

**What's the terrain and riding like?** Situated in the Selkirk and Purcell mountains of the West Kootenays, Retallack offers more than 100 km of singletrack trails built and maintained by the Retallack trail crew. The longest trail, with over 6,000 ft of vertical, is the highlight – being dropped at the top of a remote peak by heli. The huge network of trails are a mix of handbuilt singletrack and machine built flow trails. The terrain is primarily singletrack through pristine forest with flowy sections, steeper loamy technical trails with roots, fun bermy corners and flowy jumps. Ranging from dark blue to black BC singletrack rating. Strong intermediate riders and advanced riders will have the most fun at this camp. Low intermediates will find it too challenging on the steeper technical terrain. The shuttle and heli can get us up to some alpine trails which will skirt around open slopes with steep sections, loose rock (shale), and some exposure mixed in with lots of great berms. Jumps and drops will also be along some of the trails which we'll stop to session. We won't see many other people at all since the trails are quite remote and they're not on trail forks. So this is your own private bike park!

**How do I train to get ready for this trip?** We spend a lot of time in the downhill position! Thankfully we don't need to climb very much but we still need to have good fitness and strength to last all day on the bike. It can be very tiring riding downhill shuttle laps all day... but sooo fun! We recommend spending some days in the bike park prior to the trip to work on your dh position and stamina. Being able to ride easier black trails will be all that's needed to feel comfortable on almost all the trails at Retallack.

**CARDIO:** Keeping some cardio going during the off season is key to maintaining your fitness whether it's a winter sport like cross country skiing or indoor workouts. Spin classes through the winter will greatly benefit your cardio conditioning and you'll feel stronger by the time you hit the bike come April. From May - June working your way up to 3 rides/week of a mix of 1-3hr rides. For July/Aug add in some bike park days and longer rides with longer downhill sections.

**STRENGTH TRAINING:** Strength training is highly recommended as well to focus on those muscles that will give you strength and power to hold your posture while riding and not feel as pooped after a big ride. Strength workout plans are available for you to use and are in the google shared folder, email Sylvie with any questions.

**SKILLS TRAINING:** Dial in your skills before the camp with us if you can attend one of our skills clinics offered in BC. Check website early March for updates. You don't need to be an experienced jumper to ride at Retallack, we'll coach you on the jumps 😊

### **What kind of mountain bike should I bring on this trip?**

We recommend that you bring an all mountain, enduro or DH bike. A bike with a minimum of 150mm of travel is required. If you have a lighter, steeper 130-140mm travel xc bike, you will need to rent a bike for your trip. If your bike is old or unsuitable, please consider renting a bike. Retallack provides some really nice enduro and dh rental bikes for a fee. Contact them to reserve your bike: [guestservices@retallack.com](mailto:guestservices@retallack.com)

### **Is there anything specific I should do to my bike before coming on this trip?**

Please make sure your bike is in PERFECT running condition and freshly checked over by a mechanic (and then test ridden) before the trip. Fresh tires, fresh brake pads, smooth drive train, suspension and seat post checked, spokes checked, etc. Please note there are no repair facilities at Retallack \*See Bike Prep pdf for more details on what to bring.

**What type of pedals are best?** Flat pedals are the recommended choice unless you are very used to clipless and don't have a problem riding technical terrain with clipless pedals. If you're just learning to use clipless and not totally confident with them, please leave them at home and bring your flat pedals.

**What temperature and weather can I expect?** In September the temperatures in the alpine above New Denver can be 10-25degrees Celsius in general. Being in the mountains, weather can move in and out quite quickly and can include some rain. Always pack warmer and waterproof gear to be ready for anything! \*See packing list for all the details.

**Do I need to bring my own booze?** Retaillack has a full service bar with almost any drink you can think of and they offer wine pairing for each dinner. You're welcome to bring your own booze for apres outside but you will have to bring your own cooler to keep them cold, or put them in the stream.

**Do I need to bring extra food?** You will be provided with amazing food during your stay at the lodge. Bring any extra snacks that you know you love for the trail or that special bag of chips for apres! Otherwise you will be receiving breakfast, lunch, trail snacks, appies, dinner, and dessert! If you bring extra food, please note there is no fridge for you to store it in – come prepared with a cooler if needed. There are no stores anywhere nearby.

**Can you cater to special diet requirements?**

The chefs at Retaillack are excellent and can accommodate any diet or allergy. If you have specific requirements please make sure you filled in the details on the registration sheet and if you didn't then email Sylvie [sweetskills@shaw.ca](mailto:sweetskills@shaw.ca)

**Do I need extra insurance?** Retaillack provides Emergency Medical Coverage including Ambulance/Evacuation insurance as part of your package purchase. This coverage will only be in place while you are a guest. All claims do require that you be seen by a physician. We strongly recommend purchasing Trip Cancellation/Interruption to protect your trip investment. Trip Cancellation Insurance is available from [Lifestyle Financial](#), [World Nomads](#), or your local travel agent.

**Do I need to wear a pack on the rides?** Luckily we have shuttles for every ride so you won't need to carry too much with you. We recommend a hip pack or small hydration pack (10-15L) You can bring extra clothes and snacks for the day and leave them in a secure bag in the shuttle. Your lunch will be transported in the shuttle for you. On the heli drop the ride will be longer so a pack might be necessary to be ready for changing temperatures and extra snacks and water. You will not need to bring very many tools nor a first aid kit as the Retaillack guides and coaches will take care of that. \*See Pack List for details.

**Are there Bears and/or Bugs?** Whenever we venture into the BC forests and remote country we may encounter wildlife and there are some bears and moose near Retaillack but it is rare to see them. Certain times of the year there are mosquitoes, black flies, horse flies, etc. We recommend you bring bug spray or light long sleeve shirts if you have a tendency to attract them.

**Do I need to bring an Emergency Device & Bear Spray?** Your guides will have InReaches, radios, and bear spray so you do not need to bring these items.

**Is there wifi at the lodge?** Yes there is wifi at Retaillack Lodge but no cel coverage on the trails.

[www.sweetskills.ca](http://www.sweetskills.ca) [info@sweetskills.ca](mailto:info@sweetskills.ca) 604-966-8330

## RETALLACK FAQ

**What is provided at Retallack Lodge?** You can expect a fully serviced lodge with daily cleaning, comfy beds with all the bedding and towels. Games rooms, stretching space, hot tub, and sauna are all waiting for you after your ride. Outdoor apres scene is especially great along the stream behind the lodge. There's even a nighttime disc golf course that you must check out! All bedding, towels, shampoo/soap (no conditioner).

**What are the tipping guidelines?** Guests often ask us for guidelines on tipping the guides. The coaches certainly appreciate gratuities. Sweet Skills & Retallack take pride in their outstanding crew and are there to meet all your expectations. The standard gratuity is 15% of the trip price. Tipping is at your discretion and this information is provided only as a suggestion.