

INTRODUCTORY MOUNTAIN BIKE COURSE CHECKLIST



WHAT CAN YOU EXPECT FROM THE COURSE?

Our courses are always designed to be fun and action packed. 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. At the same time you will not be held back from pushing your limits in a controlled manner.

As our courses advance, participants gain the skills and confidence to take on more and more challenging trails. Our introductory courses are designed to take participants from green beginner level to take on blue graded trails and after two days be comfortable taking on red graded sections. If you excel, you will even be allowed to attempt a black graded obstacle at the end!

HOW DO THE COURSES RUN?

Day 1

09.45 - Meet at trail info board, Osprey Car Park (LOWER car park), Glentress
10.00 - Skills session, e.g. efficient use of gears & brakes
12.30 - Lunch
13.30 - Skills session, e.g. attack position, & cornering
16.00 - Session ends

Day 2

09.45 - Meet at trail info board, Osprey Car Park, Glentress
10.00 - Skills session, e.g. climbing and cornering
12.30 - Lunch
13.30 - Skills session, e.g. descending & drops
16.00 - Session ends

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 our performance hardtails.

If you are unsure if your bike is suitable, it should be a mountain-specific bike with knobbly tyres and preferably with front suspension. Well built fully-rigid bikes are fine.

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.

If you are unsure about any of your equipment or need to arrange hire, please get in touch - the main consideration is that the bike is in good working order! Other equipment you will need to bring:

A STANDARD CYCLING HELMET - 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 - supplies can be bought on-site at the start of the day.

Recommended extras include protective glasses, snacks and simple spares including a spare inner tube, bike pump and multitool.

WHERE DOES IT TAKE PLACE?

Our one and two day courses take place at Glentress Forest, in the Scottish Borders. Glentress is 23 miles south of Edinburgh and is widely regarded as the UK's finest trail centre. Glentress provides the perfect skills venue, with its variety of graded trails and purpose-built obstacles to learn core skills on. All of our tutors have intimate knowledge of Glentress, as all of our tutors have worked on the trails in Glentress. [Map here.](#)

If you use a GPS, put postcode EH45 8NB to navigate to Glentress.