



Course outline

The skills taught and practiced on the Beginner **level 1 course**:

- Core body position
- Weighting and un-weighting bike
- Effective braking
- Negotiating small trail obstacles
- Cornering skills
- Line choice

Typical programme:

- **10:00-10:30** – Arrival, Introductions and equipment checks.
- **10:30-11:00** – Warm up ride to cycle skills area, practice.
- **11:00-12:00** – Skills coaching
- **12:00-12:30** – Course review and final ride.

Equipment list:

- Helmet *
- Gloves *
- Clear or sun glasses *
- Water
- Food sufficient to last the morning
- Medication
- Suitable clothing

*these items can be hired on the day.

£75.00

Course outline

The skills taught and practiced on the intermediate **level 2 course**:

- Continuation on level 1
- Fast cornering and berms
- Line choice
- Negotiating challenging trail obstacles

Typical programme:

- **10:00-10:30** – Arrival, Introductions and equipment checks.
- **10:30-11:00** – Warm up ride to cycle skills area, practice.
- **11:00-12:00** – Skills coaching
- **12:00-12:30** – Course review and final ride.

Equipment list:

- Helmet *
- Gloves *
- Clear or sun glasses *
- Water
- Food sufficient to last the morning
- Medication
- Suitable clothing

*these items can be hired on the day.

£75.00