



**THE PAUL R. CHRISTEN
NATIONAL HIGH ADVENTURE BASE
AT THE SUMMIT**

**Advanced Mountain Biking
2016 Program Fee- \$879.00
June 12th – August 6th
Program Overview:**

If you are ready to get serious about mountain biking, the advanced mountain biking program is a week long program that will help you develop the skills that separate the serious riders from the weekend warriors. The Summit’s 36 miles of mountain biking trails, dirt jumps, pump tracks and dual slalom courses provide a vast array of challenges and experiences to practice your new skills. Skill development opportunities include: body position, high speed corners, wheel lifts, drops, bunny hops, descents, climbs, advanced shifting techniques and breaking.

Like all High Adventure programs participants in the Advanced Mountain Biking Program. Their service project will involve learning about and performing sustainable mountain bike trail maintenance.

Participants should be experienced mountain bikers. This program will be a physically rigorous experience. **All participants must be at least 16 years old.**

ADVANCED MOUNTAIN BIKING							
	SUN	MON	TUES	WED	THURS	FRI	SAT
AM	ARRIVE	ASSESSMENT AND INSTRUCTION	CROSS-COUNTRY PRACTICE	DOWNHILL SKILLS INSTRUCTION	ADVANCED SKILLS	VARIED RIDING OPTIONS	DEPART
PM	ARRIVE	CROSS-COUNTRY SKILLS	SUSTAINABLE TRAIL WORK	DOWNHILL PRACTICE	DOWNHILL PRACTICE	VARIED RIDING OPTIONS	
EVE	OPENING PROGRAM	SUMMIT CENTER ACTIVITIES				CLOSING PROGRAM	

Our Philosophy:

The Summit encourages participants to grow in competence, confidence and awareness by providing experiences that require participants to move out of their comfort zones and “stretch’ themselves. The Summit uses action and adventure sports to help each individual find their personal “stretch zones

The Paul R. Christen National High Adventure Base

The Summit Bechtel Family National Scout Reserve offers a variety of Scouting programs through the Paul R. Christen National High Adventure Base, James C. Justice National Scout Camp and the John D. Tickle National Training and Leadership Center.

Christen National High Adventure Base headquarters and camping can be found east of the Scott Summit Center across the CONSOL Energy Bridge. Tents and cots are provided. Breakfast and dinner are served in the Scott Summit Center dining facility. High Adventure participants pick up a shelf-stable lunch at breakfast to carry to their daily activities.

All high adventure programs run Sunday to Saturday with early arrivals and Late departures available to accommodate travel schedules.

Scott Summit Center

The Scott Summit Center is the Place where all Summit program participants - Christen High Adventure Base, Justice Scout Camp and Tickle National Training and Leadership Center – converge for evening activities. Evening programs at the Scott Summit Center offer opportunities for added adventure and outdoor education at Action Point, Goodrich Lake, Gateway Village, Legacy Village and Boulder cove.

The following venues and activities are available in the Scoot Summit Center:

- Action Point Canopy Tour
- Action Point Challenge Course
- Jared Harvey Mountain Bike Trails
- Action Point Skate Plaza
- Action Point BMX Trax
- Boulder Cove Climbing Area
- Sustainability Treehouse
- Action Point Archery & Tomahawks
- Freedom Field Sporting Arrows
- and more!!!

ADVENTURE ZONE

ADVENTURE ZONE VENUES include areas on Thrasher Mountain™, “A” Ridge, and Adventure Valley (AV).

THE CANOPY: The forest at the northeast edge of the Paul R. Christen National High Adventure Base is home to eight different canopy tours. Each course consists of multiple zip lines, bridges and self-rappel elements.

THE PARK: This skate park presents a variety of elements – transition, street, bowls, vert and foam pits. (TM)

THE TRAX: The BMX racing facility offers a variety of track configurations including jump, pump, downhill and flat. (TM)

THE BOWS: The archery facility provides the chance to shoot static ranges of varying distances, sporting arrows (shooting discs out of the air) and the 3D walking range. (A)

THE BARRELS: The shooting venue is home to trap, five-stand, sporting clays, long distance rifle and pistol ranges. Summit Experience participants focus on trap and sporting clays only. (A)

THE ROPES: Participants navigate a vast array of challenge course and high ropes activities. The Ropes offers four regular high ropes courses and the AEP Power Tower, a vertical challenge course that dares you to make it to the top. (AV)

THE ROCKS: Participants spend one half day climbing, rappelling and taking the “Leap of Faith”. Climbing routes have difficulty ratings from 5.5 to 5.11, making The Rocks versatile for climbers of all ability levels. Climbing shoes are provided. (AV)

LOW GEAR: Our cross country mountain biking venue boast 19 miles of trails. Green, blue and black trails offer rides of varying difficulties. Advanced riders may tackle the 17 miles of downhill trails available at HIGH GEAR. (AV)

THE ZIP: This 3200 foot zip line begins at HIGH GEAR above ADVENTURE VALLEY and speeds riders at speeds nearing 60 mph over the valley and BRAVO LAKE. (AV)

BRAVO LAKE: One of the reserves four lakes, Bravo Lake, is the base for the Summit’s high adventure kayaking crews. (AV)

SUMMIT BECHTEL RESERVE

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