

**OUTDOOR PROGRAMS**



**MOUNTAIN BIKING**

Bring a working bike and helmet. A recommended gear list will be provided to registered participants before the start of each program. The Outdoor Programs has limited helmets available to borrow at no additional cost.

Distance and elevation gain are denoted as 1<sup>st</sup> day / 2<sup>nd</sup> day / 3<sup>rd</sup> day, etc.

**BIKE MAINTENANCE**

Fix a flat, tune your brakes, adjust your derailleurs, and learn the most effective method to clean/lube your chain. **B.I. Cycle Shop** mechanic **Gabriel Chrisman** will help you feel confident in repairing most any problem that might arise from your biking adventures. Intimate class size with plenty of hands-on time working on your bike. Age 14 and up. Class at B.I. Cycle.++

Activity#	531940		Sec#
Su	9:00 - 11:30a	9/4	\$19 01
Su	9:00 - 11:30a	9/25	\$19 02
Su	9:00 - 11:30a	10/23	\$19 03



**MTB - Skills Clinic**

Learn how to handle rocks, logs, roots, and single track trails in one of our skills clinics. Our instructors cover climbing techniques, shifting, braking, descending, and maneuvering obstacles. Meet at Gazzam.

Activity#	531941		Sec#
<b>Youth</b> <b>Age 10-13</b>			
Sa	9:30a - 1:30p	9/10	\$39 01
Sa	2:00 - 6:00p	9/24	\$39 02
<b>Adult</b> <b>Age 14+</b>			
Su	9:30a - 1:30p	9/18	\$39 03

**MTB - Skills Clinic for Women**

Join us for this women's only clinic that focuses on building confidence and sharpening your skills. Our instructors cover climbing techniques, shifting, braking, descending, and maneuvering obstacles. This is a great opportunity to meet other female riders around the island. Meet at Gazzam.

Activity#	531942		Sec#
<b>Youth</b> <b>Age 10-13</b>			
Sa	2:00 - 6:00p	9/10	\$39 01
Sa	9:30 - 1:30p	9/24	\$39 02
<b>Adult</b> <b>Age 14+</b>			
Su	2:00 - 6:00p	9/18	\$39 03

**MTB - Pope Trails**

15mi 400'  
Hone your skills through this rugged area that'll leave you wanting to come back for more. This is an excellent beginning/ intermediate level mountain bike ride. **Youth participants must have taken a MTB- Skills Clinic** in order to enroll in this course. Tire repair kit required. Meet at SHP to carpool. Volunteer drivers welcome.++

Activity#	531943		Sec#
<b>Youth</b> <b>Age 10-13</b>			
Su	8:00a - 2:00p	10/2	\$39 01
<b>Adult</b> <b>Age 14+</b>			
Sa	8:00a - 2:00p	10/22	\$39 02

**MTB - Green Mountain**

12mi 1,000'  
Single-track, steep, and incredibly fun. One of the local favorites, this trip will strengthen your climbing techniques and downhill riding skills. For advanced / intermediate level riders. **Youth participants must have taken a MTB- Skills Clinic** in order to enroll in this course. Tire repair kit required. Meet at SHP to carpool. Volunteers drivers welcome.++

Activity#	531944		Sec#
<b>Youth</b> <b>Age 10-13</b>			
Su	8:00a - 3:00p	10/9	\$39 01
<b>Adult</b> <b>Age 14+</b>			
Su	8:00a - 3:00p	10/30	\$39 02

**MTB - Night Rides**

Challenge yourself on the closed trails of the Grand Forest at night with a group of avid bikers. Watch the red taillights of each rider whiz around corners and up over hills, seeing only what your headlamp illuminates. Be warned, this program is addictive. Lights available to borrow. **Youth participants must have taken a MTB- Skills Clinic** in order to enroll in this course.++

Activity#	531945		Sec#
<b>Youth</b> <b>Age 10-13</b>			
F	7:00 - 8:30p	9/23-10/14	\$49 01
Sa	7:00 - 8:30p	9/24-10/15	\$49 02
<b>Adult</b> <b>Age 14+</b>			
F	7:00 - 8:30p	10/21-11/11	\$49 03
Sa	7:00 - 8:30p	10/22-11/12	\$49 04



