



INTRODUCTORY COURSES - FACT FILE

OVERVIEW

The introductory mountain biking course is aimed to take those with little or no experience of off-road cycling and turn them into mountain bikers! By this we mean giving you a thorough grasp of the difference in technique of riding a bike on tarmac and riding a bike off-road.

Our courses are always designed to be fun and action packed. A basic level of fitness is presumed, however the course is not designed to test your fitness. You'll find your skill set and confidence improving without you realising you were 'studying' skills. The safety and comfort of our clients is our no.1 priority and our expert tutors will never throw you in at the deep end. We will take you from 'green' beginner level to be ready to take on 'blue graded' trails comfortably and after two days be comfortable taking on 'red graded' trails.

ITINERARY

Day 1 **09.45** Meet at 'trail info board', Osprey Car Park, Glentress
 10.00 Skills session - efficient use of gears & brakes
 12.30 Lunch
 13.30 Skills session - attack position & cornering
 16.00 Session ends after introduction to the 'trackstand'

Day 2 **09.45** Meet at agreed point
 10.00 Skills session - climbing and cornering
 12.30 Lunch
 13.30 Skills session - descending & drop-offs
 16.00 Session ends after 'trackstand' competition

Due to the nature of the course, your instructor may decide to alter the above itinerary to suit the needs of your group.

DETAILS

START 10AM
FINISH 4PM
LOCATION GLENTRESS
DURATION 1 OR 2 DAYS
FITNESS LEVEL MODERATE
SKILL LEVEL BEGINNER

COST: £65 – 1 DAY
 £115 – 2 DAYS

2009 DATES: Feb 14/15
 Mar 14/15 Apr 18/19
 May 9/10 Jun 20/21
 Jul 11/12 Aug 8/9
 Sep 5/6 Oct 10/11
 Nov 7/8

INCLUDED:
Full day skills training from a
SMBLA 'mountain bike leader'

EXCLUDED:
Transport to Glentress
Equipment

BRING WITH YOU:
Fully functioning mountain bike
Helmet – COMPULSORY
Gloves
Sports clothing & windproof layer
Small rucksack
Lunch, water & snacks

EXTRAS:
Bike hire - £20/DAY



WHY SHOULD YOU GO WITH MB7?

MB7 ADVENTURES

ABOUT MB7

MB7 is an innovative company run by keen cyclists. At the heart of our company is a passion for creating unique adventures and making them as accessible as possible. An MB7 adventure can be characterised by a laid-back, yet professional atmosphere. We aim to make you feel like you are riding with your friends, and your friends just happen to be local experts with loads of knowledge to pass on.

HOSPITALITY

We realise that being able to relax, recuperate and enjoy your time off the bike can be just as important for an enjoyable adventure as finding the best descent. For that reason, we are uncompromising in our choice of accommodation for you. We hand select the friendliest accommodation with good showers, great breakfasts and maybe the odd real ale.

TRANSPORT

Our tours are designed to minimise the need for vehicle use. We are based 20 miles south of Edinburgh, which can easily be reached by plane, train, bus or ferry. From there we are happy to arrange transfers, which are included in many of our packages.

EQUIPMENT

All of our packages can be completed on well maintained bikes, which do not have to be the latest and greatest (generally those which cost £250 or more in the past 3 years). Alternatively you can choose to hire one of our performance bikes for the duration of your adventure.

BOOKING

To book your adventure, we ask a £50 deposit per person. The balance is due 6 weeks prior to departure. You can book by sending us a booking form along with a cheque, or do it securely online through our website. Your payment is protected until after your adventure in accordance with the 1992 package travel directive.

OUR TEAM



IAIN WITHERS
DIRECTOR



ANDY WEIR
LEAD GUIDE

You are most likely to speak to myself, Iain, or Andy on the phone. We also have a network of local expert guides working for us.

OUR CUSTOMERS

"The trip was great. We were still talking about our experiences weeks later."

Stewart Steven, Marlow

"I'm really happy I took the course and can't wait to get out again."

Jennifer Bow, Edinburgh

"The support provided was outstanding; I'm already looking forward to the next trip."

Simon King, Leeds

"MB7 are great!"

Chris Elliott, Northern Ireland

