



Blue Ridge Cycling Camp Itinerary

Day 1: Thursday, July 25

Arrival at Camp – Please plan to arrive by 5:00 p.m. (US-Eastern / local time); if you are flying into Asheville or Charlotte please advise and we will prepare a shuttle schedule. If flying, please plan to land no later than 2:00 p.m. to allow time to drive to the camp location and arrive before 5:00 p.m.

EARLIEST ARRIVAL (CHECK-IN) IS 2:00 P.M.

- Property Tour
- Unpack/Bike Prep
- Group Dinner & Social
- Welcome Chat & Camp Preview

Day 2: Friday, July 26

7:00 AM Breakfast

8:00 AM Ride Review and bike safety with our coaches before departure. Load Vehicles and drive to Blue Ridge Parkway Overlook. The ride today is Out and Back.

This is a warm-up/intro ride into this week's cycling-heavy camp. We will work out any issues on the bikes before putting in the mileage. Coach Jeff will assess all riders and possibly create A & B Groups and/or buddy riders.

12:00 PM Complete the ride at Blue Ridge Overlook and transport riders and bikes back to camp. Shower and catered lunch. Discuss the route and learnings from today's ride.

2:00 PM Bike Technique and drills for climbing (preparatory work for Mt. Mitchell). The focus here is on climbing technique and strategy for Mt. Mitchell, the "Beast of the East." We will review the route in-depth and compare it with sections of the bike course in Nice, France.

4:00 PM Run drills in the picnic area followed by an easy trail run.

6:00 PM Dinner & Presentation

8:00 PM Inspirational Movie

Day 3: Saturday, July 27

- 6:00 AM Breakfast
- 6:30 AM Departure for Mt. Mitchell ride (2 distance options) with stops at Blue Ridge Parkway Overlook, Curtis Valley Overlook, and Ridge Junction Overlook
- 12:00 PM Depart Blue Ridge Parkway Overlook and return to camp. Shower, lunch, and share route learnings.
- 2:00 PM Bike Cornering Technique. We will relocate to an area where cones will be placed on a flat surface. The group will practice sharp turns, balancing on the bike, and proper form and body distribution while maneuvering through sharp turns and switchbacks.
- 4:00 PM Recovery Lounge with Ice Bath, Compression Boots, Rollers, Theragun, and Stretching.
- 6:00 PM Dinner & Presentation: We will preview tomorrow's cornering route. Bike SAFETY is essential, and we'll discuss what to do in any bike emergency situation.
- 8:00 PM Inspirational Movie

Day 4: Sunday, July 28

- 7:00 AM Breakfast
- 8:00 AM Load Vehicles and drive to Blue Ridge Parkway Overlook. Review safety on the ascent. Our focus today is multiple descents, with a shuttle back to the top. The last descent will culminate at Lake Tahoma where we will meet for an open water swim.
- 11:30 AM Open Water Swim Session
- 12:30 PM Load-in and drive back to camp. Shower, lunch, share route learnings.
- 3:00 PM Swim Drills and building strength using bands & light weights followed by time in the Recovery Lounge with Ice Bath, Nutrition, and Recovery Strategy discussion.
- 6:00 PM Dinner & Presentation (Review tomorrow's long ride)
- 8:00 PM Inspirational Movie

Day 5: Monday, July 29

- 7:00 AM Breakfast
- 8:00 AM Load-in and drive to Little Switzerland. The route begins at Little Switzerland with stops at Chestoa View Parking Area, Lost Cove Cliffs, and Rough Ridge Lookout THEN back to Little Switzerland.
- 2:00 PM Load-in at Little Switzerland and/or Blue Ridge Overlook and drive back to the camp. Shower, lunch, and share route learnings.
- 4:00 PM Recovery Lounge with Ice Bath, Compression Boots, Rollers, Theragun, and Stretching.
- 5:00 PM Pack bikes (as a group); discuss packing tips and traveling with your bike
- 6:00 PM Dinner & Share Camp Learnings
- 8:00 PM Inspirational Movie

Day 6: Tuesday, July 30

- 6:30 AM Optional morning trail run at Crabtree Falls
- 7:30 AM Breakfast
- 10:00 AM Departures. For Charlotte airport, the camp location is approximately 2 hours away. We recommend allowing 1.5 hours at the airport for bike check-in.

A packing list plus details on our ride routes, mileage, climbing and ascending coordinates will be provided to all campers prior to travel.