



Confidence Booster

Anyone can ride a bike but we'll show you the fundamental bike control skills you need to stay on course and in control out there on the trails - even if you find them daunting at the moment.

By concentrating on the basics, like your riding position, braking and cornering, we'll give you the confidence to take on terrain you'd have avoided at the start of the day.

And the good news is we'll build up these skills on easier terrain to begin with, starting in our skills area. There's no pressure to ride anything your uncomfortable with. After all, mountain biking should be about having fun.

Course Content

During the course we'll show you:

- How the right riding position smoothes out the trail and gives you more control
- How to brake smoothly and under control
- Which gears work best when, and how to keep your shifting smooth
- How to tackle moderate uphill and downhill slopes with confidence
- How to cope with the common trail obstacles like small steps, tree roots and tight corners, including how to stop safely if they're not for you

Who should attend?

- Anyone who is fairly new to mountain biking
- Bikers who are already happy on flat trails like towpaths and forest roads.
- Those who want to start riding technical trails such as we have at Bedgebury and Alice Holt
- Those who lack the confidence or knowledge required to have a go.

Cost

£75 per person
(maximum 6 per group)

All courses are run by fully trained MBLA or CTC coaches.
Normal parking charges apply.

To book or for more information
call Quench Cycles on 01580 879694
For information on the site and facilities visit www.quenchuk.co.uk