mountain Bike INTRO to the Kayak ROLL Pool Session #3 | 28 Bighorn Sheep Canyon | 29 Adult CPR | 30 Royal Gorge Bighorn Sheep Canyon | 31 Intro Kayak River Trip Royal Gorge Bighorn Sheep Canyon |

United States Air Force Academy
Outdoor Adventure Program, 333-2940
ORC Bldg. 5136 in Community Center

