

YBIKE CAMPS

OVERVIEW

Attendance on the first day of bike camp is mandatory. On this day counselors evaluate campers' skill level individually and as a group, and assess each camper's proper placement in camp. If you can't make it to day one, please notify the YBike Associate Director, Malay Khamsyvoravong (malay@ybike.org).

NOVICE ROAD BIKING (3-5)

For those campers who have mastered pedaling and balance. Campers will learn about route planning, city infrastructure, nutrition, and their communities as they spend the week riding on quiet streets and bike paths throughout San Francisco.

NOVICE MOUNTAIN BIKING (3-5, 6-8)

Campers will learn how to use their bikes in various terrain, and will be introduced to the concept of using their bike as an extension of their body. Using the city's many paths and trails, campers will gain a sense of bike gearing, balance, and confidence as they overcome obstacles both literal and mental.

INTERMEDIATE ROAD BIKING (3-5, 6-8)

Campers will start to take on more challenging routes as they explore the various corners of the Bay, spending more time on-bike and logging more miles each day.

INTERMEDIATE MOUNTAIN BIKING (3-5, 6-8)

With basic mountain biking skills under our belt, we'll start to take longer rides on trails and test out more challenging terrain, including more switchbacks and singletrack.

ADVANCED ROAD BIKING (3-5, 6-8)

Campers will ride 10+ miles most days, tackling challenging ascents and descents (like wiggly Lombard Street)!

* Week 9 6-8th grade- Campers will also have the opportunity to test their lungs as they zoom around Golden Gate Park's banked track at the Polo Field.

ADVANCED MOUNTAIN BIKING (6-8)

Ready to face steeper climbs, rockier ridges, and increased stump jumping? In Advanced Mountain Biking Camp, campers will get to experience some of the Bay Area's more challenging and exciting trails. Past destinations have included: China Camp State Park's upper ridge to try out their singletrack, overlooking gullies and the North Bay, or Pescadero Creek Park to enjoy lush wide trails rolling through old sequoias.

ADVANCED 2-NIGHT TOURING CAMP (6-9)*

Campers will spend 5 days exploring the beautiful California Coast, with overnight stays on Wednesday and Thursday. Days 1-2 will be spent practicing loading and riding with our equipment on our bikes to and from the Presidio Y. Day 3, we will take the Y bus down the coast and take a short bike ride to Camp Jones Gulch. Day 4, we'll ride 31-miles along the Pacific Coast Highway, a world-famous bike route, to Point Montara Lighthouse Hostel. Day 5, we'll ride 25 miles along the PCH back to the Presidio Y! This is our most advanced camp; participants should have prior experience riding at least 15 miles comfortably in one day.

* This is one of our our most physically challenging bike camps. If you have questions about whether this camp is right for your child, please contact Malay Khamsyvoravong (malay@ybike.org).



2020 YBike Prices

3-5th Biking Camps:

\$475/\$550

6-8th Biking Camps:

\$475/\$550

6-9th Touring Bike Camps:

\$675/765

6-8th Week 9 Adv. Road:

\$505/\$580

GIRLS AND GENDER NON-CONFORMING YOUTH CAMP

These camps are designed to emphasize building community among girls and gender non-conforming youth who love biking.



INTERMEDIATE BIKING (3-5, 6-8)

Come explore the great world of bikes with us! We will hunt down hidden treasures around the city and learn about a few of the many fun ways to engage with bikes, including trail riding, crafting, and basic maintenance.

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