**MTB - Backcountry Hotspots**

4.8/4.8mi 700'/100'  
Hidden in the Cascade Mountains is a phenomenal hotspots that few know about and even fewer know you can bike to. Join us and explore one of the best kept secrets East of Seattle. Just don't tell anyone. *Disclaimer: Other users may or may not be clothed at the hotspots.* Food, transportation, site fees, and permits provided. Limited equipment available to borrow at no additional cost. Sign up now! **Deadline for registration is 9/22.** Age 18+

Activity#	531946		Sec#
SaSu	7:00a - 7:00p	10/15-10/16	\$149 01



**The Iron Horse Challenge**

48mi 1,700'  
Soak in the mountain views, gape at the impressive trestles, and practice your spooky ghost voice for the 100 year old, two mile long historic Snoqualmie Tunnel. Join trip leader **Gordon Black** and pedal up a beginner friendly gentle grade with family and friends for world class views. After a rest, we'll coast down and complete the 24 miles in half the time it took to get up. Easy riding, but participants should be comfortable riding for six hours with breaks. Transportation, ferry fees, and snack included. Tire repair kit required. Age 12+

Activity#	531947		Sec#
Sa	7:00a - 7:00p	9/10	\$69 01

**News at a glance:**

- **Road Cycling** programs will start up in the spring.
- We're working on bringing the **Ski Bus** back! Check the winter brochure for additional information.
- Have a great outdoor program idea? Call Jeff at 842-2306 x115.

**BACKPACKING**

Designed to safely take participants into the backcountry, each trip is led by two highly experienced, friendly outdoor instructors with wilderness medical training. A mandatory pre-trip meeting will be held approximately one week prior to the trip to answer questions and assess special needs. **Participants should be physically fit for the challenges of the backcountry.** Participants need to have proper hiking boots, sleeping bag, and rain gear. The Outdoor Programs has limited tents, trekking poles, stoves, sleeping pads, backpacks, and rain shells available to borrow at no additional cost. Questions? Contact Jeff, (206) 842-2306 x115 or jeff@biparks.org

**Distance and elevation gain are denoted as 1<sup>st</sup> day / 2<sup>nd</sup> day / 3<sup>rd</sup> day, etc.**

**Silver Lakes**

5.5/5.5mi

2,800'/500'

One of the gems of the Buckhorn Wilderness, these untouched alpine lakes are nestled in the shadow of Mt. Townsend. The first 3mi is a hard steady climb, gaining 2,300'. Then it levels out as you traverse the side of the mountain, passing alternately through meadows and groves of subalpine fir to reach the lakes. We'll bring the fly rods, you bring the luck. Price includes food, transportation, backcountry permits, and park passes. Packing list available online.++

**Activity# 531911** **Sec#**  
**Open** **Age 14+**  
 TW 7:00a - 7:00p 9/13-9/14 \$119 01

**Youth** **Age 10-13**  
 SaSu 7:00a - 7:00p 9/24-9/25 \$119 02

**MTB - Backcountry Hot Springs**  
 5.4/5.4mi 700'/100'

Hidden in the Cascade Mountains is a phenomenal hot springs that few know about and even fewer know you can bike to. Join us and explore one of the best kept secrets East of Seattle. Just don't tell anyone. Disclaimer: Other users may or may not be clothed at the hot springs. Food, transportation, site fees, and permits provided. Limited equipment available to borrow at no additional cost. Age 18+

**Activity# 531946** **Sec#**  
 SaSu 7:00a - 7:00p 10/15-10/16 \$149 01



**Sol Duc's High Divide**

5.2/6.5/5.2mi

1,000'/2,000'/0'

Join backcountry leader **Ranger Sciacca** on our first **three day, two night** backpacking trip to the heart of the Olympics. Located at the edge of the supremely beautiful Seven Lakes Basin, we'll set up base camp the 1<sup>st</sup> night and day hike to the High Divide the following day for views that could possibly change your outlook on life. This is a challenging trip and participants should be physically fit. Price includes food, transportation, backcountry permits, and park passes.++

