

RIDE Bali 2010



RIDE INTERNATIONAL PTY LTD

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“Bali exceeded everything we’d been looking for in an MTB holiday abroad ... the rides were brilliant and the scenery was out of this world. We loved the diversity of trails and how each challenged us differently. The best part was how much our bike skills improved each day... we’ve all come home significantly better riders... amazing!”

**LIMITED
to 12
riders**

RIDE 
International



Pat Fitzpatrick

Contributor to Australian Mountain Bike, Action Asia and Outer Edge magazines, Pat is your accomplished guide and qualified MTB skills coach.

Pat descends from an esteemed lineage of competitive cyclists, with more than 100 years of racing history in his family.

Coaching since 1999, Pat draws on over 25 years of race craft - having refined his skills and culminating his expertise in BMX, MotoX, MTB and Road cycling disciplines.

Pat now imparts his wealth of knowledge to others, fostering talent from beginners to Olympians.



Why Bali?

Bali's exotic culture, history and spectacular scenery has been attracting tourists since the early 1900's. With its fast flowing rivers, deep canyons, crater lakes and volcanoes, Bali is a haven for anyone that loves outdoor activities. Famed for its surf culture, there's more to Bali than beaches - and that is, its mountains.

The interweaving trails that link villages to each other provide incredible amounts of outlandish riding for the thrill-seeking mountain-biker.

The riding

Bali's volcanic landscape makes it a mountain biking mecca. The volcanoes' steep gradients provide thrilling undulating descents and challenging up hills. The downhills are fast, technical, long and exhilarating. The volcano ridge rides offer breathtaking views across the valley floors, crater lakes and the sea beyond.

The trails are primarily singletracks on diverse terrain including forest trails, compact red-mud, volcanic sand, solidified lava fields and everything in between.

Who is this for?

Adventure-seeking mountain bikers who want to experience everything in an MTB holiday; thrills, challenges, variety, quality, beauty, culture and coaching - it's all included, ready to stimulate all five senses.

Top 3 reasons to join us

1. Accomplished Local Guides

Ride International offers more than a tour of Bali's greatest riding locations. We utilise the best local guides who are also accomplished mountain bikers, some of whom have represented Indonesia at competition level - this makes for top class riding, which can be tailored to the fitness of each participant.

2. Expert Skills Coaching

RIDE Bali is a unique opportunity to ride with an expert MTB skills coach for several hours a day, day after day. Your technique, style and efficiency will improve exponentially. You will also enjoy the benefits of micro-adjustments in your performance and ergonomic bike set up .

3. Non-rider's Welcome

There's no need to choose between your riding passion and those you love - you can have both! At RIDE International, we warmly welcome non-riding partners and families, encouraging them to experience the richness of what Bali has to offer.

Email info@rideinternational.com or call 0403 385 670 to reserve your place

ITINERARY | 3 Ride Days + 3 Nights from USD \$895pp twin share



Day 1. Arrive Bali.

You and your gear will be picked up from Denpasar (Ngurah Rai) airport by one of the team and transported to your Hotel in Ubud. After assembling your bike, you can relax in the pool, get a massage or explore in and around Ubud while you acclimatise to Bali's balmy weather.

Ride Length: n/a

Transit time: 90 min from airport

Night in Ubud.

Day 2. Kintamani to Ubud.

Today's ride is a predominantly down-hill and a fairly easy introduction to riding in Bali. It is an adventurous version of the classic Kintamani to Ubud descent that is offered by many tour operators on the Island - only this one is definitely not suitable for your Grandma! We descend into a bamboo and pine gully via a short bike and hike section, followed by hard and fast hard-pack jeep track through orange groves and vegetable farms, down the side of a huge ravine on challenging singletrack and out on to the rice paddy plains where we navigate along rice bungs and irrigation channels down to Ubud.

Ride Length: 35 kms

Transit time: 1 hour to start of ride

Night in Ubud.



Day 3. Batur Crater day ride.

