

## 55 + ADULT PROGRAMS MOUNTAIN & E-RIKE



## BACKROAD BIKE RIDES

Caravan to a fun destination- Lake Tahoe, Truckee, Carson, Reno.

Exploring a destination by bicycle allows you to really experience a region.

Learn more about what you can expect when joining us on a bike run.

- AUG 6: DONNER LAKE/COLD CREEK CANYON
  - 14 MILES. 600 ELEV GAIN. MIXED DIRT. PAVED
  - \*OPTIONAL LUNCH AFTERWARDS @ 1882
- AUG 13: BROCKWAY TO WATSON LAKE
  - 14 MILES, 1500 ELEV GAIN, MIXED DIRT, PAVED
  - \*OPTIONAL LUNCH AFTERWARDS @ SPINDLESHANKS
- AUG 20: SAWTOOTH LOOP TRAIL (TRUCKEE)
  - 8 MILES AND 800 FT ELEV GAIN. DIRT
  - \*OPTIONAL LUNCH AFTERWARDS @ FIFTYFIFTY BREWING
- AUG 27: CARPENTER VALLEY
  - o 12 MILES AND 900 FT ELEV GAIN. DIRT
  - \*OPTIONAL LUNCH AFTERWARDS @ RED TRUCK



Who: 55+ Adults and their companions age 21 and over

Dates: Wednesdays, 6/4 - 9/24

Time: 9:00am – Approximately 12:00pm (optional lunch following)

Daily Fee: 55+ Adults \$15, \$12 w/IVGID Pass 21+ Companion Fee (Ages 21-54) \$20

Meet at the Recreation Center at 8:45am for a prompt 9:00am departure.

Bring water, snacks, sunglasses, a hat, sunscreen, mosquito repellent, your bike, and a helmet.

Wear appropriate shoes and clothing. All sessions are subject to change and are weather permitting when safety is affected.



## REGISTER.YOURTAHOEPLACE.COM

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