



Day Timetable - GRAVITY TREKS 20-24 July & 10-14 August 2026

	09:30 10:00		10:00 - 12:00	12:15 – 13:00	13:00 - 16:00	16:15 – 16:45	17:00 – 18:00
Monday	Registration for day campers		Discovery, safety: Group A:balance games, braking, simple slaloms. Group B:reviewing basics, riding over small obstacles, progressive braking. Group C:technical workshops (climbs/descents, gear shifting, emergency braking). (Groups A&B Bike Park Schönried, Group C Schönried)	Lunch break	Discovery ride: Group A: 5-8 km on easy terrain. Group B: 10-15 km with some climbs. Group C: 15-20 km with easy single tracks (Groups A Bike Park Schönried, Groups B&C Schönried)	Shoutouts & info giving & Pick up	
Tuesday		Drop off, games & equipment check	Skills & technique: Group A:fun obstacle course (boards, small obstacles, hoops). Group B:intro to technical riding (roots, small slopes, off-camber turns). Group C: circuit training (cornering, sprinting, downhill sections). (Groups A Bike Park Schönried, Groups B&C Schönried)	Lunch break	Group rides: Group A: treasure hunt on bikes. Group B:loop ride with challenges (who clears which obstacle?). Group C:more demanding ride with elevation (Schönried-Saanenmöser)		
Wednesday			Orientation & autonomy: Group A:team relays, following marked trails. Group B:simplified map reading, marked course. Group C:intro to orientation (compass, map, simple roadbook) - Base Camp -Grund	Lunch break	Semi-autonomous ride: Group A: loop following signs on the ground. Group B: mini bike-orienteeing in pairs. Group C:orienteering raid with route choices. Base Camp -Grund		
Thursday			Technical challenges : Group A: fun timed course, small jumps (low planks). Group B: improving technical riding + sprint/acceleration drills. Group C:advanced skills (small jumps, bermed turns). Bike Park Schönried-Horneggli	Lunch break	Long ride: Group A: 8-10 km with playful stops. Group B: 15-20 km including technical sections. Group C: 25-30 km, challenging route with real obstacles. Schönried-Horneggli		
Friday			Technical Race day: Group A: playful timed course. Group B: relay + technical loop with small obstacles. Group C: short race, time trial, or team relay. Bike Park Schönried	Lunch break	Cool-Down Time: Celebration ride (adapted to each group with meeting points). Loop Horneggli		