



Plan:

- What route will you take? Who will be the lead (the person who bikes in the front and uses hand signals to signal your group where you are headed)?
- What equipment is necessary for the excursion?
- What hand signals will you use?
- How will you carry your snacks and gear (like spare tubes, tools and hand pumps)?
- What should you wear for this adventure?
- How will you carry water?

Do:

- Head out on your excursion and enjoy biking as a Patrol!!

Review:

- What do you know now that you did not know before?
- How did you feel before, during and after this adventure?
- How was it different to bike with others, compared to biking alone?
- How did your team work together to bike as a pack and adjust to the traffic (if there was any)?
- What would you do differently if you were to share another group ride?

Safety Note:

- What is the weather forecast? How could it affect your plans?
- Plan a route that suits everyone's abilities and levels of comfort.
- What emergency equipment should you bring on this adventure?
- What will you need to remember when biking as a group/pack?

Online Resources:

- [AdventureSmart](#)
- [Bicycling the Rideau](#)
- [Prince Edward Island's Confederation Trail](#)
- [Ride with Cycling Safety](#)

Canadianpath.ca

Group Ride

BRUCE TRAIL
Active & Healthy Living



The Adventure:

Cycling is an activity that many people do (or at least know how to do). It's an excellent way to get some exercise and have fun!

What's nice about cycling is that you don't need a lot of equipment to enjoy the activity. For a short ride close to home, all you need is a bike, a helmet and somewhere to ride.

It's also a fantastic group activity. As a Patrol, you can bike to a scenic lake and have lunch, or head out at sunrise to start your day enjoying nature and healthy activity.



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