



Summer Camp 2015

Dear Mountain Bike RAD Camper:

Welcome to the highlight of your summer! Here is some information for you to be better prepared for a wonderful week.

Your adventure will begin on Monday with riding skills evaluation on Cohutta Springs mountain bike trails, trip orientation, and preparation. Tuesday we'll head to Tsali Recreation Area near Bryson City in western North Carolina which boasts 40 miles of some of the best single track mountain biking trails in the eastern US. We'll pitch camp and take day rides on the many biking trails on Tuesday and Wednesday. Thursday will find us on a rafting adventure on the Nantahala River. Friday it's back to camp where we'll experience Cohutta's Flying Chair, Zipline, and waterfront activities. We'll enjoy a great weekend together at Cohutta Springs.

We will be tent camping at the various locations throughout the week. You are welcome to bring your own camping gear, however, Cohutta Springs will provide all of the non-personal items that you will need to have a super week. In addition to the packing list in the Parent Pak here are few additional items you will need:

- Sleeping pad
- Waterbottle
- Biking shorts and gloves (optional)

You will need to bring your own bike and helmet or plan to rent them for a \$40 fee. Be sure to sign-up online for your bike rental (which includes a helmet) if you have not already taken care of this.

In addition to filling out the Health History Form, your parent also needs to sign the attached waiver from Nantahala Outdoor Center, our white water rafting company. Be sure to **bring both of these forms with you to Camper Check-In.**

For your peace of mind, all our Mtn. Bike staff have current CPR, First Aid and lifeguard certification. 911 EMS response is approximately 25 minutes to our RAD Camp locations.

If you have any questions call our Calhoun office at 706-602-7346. We look forward to seeing you soon!

Sincerely,

Rob Lang
Camp Director