



# Wilderness Tours Bike Park ENDURO

August 22nd, 2026

RACE TECHNICAL GUIDE



## Wilderness Tours Bike Park, Ontario



### LEGAL

By participating / registering in this event, you agree that you have read, understood and accept the Release of Liability, Waiver of Claims and Assumption of Risk. YOU WAIVE OR GIVE UP YOUR LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE OR CLAIM COMPENSATION UNDER ANY CIRCUMSTANCE.

### EVENT OVERVIEW



#### LOCATION

#### **PARKING, REGISTRATION & STAGING:**

Wilderness Tours Resort 1260 Grants Settlement Rd,  
Foresters Falls Ontario, K0J 1V0



#### IMPORTANT

- Racers must follow Leave No Trace Principles. Littering results in automatic disqualification from the event.
- **Riders must follow the laid-out course, no short cuts or different routes allowed even if you know the trails.**

## Table of Contents

1.	Race Overview .....	4
1.1.	What is the Wilderness Tours Bike Park Enduro?.....	4
1.1.	What Is Enduro Racing?.....	4
1.2.	Ontario Enduro Series.....	4
1.3.	Registration and Staging Info .....	5
1.4.	Training and Course Inspection.....	5
2.	Trail and stage descriptions.....	7
2.1.	Morning Stage Briefings details.....	7
2.2.	Afternoon Stage Briefings details .....	7
3.	Race Categories and Registration .....	8
3.1.	REGISTRATION .....	8
3.2.	Refund Policy .....	8
4.	Schedule .....	9
5.	Course Information .....	10
5.1.	Example course from 2025.....	10
5.2.	Course Marking .....	10
5.2.1.	Course Tape Colours .....	10
5.2.2.	Course Cutting & Cheat Lines.....	10
6.	Race Timing .....	11
6.1.	Course Finish .....	11
6.2.	Results and Awards.....	11
7.	Race food details .....	11
8.	Safety and Risk Management.....	12
8.1.	Equipment Requirements .....	12
8.2.	First-Aid .....	12
8.3.	Incident Commanders .....	12
8.4.	Local Emergency Numbers .....	12
8.5.	Emergency Action Plan .....	13
8.5.1.	Minor Accident.....	13
8.5.2.	Major Accident .....	13
8.6.	OES rider down policy.....	14
8.7.	Head Injury / Concussion .....	14

# 1. Race Overview

## 1.1. What is the Wilderness Tours Bike Park Enduro?

The Wilderness Tours Bike Park Enduro Race takes place on the purpose built enduro network at Wilderness Tours Resort. With 87 meters (285 ft) of elevation drop on the resort across a wide range of terrain, this bike park feature loamers, technical rock, slabs and purpose build modern flow. This race showcases some of the best that Ontario has to offer.

Our trails were featured on [SingleTracks.com](http://SingleTracks.com), [Capital MTB's YouTube](https://www.youtube.com/channel/UCv8v8v8v8v8v8v8v8v8v8v8) as well as [Canadian Cycling Magazine](http://CanadianCyclingMagazine.com).

## 1.1. What Is Enduro Racing?

Enduro races are composed of multiple timed stages (predominantly downhill) over the course of an adventurous ride. The premise is that it mimics a group ride - riding together with your friends to the stages and racing each other down a trail. Then regroup at the bottom and repeat! Also why not get a "guided tour" of our trails!

Racers will follow the mark trails to the beginning of each stage where timing will start. At the end of the stage the timing stops and riders work their way to the next stage, this is the "transition" and is not timed.

- Riders must be self-sufficient, there is no designated tech zone along the course to repair any mechanicals or get outside support.
- Riders must also carry enough water and food to sustain themselves on course.
- Riders assume all responsibility for themselves and comprehend the risks associated with racing mountain bikes.

