



Venturing Out

Outdoor Activities to Stimulate Learning & Development

Introduction to Mountain Bike Skills Course

The introduction to mountain bike skills course is structured to prepare you for confidently riding off road trails.

The following are covered during the course:

- Bike set up and rider positioning
- Brakes, gears and getting the most out of them
- Choosing the right line
- Climbing
- Descending
- Confident Cornering
- Drops offs
- Front wheel lifts
- Trail side repair
- Balance techniques to improve your riding

Kit List:

- Bike, this must have front suspension
- Helmet
- Gloves
- Spare inner tube
- Waterproof Jacket
- Food & Water

Courses run 10am till approx 4pm

Cost: £55 per person (Instruction only, if you require bike hire you will need to organise this prior to the course)

Maximum of 6 participants

Introduction to mountain bike skills courses are run at Glentress and in the Pentland Hills.

Course Prerequisites

This course is suitable for those new to mountain biking, but have some trail experience, or those who have little mountain bike experience and are struggling to find confidence.

This course is also suitable if you are a confident road cyclist and want to venture off road.

Please consider the physicality of this type of course prior to booking. If you are unsure get in touch.