

Danbury Biker

Is it for me?

This one day course is for anyone who would like to improve their off road riding skills. The course is aimed mainly at riders that have some experience but not lots. Spend time with our staff learning the skills needed to ride confidently off road. Later in the day the staff will guide you around some excellent cross country trails given you the opportunity to put these skills into practice.

Course Content & Programme

Sunday

Meet at Danbury Outdoors between 8.30am and 9.00am.

- Introductions
- Course aims and aspirations

Biking around Danbury

- Environmental issues and access
- Cross country riding
- Course debrief
- Where do I go next?
- Course finishes around 5pm

The Venues

Situated in the heart of Essex at the highest point in the county, Danbury Outdoors offers the perfect setting to enjoy a range of activities, including mountain biking.

Our 70 acre site provides an ideal area in which to learn the techniques required to ride off-road. The centre is also surrounded by some of the best mountain biking trails in Essex, with miles of bridleways and single tracks which are ideal for developing all-round cross country riding skills. We endeavour to explore as much of this area as time allows, building on existing skills and giving participants the chance to experience the wealth of good quality riding around Danbury.

Instructional Staff

Our instructors are qualified and experienced mountain bikers with an excellent knowledge of the sport. They have a great depth of experience instructing novices and experts and will be keen to pass on that knowledge to you. Our low staff to student ratio allows you to progress at your own pace and get the most from the course.

Accommodation

This is a non-residential course. Participants should arrange their own accommodation and food for the duration of the course. A list of accommodation in Danbury is provided below:

Wych Elm B & B
Mayes Lane
Danbury
Chelmsford
Essex
CM3 4NJ

01245 222 674

Southways B & B
Copt Hill
Danbury
Chelmsford
Essex
CM3 4NN

01245 223 428

There are also numerous B & B's in Chelmsford. Alternatively students can camp at Danbury Outdoors. The cost of this is included in the course fee.

The local pub (The Bell) is within walking distance from the centre and provides bar meals during the evening.

Kit List

All participants should bring the following kit and equipment with them:

Waterproof Jacket and trousers
Warm Clothing
Gloves and warm hat
Day rucksack and rucksack liner (bin bag!)
Water bottle/Vacuum Flask
Small 1st Aid Kit
Notebook and Pencil

All specialist biking equipment including bikes will be provided. We have a fleet of top quality bikes for you to try during the course and we do not advise you purchase any equipment specifically for this course, rather use it as an opportunity to find out what best suits your needs. However please feel free to bring any biking equipment you already have, in particular:

Mountain Bike
Helmet

Cycling Gloves
Personal repair kit