

ZEP MOUNTAIN BIKE CAMP INFORMATION PACK

This Information Package is full of details regarding the ZEP camps to either help you decide to sign up, or prepare, if you already have! The sections of this pack include:

- ▶ TRAVEL INFO
- ▶ RESORT & ACCOMMODATION DETAILS
- ▶ BIKE CHOICE & RENTAL INFORMATION
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TRAVEL INFO

Upon entering Canada, you may be asked for a contact/accommodation address. Provide the accommodation details in the relevant section below. Do not be surprised if Vancouver immigration and customs take up to 2 hours! Generally they are quite efficient at getting people through. That said, they are notoriously thorough especially if you are collecting your BUNAC visa (“Gap Year” Students).

TRANSFER

The camps include a return transfer from Vancouver YVR International Airport to Whistler Village to help make your travel to ZEP camp as easy as possible. As soon as you have your flight booked, just email us your travel itinerary so we can book the appropriate transfer. If you do not require a transfer, please also let us know. **If you have any problems** during your journey, please call or email us at the ZEP office. Contact details at the bottom.

If you fancy a bit of an adventure and a classic Canadian experience to remember, then the Rocky Mountaineer Train is a stunningly beautiful journey to Whistler from Vancouver and would make a great start to your holiday. This is not included in the camp, but does come highly recommended - check them out at www.rockymountaineer.com

RESORT & ACCOMMODATION DETAILS

WHISTLER – THE WORLD’S NO. 1 MOUNTAIN BIKING DESTINATION!

Over the course of the last ten years, Whistler has solidified its place as the world’s most popular mountain biking destination.

Ideally located in Canada’s North Shore, the training ground of some of the world’s best pro riders, Whistler offers not only the famous lift serviced Bike Park, but also extensive freeride and cross country trails in Whistler Valley and around the surrounding towns of Pemberton and Squamish.

The Garbanzo area hugely increases the size of the Bike Park, and with new trails being added every year, Whistler looks set only to get bigger and better...

THE VILLAGE

Whistler is one of the most international and exciting resorts in the world. Its village style and pedestrianized cobbled streets create a unique and vibrant atmosphere by day and by night.

Shops including Evolution and Garbanzo Bike & Bean sell all the latest and greatest biking equipment and you can play squash, train with Whistler’s ice hockey team or go to the gym at the local sports centre.

There is an efficient local bus network, servicing the entire area of Whistler and its surroundings and a free shuttle bus service that runs all day around some of the main points in town.

In the summer, Whistler loses none of its excitement – the lifts continue to run all year round, attracting bikers, hikers, fishermen and climbers. In the valley you can, among other things, go bungee jumping, play on one of the world-class golf courses, hit the concrete skate park or even go windsurfing and kitesurfing in Squamish.

The vibe is more relaxed than the winter, with longer days and warm evenings; people spill out onto the patios of the GLC and Longhorn bars in the afternoon and early evening to watch the local shredders in the Bonemark, before heading down to Splitz Grill with the locals for dinner. Most of the clubs are open all the way through the summer, so there is plenty to keep you occupied into the early hours.

In August Whistler plays host to the huge Kokanee Crankworx Mountain Bike festival, with the world's best bike riders descending on the town for a week of everything mountain biking, including the huge Slopestyle event, live bands and parties.

RECOMMENDED BUSINESSES

Supermarket: IGA – Market Place, Whistler Village

Bank: Canada Trust – Market Place, Whistler Village

Canada Post Office - Market Place, Whistler Village

Cinema: Village 8 Cinemas, Village Stroll

Bike Shops: Evolution, Cross Country Connection, Bike Co, Fanatyko

We'll be giving you loads more info upon arrival in town, but do familiarize yourself with maps, etc., beforehand by visiting www.whistlerblackcomb.com.

Lift-Pass WHISTLER BIKE PARK

ZEP will arrange your season lift pass and show you the best places to rent or purchase bikes/equipment, as needed.

Accommodation

ACCOMMODATION

Our goal at ZEP is to match our superior service on the trails with a superior accommodation so you can relax, recuperate and enjoy your stay in Whistler as part of the mountain bike holiday of a lifetime!

We offer three options to choose from to suit whatever your budget or preferences may be: 1. no accommodation 2. bed & breakfast and 3. self-catered condominium.

