

Peak District Mountain Biking

Is it for me?

This course is for anyone who would like to further their off-road riding skills and experience some of the best riding in the country. Participants should be competent off-road riders with a good level of fitness.

This course is aimed at people moving into intermediate riding or those who consider themselves of an intermediate level. The course acts as a good progression from our Introduction to Mountain Biking Course and next steps courses.

Course Content & Programme

Saturday

Meet at the Longshaw Estate (Grid SK 265 800) opposite the Fox house (map below) between 8.30am and 9.00am.

- Introductions
- Course Aims and Aspirations

Over the two days our instructors will cover the following:

- Lots of cross country riding!
- Consolidation of existing skills
- Introduction to technical riding (drops, jumps etc)
- Trail navigation
- Environmental issues
- Bike maintenance and repairs on the trail

The exact venues for the days will be chosen by the instructors nearer the time, taking into account prevailing conditions and the groups' ability and aspirations.

The course should finish around 5pm, after a course debrief.

The Venues

The Peak District is fast becoming one of the countries best off road venues, offering a diverse range of trails to suite all riders of all abilities. Trails offer stunning views and challenging rides.

Although trails are published in local and national guide books, it can be difficult to relate the guide to the ground and pick a route that is suited to your ability.

Our staff have extensive knowledge of the area in all conditions and will guide you through the network of trails, offering you seamless riding at your level.

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 the Hope Valley area is provided at www.danburyoutdoors.com.

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 specialists biking equipment including bikes can 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

Our staff will assess your equipment before riding and advise you on its suitability. Bikes and other equipment that is deemed not suitable for the riding will not be allowed on the ride. We endeavour to provide equipment in this eventuality.