Alumni Micro-Tour Itinerary August 29-30, 2023

One Night - Bike Works to Tolt MacDonal Park & Campground

Day 1 - Tuesday, August 29:
9:00 AM  Youth Arrive
   - Intros & Ice Breaker
9:30 AM  Assign Bikes
   - Load Gear
   - ABC Check
10:00 AM Leave from Bike Works to Lake Sammamish State Park Bike Route
11:30 AM Arrive at Lake Sammamish State Park
12:00 AM Lunch @ Lake Sammamish State Park
12:30 PM Leave Lake Sammamish State Park
   - Start biking to Tolt Macdonald State Park/Campground Bike Route
1:00 PM Snack Break off the trail
2:30 PM Arrive at Tolt Macdonald
   - Check-In Campsite (Site #31)
3:00 PM Set up camp
3:30 PM Camping protocols
   - Keep campsite clean
   - No food left outside overnight!
   - Keep track of belongings!
4:00 PM Chill out for a bit
   - Gauge energy level
   - Light snacking
4:30 PM Explore the river
   - Nature stroll
   - Frisbee toss
   - Free Time
5:30 PM Arrive back at camp
   - Settle in
6:00 PM Prep dinner
7:00 PM Dinner time
8:00 PM Clean up dinner
8:30 PM Debrief the day
   - Rose, Thorn, Bud
   - Brief on following day
9:30 PM Bed time
Day 2 - Tuesday, August 30 10:00AM - 2:00PM:

Bike Ride back to Bike Works:
9:00 AM  Wake up
9:30 AM  Light Breakfast
10:00 AM Break down camp & Load Bikes
10:30 AM ABC Check
11:00 AM Leave Tolt MacDonald to Marymoor Park Route
- Begin Bike Ride
12:30 PM Lunch Break At Marymoor Park
1:00 PM Ride out from Marymoor Park to Bike Works Route (2 Hrs)
3:30 PM Arrive at Bike Works
- Water, Snacks
- Congratulations Wrap up!
4:00 PM Parents pick up youth

Packing List:

☐ Two Water Bottles
☐ Tire Patch Kit
☐ Multi Bike Tool
☐ Extra Tire Tube
☐ Power Banks (Provided by Bike Works)
☐ Bike Lights
☐ Headlamp
☐ Triple A Batteries
☐ Panniers
☐ 2x shirts
☐ 2x socks
☐ 2x Underwear
☐ Swimming clothes
☐ Warm light jacket
☐ Warm Hat
☐ Sunscreen
☐ Packable Towel
☐ Tooth Brush/Tooth Paste
☐ Sunglasses
☐ Snacks (Provided by Bike Works)
☐ 2x Lunches/1 Dinner (Provided by Bike Works)