



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.



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MB7 PRIVATE TUITION FACT FILE

OVERVIEW

Our private guiding sessions are designed to tailor our mountain biking packages to your needs. The most efficient way to enhance your mountain biking skills is to have your very own instructor giving you 100% personal attention.

Whether you wish to develop your skills on the bike, or entertain 6 friends for a day, your guide will make this happen. A session can be planned for all abilities and fitness's according to your preferences.

Our group courses run a maximum 6:1 ratio, but if you want that extra attention to hone your skills booking a private course for you allows you to get exactly what you need without feeling you might fall behind or be pushed to learn skills too fast.

We can run private mountain bike sessions when they suit you. Weekdays or weekends - just get in touch with a date that fits in with your schedule.

Our sessions can run between 10am and 4pm, full day sessions will include an hour break for lunch. We can cover AM or PM sessions for half day attendees. There is potential for evening sessions but in the summer only. We'll pace the half or full day to exactly match your needs.

A skills session begins with a warm-up assessment ride followed by a short session with your tutor focussing on what you and they think you need to improve on. From there on the sessions run according to the plan you have made with your tutor.

Due to the nature of private tuition, your instructor may decide to alter the days content to suit the needs of your group.

DETAILS

START	by arrangement
FINISH	by arrangement
LOCATION	GLENTRESS
DURATION	3HR / 6 HR
FITNESS LEVEL	MODERATE
SKILL LEVEL	ANY

COST:

1-2 people:	£85 – ½ day
1-2 people:	£145 – full day

3-6 people:	£110 – ½ day
3-6 people:	£195 – full day

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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