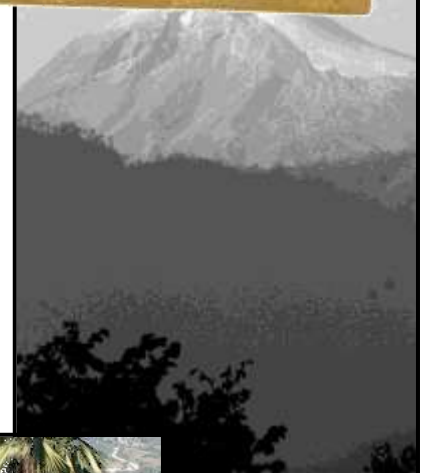




**Frontier Adventure Sports & Training
&
Esprit Rafting present:**



From the high alpine refugio of Pico de Orizaba at 4200m to the Gulf of Mexico, the "Pico 2 Playa" (Peak to Beach) Expedition Training Week is a week-long Expedition Adventure Race training program across the state of Veracruz, Mexico. Providing the environment for mutual learning and improvement, and the physical activity to shake off the winter cobwebs, this program will improve your skills, your perspective, your attitude, and your physical conditioning, to prepare you to undertake any expedition race. Focusing on the key strategies and advanced skills necessary for successful expedition racing, this program combines advanced navigation, night navigation, paddling, whitewater, mountain biking, ropes, alpine, first aid for expedition racing, nutrition, and much more with the spectacular scenery, culture and ancient history of this region of Mexico.

Ready to sign up?

Register online at www.camp-frontier.com, contact us at 1.888.295.8181 or adventure@camp-frontier.com

COURSE HIGHLIGHTS:

- ✓ **Paddling Technique Improvement (flatwater)**
- ✓ **Whitewater Paddling Technique (kayaks, rafts & inflatables)**
- ✓ **Navigation**
- ✓ **Ropes (rappelling, ascending, knots)**
- ✓ **Swiftwater Rescue**
- ✓ **First Aid for AR**
- ✓ **Mountain Biking**



Focusing on the key strategies and advanced skills necessary for successful expedition racing, this program combines advanced navigation, night navigation, paddling, whitewater, mountain biking, ropes, alpine travel, first aid for expedition racing, nutrition, and much more with the spectacular scenery, culture and ancient history of this surprising region of Mexico.

Day 1 (Saturday) – Arriving in Mexico

Welcome to Mexico!

Your port of entry into Mexico will be the International airport in Veracruz, Mexico. Upon arrival at the airport, you will be met by the Camp Frontier crew. Once all participants have arrived, we will begin our journey to the mountainous base camp village of Tlachichuca. The drive will take us through the foot hills of the Sierra Madres Orientales, past the coffee and mango plantations of the Antigua River Valley, and further inland until the peak of Orizaba becomes visible in the distance... a spectacular visual introduction to the region. Orizaba is a long dormant volcano that last erupted in 1687. The Aztecs believed that the divine fire from Orizaba's crater consumed a great winged serpent, Quetzalcoatl (the god of learning and the priesthood). Quetzalcoatl then took the form of man and sailed across the sea, swearing to return and seek vengeance on the Aztec nation. We'll be staying at the hacienda of Joaquin Canchola, one of the region's premier climbing guides. The hacienda is a very traditional 2 story hostel, surrounding an inner courtyard with an indoor meeting and dining area. We will use our time Saturday evening to get to know one another, and have an introduction to our route and the maps for the week.

Day 2 (Sunday) - Pico Orizaba Trek & Bike

Trek to Refugio

After breakfast, we will depart Tlachichuca and drive a short distance to Pico Orizaba and our launching point for our trek to the refugio at 4200m. The trek up to the refugio passes through coniferous forest which breaks abruptly at the tree line as we pass into the rugged, lunar landscape of the high alpine terrain. Our focus on this trek will be on successful strategies for racing in mountainous and high altitude environments, such as nutrition guidelines to maximize performance, risk management and safety protocols, navigation specific to mountainous regions, and teamwork. After lunch and discussion time at the hut, we'll begin the well-deserved downhill mountain bike along mountain ridges and through stunning valleys to the tiny mountain settlement of Nueva Jacal, where we will enjoy dinner and stay in our own hostel in the shadow of Orizaba.

