

SEPTEMBER 2023

CLUB DE EXPLORADORES

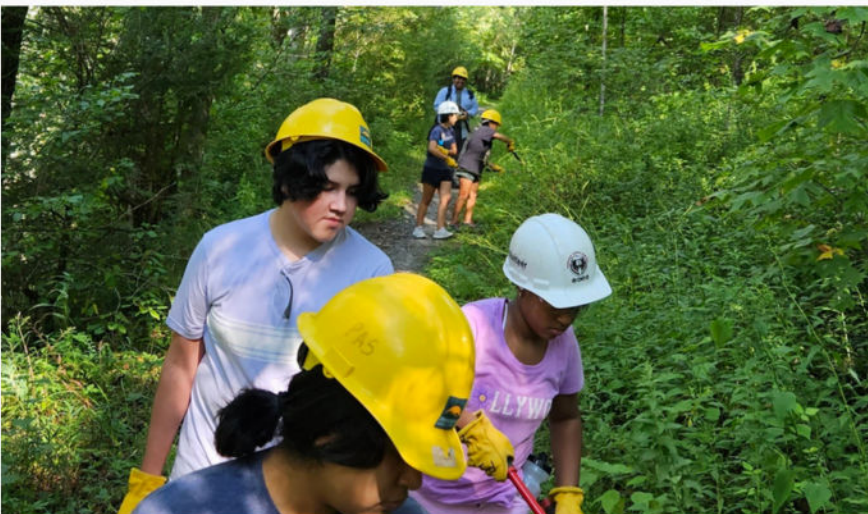
Fifth adventure - Trail Maintenance and Mountain Biking



Club de Exploradores takes to the trails of Pisgah National Forest

With snacks, water, a change of clothes and an adventurous attitude, Club de Exploradores headed out to the Cove Creek and Davidson River trail area to meet up with Jared from Pisgah SORBA Area and Nick, who served as the shuttle driver, delivering the bicycles that our dear friends at The Hub provided for a day full of service and adventure.

The Exploradores split up into two groups and headed out!



Group A giving some love to the Davidson River trail by trimming overgrown vegetation that pokes and scratches riders when they go by..

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LET'S GO EXPLORE!

FIND OUTDOORS



A day full of service and fun on two wheels

At the Cove Creek area, Jared was waiting for us with a trailer full of tools and protective equipment and, while Jose, Nick, and Cata went to set up a shuttle for the bike ride, Jared talked to the Exploradores about SORBA's mission, the importance of trail maintenance, and gave an overview of the work they were going to be doing that day.

When everything was set and all were ready with their respective groups, Jared took the trail crew, geared up with helmets, gloves, and tools, down the Davidson River trail for some needed trimming.



Spending time in the forest through activities like mountain biking can foster a greater appreciation for conservation efforts. When you witness the beauty and fragility of these ecosystems up close, you're more likely to advocate for their protection and preservation.



Meanwhile, the riders headed into Cove Creek campground area to familiarize themselves with the bikes. We practiced shifting, breaking, using the dropper seat post, and staying in control before we all felt confident to ride down Davidson River trail where we would be navigating single track, trail crew, and other users.

The Exploradores got the chance to learn about trail etiquette and trail work. It was a day full of fun lessons and collaborative work. There is so much joy when bikes are involved.



At the end of the day, we stopped at the river to cool off. The Exploradores didn't waste any time and jumped straight into some river exploration.





#7 Be Considerate of Others



The Basics:

- Respect others and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Greet riders and ask which side of the trail to move to when encountering pack stock.
- Take breaks and camp away from trails and others.
- Let nature's sounds prevail. Avoid loud voices and noises



GROUP B, ON BIKES, CAME TO A FULL STOP WHEN APPROACHING THE TRAIL WORK CREW. ONCE THE WORKERS MOVED OUT OF THE WAY SAFELY, THE RIDERS RESUMED.

MTB Trail Etiquette

Respect the Soil

- Stay off muddy trails
- Keep the dirt in the trail bed
- Ride don't slide

Respect the Trail System

- Don't cut switchbacks or take shortcuts
- Don't build non-sanctioned trails
- Leave No Trace

Respect Fellow Trail Users

- Cyclists and mountain bikers yield to hikers, runners, and equestrians
- Hikers and runners yield to equestrians.
- Downhill users yield to uphill users.

Slow down and speak up

Be a good human



Any Lessons Learned?

Reflection Time

by José Hernández (co-leader)

I'm sad with the clouds. I smile above the mountains. I'm angry at the humidity. And, I cherish the cool earth below. And above else, I feel peace when I'm outside - not because it's all "perfect" but rather because of all the imperfect. It's a comforting acceptance to exist in a world so chaotic, so volatile, so gently indifferent.

It's a peace of earthly love.



ADVENTURE JOURNAL

"I thought this [mountain biking] was going to be way harder. It just looks scary but no, I love it! I really want to do this again" - O

"I learned that I'm very good at falling. I think I can do mountain biking well thanks to Cata's advice." - C

My heart is flowing like the river as the first time going bike hiking [mountain biking] was fun. I want to go again". - D

"What I learned about myself was when I was mountain biking, I got very scared. It was fast and I hurt myself with a pedal. I'm proud of myself honestly!" - M

I liked mountain biking; it was easy for me. I like being here so I don't have to go to work. I'm somewhat interested in a mountain biking camp. They're going to do things like following the instructor and like learning how to do stuff.



Where we went...

We parked on Davidson River rd pass the entrance to the group camp where you can usually find overflow parking. Jared was waiting for us with the trailer at the parking area right across the camp and where you can access the whale's back swimming hole. Riders got familiar with the bikes on the gravel road that leads to the group camp, pass the gate. Once ready, we rode down Davidson River trail that runs parallel to the road all the way to the fish hatchery. The trail work crew worked there too. This area is beginner friendly and you can set up a shuttle if you don't want to ride back up again.



SPECIAL THANKS

Club de Exploradores wants to give a massive GRACIAS to The Hub Pisgah for supporting us two years in a row by providing free rentals and helmets. Thanks to your generosity, we have a group of Exploradores wanting to adopt mountain biking as a hobby and we know that with your continued support we can take that dream to the next level.

This program wouldn't be possible without our partners. Thank you!



Pisgah Area SORBA is dedicated to preserving mountain biking opportunities by maintaining and improving trail systems in the Pisgah Ranger District and surrounding region.

As the largest nonprofit mountain biking organization in the Southeast, SORBA's mission is to promote land access, trail preservation and new trail development for all mountain bikers.

