



Skills Courses for road and mountain bikers

## Bikeability & Road Confidence

National Standards delivery:

Bikeability Level 1 – half day, up to 6 riders - £125

Bikeability Level 2 – half day, up to 3 riders - £125

Bikeability Level 3 – half day, up to 3 riders - £125

Go to [cyclist-training.co.uk](http://cyclist-training.co.uk) for more info.

For 1 to 1 road confidence and learn to ride sessions (2½ hrs at £55) please call 01785 818193 for more information.

## MTB Skills Courses

If you wish you could keep up with your friends on singletrack, how to climb technical sections or ride over roots, then we can help.

Your course tutor will use the latest techniques and technology to ensure you get the most from your session.

1 to 1 coaching - £50 per hour (min 2 hours)

2 to 1 coaching - £60 per hour (min 2 hours)

For larger groups please ring Graham on 01785 818055.

All course participants get discounts in store.

To book onto a course  
please ring 01785 818193.

