

# Guided MTB Tours – Frequently Asked Questions

**ALL GUIDED TOURS:**

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. What type of riding do you offer?</li> <li>2. What are the terrain and trails like?</li> <li>3. Do I need prior mountain bike experience?</li> <li>4. How many miles do you go per day?</li> <li>5. What level of ability is required?</li> <li>6. Does Tyax Air offer rental bikes?</li> <li>7. What kind of bike should I have?</li> <li>8. What is the weather like in the South Chilcotin Mountains?</li> <li>9. What bike gear should I wear?</li> <li>10. What should I bring/pack?</li> <li>11. What types of clothing are recommended?</li> <li>12. Do I need a daypack?</li> <li>13. Do I need to bring a first aid kit?</li> <li>14. Do I need tools?</li> <li>15. Are there Bears and/or Bugs?</li> <li>16. Do I have to go guided?</li> <li>17. What are the lodge accommodations like?</li> </ol> | <ol style="list-style-type: none"> <li>18. Are my valuables secure at Tyax Resort &amp; camping?</li> <li>19. My question is specific to women...</li> <li>20. What if I have special diet requests?</li> <li>21. Should I bring my own snacks?</li> <li>22. Is alcohol allowed?</li> <li>23. What are the tipping guidelines?</li> <li>24. Where can I stay in Vancouver and/or Whistler?</li> <li>25. Where is Tyax Resort?</li> <li>26. How do I get to Tyax Resort?</li> <li>27. What if I have additional questions?</li> </ol> |
|--|--|

**EPIC PASSES TOUR ONLY:**

28. What much gear can I bring?
29. Do I cook my own food and what do we eat?
30. What are the camping arrangements?
31. Are there shower and toilet facilities?

**ALL GUIDED TOURS:**

- 1 What type of riding do you offer?** All of our mountain bike tours are cross-country. On all tours, except the Tyax Trail Tour, you may be required to climb for short to long (e.g. 2 hours) periods of time and descend on various types of terrain, ranging from open fire roads to tight, twisty single track (steep at times). Body armor is not required however, if you feel more confident wearing armor, you are welcome to pack this for your rides.
- 2 What are the terrain and trails like?** The terrain of the South Chilcotin Mountains varies from dense treed bush-land and open grasslands to steep rocky mountain passes. Most trails were originally created by cattle and horses and, on average, are two feet wide and generally in excellent condition. Depending on weather and usage, some sections of the trails may be muddy, but passable.
- 3 Do I need prior mountain bike experience?** Previous mountain biking experience is mandatory on all Tyax Air tours. Riders must be comfortable with changing gears, breaking, mounting and dismounting their bike in uneven terrain and be in excellent physical shape with the ability to climb for short to long periods of time and descend on moderate to technical downhill sections.
- 4 How many miles do you go per day?** Depending on your particular tour, the duration of your ride each day will vary. Mountain biking tours range, on average, from 12-20 miles / 20-30 km per day.
- 5 What level of ability is required?** Riding ability varies with each tour. Please refer to the table below.

Tour	Ability	Description
<ul style="list-style-type: none"> <li>• Tyax Trail</li> <li>• Chilcotin Explorer</li> <li>• Spruce Lake</li> </ul>	Intermediate to Advanced	You have been mountain biking for at least 2 years and are capable of controlling bike speed and direction on moderately steep and technical singletrack trails. You exercise regularly and can climb on your bike for upwards of 30 minutes.
<ul style="list-style-type: none"> <li>• Warner Lake</li> <li>• Gold Rush</li> <li>• Epic Passes</li> <li>• Tyax / Whistler</li> </ul>	Advanced to Expert	You are a strong and confident rider who is comfortable on steep and technical terrain. You have a higher level of fitness and can climb on your bike for upwards of two hours.

- 6 Does Tyax Air offer rental bikes?** At this time, Tyax Air does not offer rental cross-country mountain bikes. All guests are required to bring their own mountain bikes.
- 7 What kind of bike should I have?** As you will be participating in cross-country rides, we strongly recommend you bring a dual-suspension (fork at the front and shock in the rear) mountain bike, weighing no more than 35 pounds and designed for cross-country trails. Triple-clamp front forks and extra bulky frames (e.g. downhill mountain bikes) are not advised for transport on Tyax Air's floatplane and are not appropriate for the style of riding offered on our tours. We also recommend mechanical or hydraulic disc brakes versus traditional V-Brakes as several downhill sections are long and can be strenuous on you and your brakes. Ensure that your saddle is comfortable, you have the appropriate sized tires on your bike (we recommend 2.3 mm tire width), and your bike is well tuned before your tour.