**Activity# 531912** **Sec#**  
 F-Su 7:00a - 7:00p 9/30-10/2 \$189 01



**Bogachiel: The Unknown Rainforest**



5.8/5.8mi

500'/200'

Leave behind the crowds, buildings, and spider web of developed roads, and take a journey with backcountry leader **Ranger Sciacca** deep into a valley more popular with Roosevelt Elk than with people. The trail dives into the heart of the woods, winding through thick ferns and giant old-growth Spruce and Fir, and occasionally skirts the river. **Kids FREE!** \*\*One child, age 8-17, free per paying adult. Adult must attend on trip. Price includes food, transportation, backcountry permits, and park passes.++

**Activity# 531913** **Sec#**  
 SaSu 7:00a - 7:00p 10/8-10/9 \$129 01  
 SaSu 7:00a - 7:00p 10/8-10/9 \$0\*\* 02

SaSu 7:00a - 7:00p 10/29-10/30 \$129 03  
 SaSu 7:00a - 7:00p 10/29-10/30 \$0\*\* 04

**Thank you to our sponsors for their continued support!**



**NATURAL SCIENCE**

Unique programs with a wealth of fun engaging information. Led by experts in their corresponding fields, you'll come away with an entirely new appreciation of the natural environment.

**Intro to Youth Fly Fishing**

Join instructors from the **Bainbridge Island Fly Fishing Club** for an introduction to the wonderful art of fly fishing. Learn the skills to tie your own flies and knots, identify bugs streamside, and cast the perfect county mile. Instructors will teach you fly fishing etiquette, catch and release techniques, and show you some of their favorite spots to practice this wonderful craft. The last day of class we'll take a field trip off island to catch some beauties. Parents are welcome and encouraged to attend this fun outing at no extra charge. Limited rods & reels available to borrow. Age 12-18.++

**Activity# 531852** **Sec#**  
 Sa 2:00 - 4:00p 10/8-10/29 \$49 01  
 Sa 9:00 - 4:00p 11/5 (field trip)

**Intro to Amateur Astronomy - The Fall & Winter Sky**

Find your way around the night sky with **Battle Point Astronomical Association's, Dave Fong** (PhD Astronomer) & **Steve Ruhl** (BPAA President). Each session is split between astronomy lectures, working with telescopes and learning about the night sky. Class topics include telescopes, the art of observing, solar system objects, constellations, star hopping, planets, nebulas, galaxies, and more. Class will extend beyond the scheduled end time for telescope viewing (weather dependent). Age 14+

**Activity# 531850** **Sec#**  
 Th 7:00 - 9:00p 9/29-11/3 \$49 01



### Advanced Amateur Astronomy & Observation

Join **Dave Fong** & **Steve Ruhl** for a deeper examination of the materials covered in Intro to Amateur Astronomy. Topics will include constellations & the celestial sphere, stellar & galaxy evolution, making vs. buying telescopes, astrophotography, image processing and using computer controlled telescopes like the 27.5" Ritchie. Age 14+. **No class on 11/24**



**Activity# 531851** **Sec#**  
Th 7:00 - 9:00p 11/10-12/8 \$35 **01**

### Astronomy Star Parties

Come to **BPAA's** Ritchie Observatory in Battle Point Park to learn about and view the night sky. Indoor planetarium programs and - weather permitting - outdoor star parties will be held on 9/24 (7:30p), 10/22 (7:00p), 11/19 (7:00p) & 12/17 (7:00p). Families welcome. For more information visit [www.bpaastro.org](http://www.bpaastro.org)

### Beach Naturalist Walks

Join the **Bainbridge Beach Naturalists** for guided trips to explore our local beaches and learn more about the life of our shores. Bring your rubber boots and a flashlight. Families welcome. 11/25 (9:00p) @ Pt. White Pier Beach; 12/22 (7:30p) underneath Bainbridge Ferry dock. For more information contact 842-5133 or [bainbridgebeach@gmail.com](mailto:bainbridgebeach@gmail.com)



### Sail the Tallship Adventuress

Come live the life at sea and sail aboard the 98-year old historic schooner **Adventuress**. Hoist the sails, chart the day's course, take the helm, explore the "man catcher", learn a sea chantey, tow for plankton, and discover Puget Sound from an entirely new perspective. This is tallship sailing at its finest. Age 10 and up. Adult must attend on voyage.

