

Bicycle Touring: Local to International

Program and Training Conference 10/20/2018

Anne Kanters







How do we get scouts hooked on bicycle touring?

- ▶ Make bicycles a way to travel between fun activities and exciting destinations.
- ▶ Give them choices
- ▶ Keep them fed and hydrated
- ▶ There's no wrong way to bicycle tour, as long as it's safe

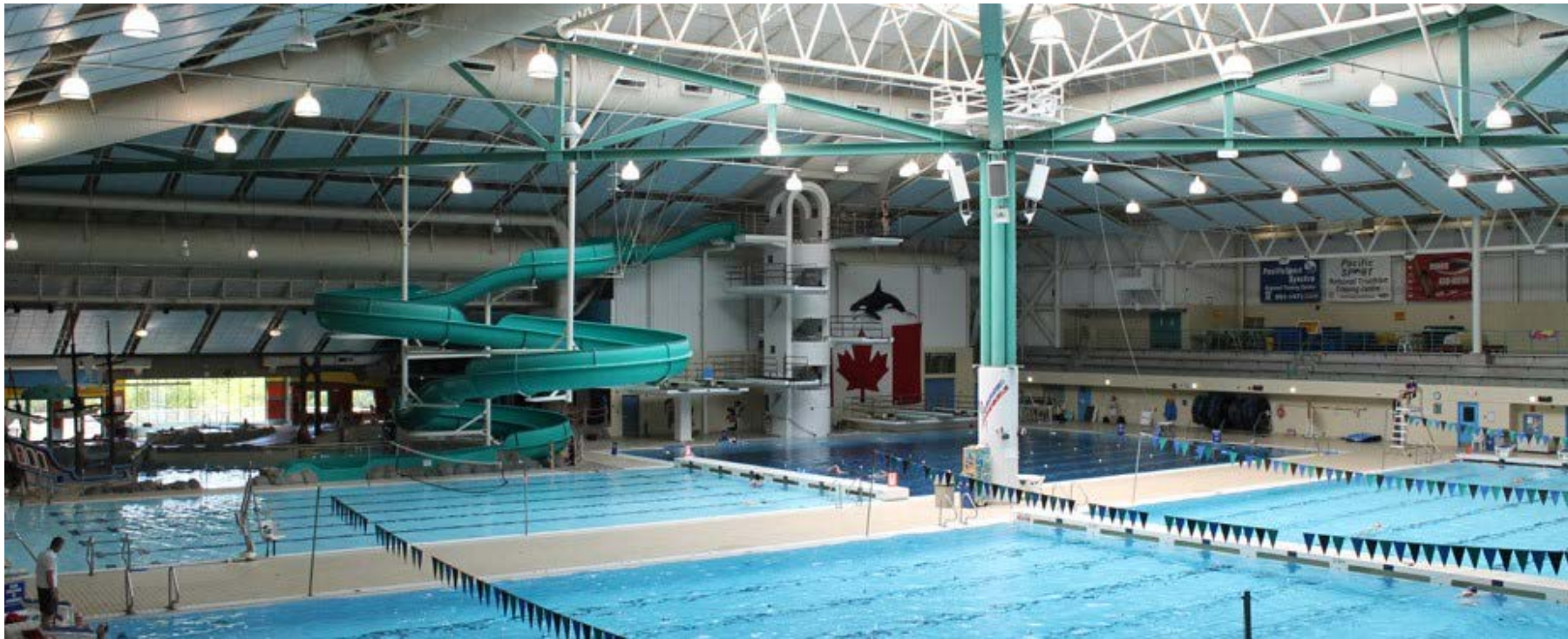
2017: Paddle Canada Basic Skills Certification Course on Pender Island, British Columbia





Biking
Downtown
Victoria

Saanich Commonwealth Pool



Ice Cream at Mattick's Farm, Vancouver Island



2018:
Ziplining at
Adrenaline,
Sooke,
Vancouver
Island



Kayaking Victoria's Inner Harbor



Mini
Golf and ice
cream at
Matticks Farm,
Vancouver
Island





Switzerland
2018





Blue ice tunnel under glacier











Swiss “Vapeur” Park





Die Zentralbahn.

