



## Flint Hills Photocycling Tours

Adventure Monkey Flint Hills Photocycling Tours are meant for people that:

- Want to learn more about **digital photography and post-processing of images**
- Want to experience the beauty and remoteness of the **Flint Hills** of eastern Kansas
- Want to experience a **challenging cycling trip** through the Flint Hills

If that sounds like you, there are a few things to consider. The Flint Hills are remote and hard on bicycle tires therefore:

- You must be an experienced enough cyclist to be able to handle at least 35 miles of hilly gravel roads in one day of riding.
- You must own a bike that can handle the Flint Hills (at least a mountain, hybrid or XC bike with beefy mountain bike tires)
- You must be at least 16 or have a record of handling longer, challenging bicycle tours

This is a **photo-cycling** tour which means we will be stopping to shoot and discuss the photographic aspects of shooting in the Flint Hills. If you are looking for a racing atmosphere, you won't find it here. The point of this tour is to allow people to fully experience the terrain, beauty, remoteness and peace of the Flint Hills. But remember, it is the Flint Hills and we also want the ride to be challenging for the participants. Be ready to climb hills, fight the wind and have a great time.

**Details:** Visit [www.adventuremonkey.com](http://www.adventuremonkey.com) or email [feedyourmonkey@gmail.com](mailto:feedyourmonkey@gmail.com) with any questions

**Dates and Times: Friday Sept 9 through Sunday Sept 11, 2011.**

(see detailed agenda for more specifics) Please register ASAP so we can plan appropriately with Camp Wood.

**Cost: \$125** for the entire weekend (this includes meals\* and cabins) **\$75** for one night - Friday to Saturday dinner

This includes:

- Cabin Lodging with showers and beds (you provide bedding)
- Meals\* (Saturday - breakfast, lunch and dinner, Sunday - breakfast) at a healthy all you can eat buffet
- 2 photography classes with Eric Benjamin
- 3 opportunities to ride (Friday, Saturday and Sunday with Saturday being the long ride)
- One on one with Eric in the field
- Three relaxing days spent in the Flint Hills on bikes

\* We will ride to Cottonwood Falls for Friday's dinner. You must pay for your meal which shouldn't be over \$10, however you may want dessert or a little spending money so come prepared.

**Where:** Our base camp will be located at Camp Wood, 1101 Camp Wood Road, Elmdale, KS 66801.

**Bedding:** Bring your own bedding, pillow, towels, washcloths, toiletries & soap. The camp provides cabins with bunks and mattresses.

**Supplies You Need:** Your bike - Mountain or CX with meaty MTB tires • extra tubes • on the bike food of your choice • water bottles and/or hydration pack • camera and supplies • cycling clothes (3 days on the bike) • lounging clothes • cycling shoes and lounging shoes • personals and bedding • something to take notes with • Money for Friday meal in Cottonwood Falls

• • • **See the agenda and registration form for more details** • • •

**[www.adventuremonkey.com](http://www.adventuremonkey.com)**



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## Tentative Tour Itinerary

Here is a general description of the weekend (times and activities may change):

### Friday Sept 9th

- 10 -12 Meet and greet at High Gear in Emporia, KS (chance to get supplies if needed)
- 12-1 Lunch in Emporia\*
- 1-2 Arrive and unpack at Camp Wood
- 3-4 First Photo Class
- 4-5 Prep Bikes
- 5-8 Ride to Cottonwood Falls/Dinner\*/Live Music
- 8-9 Ride back to Camp Wood
- 9-?? Clean Up/Campfire/Bed

### Saturday Sept 10th

- 7-8 Morning sunrise photo shoot
- 8-9 Breakfast

### Short Route Option

- 9-10 Photo Class #2
- 10-11 Prep Bikes
- 11-12 Ride
- 12-1 Lunch in the Flint Hills
- 1-5 Finish Ride

### Long Route Option

- 9-10 Prep Bikes
- 10-12 Ride
- 12-1 Lunch in the Flint Hills
- 1-5 Finish Ride

### All Schedule

- 5-6 Clean Up
- 6-7 Dinner
- 7-?? Social Time/Campfire

### Sunday Sept 11th

- 8-9 Breakfast
- 9-10 Prep Bikes
- 10-?? Final ride around camp  
(Lunch is not provided at Camp Wood on Sunday)



Participants are not required to meet in Emporia on Friday, however, this is a great opportunity to get any last minute or left behind supplies and to also explore beautiful downtown Emporia!

\*Price of Lunch in Emporia and Dinner in Cottonwood Falls not included in Tour price.

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## Registration Form and Release

All individuals take responsibility for their own insurance and must sign this release form.

Adventure Monkey assumes no responsibility, whether expressed or implied, for any injuries or damages incurred by the group or any of its members. Further, through the execution of this agreement, the group and each one of its members, does hereby indemnify and holds harmless Adventure Monkey, its officers, directors, employees, and volunteers from any and all claims, liabilities, losses or damages incurred as a result of the use of the facilities, programs, and activities provided. The Chase County Emergency number is 620-273-6313.

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Phone number \_\_\_\_\_

e-mail address \_\_\_\_\_ Emergency Contact Number \_\_\_\_\_

Family Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Dietary Restrictions \_\_\_\_\_

Allergies/health conditions \_\_\_\_\_

Saturday Route  Long  Short  Full Weekend or  One Night

PHOTOGRAPHIC RELEASE: I consent to be photographed or video taped and allow Camp Wood and/or Adventure Monkey to use any photos or videotape at its sole discretion.

Signature \_\_\_\_\_ Date \_\_\_\_\_

We prefer that if you are under 18 yrs of age you are accompanied by your parent(s) or legal guardian. If under 18 yrs of age your parent/legal guardian must sign this release for you.

Parent's/Legal Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

Please make checks payable to **Adventure Monkey**  
••• Full Weekend \$125 or One night (Friday dinner to Saturday dinner) \$75 •••

Pay by check, cash or paypal only (Adventure Monkey will send a bill via email)  
Tour fee must be paid before you can take part in this tour

Send forms and fees to [feedyourmonkey@gmail.com](mailto:feedyourmonkey@gmail.com) or Adventure Monkey, 1402 Luther Street, Emporia, KS 66801