Our partners offer mountain bike friendly accommodation located in the heart of the village, or just a short ride/walk away from the Village. Both have been personally selected by the ZEP owner and offer a superior quality of accommodation to any other bike camp. For more info, check out the “What’s Included” links on the website.

There are many factors that we have to consider when allocating your rooms and a lot of thought is given to ensure you are happy in your accommodation. Please let us know if you have any specific requests with regards to food/sleeping arrangements etc. Rates are based on double occupancy, so please contact us for single occupancy rates.

FOOD

A fresh, tasty lunch is offered on all camps, on your coaching days. A Deluxe Continental Breakfast is offered only on the Bed & Breakfast Accommodation Option.

Outside of this, you will therefore be responsible for sourcing your own food during the camp, which is easy to do in Whistler. Amongst the world-class restaurants in the Village (that cater to any tastes and all budgets!), Whistler also has some great grocery stores stacked with local, fresh produce to fulfill any dietary desires and budgets.

BIKE CHOICE & RENTAL INFORMATION

EACH CAMP **INCLUDES** XC/ALL-MOUNTAIN BIKE RENTAL for coaching days on the awesome Whistler Valley trails.

About 90% of the riding on camp however is downhill, so you should therefore bring a downhill bike or purchase one when you get to Whistler. Any questions regarding your current bike, its suitability or purchasing a new bike, please contact us at ZEP. Here's some info on the different types of bikes available...

Downhill

Whistler's Bike Park has some of the most progressive, well-designed and maintained trails, anywhere. It is therefore possible to ride many of the trails on a 6 inch travel full-suspension bike that is designed for downhill riding (see "all-in-one" bikes, below). That said, the **safest and most enjoyable way to ride in the Bike Park is on a downhill-specific bike** that has 7 or 8 inches of travel and more downhill friendly geometry, like these ones:

- a. Transition Blindside or TR450: www.transitionbikes.com
- b. Specialized Demo or BigHit: www.specialized.com
- c. Giant Glory: www.giant-bicycles.com
- d. Trek Session: www.trekbikes.com

All-in-One/FREERIDE

As mountain bike riding and trails have developed and progressed over the years, so too has the sport. As such, it's no longer as easy as it once was to have one bike for everything. Downhill trails are lot more challenging and so require a stronger bike with more suspension and different geometry to make it stable at the higher speeds... this in turn, makes them difficult to climb. This has called for manufacturers in recent times to build bikes that, whilst being able to ride downhill well, must also be light enough and efficient enough to be able to pedal back up to the top – essentially a cross between an xc and dh bike! The following bikes are good examples of this:

- ▶ Transition Covert
- ▶ Specialized SX Trail
- ▶ Commencal META 6
- ▶ Giant Reign X
- ▶ Trek Scratch

Should you be bringing a bike of this type to Whistler for the camp, you should review the following things:

- ▶ Make sure it has at least a double chainset for climbing
- ▶ It's light enough to enjoy riding challenging xc/freeride trails all-day long
- ▶ It's well maintained, suitable and strong enough to last all-day downhill
- ▶ The wheels and tires are in good condition and strong enough for DH/ Bike Park riding

X-Country

Although just a small (yet super fun and useful!) part of the course, Whistler's "XC" trails are not like most other "XC" trails – they are technical, rough and often unforgiving on both bikes and bodies, but way more fun! As such, the typical Whistler XC bike is not a skinny-tired, hard tail that weighs 20lbs. Some people even ride their downhill bikes on some of the XC trails in Whistler - that however is far from ideal! The most suitable type of bike for Whistler Valley's XC and Freeride trails is a full-suspension "Trail" or "All Mountain" bike with about 5-6 inches of travel front and rear, complete with hydraulic disc brakes, triple or double chainset and a decent set of tires at about the 2.1 or bigger size range. Check these bikes out to see some good examples of bikes in terms of their quality, cost and suitability for the type of x-country riding you will be doing.

- ▶ Transition Bandit
- ▶ Specialized Pitch & Enduro
- ▶ Trek Fuel Ex or Remedy
- ▶ Glant Reign

ON THE TRAILS

Mountain Biking Equipment

We strongly recommend that you take your time before deciding on your equipment. The sizing of a bike, or “fit” is the most important factor when purchasing a bike. After that, a good quality frame, suspension and wheels are the next things to look for – once you’ve decided what type of bike you wish to purchase: x-country, all-mountain, free-ride or downhill. Bikes and certain equipment are often significantly cheaper in Canada than in the UK or Australia for example, though less so these days.