**Activity# 530700** **Sec#**  
**Adult** **Age 18+**  
Su 1:00 - 6:00p 10/9 \$59 **01**

**Youth** **Age 10-17**  
Su 1:00 - 6:00p 10/9 \$35 **02**

## KAYAKING

Taught by **Back of Beyond Boathouse**, these programs emphasize on-the-water time, expanding skill sets, and focus on safe kayaking. Fees cover all technical gear, (tandem or solo boat, PFD, spray skirt, paddle, bilge pump, and wet suit when immersion is anticipated) for day trips, camps, classes, and expeditions. Private boats are welcome pending approval. Rain does not cancel programs; severe weather does.

### Get Kayaking!

Looking to see if kayaking is for you? Join **Back of Beyond** and spend the morning paddling Eagle Harbor in our most accessible class geared towards beginners and families. You'll learn the essentials to have a safe and enjoyable day on the water. Meet at Waterfront Park. **Kids FREE! \*\*One child, age 8-14, free per paying adult.** Adult must attend on trip.

**Activity# 530740** **Sec#**  
Sa 9:00a-12:00p 9/10 \$49 **01**  
Sa 9:00a-12:00p 9/10 \$0\*\* **02**  
Sa 9:00a-12:00p 10/8 \$49 **03**  
Sa 9:00a-12:00p 10/8 \$0\*\* **04**



### Rescue Techniques

A kayaker in your group flips over 100 yards from shore, what do you do? Join **Back of Beyond** and learn a large variety of scenarios and the skills needed to be safe on the water. We will practice braces, leans, T rescues, wet exits & reentries, underwater exits, self rescues, and paddle floats all **in the comfortable warmth and safety of the pool**. Designed for all abilities and skill levels, this class is critical for our regional cold waters. Meet at Aquatic Center. Minimum age 10.

**Activity# 530741** **Sec#**  
W 7:30-10:00p 9/28 \$59 **01**  
W 7:30-10:00p 10/12 \$59 **02**  
W 7:30-10:00p 11/9 \$59 **03**

### Moonlight Paddle

It's tough to beat the full moon, glittering Seattle skyline, and gentle sparkling waves as you paddle to Blakely Rock. Join **Back of Beyond** and spend an unforgettable evening paddling under the full moon. **Kids FREE! \*\*One child, age 8-14, free per paying adult.** Adult must attend on trip.



**Activity# 530742** **Sec#**  
Sa 7:00 - 10:00p 9/10 \$49 **01**  
Sa 7:00 - 10:00p 9/10 \$0\*\* **02**

## SCUBA!

Our SCUBA programs are a fantastic way to try new skills at an affordable price for the whole family. All gear is provided for each program unless otherwise stated. Participants are required to contact **Exotic Aquatics Scuba & Kayaking** (7) days prior to fill out a medical release form. Participants must be able to swim at least one length of the pool.



### Discover SCUBA Diving

Come experience the pure excitement of breathing underwater with **Exotic Aquatics**. You will learn skills such as donning your SCUBA unit, clearing your mask, attaining neutral buoyancy, and most importantly how to be safe and have a great time. This is the perfect way to try out SCUBA and see that you really enjoy it before enrolling in an Open Water Certification Course. Meet at Aquatic Center. Minimum age 10.

**Activity# 532103** **Sec#**  
W 8:00-10:00p 9/21 \$39 **01**  
Su 10:00a-12:00p 10/23 \$39 **02**  
W 8:00-10:00p 11/16 \$39 **03**  
Su 10:00a-12:00p 12/18 \$39 **04**

### Skin Diving

Experience the wonders of the underwater world on one full breath of air! Join **Exotic Aquatics** as you learn how to snorkel, skin dive, extend your diving range, and increase your breathing capacity all while playing fun underwater games! Apply your newfound skills to the tropical and local waters you wish to explore up close and personal. Meet at Aquatic Center. Minimum age 8.