## Guided Mountain Bike Tours - FAQ

**8 What is the weather like in the South Chilcotin Mountains?** Tyax Resort and Spruce Lake are located on the border between the Chilcotin Mountains and the Coast Mountains. The temperature is substantially cooler in the early morning and evening, so make sure you bring warm layers for when the sun goes down. In the higher alpine areas, please be prepared for snow in the summer. The middle of the day is a great time to swim in Tyaughton Lake (Tyax Resort) or Spruce Lake. Average temperatures are: JUN: 77F / 25C high 41F / 5C low JUL: 82F / 28C high 46F / 8C low AUG: 86F / 30C high 50F / 10C low

**9 What bike gear should I wear?** You will need the biking essentials – a helmet, bike riding gloves and eyewear (tinted lenses for sunny days). Armor and full-face helmets are not recommended. Lycra bike shorts are not practical for your wilderness experience – they are not warm nor are they comfortable for sitting on rocks and logs, etc. We strongly recommend you wear durable mountain bike shorts.

**10 What should I bring/pack?** The following items are recommended for day trips, resort-based tours, and camping tours.

### All Tours:

<b>Clothing:</b> <ul style="list-style-type: none"> <li>▪ Cycling socks</li> <li>▪ Short and long sleeve bike jerseys</li> <li>▪ Cycling windbreaker or light jacket</li> <li>▪ Bike shorts with padded inner</li> <li>▪ Bike tights for cold weather (optional)</li> </ul>	<b>Gear:</b> <ul style="list-style-type: none"> <li>▪ Bike helmet, shoes &amp; gloves</li> <li>▪ Bike hydration pack (for water and carrying your lunch, bike tools, etc)</li> <li>▪ All purpose bike tool, spare tube and bike-specific parts</li> <li>▪ Sunglasses</li> <li>▪ Camera, film, batteries</li> </ul>	<b>Personal:</b> <ul style="list-style-type: none"> <li>▪ Medication</li> <li>▪ Sunscreen</li> <li>▪ Bug spray</li> <li>▪ Lip balm</li> </ul>
---	--	---

### Gold Rush & Tyax/Whistler Tours:

<b>Clothing - all items listed above, plus:</b> <ul style="list-style-type: none"> <li>▪ Warm casual pants</li> <li>▪ Warm casual jacket</li> <li>▪ Casual socks</li> <li>▪ Fleece</li> <li>▪ Warm underwear</li> <li>▪ Warm gloves (non-riding)</li> <li>▪ Toque or winter hat</li> <li>▪ Bathing suit (optional)</li> </ul>	<b>Gear – all items listed above, plus:</b> <ul style="list-style-type: none"> <li>▪ Wet weather riding gear</li> <li>▪ Leg and arm armor (optional)</li> <li>▪ Casual/camp shoes</li> <li>▪ Watch</li> </ul>	<b>Personal - all items listed above, plus:</b> <ul style="list-style-type: none"> <li>▪ Personal toiletry items</li> <li>▪ Book or reading material</li> <li>▪ ID or passport</li> <li>▪ Cash for souvenirs</li> <li>▪ Cash for tipping your guides</li> <li>▪ Towel</li> </ul>
---	---	--

### Epic Passes Tour:

<b>Clothing - all items listed above, plus:</b> <ul style="list-style-type: none"> <li>▪ Extra warm clothing</li> </ul>	<b>Gear - all items listed above, plus:</b> <ul style="list-style-type: none"> <li>▪ Headlamp or flashlight</li> <li>▪ Tent with fly (footprint optional)</li> <li>▪ Sleeping bag</li> <li>▪ Sleeping mat</li> <li>▪ Pillow (optional)</li> </ul>	<b>Personal - all items listed above, plus:</b> <ul style="list-style-type: none"> <li>▪ Biodegradable soap</li> </ul>
---	---	--

**11 What types of clothing are recommended?** Lightweight, quick-drying fabrics such as nylon, fleece and other synthetic materials are preferred. Cotton, especially denim, is not recommended as it retains heat and moisture. During the early morning and evening the temperature cools down significantly, so make sure you have a warm jacket, warm hat, socks and gloves.

**12 Do I need a daypack?** We recommend that you carry a light, mountain biking-specific backpack (e.g. a Camelback) that is equipped with a hydration system so that you can access plenty of water during your ride. You will also be required, on some of the longer day rides, to carry your own lunch, snacks, spare parts and equipment specific to your bike (e.g. a air fork pump), and possibly wet weather gear. Our tour guides always carry emergency supplies and tools.

**13 Do I need to bring a first aid kit?** Our guides are trained and prepared for first aid situations. Packing and carrying your own first aid kit on rides is optional. If you require specific medical attention, you are required to notify Tyax Air upon booking to ensure our guides are prepared. Please bring sufficient prescribed medication(s) with you.

**14 Do I need tools?** Our guides have the basic tools and are quite knowledgeable, but if you have specific parts for your bike please bring them, e.g. a spare derailleur hanger.

**15 Are there Bears and/or Bugs?** During most tours, we venture into remote country and even though there will be an abundance of wildlife, it can be rare to spot them. With proper precautions, it is unlikely any will bother us on our tours. Certain times of the year there are mosquitoes, black flies, horse flies and other bugs. We recommend you bring bug spray or light long sleeve shirts if you have a tendency to attract them.

