



MACDONALD CARDRONA BIKE 'N' BLISS FAQ FILE

IS IT FOR YOU?

The Bike 'n' Bliss package is designed to offer something for all abilities. We presume that you have ridden a bike before, but not necessarily 'mountain biked' before. Then you can surprise us with how good you are, and your guide will adapt the day accordingly. A basic level of fitness is also presumed, however the day is not designed to test your fitness. If you aren't confident in your fitness, then try completing a two hour ride over variable terrain with regular breaks. If you can do this, you are in fine fettle to complete the day.

WHERE DOES IT TAKE PLACE?

You will be met at the hotel and will be accompanied into Glentress Forest, on the doorstep of the hotel. Glentress provides the perfect skills and thrills venue, with its variety of graded trails and purpose-built obstacles to improve on. All of our tutors have intimate knowledge of Glentress, as all of our tutors have worked on the trails in Glentress.

HOW DOES THE DAY RUN?

10.00am	Meet at Macdonald Cardrona Hotel and ride/drive into Glentress Forest
10.30am	A morning skills session to get you ready for the downhill!
12.30pm	Lunch or return to hotel if you wish
13.30pm	A guided tour of the very best trails in Glentress Forest
16.00pm	We finish by now after the final exhilarating descent

WHAT DO YOU NEED TO BRING?

The most important thing to bring is enthusiasm! In terms of equipment, you can bring your own well maintained bike or hire one of ours (£20 each). If you are unsure if your bike is suitable, it should be a mountain-specific bike with knobbly tyres and preferably with front suspension. As a guide of quality, if your bike is more than 5 years old, it should have cost you at least £400 or if your bike is under 5 years old, it should have cost you at least £250 to be generally suitable. Other equipment you will need to bring:

- A standard cycling helmet(included with bike hire) – **NO HELMET = NO RIDE**
- Comfortable sports clothing & spare layers including a wind/waterproof jacket
- Gloves, preferably cycling-specific
- A small rucksack to carry water and spare clothing
- Lunch – a packed lunch can be supplied by the hotel on request
- Recommended extras include protective glasses, snacks and simple spares including a spare inner tube, bike pump and multitool

WHAT ABOUT...

Your day will be tailored to your needs by your personal guide. If you have any other questions, get in touch on 08706 093 096 or email ride@mb7.com.