

Intermediate Mountain Biking

Is It For Me?

This is a 2 day intermediate course to improve your mountain bike skills. If you already ride your mountain bike off road on reasonably technical trails such as trail centre red runs and you wish to progress your riding skills further to ride harder and more technical trails this is the course for you.

- Are you being led round harder trails by your bike?
- Are you failing to keep up with your mates?
- Want to ride more smoothly?
- Do you want to improve specific techniques?
- Want to ride with more style?
- Need to improve your trail skills?

Then this is the course for you.

Aim

The aim would be that you leave with the skills to ride more technical trails with more confidence, style and ability.

Course Content

This is a 2 day course based at Glenmore Lodge designed to improve mountain biking skills so that the you are able to ride more challenging trails at any biking centre or in the wilds.

The course will cover techniques such as balance, braking, cadence, climbing, descending wheel lifts, roll offs, drop offs and bunny hops. We will also look at basic mechanic skills and bike set up.

The ratio of tutor to students is 1:6, which allows time and space for individual tuition and plenty of practice. The first day of the course is based in and around Glenmore Lodge with the second day going further-a-field to one of the local trail centres or to the surrounding Glenmore area.

What Will I Need?

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 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 2 day Intermediate 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 reference for all MTB riders and 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.