

**What's the terrain and riding like?** The trails at Sol mountain are all handbuilt specifically for mountain biking and they don't see much traffic so they're fantastic! The trail builders put a lot of work into them every season and you'll find fun flowy sections, bermed corners and lots of technical features. In the meadows there are flowy trails to work on stance, body position, cornering without just a bit of climbing. As we climb up towards Sol Lake and Caribou Pass there will be technical uphill sections through rocks which become fun on the way down. Some trails have small drops and jumps to practice on as well. Lots of great learning opportunities. We'll be focussing mostly on skills for the first day then get into a longer ride on day 2 then options are open for our day 3 (whether you focus on more skills or go on another adventure ride). For lower intermediate riders our goal will be to get to Sol Lake on day 2 and possible a bit beyond. Getting to Sol Lake involves technical climbing and some steeper sections so there is often some walking, but that's ok – it's totally worth it! For more advanced riders we will have a group going out to Caribou Pass, Sol Lake, and options of going to the Ridge or Infinity Trails as well.

**How do I train to get ready for this trip?** The trails at Sol Mountain are at a higher elevation starting 1900m so we'll all feel a little less fit as we start to pedal from the lodge. The time spent riding will be 3 hours first and last day and a full day adventure of about 6 hours on day 2. To train for all of this we suggest getting in some back - to - back long XC rides so you are prepared for the back-to-back riding we'll be doing at the retreat. Practice your technical uphill riding skills and get in some rides that involve longer climbs.

**CARDIO:** Getting on your bike from winter hibernation in early April will be great to get the legs going in circles again. 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 with 2 x 3 hour rides back to back. Then in July working up to 4 days riding per week. 2 of those days could be 1.5hrs and 2 could be 3hr rides.

**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. 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.

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

We recommend that you bring an all mountain style mountain bike on your trip. A bike with 130-150mm of travel and that is relatively light, 25-35lbs, for long climbs and uphill pedaling sections. Heavier Enduro/Freeride style bikes are not recommended. Steeper angled cross country bikes are not recommended for the terrain as there are several technical downhill sections. If your bike is old or unsuitable, please consider renting a bike. Mountain bike rentals can be found in Revelstoke if needed.

### **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. There are no repair facilities at Sol so if something happens to your bike and it's unrideable, then that would be a bummer (= hiking trip). \*See Bike Prep pdf

**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 uphill 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 August the temperatures in Revelstoke can be 10-25degrees Celsius in general. We are quite a bit higher in the mountains at Sol Mountain so it's always a few degrees cooler than in the valley. 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.

**What's the road like getting to Sol and what kind of car do I need?**

The drive to Sol Mountain Lodge from Revelstoke is 30 minutes on paved highway then 1.5+ hours on an FSR road. An SUV or Truck is recommended with good tires. There are no big ditches or scratchy branches, mainly potholes/bumps, dust, and some steeper sections. Please no low city cars or old tires. Cover your gear in the back of a pick-up with garbage bags to keep the dust out and pad and tie down your bikes really well. Do continuous checks on your bikes to make sure they've stayed in place.

**Is it possible to carpool?** We try and match people up in carpools as best as possible and have the least amount of vehicles driving up so no one is driving solo. Sometimes a group will get together and share the cost of a rental truck if needed. If you do not already have an arrangement to carpool up to the Lodge from Revelstoke please email Sylvie, and likewise if you have extra space in your vehicle to bring up an extra person let Sylvie know as well. [sweetskills@shaw.ca](mailto:sweetskills@shaw.ca)

**Do I need to bring my own booze?** You can buy beer, cider and wine at the Lodge for a really reasonable price. There is house wine and a selection of bottles to purchase. All from the local Okanagan Valley. You're welcome to bring your own but you will have to bring your own cooler to keep them cold.

**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. Otherwise you will be receiving breakfast, lunch, trail snacks, appies, dinner, and desert! If you bring extra food, please note there is no fridge for you to store it in – come prepared with a cooler if needed.

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

The chef at Sol Lodge can accommodate vegetarians, gluten free and those with allergies. 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 [sylvie@sweetskills.ca](mailto:sylvie@sweetskills.ca)

**Do I need extra insurance?** Ensure your travel insurance covers you and your equipment and that your current health insurance covers the unforeseen like medical flights and back-country rescue. Trip Cancellation Insurance is available from [Lifestyle Financial](#), [World Nomads](#), or your local travel agent.

**Do I need to bring a first aid kit?** Our guides are trained and prepared for first aid situations. Packing and carrying your own first aid kit on rides is optional. If you require specific medical attention, you are required to notify Sweet Skills upon booking to ensure our guides are prepared. Please bring sufficient prescribed medication(s) with you.

# SOL RETREAT FAQ

**Are there Bears and/or Bugs?** We'll be venturing into some remote country and even though there will be an abundance of wildlife, it can be rare to spot them. With proper precautions, it is unlikely any will bother us on our tours. 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 a cel booster at Sol Lodge with limited capacity.

**What is provided at Sol Lodge?** Sol Lodge is a fully serviced lodge so you can expect clean and comfy beds with all the bedding and towels.

**What are the tipping guidelines?** Guests often ask us for guidelines on tipping the guides. The coaches certainly appreciate gratuities. Sweet Skills & Sol Mountain 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.