We head up to Penulisan on the rim of the Batur crater and its highest point at 1700 m. The first part of the trail is on a broken tarmac road through cool pine forests. The road changes to jeep track and ultimately singletrack that takes us along the ridge top with superb crater views and to the east coast on a clear day. We continue on into the crater itself down the famous 'lung-busting hill' and onwards on small sand trails, finishing our ride by crossing the 1997 lava field on a small cobbled track.

Ride Length: 35 kms

Transit time: 1.5 hours to trailhead

1 hour to Ubud (after Ride)

Night in Batur Crater.



Day 4. Abang to Tangkup.

This ride starts at the edge of the Batur crater and heads down hill on fast jeep tracks for 8km. After a stiff climb out of the valley we navigate down the side of a large ravine and continue the down hill blast through remote mountain scenery until lunch. After lunch, and a short spell on tarmac, we find ourselves on a mix of singletrack and jeep tracks through rice paddies and small villages with exceptional views across the Telaga Waja river valley. We end our epic descent next to a fast flowing river near the village of Tangkup. Overall descent from 1350m to 230m.

Ride Length: 50 kms

Transit time: 25-min to trailhead

Night in Padang Bai.



ITINERARY | 5 Ride Days + 5 Nights from USD \$1250pp twin share



Day 1. Arrive Bali.

You and your gear will be picked up from Denpasar (Ngurah Rai) airport by one of the team and transported to your Hotel in Ubud. After assembling your bike, you can relax in the pool, get a massage or explore in and around Ubud while you acclimatise to Bali's balmy weather.

Ride Length: n/a

Transit time: 90 min from airport

Night in Ubud.

Day 2. Kintamani to Ubud.

Today's ride is a predominantly down-hill and a fairly easy introduction to riding in Bali. It is an adventurous version of the classic Kintamani to Ubud descent that is offered by many tour operators on the Island - only this one is definitely not suitable for your Grandma! We descend into a bamboo and pine gully via a short bike and hike section, followed by hard and fast hard-pack jeep track through orange groves and vegetable farms, down the side of a huge ravine on challenging singletrack and out on to the rice paddy plains where we navigate along rice bungs and irrigation channels down to Ubud.

Ride Length: 35 kms

Transit time: 1 hour to start of ride

Night in Ubud.

Day 3. Batur Crater day ride.

We head up to Penulisan on the rim of the Batur crater and its highest point at 1700 m. The first part of the trail is on a broken tarmac road through cool pine forests. The road changes to jeep track and ultimately singletrack that takes us along the ridge top with superb crater views and to the east coast on a clear day. We continue on into the crater itself down the famous 'lung-busting hill' and onwards on small sand trails, finishing our ride by crossing the 1997 lava field on a small cobbled track.

Ride Length: 35 kms

Transit time: 1.5 hours to trailhead

1 hour to Ubud (after Ride)

Night in Batur Crater.

Day 4. Abang to Tangkup.

This ride starts at the edge of the Batur crater and heads down hill on fast jeep tracks for 8km. After a stiff climb out of the valley we navigate down the side of a large ravine and continue the down hill blast through remote mountain scenery until lunch. After lunch, and a short spell on tarmac, we find ourselves on a mix of singletrack and jeep tracks through rice paddies and small villages with exceptional views across the Telaga Waja river valley. We end our epic descent next to a fast flowing river near the village of Tangkup. Overall descent from 1350m to 230m.

Ride Length: 50 kms

Transit time: 25-min to trailhead

Night in Padang Bai.

Day 5. Pippid to Manggis.

Today's ride starts with a downhill blast on singletrack. It turns west and manages to steer a reasonably flat route around the side of Mt. Agung via a network of singletrack paths, which weave their way through shady coconut and bamboo groves. The first section involves 'drop gully' - a narrow gully with man-made stone drops that range from easy to very difficult.

We continue on through stone cutting and carving villages and rock quarries until we reach the ruins of a water palace at Jungutan. With incredible views over the ubiquitous rice paddies.