**16 Do I have to go guided?** We recommend our guided trips for all first time visitors to the area. Our guides are highly qualified at mountain biking, very familiar with all the trails and wildlife in the South Chilcotin Mountains, and experts at wilderness safety, first aid and rescue. The South Chilcotin Mountains are challenging to navigate if you are unfamiliar with the area – there are very few trail markings and the wilderness is very remote.

## Guided Mountain Bike Tours - FAQ

- 17 What are the lodge accommodations like?** Tyax Resort offers three types of accommodation: comfortable hotel-sized rooms, cozy lakeside log chalets or beachfront campsites. Visit [www.tyax.com](http://www.tyax.com) for more information. Refer to FAQ 32 below for Epic Passes Tour camping arrangements.
- 18 Are my valuables secure at Tyax Resort & camping?** We recommend you avoid bringing valuables with you if possible. Tyax Air, Tyax Resort and other accommodation partners are not responsible for the loss of valuables while on their tours or premises. Please ensure you keep valuables on you at all times.
- 19 My question is specific to women...** Ladies should bring feminine hygiene products in plastic zip-lock bags. Please bring extra zip-locks for disposal after use. Please remember, your guides, female or male, have spent many days with groups in the backcountry. They have heard your question before and will always be mindful of your privacy.
- 20 What if I have special diet requests?** If you have any special dietary needs, please notify Tyax Air when you book your trip (i.e. before you arrive at Tyax Resort) so that we can make the necessary allowances, if possible.
- 21 Should I bring my own snacks?** Plenty of food and snacks will be available during the trip, however, you are welcome to bring your preferred snacks. Should you bring your own, remember to never leave them in your tent or backpack unattended. Bears and other animals are a concern and will chew through anything to get to your food.
- 22 Is alcohol allowed?** Tyax Resort has a bar where you can purchase alcoholic and non-alcoholic beverages. For multi-day trips, you are required to arrange your own alcohol before arriving at Tyax Resort.
- 23 What are the tipping guidelines?** Guests often ask us for guidelines on tipping the guides. The guides appreciate gratuities and divide them equally. Tyax Air prides itself on our outstanding crew. They are there to meet all your expectations. If you feel the service provided has been outstanding, the standard gratuity is 15% of the trip price. Tipping is at your discretion and this information is provided only as a suggestion.
- 24 Where can I stay in Vancouver and/or Whistler?** There are many accommodation options in Vancouver and Whistler. Visit [www.whistler.com](http://www.whistler.com) (Tourism Whistler) and [www.tourismvancouver.com](http://www.tourismvancouver.com) (Tourism Vancouver) for rates, availability and to book your accommodation.
- 25 Where is Tyax Resort?** Set on the shores of Tyaughton Lake, Tyax Resort is located approximately five hours by car north of Vancouver and 1.5 hours west of Lillooet. The resort is nestled in British Columbia's newest provincial park, a 72,000-hectare area boasting some of the best backcountry hiking and biking in BC. Tyax Resort offers three types of accommodation: comfortable hotel-sized rooms, cozy lakeside log chalets or beachfront campsites. Please visit [www.tyaxair.com](http://www.tyaxair.com) or [www.tyax.com](http://www.tyax.com) for more information.
- 26 How do I get to Tyax Resort?** Several modes of ground and air transportation are available from Vancouver and Whistler. They include Tyax Air floatplane transfers, ground transportation to Whistler (Greyhound, Perimeter, private limousine) and rail (Rocky Mountaineer). You can also access Tyax Resort by private vehicle either from Pemberton (via the Hurley), or from Lillooet. Directions are available on [www.tyaxair.com](http://www.tyaxair.com).
- 27 What if I have additional questions?** Please visit [www.tyaxair.com](http://www.tyaxair.com) or call us at 1-888-892-9288 and we would be happy to answer your questions.

## EPIC PASSES TOUR ONLY

- 28 How much gear can I bring?** Your luggage must weigh less than **50 lbs** due to floatplane weight restrictions.
- 29 Do I cook my own food and what do we eat?** Your host will prepare all of your meals, including delicious and healthy breakfasts, lunches and dinners. If you have any special dietary needs, please notify Tyax Air when you book your trip so that we can make the necessary allowances.
- 30 What are the camping arrangements?** You are required to bring a tent (we recommend bringing a waterproof fly and a footprint for added protection from the ground) and sleeping gear. The campsite at Spruce Lake is well forested and there are ample camping spots situated near park benches and fire-pits where we will be preparing our meals. The Spruce Lake campsite is shared with a couple of other tour operators, so depending on the time of the year, we may be sharing the area with other guests (August is the busiest time). The campsite is also equipped with bear-proof food containers.
- 31 Are there shower and toilet facilities?** There are no showers at Spruce Lake, however, you are free to bath with water from the lake using biodegradable soap. There is an outhouse at the Spruce Lake camp.