Day 3 (Monday) - Mountain Biking

Nueva Jacal to the Tlilapa Canyon

We'll enjoy a bit of everything on bikes today - more downhill riding, some challenging ups, a variety of small villages, valleys, plateaus, canyons, singletrack and backroads to get from Nueva Jacal to our riverside campsite at a fish hatchery deep in the Tlilapa Canyon. Following the volcanic and water-carved terrain, our route will take us through a combination of oxcart tracks, 4x4 back roads and some impressive, previously undiscovered single track trails (okay... undiscovered by mountain bikes - the coffee pickers are quite familiar with these trails!). Practice a variety of towing techniques with teammates, work on effective hill climbing techniques and get comfortable on that bike! Utilizing the high canyon walls in the area, we will get familiar with ropes gear and techniques with some ascending and rappelling – with and without our packs and bikes. Dealing with potential injuries common to biking will be a key part of our strategy today, as well as long term wound care to help keep you in the race.

Ready to sign up?

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Day 4 (Tuesday) - Trekking

Top 5 Reasons To Train In Mexico...

1. **VARIETY:** kayaking, trekking, mountain biking, navigation, first aid... you get the point!
2. **IT'S HOT!:** Forget the down jackets – enjoy Mexico's tropical warmth!
3. **CULTURE:** Timeless villages, friendly people, salsa dancing...
4. **THE FOOD:** Fajitas, langostinos, tacos, chicken wrapped in banana leaf... throw a little extra spicy green sauce on and you're all set!
5. **IT'S CHEAP!:** 5¢ tacos, \$1 coronas...!

Tlilapa Canyon to Barranca Grande

From here, we will follow the Tlilapa River down to the Barranca Grande valley. The focus for the day will be trekking and routefinding through the Tlilapa River valley. Navigation skills will be put to the test, as will your cameras – this river valley is full of surprises from tributaries, waterfalls, banana trees and canyons that will make you think you're in northwest Arizona. We'll be trekking down the river, finding trails along the shore, and ultimately finding our way up and out of the canyon, then dropping down into the Barranca Grande Canyon before making several rope bridge crossings to reach our camp for the night. Nutrition "on the move" will also be a common topic as we move through the river valleys.

Day 5 (Wednesday) - Paddling

Barranca Grande to Monte Blanco

Get up early – our camp at Barranca Grande features one of the most stunning sunrises imaginable. Today we'll enjoy a full day of paddling on the Barranca Grande section of the Antigua River. From our put in, we will paddle more than 25km of continuous class II-III whitewater in inflatable 2 person kayaks. We will work together to develop the essential paddling skills necessary to successfully navigate these class II-III rapids. Emphasis will be placed on stroke technique, river reading/navigation and essential rescue skills for boat wraps and capsizes. Our camp for the night will be at Monte Blanco, an established riverside camp with a long house for sleeping and outdoor pavilions for dining and socializing.

Day 6 (Thursday) - "All in One"

Jalcomulco Bound

From Monte Blanco, we'll trek, bike, swim, rappel, ascend and navigate our way to lower altitude, fertile agricultural zones and will be passing through mango, coffee and sugar cane plantations. Enroute we will tackle the fixed ropes and high lines of Antigua Canyon and work on our traverse, zipline and self-rescue techniques. Using the vast network of foot and burro trails, we should be arriving mid-afternoon back in the rural village of Jalcomulco, which is Esprit and Frontier's winter home base. We'll enjoy the atmosphere of this magical town, partake in a traditional Temescal ceremony in the evening, and relax in the comfortable accommodations at Hotel Los Alcatraces.

Day 7 (Friday) - Bike to the Coast

Back Roads, Ruins and the Ocean

Travelling the scenic back roads between Jalcomulco and the coast, we will peddle through small villages and plantations. Glean valuable tips on riding techniques and field repair of your bike, all while enjoying the surrounding landscape of the Antigua River valley. Our lunch stop in Cempoala will feature a tour of ancient Totenac ruins. Our ultimate destination is the beach for a dip in the Gulf of Mexico and a celebration of the week's achievements. We'll stay at a luxurious hotel right on the Zocalo (main square) in Veracruz. Get ready to celebrate as the Zocalo is a great place to kick back with a few cervezas and enjoy the festive atmosphere of this colonial port city.

Day 8 (Saturday) - Departure From Mexico

Saying Goodbye...