## 1.2. Ontario Enduro Series

The Wilderness Tours Enduro is part of the Ontario Enduro Series (OES). The series comprises of 7 races across Ontario this year with stops in Durham, Huntsville, North Bay, Duntroon, Ottawa River, and Millbrook. For more details on the series check out the website: <https://ontarioenduroseries.com/>.

Our long course is offering up points to the overall series standings. The series uses your best 5 of 7 race results to count to your overall standings.

### 1.3. Registration and Staging Info

#### REGISTRATION AND STAGING INFO

##### REGISTERING FOR AN EVENT

- [Click here to register](#)
  - **Online Registration Closes on Thursday Aug 20<sup>th</sup> at 11:59pm EST**
  - Onsite registration is available on Saturday morning, see schedule for registration and departure times.

Registration Location: [Wilderness Tours Resort is located here](#)

Steps to registration and plate pickup:

1. Park your vehicle in the Wilderness Tours Reception Parking Lot and check in.
2. Pick up your race plate.
3. Pick up your timing chips.
4. Get ready for a day of racing!

### 1.4. Training and Course Inspection

#### TRAINING / COURSE INSPECTION



**We do not offer 'official practice' on closed courses. Trail access pre race is possible. Final stages will be announced one week before the race. The trails are open to the to access if**

- **There are no support services available during training and course inspections. Riders must be 100% self-sufficient.**
- Riders are NOT permitted to free-ride off of designated trails.
  - **If "cheat/cut lines" appear, we risk having the stage being dropped from the course. PLEASE DO NOT CUT THE COURSE!**
- No hiking up the bike trails. **DO NOT stop or hike on the trail. If you want to take a closer look at a line, pull to the side of the trail.**

- |  |   |
|--|---|
|  | <ul style="list-style-type: none"><li>• Trails are closed to the public from 4pm on Friday until 4pm on race day.</li></ul> |
|--|---|

## 2. Trail and stage descriptions

All our trail maps are online only on trailforks.com and are linked below. Photo / video of trails are linked on trailforks.

### Wilderness Tours Bike Park on Trail Forks

#### 2.1. Morning Stage Briefings details

- Stage 1 – Kessel Run
  - Starts at parking lot, keep right.
  - Tabletop at the end isn't in the race and flagged off
  - Climb is not via normal climb trail, as this crosses the race path. We will be going through the paddler's meadow. It will be taped off directing you there.
- Stage 2 – Ender
  - Starts at top of the hill at Wave Train
  - Mindful of the road, will have volunteer at road checking traffic
- Stage 3 – Air Bud
  - We have volunteers at each steep location and jumps.
  - Please no braking on timing loop on last jump

#### 2.2. Afternoon Stage Briefings details

- Stage 4 – Portage
  - Road crossing is managed by volunteer.
  - Please note that there is a new wood feature as you cross the road. Big thanks to Lukas Baum for making that happen
  - Run ends after the bridge
- Stage 5 – River Runner
  - The "steep section" the run on the left is blocked off everyone goes right and has the ride around option.
  - Climb is not via normal climb trail, as this crosses the race path. We will be going through the paddler's meadow. It will be taped off directing you there alternatively you can go left at the bottom at the river and go up the access road (kayaker takeout)
- Stage 6 – Dragon Finger -> Haystack -> Air Bud
  - Be mindful of big left berm and air bud jumps
  - Please no braking on timing loop on last jump continue straight at make sure you clear the finish area for the next rider.
- Stage 7 – Myster Stage – TBD

### 3. Race Categories and Registration

Race Course	Number of stages	Distance/ Elevation	Categories
Wilderness Tours Bike Park Enduro	7	28km / 700 meters	Male/Female - Under 16 Male/Female - Under 19 Male/Female - 19-34 Male/Female - 35-44 Male/Female - 45+ E Bike Category (Does Not Count for OES)

#### 3.1. Registration

All registration is done through the Wilderness Tours Website for the event.

