



Jumps & Drops

From this one-day course you'll learn how to ride the hardest sections of the trail and stay in control, even if you're not on the ground!

We're not fans of the 'hit-the-lip-fast-and-hope-for-the-best' school of thought, so we'll start with the basics: how to keep control through take-off, flight and landing. Then, in the afternoon we'll put it into practice with video analysis, berms, drops, transitions and kickers.

Course Content

You'll learn how to:

- Unweight, roll and fly off features like rocks and drops
- Step up your jumping to longer jumps and doubles
- Improve your awareness and anticipation to ride harder lines
- Pump the trail for free speed and maximum control
- Stay in control on fast, steep descents

Who should attend?

- Bikers who are already happy on the red trails and want to attempt black trails
- Anyone who can already lift their front wheel over smaller trail obstacles
- Those who sometimes finds themselves in the air but lacking control

Cost

£95 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