

Plattekill Mountain Biking 2009 Itinerary

Oct 4th, Sunday, TCSC Mountain Biking Event ****Note Date Change****

Plattekill Guided Mountain Biking (Scenic, Exhilarating and Unique)
Coordinated by Tim Hanna of TCSC

Details:

- 8 AM - Meet in Johnson City at Wegmans's parking lot, adjacent to Harry L Drive
- Caravan or carpool to The Neptune Diner on Rt 23 in Oneonta
- (Or go directly to the restaurant and meet there at 9 AM.)
- We'll all have a nice breakfast at the Neptune Diner. We'll leave Neptune at 10 AM.



Plattekill Mountain

- 11 AM arrive at Plattekill Mountain in Roxbury, NY
- Watch safety video
- Purchase lift tickets and rent bikes
- We have the following group rates
- Lift tickets for all day are \$20 (reg \$30) and use your own bike (not recommended)
- Lift tickets combined with bike rental and guide \$65 (recommended) (reg \$90)
- Ride from Noon till 4 PM
- Meet for dinner at a nice restaurant in Oneonta 5:15 PM



More information about Plattekill Lift Served Mountain Biking

About the bikes -

Plattekill builds the custom bikes that they rent specifically for this terrain. They have super smooth suspension systems that rival those on motorcycles. The tires are large knobby tires. The brakes are hydraulically actuated disc brakes. These bikes enhance your experience on the mountain because they give you the smooth ride and easy control needed to make tough trails seem very doable. The best bike to rent is a "freeride" bike. Call Plattekill to reserve your bike at 800-GOTTA-BIKE or (607) 326-3500.



About the guide -

We will stay as a group for the first few rides and be guided by one of the Plattekill Mountain guides. We've arranged to have the same guide we had in 2007. (It's reported that Mike, our guide, has a new set of jokes for 2009. There may be some recycled 2006 and 07 jokes mixed in.) It is important to have a guide because there are 60 miles of trails and the guide will assess the skill level of the group and choose the best trails. The guide will also give us a good variety of routes while keeping us off trails that are too advanced. It is a great way to ensure a good first experience. Because we are a group, we are afforded the benefit of having a guide as part of our group package. If you've always wanted to try this sport, doing it with a group and a guide is a good way to get started.



About the trails -

The elevation of Plattekill is 3500 ft so the vistas and views of the Catskills are breathtaking. There are abundant opportunities for great views and they occur wherever the mountain biking trails cross the ski trails. The bike trails are generally quite different than the ski trails used in the winter. They consist of single track through the woods, some service roads and some of the more gently sloped, green ski trails. The steeper blue and black ski trails are not available for mountain biking. There are some short, uphill sections but generally, there isn't a lot of pedaling to be done. There is one lift used in the summer for mountain biking. Your bike is carried on a separate chair that precedes you. It is loaded and unloaded for you by the lift attendants.



Skill Level Required -

A rider at Plattekill should have already, successfully ridden a mountain bike on rough, natural trails. You need to be coordinated and in good physical shape to maneuver the bike around tight turns, over rocks and tree roots. These skills and experiences can be obtained on the trails at local parks and State Forests in the Southern Tier. Chenango Valley State Park, Jones Park, Oakley Corners State Forest are great places to develop and test your skills. If you find that you like that kind of riding and have aptitude for it, you are likely to enjoy your experience at Plattekill!

To sign up, please contact Tim Hanna at 656-7680

[View photos from Bike and Dine 2006](#) E-mail "info (at) TripleCitiesSkiClub (dot) com"