



MB7 TUITION & COURSES FACT FILE

MB7 ADVENTURES – ABOUT MB7

Allow us to introduce you to MB7. We set out with a simple goal: to get more people having more fun on our world-class trails, and to contribute to the success of mountain biking in Scotland.

Established in 2005, we've positioned ourselves nicely in the midst of Scotland's biking heaven. After winning the Tourism innovation Development Award in late 2005 we are continuing to build on our business successes.

HOSPITALITY

We know that being able to relax, recuperate and enjoy your time off your bike is just as important. That's why we can get you in touch with local, bike friendly accommodation providers – hot showers, bike-wash and storage, good food and maybe an ale or two to make a great weekend extra special.

EQUIPMENT

All our courses can be completed on well maintained mountain bikes. You can arrange bike hire through us costing around £20 for a good quality hardtail for your session.

TESTIMONIALS

"The support provided was really outstanding, I'm looking forward to booking our next trip!"

Simon King, Leeds

"I'm really happy that I took the course and can't wait to get out mountain biking again!"

Jennifer Bow, Edinburgh

"Andy for President!"

Petra and Robben, Stockholm, Sweden

"The course really helped my technique and confidence. I'd definitely recommend it."

Paula Henderson, Glasgow



OUR TEAM

Iain Withers : Director & events co-ordinator

Andy Weir : Lead Guide: Mountain bike guiding, tuition & courses

BOOKING

We require a deposit of £50 per person to book a package. The balance of the package cost must be received 8 weeks prior to commencement. See the full terms and conditions on the MB7 website.



MB7 INTERMEDIATE COURSE FACT FILE

OVERVIEW

Our intermediate mountain biking course is aimed at people with previous experience of mountain biking and provide you with the ammunition to take on technical terrain, including drop-offs and steep descents with more confidence and attack. Get the technique to ride faster and smoother on more challenging trails. A good level of fitness is presumed, however the course is not designed to test your fitness levels.

The safety and comfort of our clients is our no.1 priority, at the same time you will not be held back from pushing your limits in a controlled manner. Our intermediate courses are designed to increase your speed and smoothness on a mountain bike and make you comfortable taking on all 'red graded' obstacles, as well as happy taking on 'black graded' trails and if the group are up for it we can include 'mandatory air'!

ITINERARY

Day 1

- 09.50** Meet at 'trail info board', Osprey Car Park, Glentress
- 10.00** Skills session – attacking trails, weight shift, roots and rocks – break for LUNCH ☺
- 13.30** Skills session – advanced cornering, front wheel lifts, manuals, drop offs
- 16.00** Session ends

Day 2

- 09.50** Meet at agreed point
- 10.00** Skills session – technical climbing, bunny hops, step ups, rear wheel lift - break for LUNCH ☺
- 13.30** Skills session – dealing with skinnies, pumping the bike
- 16.00** Session ends

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	INTERMEDIATE

COST:	£75 – 1 DAY £115 – 2 DAYS
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2010 DATES:

April 3/4	May 1/2
May 29/30	Jun 26/27
Jul 24/25	Aug 28/29
Sep 25/26	Oct 23/24
Nov 20/21	

INCLUDED:

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

EXCLUDED:

Transport to Glentress
Equipment / Food / Drinks

BRING WITH YOU:

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

EXTRAS:

Bike hire – around £20/DAY



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