

Route Planning

Where and how far.

Touring – ‘on road’

Trained Participants limitations

Trained participants can lead basic cycling activities. Day trips and vehicle supported overnight trips.

- Trips in daylight hours or early morning/evening with appropriate lights fitted to bikes
- Overnight activities where camping gear is being carried in support vehicles
- Minimal gear should be carried on bikes: wet weather clothing, lunch/snacks/drinks, first aid and repair kits
- Trips can be on road, but use of the bike trail network is encouraged.

Route Selection

Research online and seek local knowledge

- Rail Trails Australia <https://www.railtrails.org.au/>
- Local Bike Shops
- Scout Cycling Team
- Local cycling clubs
- Social Media
- Google maps, Kamoot, Strava, Alltrails, RidewithGPS etc.

Distances and Timing

- Like hiking, distances covered vary with terrain. Use apps like Strava/Alltrails/Komoot to get an elevation profile of the ride. Some may provide a time estimation.

	Joeys	Cubs	Scouts	Venturers+
Speed on flat terrain	5km/hour	5-10km/k	15 km/h	20+ km h
Duration (rec)	1 hour	3 hours	Day/Overnight	Multiple Days
Profile	Flat	Rail Trails	Rail Trails	Anywhere

Tips:

- It's a good idea to have a test ride on the route, particularly with activities for Cub Scouts and Joey Scouts
- Try to have long uphill sections early in the days ride.
- Rail Trails generally have gentle inclines and descents



Mountain Biking – ‘off road’

Trained Participants limitations

Trained participants can lead rides on Green trails that are official/sanctioned trails.

- At official/sanctioned trails, risk management of the trails has been completed by the sanctioning body.
- Activity should occur during daylight hours.
- A Guide should approve the activity plan but does not need to attend.

Route Selection

Research online and seek local knowledge

- Local Bike Shops
- Scout Cycling Team
- Local cycling clubs
- Social Media
- Apps like TrailForks or Strava
- <https://www.trailforks.com/>

Distances and Timing

- Don't expect to cover big distances.
- Plan to 'session' some sections and obstacles to improve skills

	Joeys	Cubs	Scouts	Venturers+
Speed on flat terrain	5km/hour	5-10km/k	5-10 km/h	5-15 km h
Duration (rec)	1 hour	3 hours	Day	Day
Profile	Skills park or pump track	Skills park, pump track or small green circuit	Green Trails	Hilly trails
Recommendation	As a small activity on a trail ride	As a small activity on a trail ride		

Tips:

- It's a good idea to have a test ride on the route, particularly with activities for Cub Scouts and Joey Scouts
- Try to have long uphill sections early in the days ride.
- For Scouts and Above – attend a Scout Cycling Team MTB event for maximum benefit and OAS progression opportunity.