Kinder bis 12 Jahre
mit in Begleitung von Erwachsenen!

Children up to 12 years
should be accompanied by adults!

Les enfants jusqu'à 12 ans
doivent être accompagnés d'un adulte!



verkehrshaus.ch





Roman Ruin





The background of the slide features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic look.

Choosing a route

THE ROUTE MAKES THE TRIP!

- Safe Trail (Safe roads when unavoidable)
- Campgrounds or other overnight accommodations
- Fun!

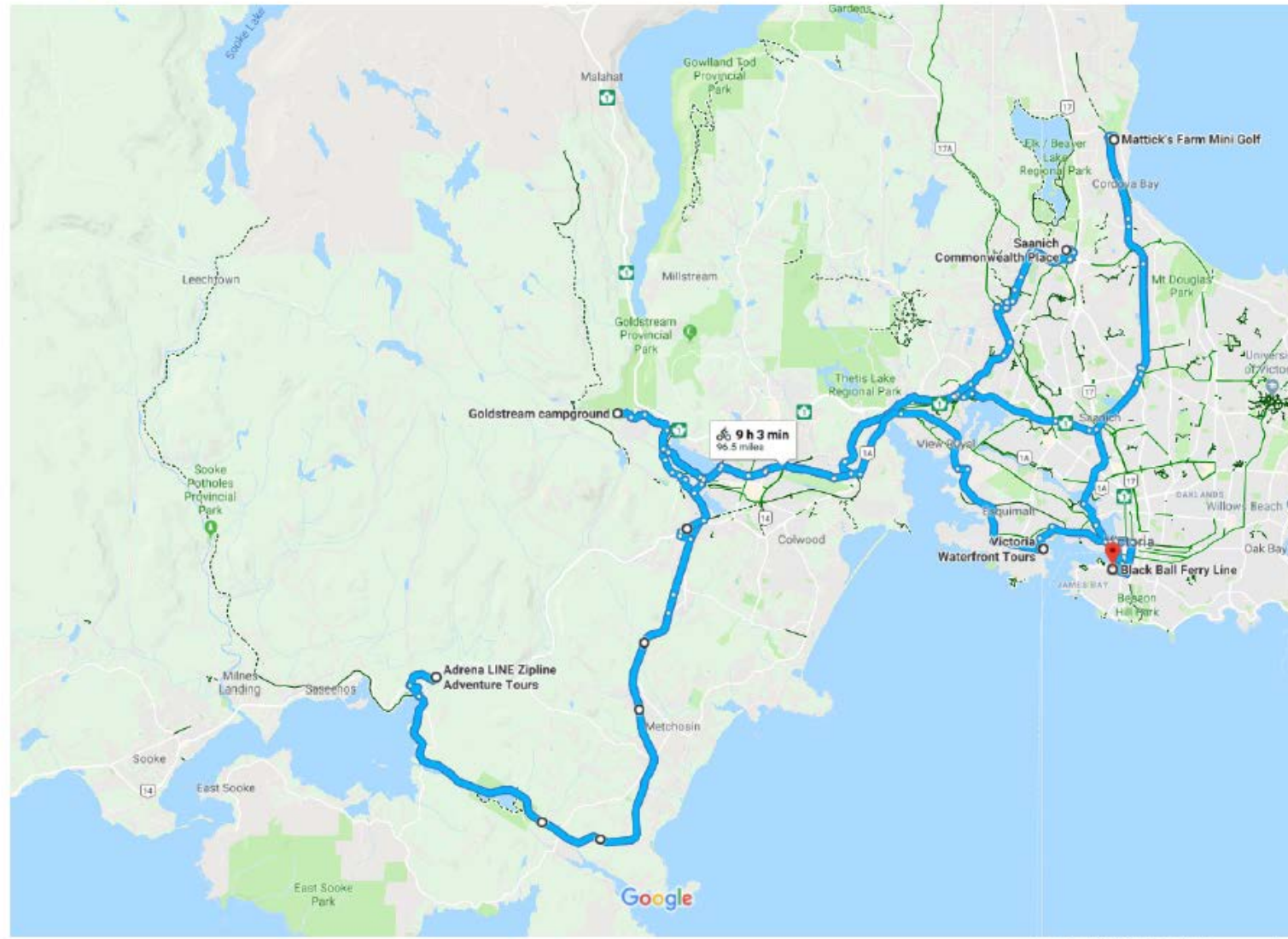
100 Mile Bike Itinerary Monday August 6 - Friday August 10						
Day	Activity	Location	Time	KM	Miles	Total
Monday 8/6	Meet	Parking Lot West of Coho Ferry	7:00 AM			
	Board Ferry		8:15 AM			
	Ferry arrives	Victoria	9:45			
	Change Money	Victoria by Empress				
	Bike to Matticks Farm	Cordoba Bay		15	9	
	Mini Golf	Matticks Farm				
	Lunch, Ice Cream	Matticks Farm				
	Bike to Goldstream	Goldstream Campground		30	19	
	Stopover at	Langford Quality Foods	Total miles	45	28	28
Tuesday 8/7	Bike to Adrena Line zipline	Sooke		28	17	
	Zipline		1:10 - 4:30			
	Bike to Goldstream			28	17	
			Total miles	56	35	63
Wednesday 8/8	Bike to Pool	Saanich Commonwealth Pool		20	12	
	lunch at pool?					
	Fun Swim 2 Wibits, slide		1 to 4 PM			
	Bike to Goldstream			20	12	
			Total miles	40	25	87
Thursday 8/9	Layover Day: Hike? Fish?	Goldstream Provincial Park		0	0	
Friday 8/10	Bike to Victoria		Total miles	22	13	101
	Kayak Inner Harbor	Victoria	1 to 4 PM			
	Dinner at wharf?	Victoria				
	Leave Victoria		7:30 PM			
	Arrive Port Angeles		9:00 PM			

