

A Fun Day of Hiking and Biking – Let's Go!

This hike and bike adventure is a great way to experience the front country of Santa Barbara during a challenging and fun day full for exploration. This program includes an invigorating hike through some of the area's most beautiful settings, a scenic picnic lunch and a fun afternoon of biking. Teambuilding initiatives heighten the groups experience, build communication and foster cooperation. Prepare for an amazing full day's adventure!



Hike and Bike Combo Teambuilding Program

Guests will meet friendly and knowledgeable guides in the morning, where they will go over the expectations of the day. The group will then be transported to the trailhead in the Montecito foothills.

The hike is a moderate climb along a creek, through chaparral, pine forests and across meadows. Along the way guests will enjoy vistas of the city, ocean and islands. Knowledgeable guides will point out flora and fauna, as well as talk about the cultural and natural history of the area. The pace depends on the group; it can be a leisurely stroll up the canyon or a work out trek. Teambuilding challenges and orienteering can be incorporated into the hiking portion of the program for further communication and problem solving development.

At the peak, the group will stop at a beautiful rock formation to take in the views and enjoy a picnic style lunch. After a short rest, the second half of the adventure begins. Guests are outfitted with mountain bikes, helmets and gloves; then everyone is back down the mountain!

Guides will lead the pack down a paved mountain road, stopping at various locations to point out areas of interest. The bike ride is virtually all downhill and fully van supported. The group will ride past beautiful parks, the historic Santa Barbara Mission and down State Street to the beach. The day will end with a debriefing with the entire group to relate the day's challenges to work, school and life.

Suggested start time: 9:00am (flexible), duration 6 hours.

Distance: 3 miles of hiking and 15 miles of biking (biking is mostly downhill)

Level of Difficulty: Moderate.

Cost: \$195 per person.
Group discounts available.

Trip includes:

Knowledgeable guides, bikes and equipment including helmets and gloves, teambuilding initiatives, discussions on natural and cultural history, bottled water, picnic lunch, van support and shuttle transportation.