

Introduction to Mountain Biking



Courses run throughout the summer months, for a current schedule please contact either MBRS or Chris Stevenson (details are below)

Come and learn the basic techniques, with activities and games, at Mentmore Road Park on the first morning. Next day it's off to Stockgrove Woods to try out your new skills on the bridleways and trails. Plenty of time for fun and chat too!

This course is aimed at girls and boys of 9 – 12 years, who are competent riders and would like an introduction to off-road mountain biking.

You'll need a well-maintained off-road bike with at least 5 gears, lots of tough warm clothes, a taste for adventure, and a sense of humour!

This course costs £10 per child (maximum 10) and will be run by experienced trainers (CRB, insurance, etc). For more information and bookings please contact Chris Stevenson, on 01525-382343 or 07941-956840.



Supported by MBRS UK LTD



Pricing and Venues are subject to change