

BICYCLING COURSES

CYCLE TOURING COURSES

Cycle with Jacqui Snyder of AdvenTourUs Active Vacations

Learn to plan and cycle your own cycle touring trip

Go where you want, when you want. Venture out in confidence. This course includes riding and classroom sessions. LEARN:

- 🚲 How to ride with traffic,
- 🚲 maintain your energy over long distances
- 🚲 select appropriate clothing and equipment
- 🚲 how to source accommodation for your trip.

THIS COURSE CONCLUDES WITH A WEEKEND CAMPING TRIP INCLUDING 2 FULL DAY RIDES TO AN OVERNIGHT CAMP-OUT.

Must provide own bike, camping equipment and food. A CSA/SNELL/ASTM approved helmet is also necessary.

This course is suitable for cyclists who have taken Can-Bike II or those with extensive road riding experience. If you have a group who are interested I we can arrange an exclusive group lesson. If not, we will be setting dates later in the year for early next summer.



OTHER COURSES OFFERED

- 🚲 Drivers Ed of Cycling
 - Level one on residential streets
 - Level two on major arterials
 - For children 8-12, Teens, Adults, Women only Adult Learn to Ride



- 🚲 Adult Learn to Ride I & II

ADDITIONAL SERVICES

- 🚲 Corporate Cycle Safety Lunch and Learns
- 🚲 Family fitness & safety seminars
- 🚲 Achievement award training and cycle trips (i.e.: Duke of Edinburgh)



INSTRUCTOR

Jacqui Snyder has been a certified [CAN-BIKE](#) instructor for the past 3 years, owns AdvenTourUs Active Vacations where she runs and sells active adventure tours (including international cycling trips), has organized a multitude of cycle trips and has cycled throughout Ontario, in Argentina, Italy, and in the Caribbean.

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