

Alumni Micro-Tour Itinerary August 29-30, 2023

One Night - Bike Works to Tolt MacDonald 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)~~