Event Only Package - \$99

- Race plate
- Socks for the first 80 registered
- Lunch day of the event
- Dinner after awards

Full Weekend and or longer packages can be booked here:

<https://wildernesstours.com/2026-wilderness-tours-bike-park-enduro-race/>

**NOTE:** Racers do not need Ontario Cycling Association (OCA) Race Licence to participate in the event. We use different insurance providers, and their fees are bundled into your registration fees.

#### 3.2. Refund Policy

Registrations cannot be cancelled. No refunds.

## 4. Schedule

**Pre-Ride** – Friday, August 21st (shuttles available for overnight competitors)

**Note:** Day Pass or Membership required, shuttle included in event fee 19th

**Registration and Check in time:** 7:00 am -8:20am

The Check-in Time is when you must arrive to pick up your race plate and timing chip.

It is located at the Wilderness Tours main [check-in area located here](#).

**Competitor Meeting:** 8:30 am

At the main pavilion (next to bike racks) [is located here](#).

**Race Start:** MTB Parking Lot & Skills Area

The race start location is at the [mtb skills area located here](#).

Friday, August 21st, 2026		
All day	Course is <a href="#">released here</a> . Training and course inspection.	Trailforks
Satuary, August 22nd, 2026		
7:30am	Volunteer Meeting	
7:00 am-8:30 am	Registration and Check In Time/ Timing Chip Pickup.	Location: <a href="#">Registration</a> All riders must be checked in with their by 8:30am for pre-race rider meeting.
8:30am	Rider meeting	All riders MUST attend the pre race rider meeting for critical info on the course and enduro format.
9:00 am	Race Start	All stages begin in this zone at the MTB Parking Lot & Skills Area
12:00 pm	Lunch	Lunch allows the course martials to reset the flagging for afternoon stages. <a href="#">Main restaurant and pavilion</a> .
1:30 pm	Afternoon Stages Start	Stages begin in the MTB Parking Lot & Skills Area
3:30pm	Race Close - Timing chips must be returned	Timing chips not handed by 4:30pm will incur a charge of \$100.00 and be considered 'lost'.
5 pm	Awards. Timing chip hand in	<a href="#">Location:</a> in main pavilion and restaurant
6 pm	Dinner for all races	Location: Main pavilion and restaurant.

## 5. Course Information

- All riders **must** attend the Rider Briefing which is typically 10-15 minutes before the race start time (All OES racers must attend the rider briefing before the race)
- Courses may be changed at the discretion of the event organizer.
- Courses are minimally marked to ensure the essence of mountain biking. However, we mark well enough that a rider paying attention should not make a wrong turn.
- Riders who duck or ride through course tape intentionally are disqualified immediately.
- There will be medics on-site for the entire duration of the event.

### 5.1. Example course from 2025.

This course covers a wide variety of terrain at the Wilderness Tours Bike Park from green until black terrain. Riders are expected to navigate black technical terrain.

Possible trails include.

Stage 1: Kessel Run

Stage 2: Ender

Stage 3: Air Bud

Stage 4: Portage

Stage 5: River Runner

Stage 6: Dragon Finger → Haystack → Lower Air Bud

Stage 7: Mystery Stage (TBD)

Race stages will be marked on Friday, August 21<sup>st</sup>.

### 5.2. Course Marking

- All trails will be marked with tape, any short cuts will be taped.
- Climb trails will be clearly marked for race day.
- It is each rider's individual responsibility to study the course map and understand the race route before participating in a race.

#### 5.2.1. Course Tape Colors

- **YELLOW** trail flagging tape will mark course boundaries
- **PURPLE** Trail flagging tape indicates Stage Starts
- **RED** Trail flagging tape indicates Stage Finishes

#### 5.2.2. Course Cutting & Cheat Lines

- Deviating outside of the main trail tread width more than 2' on either side is considering course cutting. Racers found cutting course or creating cheat lines will be disqualified.
- Please respect the trails – the majority are built by volunteers, and as such, creating braiding/alternate lines may help your time, but take away from the trails

## 6. Race Timing

### The Wilderness Tours Bike Park Enduro uses the Zone 4 timing system

- competitors will place timing chip on the front lower of their fork on the non brake side.
- This system is ride through the start and finish areas and does not require a stop or tap
- The timing chip must be returned to the registration area the rider finishes the last stage.
- Riders will be charged for any timing chip not returned within 3 hours of completion of the last stage.