The afternoon's ride continues on through the rice paddies and up and along a ridge with great views down to the coast. We descend off the ridge on a crazy hairpin gravel track and end the ride swooping down to the base of beautiful valley and the village of Manggis.

Ride Length: 35 kms

Transit times: 30 min to trailhead.

20 min to Padang Bai (after ride).

Night in Padang Bai.

Day 6. Besakih Temple to Perasi Beach.

This is your last ride and a real epic. It has two start points - one for more confident riders and one for those that want to take it easier. The longer ride starts above Besakih Temple, the most important and largest temple on the Island. The trail starts on jeep track which soon turns to narrow singletrack that winds its way around the top of a large ravine. The path continues along the side of the ravine, eventually cutting through a large stone quarry. It continues on through a wide range of scenery and tracks until we reach Putong.

The afternoon's ridge ride starts on a tiny tarmac track which clings precariously to the ridge before turning into a challenging piece of singletrack, a small amount of which has to be walked, but you are more than compensated with some great trails which follow the ridge-top down towards the coast. It is then a short gasp on small roads to a beautiful palm-fringed white sand beach, where refreshments await.

Ride Length: Max 45 kms.

Transit time: 30 mins to Padang Bai.

Transfer to airport or optional night in Padang Bai.

Testimonials

“Pat was incredibly patient and made the days a lot of fun... the attention to the smallest detail was great.

I finished with a lot more confidence and full of handy race tips.”

Sharon Laws

**British Olympic Cyclist
(Beijing, 2008)**

“What I liked most about Pat’s approach is that he explains why you are doing something not just what to do...

We had a group of mixed abilities and Pat was able to give all of us plenty of attention while ensuring that the fitter riders got a longer and harder workout...

Everyone was ecstatic with the improvements they had made.”

Brad Davies

**2009 South Australian
Solo 24hr MTB Winner**

“I’m not too shabby a mountain biker (if I do say so myself) and he’s improved my technique and hence speed by a tremendous amount (probably 20%) through only one session

Sometimes an old dog needs to relearn those basic tricks...”

Wade Wallace

CyclingTipsBlog.com

RIDE Bali October 2010

Tour Dates

**3 RIDE
Days**

Arrive Thursday October 21st

RIDE Friday October 22nd - Sunday 24th October 2010

**5 RIDE
Days**

Arrive Thursday October 21st

RIDE Friday October 22nd - Tuesday 26th October 2010

INCLUSIONS

- All vehicle transfers as stated per itinerary. We offer vehicle support options to make it easy to return to base when you’ve had enough for one day. We also provide luggage transfers when applicable, so that all you are required to carry on a day’s ride is your hydration / day pack.
- Breakfast, lunch & evening meals are provided.
- Accommodation is two to three star (AC at sea level) and swimming pool, except night 3, which is one-star accommodation.
- Prices are listed as twin share. Single rooms are available upon the inclusion of a single supplement. Please contact us for details.
- Expert MTB skills coaching and guiding

EXCLUSIONS

- International airfares and departure taxes
- Indonesian travel VISA to be obtained at Denpasar airport arrival for USD\$50 [cash only]
- Travel insurance [it is compulsory to have your own travel insurance]
- Bike hire [we advise you bring your own bike for maximum benefits]
- Snack foods, alcohol and gratuities

WHO SHOULD COME

Mountain bikers and riding enthusiasts with a keen sense of adventure. Our rides are tailored to suit a range of levels, however moderate fitness and mountain biking experience is essential. Narrow bridge and shallow river crossings are probable, which will require you to carry your bike.

NON-RIDING PARTNERS

We warmly welcome and encourage non-riding partners to join us. Whilst we do not provide a set organised program, we offer local information and suggestions on how to fill your day with experiences and activities.

FITNESS REQUIRED

A moderate level of fitness is mandatory. We recommend exercising several times a week at least 6-weeks before departure. A medical health check prior to departure is strongly advised.

GETTING THERE

The tour starts and finishes at Denpasar international airport.

RIDE 
International your MTB holiday starts now™