

MICHIGAN BIKE TRIP

WHO: Teens entering grades 9-10
WHEN: Session 5: Sunday, August 3 – Friday, August 15, 2008
WHERE: The Lake Michigan shoreline from the Mackinac Bridge back to Camp Echo
WAIVERS: None

As trippers, you will travel to Camp Echo to prepare for your trip. We will spend a couple days in camp learning basic bike maintenance, camping skills, as well as care and use of trip equipment. We will take a number of practice rides to test our bikes and equipment before leaving camp. We will then travel by van to our starting point, the south side of the Mackinac Bridge. We will ride south back to camp along the shoreline of Lake Michigan, staying at state parks along the way. We will purchase food in stores and markets as we travel and check in with Echo on a regular basis. We'll ride an average of 45 miles a day, which will leave us time to take breaks and explore dunes and beaches, swim, or visit local attractions throughout the day. The total length of the trip is approximately 350 miles. Trippers are responsible for providing their own personal gear including a bike, sleeping bag, helmet and panniers. Please visit the website for a detailed gear list and important information about buying equipment.

TRAVEL TO CAMP: Trippers will ride to Camp Echo on the buses departing from the McGaw YMCA, if not already at Echo for layover. Check the bus schedule in the Parent Information Booklet. If room allows, bikes will travel safely with the buses; otherwise, bikes will be loaded and transported separately by van.

Sun. 8/3: Trippers arrive at Echo (*swim tests; health checks; group initiatives; trip orientation*).

Mon. 8/4: In-camp training day - go over equipment and safety procedures; loaded practice ride.

Tues. 8/5: Drive to Wilderness State Park; camp for the night.
***Check-in with Camp Echo**

Wed. 8/6 – Wed. 8/13: Begin bike ride back to camp. The route will vary depending on weather and group ability level. Visit the website for a detailed itinerary.
***Check in with Camp Echo (every third day)**

Thurs. 8/14: Bike to camp for a big welcome; clean gear; celebrate.

Fri. 8/15: Trippers return to McGaw YMCA, Evanston.

TRAVEL HOME: Trippers will take the bus from Camp Echo to the McGaw YMCA in Evanston. Bus departure information and progress is posted and updated every 30 minutes on the Camp Echo website. In order to meet your child on time and avoid waiting at the McGaw YMCA for the busses to arrive, please check the website frequently.