



MOUNTAINBIKE CAMP LIVIGNO/RABAC



ZenCycle Croatia
Yoga Retreats & Mountainbike Adventures



TABLE OF CONTENT

WELCOME TO LIVIGNO/RABAC: MTB PARADISE

ZENCYCLE CREW

OUR MISSION THIS WEEK

WEEK PLANNING

SAFETY/EMERGENCY CONTACTS/FORM

Q&A



ZENCYCLE CREW

LUC
(GUIDE)



EXTRA GUIDE: TBA

GRIET
(THE BOSS)



WELCOME TO

LIVIGNO: THE MOUNTAINBIKE PARADISE

**SITUATED IN THE ITALIAN ALPS, CLOSE TO THE SWISS BORDER.
KNOWN AS "LITTLE TIBET" DUE TO ITS HIGH ALTITUDE AND UNIQUE
CLIMATE.**

FAMOUS FOR:

**WORLD-CLASS MOUNTAIN BIKING.
MORE THAN 3,200 KM OF MARKED TRAILS.
VARIOUS TYPES OF ROUTES: CROSS-COUNTRY, ENDURO, DOWNHILL,
AND FREERIDE.**

BIKEPARKS

**MOTTOLINO: KNOWN FOR ITS CHALLENGING DOWNHILL AND FREERIDE
TRAILS.**

CAROSSELLO 3000: MORE FLOWY RIDES

ENJOY DUTY-FREE SHOPPING IN THE CENTER OF LIVIGNO.



WELCOME TO RABAC: CONQUER THE ROCKS

LOCATED ON THE STUNNING CROATIAN COAST

FAMOUS FOR:

AN IDEAL COMBINATION OF CHALLENGING TRAILS AND
BEAUTIFUL SCENERY. FROM TECHNICAL DESCENTS TO STEEP
CLIMBS, THE VARIED TERRAIN CATERS TO ALL LEVELS OF
RIDERS.

NO DUTY FREE SHOPPING, BUT MEDITERRANEAN HOSPITALITY
AT ITS BEST





OUR MISSION THIS WEEK

**“Bringing Like Minded People Together
And Empowering To
Achieve Their Personal Best”**

- **A UNIQUE MOUNTAINBIKING EXPERIENCE**
- **DEVELOP NEW SKILLS**
- **THE TRAIL TO YOUR PERSONAL BEST**
- **SUPPORTIVE AND PROFESSIONAL CREW**
- **INSPIRING AND LEARNING FROM EACH OTHER**
- **CREATE A COMMUNITY OF MTB FRIENDS**





