

Introduction to Mountain Biking

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. For example, it will give the green/blue trail rider a fantastic grounding in all the skills and techniques needed 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 all around the country and abroad.

Course Content

The 5 day courses covers / refreshes all that is in the 2 day Intro MTB skills course and adds to it with more techniques explored and more miles of trails to be ridden.

The course will cover techniques such as balance, braking, gears, choosing a line, how to get the bike off the ground (inc bunny hops), flow and riding man made trails to name a few. We will explore a greater range of terrain than on the 2 day course and we will sample all that mountain biking has to offer from trail centres through to wild mountain rides.

We will also look at workshop and on-the-trail maintenance, we will chat through expedition skills, planning journeys and emergency procedures.

Navigating on a bike will also be covered throughout the 5 days.

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.

We will start the week looking at core skills and techniques locally before heading out and about to discover the fantastic trails and tracks on offer right on our doorstep.

What Will I Need?

Glenmore Lodge has a large and very comprehensive Stores 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 course.

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.

If you would like / need to borrow a bike please call the office ahead of your course to check availability for your course.

GLENMORE LODGE CAN SUPPLY:

- ✓ Hardtail Trail mountain bike (subject to availability and sizing)
- ✓ Basic waterproof jackets and trousers
- ✓ Day rucksack
- ✓ Biking Helmet
- ✓ Biking Gloves
- ✓ Shin Guards
- ✓ Flat Pedals (you need to bring flat soled trainers)
- ✓ Eye wear

A Towel and all bedding is provided for you for the duration of your stay.

We have a checklist below of the other relevant equipment / clothing needed for your course. If you have any questions then please don't hesitate to call or email before you come along. This list is not comprehensive, it just covers the main essentials.

Mountain Biking Check list for 5 day Intro MTB Skills course

Please use this list to help you prepare for your course, please note shop items are subject to availability.

Item	To Do	Need	Done	Packed
Relevant Paperwork				
Bike				
Bike computer				
Helmet (available from Lodge Stores)				
Eye wear (available from Lodge Stores)				
Head torch (available from Lodge Stores)				
Rear light (red flashing LED is fine)				
Cycle gloves (Full finger are preferable)				
Small Biking Rucksack (15-25L max)				
Rucksack Liner (available from Lodge Shop)				
Whistle (available from Lodge Shop)				
Emergency Survival Bag (available from Lodge Shop)				
Cycle shorts / padded liners (selection)				
Cycle trousers / leggings				
Thin Hat / Buff				
Wicking tops (selection)				
Thin Warm layer – e.g. fleece				
Thick warm layer – e.g. synthetic duvet jacket				
Socks (selection)				
Waterproof Jacket				
Waterproof trousers (suitable for cycling)				

Personal clothing and casual wear for the evenings				
Cycle shoes / suitable flat soled trainers				
Trainers / Sandals / Crocs (for evenings)				
Simple Bike tool kit (multi tool etc)				
Spare Inner tubes x2 for your bike				
Spare brake pads for your bike				
Tyre levers (available from Lodge Shop)				
Pump				
Map (sheet 36 @ 1:50 000) (available from Lodge shop)				
Map case (available from Lodge shop)				
Compass (available from Lodge Stores)				
Drink system e.g. Camelbak or water bottle				
Spare snacks (available from Lodge Shop)				
Sun Cream (available from Lodge Shop)				
Midge repellent (available from Lodge Shop)				
Midge net (available from Lodge Shop)				
Personal toiletries				
Small personal First Aid Kit				
Any Personal medication needed				
Alarm clock				
Money				

Glenmore Lodge also has a Sauna, Swimming pool (small), Gym and Climbing wall – all available for you to use in the evenings – so don't forget to bring along swimming kit etc. You can get rock shoes from reception if you need.

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 but useful as a manual for all MTB enthusiasts.

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.