



Dear Riverstone Grade 7 Parents,

During the Grade 7 fall outdoor education trip, students will have a memorable experience of riding a bike along the Weiser River Trail. The Weiser River Trail is an old railroad route that has been transformed into trail for recreational purposes. It is Idaho's longest Rail-to-Trail system, connecting Weiser at its southern end to New Meadows in the north. It runs along the Weiser River passing beautiful canyons, meadows, and towns such as Midvale, Cambridge, Council and Fruitvale. This is a supported trip and students will ride between 10-30 miles carrying water, extra layers and lunches with them. The support vehicle will carry all the bulky camping gear. Students will have great campsite locations, next to the river, some hot springs, and camping in historical Council. Their trip will begin on Tuesday, September 12, and come to an end on Friday, September 15 near New Meadows and return to the school in the afternoon.

Riding a bike is peaceful, meditative, and rewarding. This trip students will not only focus on riding a bike, but moving camp each morning with the support vehicle, and having a destination each evening. This will give students many opportunities to develop outdoor skills as they repeat the process. They will learn to ride in a group, supporting each other while hauling their gear they need for the day. All these skills will be pertinent as they progress through the outdoor education program. Given the opportunity, students will also be able to learn how to change a tire and complete basic trail maintenance. The teachers have a wonderful teaching curriculum in store, as well as a tour of the Council Historical Museum given by a volunteer of the Friends of the Weiser River Trail.

Leading up to the trip, we will do some practice rides during PE, and go over basic bicycle maintenance, before we depart for the trip. **It is important that each student has a suitable mountain bike in working condition with treaded tires for gravel/dirt paths.** If your student does not have a bike, please consider purchasing one or borrowing one by asking around. Should you need any assistance as to where to purchase a bike, please e-mail Derek.

Bike touring is the new addition to the Riverstone trips, and we are excited it has received such excitement. If you have any additional questions or concerns, please contact Derek Wright, outdoor education coordinator, [dwright@riverstoneschool.org](mailto:dwright@riverstoneschool.org).

**Please fill out and complete the health update and permission slip form attached to this document and return to Derek Wright no later than Augusts 29<sup>th</sup>, 2017.**

Sincerely,

Derek Wright  
Outdoor Education Coordinator



## Grade 7 Weiser River Trail Bike Trip

### Schedule of Activities

Tuesday, September 12	8:30 AM – Meet at Riverstone International School to Depart for Weiser, Idaho <ul style="list-style-type: none"><li>• Load bikes on trailer and depart after bike check, helmet check, gear check</li></ul> Start riding and end at Campground along Weiser River Trail
Wednesday, September 13	Campground to Mundo Hot Springs <ul style="list-style-type: none"><li>• Bike along trail to Mundo</li><li>• Lunch on river bank</li><li>• Hot springs soak</li></ul>
Thursday, September 14	Mundo Hot Springs to Council, Idaho <ul style="list-style-type: none"><li>• Ride bikes to Council RV Park for camping</li><li>• Lunch along river</li><li>• Evening program led by a Weiser River Trail volunteer at Council Valley Museum</li><li>• PIZZA!!! At Shy Simons in Council, Idaho</li></ul>
Friday, September 15	Bike the remaining mileage from Council to just outside of New Meadows Return to Riverstone by 3:30 PM

### What to Bring

#### Clothing

- wicking base layers (synthetic or wool)
  - upper-body base layer
  - lower-body base layer
- insulating layers (down, fleece, or wool)
  - upper-body insulating layer (2)
  - lower-body insulating layer
- outer layers
  - waterproof rain pants and rain jacket (with a hood)
  - quick drying long pants
- t-shirts (2-3, synthetic or wool)
- shorts (1-2)
- underwear
- wool or synthetic socks
- sturdy lace-up shoes for hiking
- sandals
- gloves or mittens
- wool or fleece hat
- brimmed hat for sun protection
- swim suit and towel



### **Equipment**

- day pack (for hiking with food, water, extra layers such as rain gear)
- duffel bag (all items not being taken on trail while biking will be stored here)
- sleeping bag
  - “Mummy Style” sleeping bags work best and should be rated to 20 degrees Fahrenheit. Down bags are light weight and compress well, but must be kept dry. Synthetic bags a little heavier but will keep the user warm even when wet. Both are appropriate for this trip, please reach out for any questions.
- Sleeping pad (closed-cell foam or inflatable style work great)
- 1-liter water bottle (2)
- sunglasses
- headlamp (make sure batteries work, and bring extra)
- personal toiletries (toothbrush/paste, sunscreen, lip balm, lotion, personal medications)
- eating equipment (cup/bowl/fork/spoon)

### **Biking Specific**

- Mountain bike with treaded tires for good traction on dirt and gravel paths
- Helmet
- Biking gloves (open fingers with padded palm provide comfort over long distances)
- Padded bike shorts or short liners (provides comfort over long distances, especially for those who do not regularly ride bikes)
- Tire: tire liners for thorns, spare tube and a patch kit

### **Optional**

- camera
- book
- playing cards

\*Avoid Cotton Fabrics: When it gets wet, cotton is a very poor insulator and can significantly accelerate the onset of hypothermia. Additionally, wicking base layers, which transport moisture away from the body, can help the body stay cool in hot weather.

### **Locations**

Weiser, Idaho

Weiser River Trail: [www.weiserrivertrail.org](http://www.weiserrivertrail.org)

Mundo Hot Springs: [www.mundohotsprings.com](http://www.mundohotsprings.com)

Council, Idaho



**Return to Derek Wright**

## PERMISSION SLIP FOR RIVERSTONE INTERNATIONAL SCHOOL

**Destination:** Weiser River Trail, Idaho – Weiser, Council, Mundo Hot Springs, New Meadows

**Purpose:** – Grade 7 Fall Trip

**Departure:** Tuesday, September 12: 8:30 AM

**Return:** Friday, September 15: 3:30 PM

**Mode of Transportation:** Caldwell Transportation Bus and Riverstone Support Vehicle

**Special Instructions/Equipment:** Avoid Cotton! Mountain Bike tires are essential

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### PLEASE COMPLETE THE FOLLOWING:

**Student:** \_\_\_\_\_

**Updated Health Information:**

Current health issues:

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My child is currently taking the following medication(s). Please indicate dosage and administration schedule:

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**I have had the opportunity to contact Riverstone International School with questions and/or concerns related to this activity and hereby give consent for my son/daughter to participate in the Weiser River Bike Trip – Grade 7 and I confirm, understand and agree that participation in the activity and the School's transportation of my son/daughter thereto are each subject to the release of liability executed in connection with his/her enrollment at Riverstone International School the terms of which are incorporated by reference.**

Parent or Legal Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_