If a racer is unable to complete a stage for some reason (mechanical, etc.) they will be awarded the same time as the slowest racer for that stage. If you stop to help a rider who injured themselves before you, we will allow you a restart of that stage.

(See "Rider Down Policy" in the Safety and Risk Management section)

#### **6.1. Course Finish**

Riders are considered finished when they pass the timing gate on all section

#### **6.2. Results and Awards**

When you return to the venue after completing all stages, please hand in your timing chip at the registration tent. You will then receive a printed "receipt" with your stage times. Final results will also be posted to the website (link) within 24 hours.

Awards ceremonies will take place at approximately 5pm.

All course results contribute to Ontario Enduro Series overall standings and will be updated to within 24 hours of the race completion.

<https://ontarioenduroseries.com/ontario-enduro-series-standings/>

## 7. Race food details

Wilderness Tours Rafter's restaurant will provide complimentary lunch as well as dinner after the race

When you return from your day on the bike, you will be greeted by the awesome smell of barbeque - just for you! The price of the BBQ is included in your race registration. If you brought your support squad with you and they volunteer as a race marshal or time keeper they receive complimentary lunch and dinner. We do have full weekend non competitor packages available . [See here for full details.](#)

## 8. Safety and Risk Management

### 8.1. Equipment Requirements

- Modern mountain bike with front suspension
- Helmet approved for Mountain Biking
- All competitors must wear a helmet purchased/manufactured within the last three years. Random inspections are done. If a helmet does not meet this stipulation the rider will not be allowed to compete.
- Helmets must be worn at all times while riding.
- Recommended Gear List: Full face helmet, knee pads, chest / back / neck protections, gloves, eye protection, sun Protection, Spare tubes/ puncture repair kit, Multi-tool, Extra Food and fluids, Emergency contact information
- Two functioning hydraulic disk brakes.

### 8.2. First-Aid

We have onsite medics during the entire race, including Renfrew County Paramedics. Refer to Emergency Access Points on last page for closest access point

### 8.3. Incident Commanders

Race Director (RD), Matt McGuire:(613) 703-6111  
Incident Commander: TBD

Order of Emergency Contact's:

- 1) Notify Race Course Incident Commander, Marshal or Timing Judge
  - a. All have communications and will contact medical services on site.
- 2) Call Race Director – (613) 703-6111
- 3) Call 911
- 4) IF ALL FAILS – SEND A RIDER TO THE NEAREST MARSHAL TO CALL OR RADIO THE INCIDENT COMMANDERS

**Location:** 1260 Grants Settlement Road, Foresters Falls, Ontario, K0J 1V0

### 8.4. Local Emergency Numbers

- Ambulance Renfrew 613-432-8888
- Ambulance Pembroke 613-735-3143
- OPP 1-888-310-1122
- Fire Dept. Westmeath 613-587-4798
- Fire Dept. Cobden 613-646-7860
- Fire Dept. Foresters Falls 613-646-7739
- Fire Dept. Beachburg 613-582-3943

Location	Phone	Distance	Comments
Renfrew Victoria Hospital	(613) 432-4851	20 min	
Pembroke General Hospital	(613) 732-2811	25 min	Regional Trauma Center
Whitewater Medical Centre – Beachburg	(613) 582-3685	10 min	Limited Hours
Beach-West Pharmacy – Beachburg	(613) 582-3333	10 min	

## 8.5. Emergency Action Plan

Renfrew County Paramedics are the official medical provider providing First Aid coverage for the event. Wilderness Tours medic staff are also on site for any minor accidents.

### 8.5.1. Minor Accident

The person is conscious, breathing and not severely bleeding.

