



YUKON RETREAT FAQ

What's the riding like? Whitehorse offers lots of flowy trails with fun technical features and no crowds! We will come across some technical features in Whitehorse such as some rooty steep pitches, switchback corners, rocky tech, some narrow trails. Carcross is quite different with more technical trails will unique rock rolls, small drops, and some sweet berms. Everyone loves the riding here! To get the maximum enjoyment out of the camp everyone should be able to ride technical intermediate trails; low intermediate to advanced riders are welcome to join us 😊

How much uphill riding will we be doing? Both Whitehorse days will have climbing involved so a good base of fitness will help you enjoy these days even better! The most climbing in one day will be 500m of elevation gain for the advanced group and 300m for the lower groups). Our friends at Boreale Lodge will be shuttling us to save on climbing on every day so we can enjoy more of the sweet singletrack. On the Whitehorse riding days there will be options of continuing a little longer for those that just can't get enough. Check out the itinerary for more details on distance and elevation gains.

How do I train to get ready for this trip? The best thing you can do to prepare for this trip is get lots of riding time in so you have the endurance to enjoy every day of the trip 😊 We spend the better part of the day on our bikes with stops for sessioning and learning, snacking, taking photos, etc. There is a lot of downhill since we have some shuttles to help us out so endurance in the dh position also really helps along with a good base of fitness and technical skills.

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 June 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 full suspension mountain bike on your trip. A bike with 140-150mm of travel and that is relatively light, 25-35lbs, for long climbs and uphill pedaling sections. Heavier Enduro style bikes are not recommended. Steep angled cross country bikes are not necessarily recommended for the terrain as there are several technical downhill sections. If your bike is older or inappropriate then you should rent a bike in Whitehorse. Participants must arrange their own rentals and inform us as we can help you pick it up and drop it off on the first and last day.



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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 limited repairs that can be done at the Lodge without going into town so if something happens to your bike it could mean missing out on part of the day or the remaining part of the trip. We cannot guarantee that we would be able to coordinate a more serious repair since there are no bikes shops near the lodge. *See Bike Packing pdf for all the details.

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.

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 [World Nomads](#), or your local travel agent.

What can I expect for weather and temperatures? Yukon can see some pretty significant fluctuations from day to evening. It is not uncommon to see a 30 degree centigrade differences in a 24 hour period. Weather in Whitehorse in **June** can be anywhere from 5 – 20 degrees (Celsius). Usually clear skies but we need to pack for rain and cool temps just in case. There will only be about 5 hours of twilight! Daylight is 4:50am – 11:30pm. End of **August/September** temperatures can see anything from 2-20 degrees with daylight 7am-9pm. Then we pray to see some northern lights!

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.

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 rides. Certain times of the year there are mosquitoes, black flies, horse flies and other bugs, but generally not as bad as other parts of Canada! 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. Do not pack bear spray on the plane!

Is there wifi at the lodge? Yes there is wifi at Boreale Lodge but no cell coverage. Most locations that we ride will have cell coverage except for a few spots.

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What is provided at Boreale Lodge? Boreale is a fully serviced lodge so you can expect clean and comfy beds with all the bedding and towels. Hairdryers and shampoo, soap, etc.

Is there laundry facilities? Boreale does offer \$10 light laundry facilities, but ask that you bring enough clothes for your trip. We are on a well system so we try to limit the laundry usage at the lodge.

Is there alcohol served at the lodge or do I have to bring my own? Boreale is a fully licensed facility, meaning that any alcohol consumed in public places needs to be purchased from them. We have a curated selection of beer, cider, wine and cocktails which are available to purchase. You are more than welcome to consume your own alcohol in your rooms. Think of it as a hotel! As per Yukon liquor laws, you are able to bring your own wine for consumption and we charge a \$10 corking fee.

Are there fridges in the rooms? No fridges in the rooms and unfortunately, there is no additional space in the lodge fridges for guest food or beverages.

Do I need to pack extra food? You should bring some extra snacks that you like to eat on the trail. For lunch, you will receive a sandwich, bar, fruit. It's always good to have a little extra so bring a few extra bars that you like.

Can you cater to special diet requirements?

The chef at Boreale Lodge can accommodate vegetarians, gluten free and those with allergies. If you have specific requirements please make sure you have filled it out on your registration form.

What are the tipping guidelines? Guests often ask us for guidelines on tipping the guides. Sweet Skills & Boreale Explorers take pride in their outstanding crew. They 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