

Fancy a free Mudpack girls?!



Free mud-pack is optional !!

Women Only Course

Great for beginners

Sociable & informal

Local Trails & local instructors.

Purpose-Built off road route, brilliant fun!

4 hours of tuition

Perfect for those who want to let their hair down & have some fun...

Learn how to ride your bike in more interesting & more challenging local woodland.

- If you have a bike, but wished you used it more often...
- If you wish you knew some good local routes...
- If you want to do more than just cycle along the canal towpath...

Then this is the ideal course for you!

To enjoy this course you do NOT need to be super-fit!, if you can ride a bike for about **an hour then you'll be just fine. No Powerpoint presentations, no computers, just fresh air and fun.**

Fully qualified & experienced mountain bikers from Leighton Buzzard will guide you at your own **pace through some fun & practical training, we'll then chaperone you around some fantastic local trails** where you can put your new found skills to the test! Small, fun & informal groups only.

Meet at Stockgrove Country Park, visitor centre just before 10am to meet and greet.

Course Dates; various Sunday mornings throughout Summer.

Course Costs: £40 per person or £70 per pair of friends.

To Book: call Sam on 01525 381021 or email sam@mbrsuk.com