**Activity# 532102** **Sec#**  
Su 10:00-11:30a 9/25 \$29 **01**  
W 8:00-9:30p 10/19 \$29 **02**  
Su 10:00-11:30a 11/20 \$29 **03**  
Su 10:00-11:30a 12/18 \$29 **04**

### Bubblemaker

Come make bubbles underwater with **Exotic Aquatics!** Specifically geared towards kids, this course is all about having tons of fun, being safe, and breathing off of SCUBA under the surface of the pool. Experience the feeling of weightlessness just like astronauts do while playing games and having a blast with your newfound friends. Meet at Aquatic Center. Ages 8-12.

**Activity# 532101** **Sec#**  
Su 10:00 - 11:30a 9/25 \$35 **01**  
Su 10:00 - 11:30a 10/23 \$35 **02**  
Su 10:00 - 11:30a 11/20 \$35 **03**  
Su 10:00 - 11:30a 12/18 \$35 **04**

**SCUBA Diver Certification**

This certification allows you to dive to 40 feet with a PADI Professional. Days are split half pool time, half class room. First session meets at **Exotic Aquatics**. Minimum age 12. \*Price does not include mask, fins, and snorkel.

Activity#	532104	Sec#
Su	8:00a - 12:00p 10/2	\$189* 01
Su	10:00a - 2:30p 10/9	
Sa	7:00a - 1:00p 10/15 (open water)	
Su	8:00a - 12:00p 10/30	\$189* 02
Su	10:00a - 2:30p 11/6	
Sa	11:00a - 5:00p 11/12 (open water)	

**Learn to Row on Eagle Harbor**

Participants will be introduced to this fast growing sport known for physical fitness and teamwork. Coxswain commands, proper form, rhythm, slide control, blade control, feathering, and strengthening the core will be covered. Float test required and the ability to lift 35lbs overhead. First (3) classes are mandatory.

Activity#	530770	Sec#
TTh	9:15-11:45a 9/13-10/11	\$150 01

**BOUNTY OF THE LAND**



Get outside, breathe the fresh air, and connect back to the land as we explore the rich bounty of the Northwest's wild and cultural foods. If you haven't discovered the joy or benefits of eating foraged foods, this is your chance.

**Harvesting your Backyard**

Edible and medicinal Fall plants differ from other seasons. Join wise woman herbalist **Kathryn Lafond** for this intimate class to identify what is growing this Fall, each plant's unique benefits, and how to utilize them. This is a hands on class that goes beyond simple recognition and identification. ++

Activity#	531803	Sec#
Sa	9:30a - 12:30p 9/17	\$49 01

**Herbal Infused Jams & Jellies**

Wise woman herbalist **Kathryn Lafond** not only teaches you how to identify, forage for, and make jams and jellies from Salal Berry, Himalayan blackberry, and Evergreen Huckleberry, but how to infuse them with your choice of herbs and chilis! Everyone will come home with their own jams and jellies. Bring your own herbs & chili's or forage for wild ones. Price includes all cooking ingredients. ++

Activity#	531804	Sec#
Sa	2:00 - 5:30p 9/17	\$49 01

**Skookum Point Oysters**

Strap on your rubber boots and grab your bucket, we're heading to a new shellfishing location in south Puget Sound for the fall! Join "**Fat of the Land**" author **Langdon Cook** and master shellfish grower **John Adams** as we visit **Sound Fresh Clams & Oysters Farm** to forage for the native Olympia oyster, the Skookum Point Pacific Oyster, and the delectable Manila clam. We'll fill our limit then learn how to prepare each using a variety of culinary techniques. Price includes all cooking ingredients. Carpooling encouraged to the site. **Ages 14 and up. ++**

Activity#	531800	Sec#
M	10:30a - 5:30p 9/12	\$59 01
Su	9:00a - 4:00p 10/9	\$59 02

