



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 INTRODUCTORY COURSE 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

09.50 Meet at 'trail info board', Osprey Car Park, Glentress

10.00 Skills session - efficient use of gears & brakes, obstacles and difficult terrain – LUNCH ☺

13.30 Skills session - attack position & fundamental cornering, riding obstacles on difficult terrain

16.00 Session ends

Day 2

09.50 Meet at agreed point

10.00 Skills session - technical climbing and improved cornering, drops in the trail & slow speed balance - LUNCH ☺

13.30 Skills session - descending & drop-offs

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 BEGINNER

COST: £75 – 1 DAY
£115 – 2 DAYS

2010 DATES:

Mar 20/21 Apr 24/25
May 22/23 Jun 19/20
Jul 10/11 Aug 14/15
Sep 18/19 Oct 16/17
Nov 13/14

INCLUDED:

Full day skills training from a SMLA '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



email: andyw@mb7.com phone: 07817 792 544

