

## **Mountain Biking**

W5: July 5-July 8 (4 days only)

W6: July 11-July 15

9:00 a.m.-3:30 p.m. Entering Grades 5-8

Bike where no car has been. Explore pristine paths. Push your personal limits. REI Guides teach basic mountain biking techniques, including shifting, braking, ascending, descending, and maneuvering around obstacles.

Guides have current PMBIA training, Wilderness First Aid, and CPR certifications. All gear, including mountain bikes, is provided. Join us to ride some of the fantastic trails in the foothills, including Village Greens Park, Bear Creek Lake Park, and Flatirons Vista.

Cost: \$950, W5: \$800

Instructor: REI