Depart for Veracruz airport to say our farewells, or start your own adventures for the weekend.

***Note:** We do our very best to adhere to the itinerary outlined above. Activities specified above may be subject to change based on circumstances outside our control (eg: weather, water levels, road and safety conditions).

Ready to sign up?

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BOB MILLER

Bob has excelled in multiple endurance sports including marathons, triathlons and mountain bike events. Since devoting himself full time to Adventure Racing in 1999, Bob has become one of the world's top competitors. He is Captain, Navigator and Chief Strategist of [Team Supplierpipeline](#), Canada's top adventure racing squad. In 2006, Bob led the team to a fourth place finish at Primal Quest 2006. Since 2001, Bob has coached hundreds of athletes on the specific skills and techniques required to become successful, and regularly provides Adventure Race Training throughout Ontario. Since 2003, Bob has designed and co-directed over 30 adventure races of all lengths, and helped grow the sport of off-road triathlon in Canada by co-directing Ontario's first Xterra race.



LAWRENCE FOSTER - Since 1999, Lawrence has lead his Canadian teams to unmatched success in races around the world. His team has several wins nationally and internationally including 1st place in two Eco Challenge NAC's, 1st place at Africa Quest 2005, and 3rd place in Primal Quest 2004. In addition to being a very strong and accomplished athlete (former elite level mountain biker) Lawrence was also the Captain of the Rope Rescue Team for Sault Search and Rescue, the largest volunteer Ops in North America and an instructor in the Canadian Forces Reserves. He also ran a sea kayak and rock/ice climbing company and is an accomplished mountaineer.

Lawrence has designed and managed over 100 adventure races including the [2004 Adventure Racing World Championship](#) and the [High School Adventure Challenge](#). As a videographer Lawrence designs and films OLN's hit reality show [Mantracker](#), and he's ushering in the new generation of adventurers while teaching Outdoor Education to his students and his son in Sault Ste. Marie.



GEOFF LANGFORD

An avid adventure racer since 1999, co-creator and race director of the Inner Limits Urban Adventure Race in Calgary in 2001, and the owner and Race Director of Frontier Adventure Sports since 2002, Geoff has seen adventure racing from all sides. He has raced nearly everything in Canada, from sprints to expeditions, and international races including the Southern Traverse, Africa Quest, and Desafio de los Volcanes. Geoff has observed competitors in every high and low, seen the tricks and errors, gained an in-depth understanding of landscape and its affect on competitors, and watched teamwork (or lack of) both save the day and decimate teams.



JIM COFFEY

Since 1984, Jim has been leading expeditions, training guides and teaching canoeing, kayaking, first aid, swiftwater rescue and ecological awareness throughout Canada, the United States, Mexico, Costa Rica, India, Asia, Africa, Australia and New Zealand. He first introduced the SRT program to Eastern Canada in 1989 and became the first certified SRT1 and SRT2 instructor east of the Rockies. In 1992 he founded Esprit, an Ottawa Valley adventure travel company which specializes in whitewater tours and training. His accomplishments include being a Canadian Team member for C2 whitewater slalom racing, as well as the captain of four Canadian Rafting Championship teams at the World Rafting Championships. Jim is a registered Emergency Medical Technician (EMT) and an active Fellow of the Royal Geographical Society.



TRISHA WESTMAN

Having started racing at the age of 12 Trisha quickly developed as a natural athlete skiing, running and mountain biking in the boundless outdoor playground of Sault Ste. Marie, ON. While at University she raced as a pro/elite mountain biker where she was a top provincial rider and was a medalist at the University Games in Nordic Skiing. She began adventure racing in 1999 and quickly proved herself as one of Canada's best while racing with Team Supplierpipeline and Holofiber.

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Pico 2 Playa

Reservation Information

Details, Details, Details...

TRIP PRICE:

\$1995 CDN

2011 Expedition Dates

Sat Mar 12 – Sat Mar 19

Based on Shared Accommodation: Accommodations are based on a shared hacienda style hotel and tents, and a group hut. If you are traveling alone, we will pair you up with an appropriate roommate on the same trip. If you prefer single accommodation, we can arrange this for a "Single Supplement" of \$200.

