



AMBC Mountain Bike Tours



The Blue Mountains provides a vista of chiseled sandstone outcrops, hazy blue forests, vast gorges and wild, scenic rivers. With paths that were built for Victorian-era honeymooners and trails discovered by Aboriginal hunters thousands of years ago, this is a vast and special place for travelers of all interests.

Originally named Carmarthen Hills in 1788, the Blue Mountains were thought to be impenetrable by the early white settlers. The first crossing was considered a critical step that opened the west of NSW to European settlement.

As well as riding, the Blue Mountains also offers many other adventures and accommodation offers, the options are endless. It's well worth extending your stay to make a holiday of it!

The AMBC Experience

At AMBC, we're committed to providing the ultimate cycling experiences to our guests by including the following unique benefits on each of our tours:

Exceptional Leaders: Our Tour Leaders pass the highest AMBC training standards which translates into an exceptional experience and superior customer service for each and every guests on each and every tour. Every tour comes with 2-3 experience Tour Leaders.

Fun & Flexible: Whether your mountain bike for leisure, fun or adventure, AMBC Tours have built-in flexibility that caters for all participants. If you want to take a morning or afternoon off, your knowledgeable Tour Leader can help you decide what non-riding options best suit your mood.

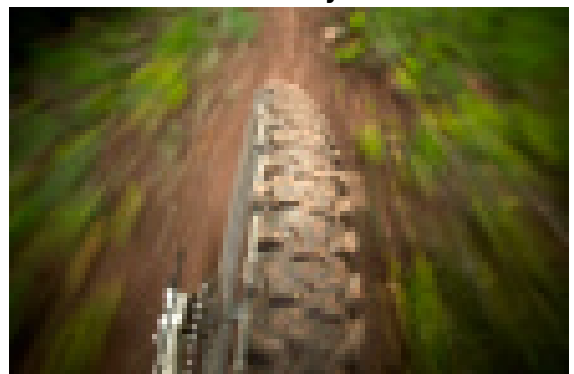
Social Evenings: AMBC encourages social interaction during the evenings to help you become better acquainted with your travelling companions.

Travel Agent: To make things easy and hassle-free for you, we can offer a Travel Agent to assist you with all travel arrangements.

AMBC Tour Pack: On registration, you will receive a Tour Pack filled with detailed tour specific, regional and training information to help you prepare your trip.

Comfortable Group Size: A maximum of 20 guests per tour ensures you have individual support, attention and the company of AMBC qualified Tour Leaders.

Outfitting Service: We can offer hire of camping & riding equipment including tents, bikes and backpacks. Just let us know what you need and we'll see what we can do.



Catering

On AMBC adventures, all meals are included in the price. However, if you'd like the opportunity to explore the cuisine of the region, we can provide you with recommended dining locations.

If you have any special dietary requirements, be sure to inform us before the Tour. We will do our best to accommodate your dietary requirements.

On AMBC Tours, all meals are in a casual setting. You will enjoy picnics, packed lunches, camp-style breakfasts and dinners.

Tour Inclusions

- 2 nights camping fees
- Meals (breakfast & lunch, dinner Saturday night) including snacks and drinks for each day's ride
- Social evenings
- Skills sessions
- Test bikes provided by Dirtworks
- The knowledge, support & friendliness of our Tour Leaders
- Daily ride support & guidance
- Comprehensive tour literature & training advice

Not Included

- Travel & transfers to/from the Tour venue
- Lodging before & after the Tour
- Friday night dinner
- Personal items purchased during the Tour
- Tents, bikes, camping & riding equipment

Outfitting Service

AMBC offer a comprehensive outfitting service & you can hire the following :

- Mountain bike
- Riding equipment (gloves, helmet)
- Backpack
- Tent & sleeping mat



Ride Options

We are offering two route options for our Tour participants:

- Novice — for the rider with basic/general fitness & MTB skills. Depending on the track type, you can expect to ride 20-40kms per day with various exit options available throughout the route.
- Intermediate — for the rider with good/excellent fitness & MTB skills. Much of this will be on singletrack and participants could expect to ride over 40kms per day.

Please speak with us if you require different options or activities, and we will see what we can do.

Health

It is important that you are in overall good health to get the most from our Tours. If you have any concerns or questions about your health, contact your doctor for a check up.

Activity Level

The activity level for this Tour is moderate to high. Depending on which group you ride with, you can expect to ride 30-70kms each day.

Training

The best way to prepare for a MTB Tour is to go out and ride. If you don't have the time or opportunity to ride regularly, you can assist your preparation by doing some cross-training, ie. Jogging, walking or aerobics. Just remember to maintain your fitness by being active for consecutive days.

As you prepare for the Tour, try to ride different terrain—hills, roads, trails, etc. For those who want to opt for the longer rides on our Program, build up your endurance by riding 2-3 days per week with at least one long ride (3+ hrs).

Access & Conditions

As this tour is an “offroad” adventure, you can expect to drive offroad to get there. Participants should anticipate approximately 30 minutes of dirt track driveable by most standard road cars.

Please also note that bush toilet and shower facilities will only be available!