- Assess the scene, if safe for you, put on PPE and address situation
- Call Incident Commander, course marshal or timing judge who will notify medics
- If safe and stable, ask rider to move off the trail
- Give the rider a few minutes to self-assess.
- Keep them well off trail and move bike off trail
- If they decide to continue on their own will, that is okay, do not impede them (unless you are trained).
- If they show signs of a head injury, please contact the Incident Commander or the Race Director
- Self-serve, First Aid kits are available at stage starts and finish.

### 8.5.2. Major Accident

The person may be; unconscious, severely bleeding, broken bones, not breathing

- Assess the scene, if safe for you, put on PPE and address situation
- Call Incident Commander or safety marshal with location to alert on site medics
- If the rider is UNCONSCIOUS, NOT BREATHING, OR SEVERELY BLEEDING – Start Life Saving First Aid if Possible
- Contact top/START of STAGE and CLOSE the course.
- If not life threatening, but still serious. Then talk with them to determine severity.
- Contact top of STAGE and CLOSE the course.
- If you have NO RADIO OR NO CELL COVERAGE..... If they are serious enough that they cannot move then notify the next rider down to alert the marshal at the bottom of the stage to radio to the top to keep riders from entering the stage.
- If they can move then get them off the trail as far as possible and allow the race to continue BUT still notify the next rider of the situation, and what help is required and they must pass this on to the marshal at the bottom of the stage to radio in for help – give them as much detail as possible

## 8.6. OES rider down policy

- If a rider encounters another rider down on the course, **a verbal response is necessary before continuing**. If no response between the riders is given, the rider must stop and assess the situation.
- If the rider not responding is injured please stay with them and send the next rider down to the closest marshal.
- A rider who does not stop for an unresponsive rider will be banned from future Enduro races.
- Riders who help injured riders will be given the opportunity to repeat the stage, or to take an average of their other stage finishes.

## 8.7. Head Injury / Concussion

- A rider who has a positive mechanism for a head injury will be assessed by a first-responder of the race. If the first-responder deems the rider unfit, the rider will be removed from the course and forbidden to ride in the event for that day.
- When a first-responder deems a rider is unfit to continue, that rider must submit their number plate to the first-responder without question.

### [CONCUSSION POCKET GUIDE](#)

## ALL OTHER EVENT INFO



### ACCOMMODATION

There are no camping services provided on-site.

Check out [Wilderness Tours Resort](#)

- RV Sites
- Cabins
- Camping (camping included in weekend competitor packages)



### FOOD & BEVERAGE

There are dining options nearby at the [local Ottawa River Barn](#), fully licensed restaurant and bar is on-site at Wilderness Tours Resort.

<p><b>AWARDS</b></p>	<p>Awards are scheduled for 5 pm on Saturday.</p>
	<p><b>VOLUNTEER</b></p> <p>Looking to join us as a Volunteer this year and cheer on your friends and family? We love our volunteers and we want you.</p> <p>We are always on the look out for help out with any of the following roles:</p> <ul style="list-style-type: none"> <li>• Course marshals and timing</li> <li>• Setup and Takedown</li> <li>• Registration and awards</li> </ul> <p><b>To sign up - email <a href="mailto:bikes@wildernesstours.com">bikes@wildernesstours.com</a></b></p>
	<p><b>CONTACT</b></p> <ul style="list-style-type: none"> <li>• <a href="mailto:bikes@wildernesstours.com">bikes@wildernesstours.com</a></li> <li>• Volunteer Registration – email <a href="mailto:bikes@wildernesstours.com">bikes@wildernesstours.com</a></li> </ul>
	<p><b>FOLLOW US</b></p> <p>For up to date info on the racing and events, follow us on Facebook or Instagram @wildernesstoursbikepark @wildernesstours.</p>
	<p><b>THANK YOU</b></p> <p>A special thanks to:  Our Volunteers   Wilderness Tours Bike Park   Renfrew County Paramedic Service   Ontario Enduro Series</p>