THE "ALL INCLUSIVE":

"All inclusive" means that once you arrive in Veracruz (or Xalapa), everything from your private transportation to your freshly prepared meals, hacienda style accommodation, camp set up, gear and equipment, professional instruction and guide services are all taken care of. This insures that you once you arrive in Mexico, all your daily needs are taken care of for you so that you can concentrate on the purpose of your week in Mexico - to train hard and have fun exploring Mexico!

Specifics Include:

- All paddling equipment (helmets, lifejackets, paddles, kayaks)
- All accommodation (B&B, hacienda style, camping)
- All meals which are freshly prepared to international standards of safe food handling. Special dietary requests are welcome and easily accommodated.
- Private ground transportation
- Internationally certified professional guides and instructors are always available and on call.
- All camping equipment (except for personal sleeping bag and pad)

Be Sure to Bring Your Own:

- All biking gear, including your bike, helmets, shoes, etc.
- Compass
- Map bag (waterproof)

WHAT'S NOT INCLUDED:

International airfare to Veracruz (Mexico), alcoholic beverages, telephone service, internet (a local internet cafe makes communication with home a breeze!), meals on arrival and departure days, travel insurance, optional instructor/guide gratuities and additional personal services (laundry, massage, temascal... etc.).

HOW TO JOIN THE COURSE:

Congratulations, you've just made the toughest decision of all – to join Camp Frontier's "Pico 2 Playa" expedition training week in Mexico! The rest is easy! Just visit www.camp-frontier.com to book your winter training adventure in Mexico. A \$795 CDN deposit is required to confirm your participation.

QUESTIONS:

Please do not hesitate to contact us directly to help answer any questions you may have regarding the "Pico 2 Playa" expedition training week in Mexico. We can be reached via the contact info at the bottom of the page.



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Pico 2 Playa

Personal Equipment Information Everything You Need to Bring With You...

Dry Land:

- 1 Pair of shoes/sandals
- 1-2 Light weight long pants
- 1 Quick dry pants
- 2-3 T-shirts
- 1-2 Long sleeve shirts
- 2 Shorts
- 1 Swim suit
- 1 Towel
- 1-2 Warm sweater(s)
- 1 Waterproof shell/jacket
- 1 Sun hat
- 2-4 Pairs of socks (active use)
- 1 Pair warm socks (dry use)
- 1 1L water bottle (Nalgene)

Accessories:

- Personal toiletries
- Book
- Camera
- Insect repellent
- Personal first aid kit
(see medical supplies in background information)

PACKING TIPS:

To make the most of your week of adventure race training, it is important to pack the appropriate clothing, gear and accessories. Below, we've outlined a suggested packing list for your week of training.

CLIMATE CONSIDERATIONS:

Fortunately for us, the climate in Mexico is very agreeable! Veracruz is a mountainous coastal state. Generally, you can expect typical "mountain" weather of hot/sunny during the day and cool evenings. It is also typical for this region to experience a build up of humidity throughout the day, leading to a tropical rain shower in the evening as the temperature cools. We like to think that this is a good thing, as the light rain supports the region's rainforest and cloud forest vegetation as well as keeping the water levels consistent in the rivers we use for paddling. In the tropics we recommend wearing light, loose fitting, natural fiber clothing. It is very important to protect against the sun. A good +15 sunblock, as well as, a hat will help keep you from getting burned. Drinking lots of fluids will help fight off dehydration and bottled water is readily available. Small, "no see-um", mosquitoes are present during the day and light weight, long pants are recommended. In Jalcomulco, we will be in the hills of the Sierra Madre Oriental (mountains) and it can get cool enough in the evenings to require a jacket or warm sweater. The basecamp of Orizaba is known to have temperatures that drop below freezing. Snow is not uncommon at the refugio.

The Essentials...

For The River:

- 1 Pair of river shoes/sandals
- 1 Quick dry shorts
- 1 Quick dry pants or fleece/polypropylene tights
- 1 Long sleeve base layer (polypropylene, rash guard, Merino Wool, fuzzy rubber)

All paddling safety equipment provided

OFFICIAL DOCUMENTS:

Airline Tickets

Valid Passport (Note: Canadian Travelers do not require a passport to enter Mexico. Two pieces of photo identification + your birth certificate will be adequate.) See Documentation on page 7.

MONEY MATTERS:

Hard Currency - The Mexican unit of currency is the Peso (NP). It is then divided into 100 centavos. As of November 2010 one Canadian or US dollar equals approximately 12 pesos. In general, exchanging US cash in Mexico is much easier than currencies of other countries.