Draft Program *(Please note, this program may change without notice.)*

Participants have the option of arriving Friday night or Saturday morning. A set meeting time & point is pre-arranged to ensure guests arrive without any difficulty.

Friday Night

Dinner enroute

7.30pm — Friday PM convoy with meeting point at Zig Zag Railway

8.00pm — Setup camp

Saturday

7.00 - 9.30am — Breakfast

8.30am — Saturday AM convoy with meeting point at Zig Zag Railway

9.15am — Setup camp & bikes

10.30am — Warm up ride (1-1.5hr)

12.00pm — Lunch

1.00pm — Ride Novice Route — 2 hrs

Intermediate Route — 3-4 hrs

4.00pm — Skills Session (1hr)

5.15pm — Skid Competition & Red Light Challenge (0.25hrs)

5.30pm — Cruise to Bird Rock for Sunset

7.00pm — Dinner & social evening

Sunday

7.00 - 8.00am — Breakfast

8.30am — Ride (2-4 hrs)

12.30pm — Lunch

1.30pm — Packup & head home

Recce Report

"Within 2km of camp, we'd hit the jackpot - singletrack! We spent the rest of the afternoon railing corners & hooking berms, when we finally got back to the cars we were amazed when the GPS showed we'd clocked 23km of riding with only 2km on firetrail. And this was only day 1! After a successful day, we cranked up the fire, cooked up, planned our next day & hit the bivvies under a blanket of stars.

The smell of coffee mixed with hope of more new singletrack greeted us in the morning, and we were soon out of camp on the next hunt. This time, we only rode 20 metres before we were again greeted with 25km of even sweeter flowing singletrack. This time descending through a canyon - wow!

In only 2 days we found over 40km of singletrack & hardly touched a firetrail. Tracks were undulating, twisty & mostly smooth going with hardly any climbing. The views along the way were amazing & the camp site.....well! This Tour is shaping up to be fantastic. The scenery, the riding, the views and the location .. all we can keep saying is "WOW"! Happy trails ... Matt de"

Mountain Biking & Training

AMBC Tours are designed to take you to spectacular places to ride. Although you don't have to be an athlete to ride on our Tours, we do believe a level of fitness and health enhances your experience.

Health

It is important that you are in overall good health to get the most from our Tours. If you have any concerns or questions about your health, contact your doctor for a check up.

Terrain

The terrain on the Blue Mountains Tour is generally hilly. You can expect some climbs and descents. The trails are generally in good condition with singletrack & a few technical sections that will provide challenges for some riders. Our Tour Leaders will assist those with less experience or confidence through any difficult or challenging sections.

Activity Level

The activity level for this Tour is moderate to high. Depending on which group you ride with, you can expect to ride between 5-10 hours over the weekend. Please speak with us if you require different options or activities, and we will see what we can do.

Training

The best way to prepare for a MTB Tour is to go out and ride. If you don't have the time or opportunity to ride regularly, you can assist your preparation by doing some cross-training, ie. Jogging, walking or aerobics. Just remember to maintain your fitness by being active for consecutive days.

As you prepare for the Tour, try to ride different terrain—hills, roads, trails, etc. For those who want to opt for the longer rides on our Program, build up your endurance by riding 2-3 days per week with at least one long ride (3+ hrs).

Before & After Your Trip

We recommend you stay longer in the Blue Mountains and take advantage of some of the great adventure, accommodation, photographic and sightseeing options this fantastic place has to offer!

Water: Enjoy a Li-Lo rafting adventure on the river or doing some kayaking at the nearby Penrith Whitewater Centre.

Horse Riding: The way they travelled in the 'olden days', horse riding is a fantastic way to see the area.

Abseiling & Canyoning: With heights ranging from 5 metres through to 40 metres, you'll find an abseiling experience perfect for you. Canyoning activities also cater for a whole range of experiences, and are a unique way to see the Blue Mountains.

Sight-seeing: If you're staying around, there's a huge amount to see. Hop on a Scenic Day Tour, a 4WD Ecotour or Adventure, a Harley Davidson tour or even an Aboriginal Dreamtime Walkabout. For small sightseeing chunks, check out the Three Sisters, some of the fantastic scenic lookouts or even take a ride on Zig Zag Railway.

Wine & Dine: The Blue Mountains offers a great range of restaurants and hotels that will cater for your budget and tastes.



Changing or Cancelling Your Tour

If you must cancel your Tour, we require over 30 days notice from the Tour start, and a full refund will be provided. For cancellations made 15-30 days before the Tour start, there is a cancellation fee of 50% of the full Tour price and there is no refund for cancellations made 0-14 days before the Tour start.

If you choose to move your booking to another Tour date, we will be happy to oblige. However, if less than 15 days notice is provided, we will charge a 35% administration fee. Please note that it is only possible to move to another Tour within one year of the original Tour start date.

AMBC reserves the right to cancel a Tour due to low participant numbers or if we feel the safety and quality of the Tour could be compromised. A refund will be issued if AMBC cancels a Tour. Under no circumstances will AMBC reimburse guests or be responsible for the cost of airfares, driving costs, change fees, accommodation, etc, that may be incurred.

Insurance

AMBC strongly recommends that guests have insurance covering their travel, health, equipment and bikes in case of a Tour-related event.

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