Safety & PROTECTIVE EQUIPMENT

Mountain Biking is an inherently dangerous sport. To stay safe you must only ride when feeling physically and mentally healthy, ride within your limits and control at all times, and constantly ensure your equipment is in safe, correct, working order. Helmets are mandatory on all rides and protective gear, such as knee-pads, is highly recommended. The Bike Park/DH riding will require a full-face helmet, full-spine, knee and elbow pads as minimum, mandatory equipment.

Looking After Your Body

The ZEP ‘Bike Camps are designed to take you into full-time riding easily... getting your body used to the physical and technical demands of the Canadian trails gradually. You can help this process by getting plenty of rest, eating well and stretching daily after riding. To prepare for the course, three 1-2 hour rides, per week will help, so you arrive physically prepared to exercise daily. On arrival, drink plenty of water each day and listen to your body – if something hurts or doesn’t feel normal then be pro-active and do something about it, whether its rest, stretching or physiotherapy... the worst you can do is ignore it. Riding when tired and/or injured is dangerous, not good for you and highly un-recommended.

48HR POST-ARRIVAL PLAN

DAY ZERO - ARRIVAL DAY TO WHISTLER ACCOMMODATION

12:00 - Accommodation available for checking in, early arrivals contact Martin @ Chalet Luise.

Arrival day is a free day to recover from travels, unpack, take a walk around the village - whatever you like!

DAY ONE - WHISTLER ORIENTATION RIDE

10:00 - Meeting with ZEPtechniques staff at your accommodation. Welcome Pack handouts, introduction and chat over a coffee.

10:30 - 11.00: Personal bike/equipment build-up and check

11.00 - 11.30: XC Bike Rental fitting (free to all campers!!)

11.00 - 1.00: Whistler Village and Valley Tour/Orientation by bike

13:00 - 14.00: Lunch at GLC at the bottom of the Whistler Bike Park

14.00 – 16.00: Valley Orientation & Rider Assessment in the awesome Lost Lake Park XC trails

19.00 - Welcome Dinner & Drinks, chez ZEP!

A TYPICAL DAY AT CAMP

7.00am - 8.30am: Deluxe Continental Breakfast served daily to get you fueled and fed for the day ahead.

9.50am - Pre-ride bike check and “Plan of the Day” review

10.00am - 10.30am: Mental and Physical warm up to prepare for and therefore maximize the training sessions that day. This typically involves some cruisy laps on some fun, easy trails in the Bike Park and is often also used as a chance for riders to review what they’ve done so far, address any issues and/or discuss ideas/plans for that day.

10.30am - 1.00pm: Morning Training Session: All riding skills development and instructor training sessions are on the trails shredding, learning and being coached by the finest instructors in the business.

1.00pm - 2.00pm: Lunch provided by ZEP... a super tasty and healthy lunch prepared daily to keep you fueled, feeling good and ready to ride some more!

2.00pm - 4.00pm: Afternoon Training Session: Progressing from the morning’s tuition, the afternoons often involve “less talk, more rock” coaching as you practice and enhance techniques and skills covered in the morning. Video Analysis and Filming is often performed in the afternoon as specific, personal feedback is used to drive the skill progression of each rider.

4.00pm - 4.15pm: Daily review for both the group as a whole and for each individual rider, as their own training plans and progression are discussed with the ZEP Coach.

6.00pm - 8.00pm: Free to Ride in the Bike Park, Valley XC Trails, swim at the lakes, go fishing, play golf or attend one of ZEP’s Evening Seminars twice per week: Mechanics Class/Suspension Set-up/Pump Track Training/Strength & Fitness Training/Nutrition Workshop/Bike Fit/Teaching Theory etc

CONTACT DETAILS

Paul Howard (Owner/Director of ZEPtechniques) is the Resort Manager and Mountain Biking Program Director. If possible, the first point of contact should be Paul at the ZEP office.

In an emergency you can contact Paul on the ZEP Mobile 24 hrs/day.

- 1.ZEP Office - when calling WITHIN Canada: (604) 938 3498
- 2.ZEP Mobile: (604) 902 6699
- 3.FROM UK: add 001 at the start
- 4.Email: zep_techniques@mac.com

ZEP ADDRESS

Please email us for our address.