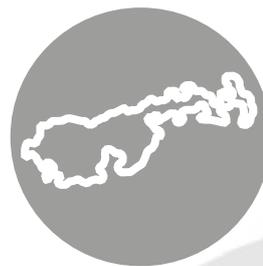


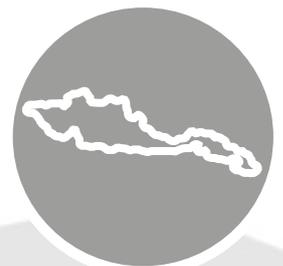
creative outdoors mountain biking



MOUNTAIN BIKE TASTER
MOUNTAIN BIKE SKILLS
GUIDED RIDE
MOUNTAIN BIKE CLUB



NORTH DOWNS WAY



SOUTH DOWNS WAY



SNOWDONIA



you CHOOSE

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mountain biking

	PER PERSON	PER COURSE
TASTER SESSION	£25	£150
MOUNTAIN BIKE SKILLS	£115	£600
GUIDED RIDE	£50	£300
MOUNTAIN BIKE CLUB	£25	N/A
DofE TRAINING WEEKEND - CYCLING	From £100	From £600
DofE PRACTICE EXPEDITION - CYCLING	From £70	From £720
DofE ASSESSED EXPEDITION - CYCLING	From £70	From £420

Taster Sessions are a 1 & 1/2 hour session that is aimed at introducing you to the world of mountain biking. Whether you have cycling experience or not your instructor will tailor the session around your needs. We will give you the basic skills to make your first trail enjoyable and then your instructor will give you as many hints and tips as you can handle. You may even progress to learning some tricks! We hope you will be hooked on trail cycling and come back for more on another Creative Outdoors course.

Mountain Bike Skills is a one day course that will take you on your first journey off road or further progress your skills in mountain biking. You will be given the skills or have the chance to refine your riding looking specifically at balance and movement, tactics and line choice and basic bike maintenance and safety on the trail. Your instructor will also introduce you to and help you begin to work through the Creative Outdoors Mountain Bike Skills Passport. You can take this away with you to help you continue to practice but make sure you bring it back on another Creative Outdoors course! You must have a basic on road cycling ability and usually be of a minimum age of 11 years old.

Guided Ride The guided rides are aimed at like-minded individuals that may want to experience what a new area has to offer or just a chance to cycle with others and make new friends for life. Skills will be taught and revisited along the way just to keep everyone fresh and up to date. We assume you have your own bike and safety equipment to bring along but you can hire equipment from us if you need to. You must have a basic on road cycling ability and usually be of a minimum age of 11 years old.

Mountain Bike Club The weekly club sessions are aimed at like-minded individuals that may want to learn new skills, experience what a new area has to offer or just a chance to cycle with others and make new friends for life. Skills will be taught and revisited each week and everyone has the chance to tick off the Mountain Bike Skills Passport as they go without the pressure of assessments. We assume you have your own bike and safety equipment to bring along but you can hire equipment from us if you need to. You must have a basic on road cycling ability and usually be of a minimum age of 11 years old.

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The logo for Creative Outdoors is displayed in a white, lowercase, sans-serif font. It is positioned at the bottom of the page, overlaid on a scenic landscape photograph. The background shows a wide, open landscape with rolling hills and a large, rocky cliff face on the right side. The sky is filled with soft, white clouds, and the overall lighting is bright and natural, suggesting a sunny day. The text 'creative outdoors' is centered horizontally and spans across the width of the image.

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mountain biking

DofE Expeditions can be delivered on bike with expert guidance from trained and highly qualified staff, at Bronze and Silver level. Discipline specific training can be provided and NGB qualifications can be obtained if required. We can provide a bespoke full program to see a group through from initial conception and training to the end of the assessment or parts of the process where you require support. We have experience in a number of areas in and around the South East, Wales, Lake District and Scotland that we can suggest to you if you so wish. We can also provide assessors for all three levels of the award to serve your expedition assessment needs. The course price is based on 6 students attending as a team. Equipment can be hired to individuals and teams if required. For more information please see our [DofE Information Sheet](#).

All personal protection equipment, mountain bike and instruction is provided as part of the course cost, unless you are taking part in the Club sessions or Guided Rides. If you have your own mountain bike equipment please feel to use it however please show it to your instructor prior to the start of the course so they can check its suitability and serviceability. If you want to buy any equipment prior to your session please have a look at our shop. It can be sent to you in preparation for your session or we can have it ready for you to use when you arrive.

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