

## Mountain Bike Skills – 5 Day Introduction

### Is It For Me?

This is a 5 day introductory course to Mountain Bike skills. If you are the kind of person who rides their mountain bike off road on gentle trails but wishes to learn the necessary skills to progress either into wilder terrain or onto harder trails this is the course for you. It will give the green/blue trail rider the skills to ride red trails and possibly beyond.

### Aim

The aim would be that you leave with the skills and confidence to undertake your own mountain biking journeys and to ride more technical trails.

### Course Content

The course will cover biking skills such as balance, braking, cadence, trail line, wheel lifts, Bunny Hops to name a few. We will also look at workshop and on-the-trail maintenance, expedition skills, bike navigation, planning, night riding and emergency procedures.

The ratio of bike tutor to students is 1:6. This, along with the 5 day package, allows time to get individual tuition and plenty of practice.

The first couple of days concentrate of skills training based in and around Glenmore lodge with the last three days extending these skills by going further-a-field to one, or more, of the near-by trail centres or on to the miles of local trails we have on our doorstep.

### Equipment Lists

Glenmore Lodge has a large and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

**We do have a limited supply of mountain bikes and biking equipment. However we would advise you to bring your own equipment including bike, helmet, gloves, repair kit, tools and bike computer if possible.**

#### **GLENMORE LODGE CAN SUPPLY:**

- ✓ Basic waterproof jackets and trousers
- ✓ Day & Expedition Sacs

#### **EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.**

Listed here are the essentials; this is not an exhaustive list.

- ✓ Bike
- ✓ Bike computer
- ✓ Small bike lights front and rear
- ✓ Helmet & Eye wear
- ✓ Thin woolly hat or buff for under helmet
- ✓ Gloves (full finger winter/ski)
- ✓ Spare gloves
- ✓ Spare thin fleece
- ✓ Full leg covering (cycle tights, leggings)

- ✓ **Water proof jacket & trousers**

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- ✓ Small personal first aid kit
- ✓ Map (sheet 36, 1:50 000)
- ✓ Map case
- ✓ Drink system
- ✓ Spare inner tube
- ✓ Tyre levers
- ✓ Multi tool
- ✓ Chain link remover (if required for your chain)
- ✓ Pump
- ✓ Power bars (if needed)
- ✓ Emergency survival bag.
- ✓ Head torch (available from lodge)
- ✓ Spare warm clothing.
- ✓ Informal clothing for leisure wear
- ✓ Warm outdoor wear
- ✓ Insulating layers – at least one mid weight and one warm fleece layer
- ✓ General trekking trousers are recommended, not jeans though.
- ✓ Thick socks (several pairs)
- ✓ Spare fleece/insulated jacket
- ✓ Waterproof jacket (with a good hood)
- ✓ Waterproof over trousers or salopettes
- ✓ Hat & gloves\*\*\*
- ✓ Whistle
- ✓ Compass - Silva type 4 recommended \*\*\*
- ✓ Maps and waterproof map case. For all walking courses you need a waterproof 1:50,000 map of the Cairngorms, for ML courses a 1:25,000 is also useful. \*\*\*

If you have digital mapping at home then print an area of the Cairngorms within the following co-ordinates. It will be several sheets of A4 but covers all the main variety of options we might use in a week depending on the weather. Very occasionally we might go outside that area but we have some mapping for that eventuality.

South West Corner 95 98  
 South East Corner 05 98  
 North West Corner 95 14  
 North East corner 05 14

- ✓ Rucksack liner (or sturdy bin liner)
- ✓ Vacuum Flask & Water Bottle \*\*\*
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! \*\*\*
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

**Items marked \*\*\* are available in our shop subject to availability.**

## Useful Books

### **Mastering Mountain Bike Skills by Brian Lopes and Lee McCormack**

Detailed technical instruction for cross-country, downhill, mountain cross, free riding, dirt jumping, and urban terrain from top pro mountain biker Brian Lopes.



**Bike Scotland Trails Guide: 40 of the Best Mountain Bike Routes in Scotland by Richard Moore & Andy McCandlish**

A dedicated guide to the very best trails in the UK - a must-have for riding north of the border.

**Scotland Mountain Biking: The Wild Trails by Phil McKane**

This book showcases 25 routes in Scotland, between 6 km and 290 km in length, suitable for all levels of mountain bikers. Scotland has been named a 'Global Superstar' by the International Mountain Biking Association (IMBA) on a number of occasions, and the variety of terrain, the locations and the jaw-dropping scenery mean it is an incredible place to ride a mountain bike.

**SMBLA Manual by Scottish Mountain Bike Leader Association**

Manual from the SMBLA. Essential for all TCL's and MBL's.

**Trail Riding Tips & Techniques by Emma Guy & Tracy Brunger**

This volume contains everything you need to know from the nuts and bolts of pre-ride checks and trailside repairs to perfecting weight shift, effective gearing and cone of movement, then moving up a gear to climbing, downhill, jumps, rolls and cornering.