

## Introduction to Mountain Biking

### Is it for me?

This course is for anyone who would like a practical introduction to mountain biking. No previous experience is required but a good level of fitness will enable you to get the most from the course.

### Course Content & Programme

#### Saturday

Meet at Danbury Outdoors between 8.30am and 9.00am.

- Introductions
- Course Aims and Aspirations

#### *Danbury Outdoors and Danbury Common*

- Equipment selection and use
- Brakes and Gears
- Riding off-road, including uphill, downhill and short drops.
- Short journey on surrounding bridleways and trails
- Basic bike maintenance

#### Sunday

Meet at Danbury Outdoors at 9.00am.

#### *Biking around Danbury*

- Environmental Issues and Access
- Cross country riding
- Trail navigation
- Repairs on the trail

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 cross country riding skills. We endeavour to explore this area during the second day, building on the skills learnt on-site 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 1<sup>st</sup> 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