10/19/2018

Black Ball Ferry Line to Black Ball Ferry Line - Google Maps

Google Maps Black Ball Ferry Line to Black Ball Ferry Line

Bicycle 96.5 miles, 9 h 3 min



Map data © 2018 Google 1 mi



via Lochside Regional Trail

9 h 3 min



96.5 miles

This route has restricted usage or private roads.

Goldstream Provincial Park, Langford, Vancouver Island











Interesting Moments in Transportation



Bikes on Ferries





Bikes on
elevators



Bikes on trains: Easy



Bikes on trains: Sporting





[illegible]

DRAFT Schedule and Budget											
Day/Date	Activity	Sleep	Housing	Food *	Bike rental	Train pass	Plane	Activities		High Adventure	
7/25/20	Fly to Switzerland	Plane	\$ -	\$ 25			\$ 1,000				
7/26/20	Land in Switzerland	Old Chalet	\$ 19	\$ 25	\$ 125	\$ 30		travel	\$ -		
7/27/20	Kandersteg Day 1	Old Chalet	\$ 19	\$ 25				luge	\$ 33		\$ 33
7/28/20	Kandersteg Day 2	Old Chalet	\$ 19	\$ 25				hut	\$ 18	snow & ice	\$ 200
7/29/20	Kandersteg Day 3	Old Chalet	\$ 19	\$ 25				pool	\$ 5	challenge	
7/30/20	Kandersteg Day 4	Old Chalet	\$ 19	\$ 25				Mt. tube	\$ 20	raft & canyon	\$ 179
7/31/20	Kandersteg Day 5	Old Chalet	\$ 19	\$ 25						Via ferrata	\$ 150
8/1/20	Kandersteg Day 6	Old Chalet	\$ 19	\$ 25				Intl Day	\$ -		\$ -
8/2/20	Bicycle Day 1	Hostel	\$ 37	\$ 25							
8/3/20	Bicycle Day 2	Camp	\$ 10	\$ 25				Thermalbad	\$ 15		\$ 15
8/4/20	Bicycle Day 3	Camp	\$ 10	\$ 25				Rheinfall	\$ 15		\$ 15
8/5/20	Bicycle Day 4	Hostel	\$ 34	\$ 25				ferry (LK C)	\$ 12		\$ 12
8/6/20	Bicycle Day 5	Camp	\$ 10	\$ 25				Museum	\$ 7		\$ 7
8/7/20	Bicycle Day 6	Camp	\$ 10	\$ 25				Castle	\$ 12		\$ 12
8/8/20	Bicycle Day 7	Camp	\$ 10	\$ 25				Waterpark	\$ 35		\$ 35
8/9/20	Fly Home	Home	\$ -	\$ 25						Total	
			\$ 250	\$ 400	\$ 125	\$ 30	\$ 1,000		\$ 200	\$ 2,005	\$ 658
* 1 meal out, 2 cooked from food from grocery store, water to drink								20% "Be Prepared"	\$ 401	\$ 92	
									\$ 2,406	\$ 2,956	
Day/Date		Miles	Sleep	Activity							
8/2/20	Bicycle Day 1	Kandersteg	Chur				Train				
8/2/20	Bicycle Day 1	Chur	Landquart	12	7		Chur old town				
8/3/20	Bicycle Day 2	Landquart	Vaduz	35	22	Hostel	Sargans Castle, Wooden bridge at Sevelen, Vaduz City Train				
8/4/20	Bicycle Day 3	Vaduz	St. M	42	26						
8/5/20	Bicycle Day 4	St. M	Konstanz	54	34						
8/5/20	Bicycle Day 4	Konstanz	Meersburg	Ferry			Meersburg Castle, Underuhldingen Pfauibauten Museum				
8/5/20	Bicycle Day 4	Meersburg	Unteruhldingen	5	3						
8/6/20	Bicycle Day 5	Unteruhldingen	Konstanz	Ferry							
8/6/20	Bicycle Day 5	Konstanz	Rheinfall	43	27	YH Rheinfall					
8/7/20	Bicycle Day 6	Rheinfall	KaiserAugs	?/train		Camp Kaiseraugst					
8/8/20	Bicycle Day 7	KaiserAugs	KaiserAugs	0	0	Camp Kaiseraugst					
8/9/20	Fly Home	KaiserAugs	Zurich	https://www.schweizmobil.ch/en/cycling-in-switzerland.html					http://www.kisc.ch/		

SHAKEDOWN!



Common Mechanical Failures, Prevention, and Solutions

- ▶ 1) Bolts coming loose or falling off:
- ▶ Tighten down EVERYTHING before leaving (except adjusting hardware).
- ▶ Use blue locktite or lockwashers on the troublemakers: ALL RACK BOLTS, bike shoe cleat bolts, the cap nut on old center pull brakes.
- ▶ Brings spares for the troublemakers.

2. Flat tires:

Bring a spare tube with each bike as well as patch kits and pumps. Everyone should know how to change a tire.

For a flat free trip use unpatched, thorn-resistant tubes, Kevlar or other puncture resistant tires, tire liners.

Keep tire pressure correct, marked on sidewalls.

Uncommon Mechanical Failures:

Rack mounting
bolt sheared off.

Moral of the
Story:

Be Prepared!

Bring wire, duct
tape, spares of
essential bolts.





- Have the scouts look over each and every bike personally in pairs. Do not let them delegate this job to a bike mechanic.
- When they tighten hardware have them put what they use in a pile. Have your Mechanic keep track of what's used. Tools are heavy, bring just what you need.
- Be careful about substituting vice grips or crescent wrenches for the correct open end wrench.
- Think twice before bringing cheap (Walmart) bikes. Some of them are not field maintainable.

