

# Introduction to Mountain biking Courses

*“Scotland is truly a special place for biking, man made or natural it has it all.”*

**Charlie Loweth**



Mountain biking Aviemore

Learning from the pros. We will develop your skills and inspire you to take your biking further.

If you enjoyed the course that much why not join us on our Mountain bike expedition course.

What about becoming an instructor? We have a range of instructor training courses at G2 from short tasters to 13 week intensive courses.

We pride ourselves on the level of our coaching. Mountain biking and the environment within which we operate have risks. G2 take measures to reduce that risk. We would always recommend that you take out personal accident insurance before taking part in any adventurous activities.

**Course fees:**  
**2 day £110 and**  
**4 day £220**

**Day 1:** Introduction to equipment looking at different types of bikes and the set up. Warm up session on easy trails around Aviemore on single track and forest trails. We will cover basic bike handling skills from technical climbs to technical downs. You will also start to learn about the hazards and dangers of mountain biking and how to deal with emergencies. Debrief at the end of day 1 and plan day 2.

**Day 3:** Building on the skills of the first 2 days we will look at an over night camping trip. We will be back on natural trails expanding on the skills of day 2 and navigating using maps and bike computers. Route planning and heading out to your over night stop. Learn about camping kit, what and how to pack so as not to hinder your biking. You will do all the cooking with the rest of the evening to relax and chill out.

## Course programme

**Day 2:** Building on the skills learned on day 1 we will be on faster more technical man made trails. We will start to look at basic trail side bike repairs and later look at more general bike maintenance. Introduce some basic bike navigation so you can go and explore the trails for your self. An end of course debrief giving you guidance to the next steps.

## The next 2 days

**Day 4:** We can consolidate your learning. Navigating are way out during day 4. You will learn more advanced trail repairs as well as some emergency strategies for remote biking. Upon return to the G2 HQ you will have chance to look around the Fat Treads bike shop and spend all your money!! And of course the end of course tea and medals before you depart.

