

**LIKE A FOX WOMEN'S CYCLING CAMP**  
**APRIL 29<sup>TH</sup> – MAY 1<sup>ST</sup>**



**TENTATIVE ITINERARY**

**Friday, April 29<sup>th</sup> - Welcome Event + Camp Check-In**

The camp officially begins on Friday with the Première Soirée event (sponsored by Tree Brewing) beginning at 6:30 p.m. (Location TBD).

**Hotel Check-In (Ramada Penticton):** 2 p.m. onward

**Première Soirée, sponsored by Tree Brewing** (6:30 p.m. – 8:30 p.m.): This Friday welcome event is proudly supported by Tree's Grapefruit Radler and Dukes Dry Apple Cider (gluten free). For those unable to make Friday evening, check-in can also occur on Saturday morning at breakfast.

**Saturday, April 30<sup>th</sup> - Group Ride #1 + Exclusive Catered Dinner**

Day 2 kicks off with a complimentary breakfast at the Penticton Ramada's Kettle Valley Station Pub. The first Group Ride then rolls at 9 a.m. sharp from the Penticton Ramada. The ride is fully coached and features your choice of three distances. Next, the Bench Market will provide artisanal sandwiches just before optional massage, a trip to Melt Mineral Spa (extra charge – see details below) or Yoga for Cyclists session at the Ramada. The day is not complete without a trip to God's Mountain Crest Chalet for a private dinner catered by Joy Road Catering.

**Riders' Breakfast at KVS Pub (Penticton Ramada)**

- 6:30 a.m. – 8:30 a.m.

**Like A Fox Group Ride #1**

- 9:00 a.m. departure
- Meet at Ramada Penticton parking lot
- Three distances to choose from (60 km, 90 km and 120 km)
- Ride includes vehicle support

**Lunch provided by The Bench Market**

- 2:30 p.m.

**After Ride Options**

- Massage by Melt Day Spa held at the Ramada Courtyard.
- Yoga for Cyclists (4:30 p.m., location TBD)
- Full Spa services at Melt Day Spa

**Dinner at God's Mountain Crest Chalet, sponsored by Tree Brewing**

- 6:00 p.m. departure (Grape Escapes Wine Tours will transport guests from the Ramada to the dinner destination and back)
- Complimentary dinner commences at 6:30 p.m. at God's Mountain Crest Chalet catered by Joy Road Catering
- Shuttle returns to Penticton Ramada at 9 p.m.

**Sunday, May 1<sup>st</sup> – Group Ride #2**

The third and final day once again includes breakfast at the KVS Pub, followed by another epic group ride through the beautiful South Okanagan. Riders are treated to lunch before the camp concludes in the afternoon.

**Riders' Breakfast at KVS Pub (Penticton Ramada)**

- 6:30 a.m. – 8:30 a.m.

**Like A Fox Group Ride #2**

- 9:00 a.m. departure
- Meet at Ramada Penticton parking lot
- Three distances to choose from (60 km, 90 km and 120 km)

**After Ride Options**

- Massage by Melt Day Spa held at the Ramada Courtyard.
- Full Spa services at Melt Day Spa

**Hotel Check-Out (Ramada Penticton)**

- Following the Group Ride #2

**Lunch + Farewell**

- 2:30 p.m.