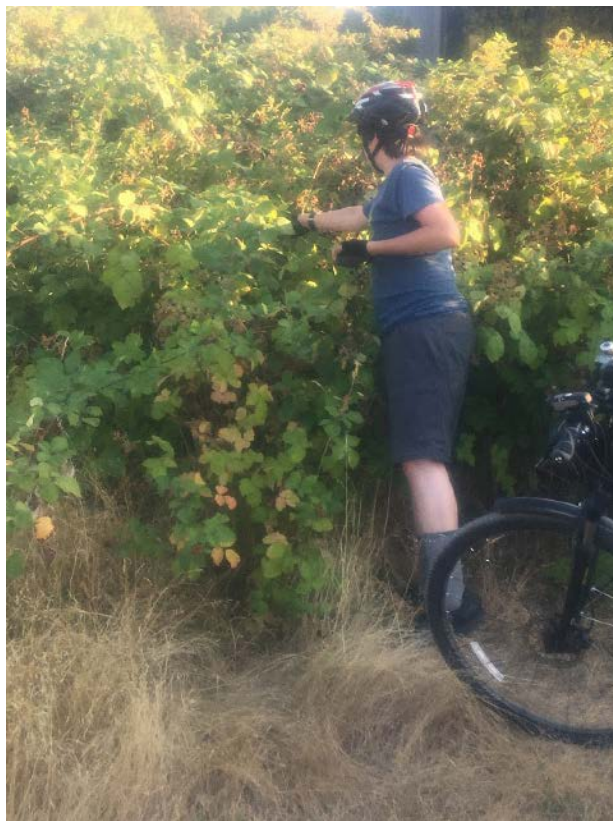
Stop at fun places



Eat out sometimes



Stop to pick blackberries and play





Focus on keeping it safe

- ▶ Use the patrol method
- ▶ Stop and facilitate a reflection (What have you seen that is safe? Unsafe? What is your reaction to that? What do you think we should do from here?)
- ▶ Consider moving scouts in need of adult supervision next to an adult
- ▶ What would you do?



Energizer AWARD



Awarded to: Nick Ticknor

Date: 9/4/18



100 Mile Bike Ride, Kayaking, Zipline

▪ VICTORIA BC, CANADA ▪

▪ SOOKE ▪

▪ GOLDSTREAM PROVINCIAL PARK ▪

▪ SAANICH COMMONWEALTH POOL ▪

Completed on August 6th–10th 2018

TROOP 1460

The Kodiak Challenge



Kodiak Challenge Treks are centered around a challenging 5-day or two-3 day weekend trek. Kodiak teaches leadership skills in a fun way that is internalized by the participants. Kodiak is not taught indoors or in a classroom; it is done completely outdoors using nature's examples of leadership.

Example Process

- Creating a Shared Vision of Success—done before the trek occurs
- Planning—done before the trek occurs
- Communication—Day 1 activity and review
- The Stages of Team Development—Day 2 activity and review
- Inclusiveness—Day 3 activity and review
- Values and Ethical Decision Making—Day 4 activity and review
- Servant Leadership (Includes Leadership Styles)—Day 5 activity and review
- After-trek debrief

There are three ways to ensure learning occurs on the trek:

1. Each day, you will present at least one activity designed to reinforce the concept of one of the leadership skills.
2. During the trek, all staff will be watching for and noting when something occurs that reinforces a particular leadership skill. This may or may not be something that happened well, but something that can be learned from. These may be called out as they happen, or written down for later discussion at a more appropriate time (e.g., on a later day after that topic is discussed in the trek).
3. Each day ends with a discussion of what happened that day. You will lead the group in an evening reflection session to discuss situations where leadership skills have come into play on the trek experience so the real-life experience of the adventure becomes reinforcement of the leadership lessons.

More Information...

<https://filestore.scouting.org/filestore/training/pdf/Kodiak%20Challenge%20FINAL%202011%20-%20Item%20Number%20511-014.pdf>

<https://blog.scoutingmagazine.org/2016/08/11/take-look-kodiak-challenge-hands-leadership-training-scouts-venturers/>

<https://www.facebook.com/groups/Kodiak-Challenge-506591872832075/>

Kodiak Instructors Seminar – Burien, Sat Mar 23 2019, 8:30am - 5:00pm

16030 Sylvester Road SW, Burien 98166

<http://www.seattlebsa.org/aquila-training/183-kodiak-instructors-seminar>







Session 1 (124.1) Code = 4534

Session 2 (124.2) Code = 4578