

On Your Bike!

Active & Healthy Living



ACT



LONG TERM

3 GOOD HEALTH
AND WELL-BEING



11 SUSTAINABLE CITIES
AND COMMUNITIES



What You Will Discover

Mix things up for your next adventure and plan your own cycle-touring adventure.

The Adventure

Instead of a hiking or paddling trip, 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 and make sure you're prepared for your route. Start short, and build up to longer outings. 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.



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?

Do

Using **#ScoutsDoStuff**, share your cycling adventure with your friends and family, and let your community know the quality of your trails!

Review

- What do you know now that you did not know before?
- How did your body react to this adventure?
- What would you do differently in the future?
- What was your favourite part of your biking adventure?

Safety Note

- What **equipment** do you need to be **safe** while riding?
- What are the rules of the road for cyclists?

Try this

Keep it Simple

If a bike trip is a bit too much for your Section, why not do a bike rodeo at your meeting place? Meet outside in the parking lot or somewhere else where you can safely ride bikes. Make sure your bike is ready for the season, practise bike safety and discover bike paths in your city!

Take it Further

Some incredible campground trails are also bike-friendly. Instead of just organizing a bike day trip, why not plan for a backcountry bike camp? Find a campground you can bike to safely and find ways to carry your gear to spend the night.