**Rosehip Remedies**

Walk around Bainbridge long enough and you're sure to find acres upon acres of rosehips ready for the picking. But what should you do with them? Join renowned forager & author of "**Fat of the Land**" **Langdon Cook** for this enlightening class that covers the medicinal and edible benefits of rosehips, how to forage for them, and how to make an amazing rosehip syrup for desserts, sauces, jams, or even cocktails. Class will be divided between field and kitchen time. **Ages 14 and up. ++**

Activity#	531802	Sec#
T	8:00a - 2:00p 11/15	\$49 01

**Foraging for Chanterelles**

Join renowned local forager and author of "**Fat of the Land**" **Langdon Cook** in search of the beloved chanterelle, that golden beauty of fall. Learn about the mushroom's natural history, habitat, and culinary virtues--not to mention the tools and skills for successfully foraging it. Afterwards we'll make a delicious meal of our bounty. Bring your knife and collecting basket. Off island location. Carpooling encouraged. **Ages 14 and up.**

Activity#	531801	Sec#
M	10:00 - 4:00p 9/26	\$59 01

**Wild Plant Medicines**

Make medicines for the winter ahead by discovering what's available in our neck of the woods. Oregon grape root, evergreen huckleberry, mullein, red dock, and dandelion are just some of the plants we will focus on. Explore the nutritional and medicinal benefits of each with wise woman herbalist **Kathryn Lafond**. We will review decoctions, tincture making, herbal vinegars, infusions, and other techniques using mediums such as apple cider vinegar, extra virgin olive oil, and 100 proof vodka. Go home with a sample of your own making. **Age 21 and up. ++**

Activity#	531805	Sec#
Su	1:00 - 4:00p 10/2	\$59 01



**Fundamentals of Wine**

Join local winemaker **Alphonse de Klerk** and sommelier **David Morris** as we visit **Rolling Bay Winery** for an introduction to winemaking - from harvest to bottling. This delightful eye opening class discusses the history of wine, viticulture, enology, production, sensory analysis, and a guided classic wine tasting. Students will learn how to communicate about wine, how it's made, and how to appreciate it. This a fabulous starting point for those interested in learning about wine or understanding some of the finer points. Potluck lunch. Wine included. **Age 21 and up.**

Activity#	531830	Sec#
Sa	11:00a - 3:30p 9/17	\$69 01
Su	11:00a - 3:30p 9/18	\$69 02

**Crush!**

**Stomp grapes like Lucy!** Get dirty with grapes, learn what goes on during crush, and actively help with it. Hosted by local winemaker **Alphonse de Klerk** at **Rolling Bay Winery** and sommelier **David Morris**, participants will also learn about wine chemistry, fermentation, sugar content, aging vessels, and much more. Class will end with a guided classic wine tasting. Potluck lunch. Wine included. Class dependent upon grape harvest. **Age 21 and up.**

Activity#	531831	Sec#
Sa	11:00a - 4:00p 10/1	\$79 01
Sa	11:00a - 4:00p 10/15	\$79 02

**Yakima Valley Wine Tour**

Join sommelier **David Morris** and winemaker **Alphonse de Klerk** for a guided intimate trip to Washington's first AVA, Yakima Valley. Participants will get a very good, hands on look at the wine making process by some of the top people in the Washington wine industry. Meet **Dick Boushey**, one of the most sought after grape producers, as he gives a personal tour of his highly acclaimed **Boushey Vineyard**. Enjoy a picnic lunch while sampling highly rated red and white wines made exclusively from Boushey grapes courtesy of the celebrated **McCrea Cellars**. Later join **Jon Martinez**, winemaker of highly rated **Maison Bleue Winery**, for a nuts and bolts tour of wine making and a guided tasting of his wines that also use Boushey grapes. Price includes transportation, ferry fees, picnic lunch, and all wine tastings. **Age 21 and up.**

Activity#	531832	Sec#
Sa	7:00a - 7:00p 9/24	\$119 01

**OUTDOOR PROGRAMS**