ATM - The easiest way that we have found to exchange money is to use your personal banking card. All major urban centers that we visit have access to automatic bank machines from which you can withdraw Mexican Pesos directly from your bank account. Jalcomulco does not have an ATM machine and we recommend that you pull Pesos from your account prior to leaving Veracruz or Xalapa upon arrival. It is also recommended that, if you are using your bank card as your primary source of currency for your trip, you bring an extra \$100 US cash with you in case your card becomes lost or damaged.

Travelers Checks - Banks and Casa de Cambio's are the only locations to exchange Travelers Checks in Mexico. They are not the easiest to travel with, as there are also only certain hours of the day in which you can exchange them. If you are going to travel with Travelers Checks, we recommend that you carry them in US currency and have either cash or your ATM card as a back up.

For Dry Land Sessions:

- 1 Hiking shoes or trail runners for trekking
- 1 Mountain Bike
- 1 Bike helmet
- 1 Bike shoes
- 1 Compass
- 1 Map case (waterproof)
- 1 Day pack (for racing)
- 1 Hydration system
- 1 Head lamp
- ? Favorite high energy snacks (gels, bars, jelly beans...)

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Pico 2 Playa

Background Information

THE COUNTRY AND ITS PEOPLE

Mexico is an extremely large country covering almost two million square km. Camp Frontier's Pico2Playa Expedition Training Week will concentrate on experiencing and exploring one of the more dramatic and adventurous areas.

The Veracruz region is famous for the rise and fall of many great indigenous civilizations from the Olmecs and the Toltecs, to the Totonacs and the Aztecs who eventually fell to the colonization of Spain under the leadership of Cortes in 1521. We will encounter many friendly people who are descendants of both ancient civilizations as well as "modern Mexico".

Spanish is the official language of Mexico. You will have plenty of opportunities to practice your Spanish and many people (especially students) will want to practice their English with you. The language barrier can immediately be broken by trying to speak even just a little Spanish and by smiling a lot!

ACCOMMODATIONS

We'll be staying in a variety of Mexican trekking and mountaineering accommodations, from the hostel in the shadow of Pico de Orizaba, to cozy and comfortable haciendas in remote villages like Monte Blanco and Jalcomulco (of course!), adventure camps near our put-ins and take-outs in the Barranca Grande and Antigua River Valleys, and a luxurious hotel on our final night in Veracruz.

MEALS IN MEXICO

One of the delights about traveling to Mexico is the incredible food. Mexicans eat three meals a day; breakfast (desayuno), lunch or dinner (comida) and supper (cena). Traditionally "comida" is the biggest meal and supper a lighter meal. Mexican food can be very spicy as hot chilies are often a main ingredient. Many meals, however, can be tempered for faint hearted "gringo" tastes. Most meals are served communally so you can sample many different dishes. We will dine on a wide variety of local specialties including beef, chicken, seafood, river lobster (many vegetarian dishes are available as well)... washed down with fresh tropical fruit drinks or an icy cold cerveza (beer). Bottled water is readily available and is safe to drink. Tap water or previously opened bottles are somewhat suspect and may pose a health risk. Your instructors will make recommendations as to the "do's and don't" of eating, drinking and staying healthy at the beginning of the trip.

THE RIVERS OF VERACRUZ

Typically, the rivers of Veracruz will be narrow, steep and continuous. They carry a medium to low volume of water which makes maneuvering technical and challenging. The rivers are rated class II, III and IV which means fun, challenging but not "over the top" whitewater.

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Pico 2 Playa

Background Information

CONSERVATION

We urge everyone on our programs to thoughtfully dispose of any garbage. On all Frontier and Esprit programs we follow "Leave No Trace" principals (for more information on LNT, visit www.lnt.org). As visitors we need to be part of the environmental solution and not become part of the problem.

PHOTOGRAPHY

We get many inquiries about photography. It is difficult to advise you about photography without knowing your level of expertise. For people with SLR cameras, we recommend you buy a Skylight filter to protect your lenses. A waterproof disposable camera is a wise investment for taking shots during the river trips. For digital camera users, we recommend that you bring a minimum of two memory cards with you. For those who do not want to drag a fancy camera around with you or find that you are never in your own photos - we take high resolution digital photos throughout the entire course which are available for purchase at the end of the course. If you are interested, let your instructors know as early into the course as possible so they can get lots of shots with you in them! A photo compilation CD is available for \$100 CAD. A trip highlight video/DVD is also available for \$100 CAD. If pre-purchased at the time of booking, combine both the photo CD and the video/DVD for only \$150 CAD!

