

Rocky View/Five Village Weekly (Irricana, AB)			Order/Commande 9177
Date 14.09.2010	Circ. 13286	Page 17	1 / 1

Try Wild Rides at COP

Tighten your grip. Mountain biking courses at Canada Olympic Park in Calgary continue into the autumn season. Some riders actually like fall the best because of the traditionally crisp and cool weather. You can take private downhill lessons on evenings and weekends with two hours of individual instruction tailored to your needs. Or learn to freeride with experienced instructors on all types of terrain from single track to dirt jumps. And for a peak thrill, there's always the zipline at the Park, where you soar from the ski jump tower at speeds up to 140 km/h. (winsportcanada.ca; 403.247.5452).