BAMS

BELGIAN AF

IARAT

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SK

THE STAG

DES

MORV

THE

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Stone

SERIES

SERIES

EPIC

GLOBAL MTE



WEEK PLANNING

DAY 1: ARRIVAL & MEET-AND-GREET

DAY 2: ENDURANCE RIDE AND STRATEGY SESSION

DAY 3: RIDE LIKE A PRO AND SKILLS TRAINING

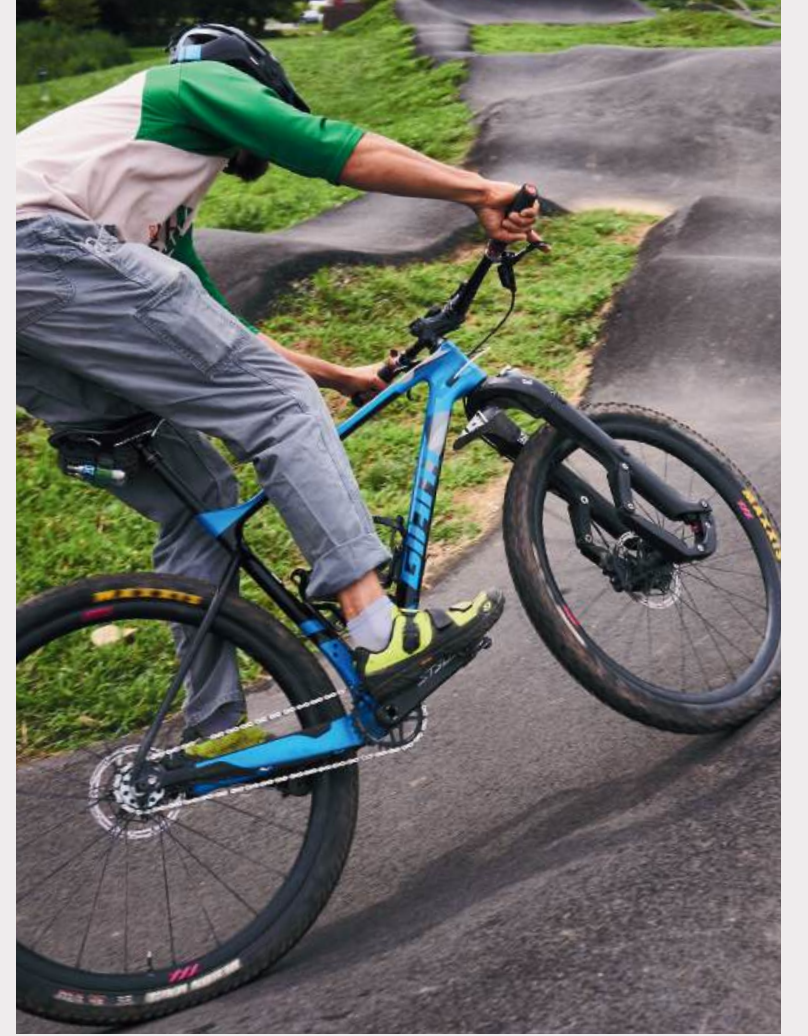
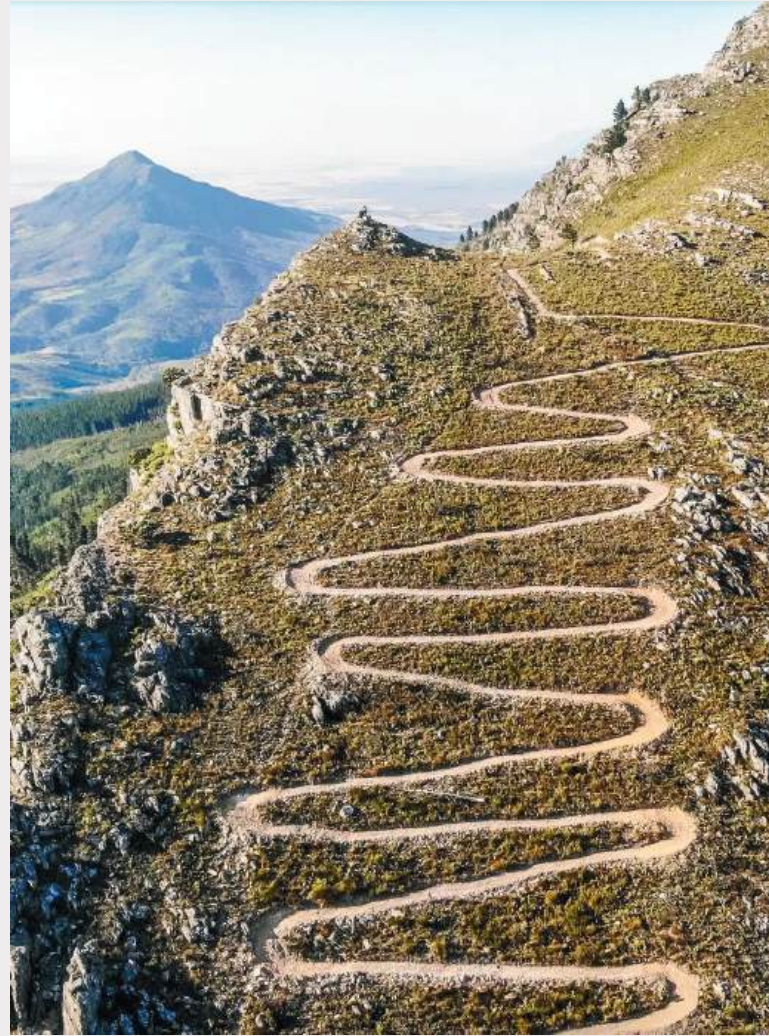
DAY 4: ENDURANCE RIDE, RECOVERY AND NUTRITION