THINGS TO BUY

Mexico has a wealth of artisans and handicrafts and a thriving cottage industry. Pottery, textiles, woven goods, hammocks and jewelry of gold, silver, copper and turquoise all make fantastic keepsakes. In many cases prices are not fixed so you may have to do some "bargaining" to get a reasonable price - but don't pass up something that you really want over a matter of a few pesos. There are some products available for sale that may be from endangered animals. Please be reminded that the purchase of such endangered animal products not only lead the species towards extinction, it is also illegal to bring them back with you.

DOCUMENTATION

Canadian and U.S. citizens do not require a visa to visit Mexico. Although a valid passport is not a requirement for Canadian Citizens (US and all other countries must have a valid passport) to enter the country - it is strongly recommended for you to have one. All tourists do require a "Tourist Card" which will be issued to you on the plane. You will need to keep this card with you throughout your stay in Mexico and relinquish it upon departure from Mexico.

TRAVEL INSURANCE

We require that you take out a personal travel and health insurance policy to cover you against sickness, accident, loss of baggage, unexpected alterations to travel arrangements, cancellations, etc. Please see your travel agent from whom your airline ticket was purchased to arrange for insurance. Please specify that you are planning to participate in an adventure travel program which includes ropes, biking and whitewater rafting.

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Pico 2 Playa

Background Information

SAFETY

We do our utmost to provide high quality, fun, exciting, and secure programs. Adventure Racing and its various elements (paddling, mt. biking, trekking, rafting, ropes etc.) do contain an element of risk and events can arise which are beyond reasonable control. All participants must complete a participation agreement and medical questionnaire prior to the start of the program. These documents will be emailed to you in advance of your course departure. Please fill them out and bring them with you to Mexico.

SECURITY

It is important to carefully look after your vital documents and money. Crime is generally not a problem in the areas we are in, however, it only takes one mishap to turn your experience sour. Therefore, please practice good "travel sense" and be wary of your belongings. As in any urban center, pick-pocketing can occur. We advise you to carry your valuables in a money belt or travelsafe which are difficult for pick-pockets to reach.

MEDICAL CONSIDERATIONS

There are a series of vaccinations recommended for travel to rural Mexico. You will have to advise your doctor about your trip and he/she can recommend an international travel inoculation center. The State of Veracruz is currently a low risk Malaria area, however, you should consult your travel clinic for the most up to date information. Malaria is transmitted by mosquitoes (as are other diseases) - a good repellent, as well as long pants and shirts at dusk drastically reduce your contact with mosquitoes.

No-See'em Mosquitoes can become a problem for visitors to Veracruz. They are at their worst within 15 m of the river banks. Because this is a known trouble spot, we recommend that you wear a pair of tights or quick dry pants over your legs while paddling on the rivers. Locals swear by "green shampoo" as the best repellent for these pesky little critters, however, if they can't reach your skin - they can't bite!

In addition, it's very typical for 'gringo' stomachs to become unsettled in Mexico. Some clients have successfully used **probiotics** to ward off stomach problems on their trip. The probiotics used were **grapefruit seed extract** and a brand of probiotics called **Florastor**. Please consult your doctor or nutritionist if you are interested in taking these or other probiotics during your stay in Mexico.

MEDICAL SUPPLIES

It is your responsibility to bring sufficient quantities of any specific medications you require. Advise us of the possible side effects of any medication you are taking and of any dietary requirements related to them.

We suggest that each guest bring for their own use a supply of:

A general antibiotic treatment	Electrolyte crystals
Anti-acid tablets (spicy food)	Sports tape (first aid tape)
Antidiarrhoeal tablets (immodium)	Moleskin
Aspirin or equivalent headache remedy	2x2 gauze pads
Advil or equivalent Anti-Inflammatory	Feminine hygiene pads
Antiseptic swabs (preferably Iodine)	Mosquito Repellent
Lipbalm & Sunblock SPF 15+	Band aids (various sizes)

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