

**Plan:**

- When and where will you have your cycling adventure?
- How will you prepare for this adventure?
- What equipment do you need?
- What is your Company's budget for this adventure? How will you divide Company and individual expenses?
- Will you shuttle gear, or ride with everything?
- Will you tent or stay in hostels?

**Do:**

- Train for this adventure.
- Enjoy an amazing cycling trip!

**Review:**

- What do you know now that you did not know before?
- How did your experience compare to your expectations?
- How did your Expedition Team overcome any problems you encountered?
- How did your body react to this adventure?
- What would you do differently in the future?

**Safety note:**

- What equipment do you need to be safe while riding?
- What should you have on hand for mechanical emergencies?
- What are the rules of the road for cyclists?

**Online Resources:**

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



It starts with Scouts.

# On Your Bike!

Active & Healthy Living

**The Adventure:**

Mix things up for your next camp. Instead of a hiking or paddling trip, create an Expedition Team to plan, do and review a great cycling adventure! This is a fantastic way to explore new places and to increase your confidence on a bicycle.

Build up to your actual cycling trip through a series of training rides. Start short, and build up to longer outings.

If your Company has already tried a cycling adventure, why not challenge yourselves to a more ambitious trip? If you've enjoyed a weekend of cycling, try five or six days out. If you've cycled on a fairly level route, try a route through hills or mountains next. You'll find that just like on a long hiking or paddling trip, there's a rewarding rhythm to cycle touring that it takes time to discover.



[Canadianpath.ca](#)

V-14



It starts with Scouts.

**Plan:**

- When and where will you have your cycling adventure?
- How will you prepare for this adventure?
- What equipment do you need?
- What is your Company's budget for this adventure? How will you divide Company and individual expenses?
- Will you shuttle gear, or ride with everything?
- Will you tent or stay in hostels?

**Do:**

- Train for this adventure.
- Enjoy an amazing cycling trip!

**Review:**

- What do you know now that you did not know before?
- How did your experience compare to your expectations?
- How did your Expedition Team overcome any problems you encountered?
- How did your body react to this adventure?
- What would you do differently in the future?

**Safety note:**

- What equipment do you need to be safe while riding?
- What should you have on hand for mechanical emergencies?
- What are the rules of the road for cyclists?

**Online Resources:**

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



It starts with Scouts.

# On Your Bike!

Active & Healthy Living

**The Adventure:**

Mix things up for your next camp. Instead of a hiking or paddling trip, create an Expedition Team to plan, do and review a great cycling adventure! This is a fantastic way to explore new places and to increase your confidence on a bicycle.

Build up to your actual cycling trip through a series of training rides. Start short, and build up to longer outings.

If your Company has already tried a cycling adventure, why not challenge yourselves to a more ambitious trip? If you've enjoyed a weekend of cycling, try five or six days out. If you've cycled on a fairly level route, try a route through hills or mountains next. You'll find that just like on a long hiking or paddling trip, there's a rewarding rhythm to cycle touring that it takes time to discover.



[Canadianpath.ca](#)

V-14



It starts with Scouts.