

# OUTDOOR ED VENTURE

## Mountain Biking

### What is it?

The use of a purpose built bicycle which has suspension to negotiate 'single' track routes across open countryside.

### What can I expect to experience?

You will experience the thrill of forest tracks, steep climbs and breathtaking descents, open moor lands or gentle country lanes. There is a broad range of routes of varying difficulty. We can match a suitable route to your group and ensure that you enjoy the ride of your life!!

### What will Outdoor Ed Venture provide?

Outdoor Ed Venture will supply a fully qualified and experienced instructor in addition to the following:

- Helmet
- Mountain Bike

### What will I need to bring?

- Suitable footwear such as trainers
- Warm and comfortable clothing – shorts or tracksuit bottoms
- Waterproofs (dependant on weather conditions)
- Water bottles or hydration system
- Sun screen
- Lunch and a drink (unless you have requested lunch from Outdoor Ed Venture)
- Any personal medication that you need to have with you (asthma inhalers etc)
- A sense of adventure!

### CONTACT US:

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