DAY 5: STRENGTH TRAINING AND BIKE PARK DAY

DAY 6: RACE SIMULATION, FEEDBACK AND BBQ

DAY 7: WHAT'S NEXT





DROPS, SMALL JUMPS

SWITCHBACKS

TRACKSTAND

BUNNYHOP

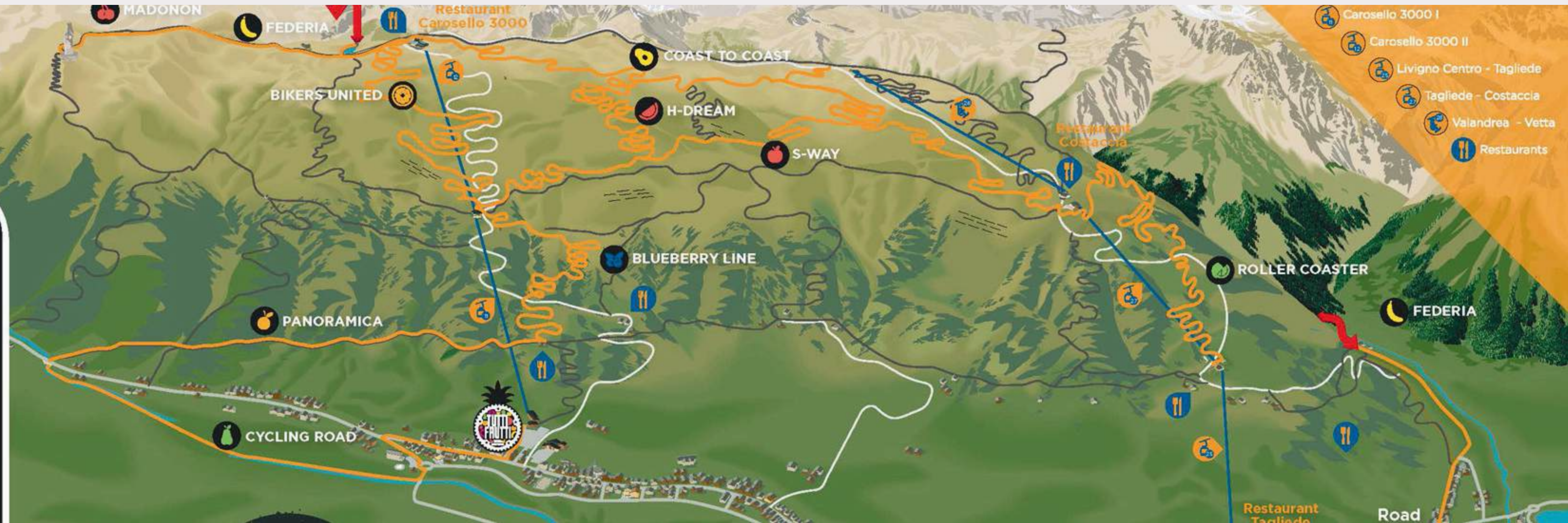
TECHNICAL CLIMBS

PUMPING FOR SPEED





1 DAY TOUR
1 LIFT PASS
10 MTB TRAILS
50 KM LONG
3900 M
VERTICAL DROP
85 M UPHILL





CONQUER THE ROCKS
SHUTTLE SERVICE
28KM TRAILS



Mountainous

TERRAIN CHECK



Cockpit
Steer + everything tight?
Handles tight
Head baljoint ok?

Posture:
Dropper ok?
Sadle fixed?

Suspension
Suspension smooth and
functional lock-out?

Brakes
Brakecallipers ok?
Brakes/disc not worn out

Wheels and Pedales
Movement on the bearings?
Wheels fixed and tighten?

Tyres
Tyre pressure ok?
Profile/usage ok?



OUR CONTACT

Save this onto your phone please

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