

Mountain bike skills courses



All courses and dates advertised here are subject to change but we'll also run any of the courses advertised here on dates that suit you and at a suitable venue near you (subject to minimum group size and instructor availability).

Freeride starter

Learn the basics to keep freeride safe and fun. Build confidence, learn new skills and improve old ones. This course will introduce drop off's, manuals and 'getting air' in a safe but adventurous feeling setting. 1 day £65.

Freeride progression

Been getting air and hitting trails faster but need to build confidence to go bigger? The progression course will add on the skills you learnt as a starter and ramp things up to the next level introducing more technical drops, dirt jumps, technical descents and north shore elements. 1 day £65.

Freeride pro

So you can hit the drops like a pro and air with style so what more can we teach you? This course is for the freerider who doesn't believe in courses. We'll find the extra 10% you didn't know you were missing, whether it's faster through the technical sections, airing further over jumps with more style or wall riding left and right with equal style. Before you hit the freeride parks this summer make sure you're at the top of your game (evidence of experience required for this course, max group of 4). 1 or 2 day, £85/£160.

Downhill skills for the XC / trail rider

You're never going to race DH, or even wear a full face helmet, so what can you learn from the DH scene? DH is all about line choice, riding smooth and carrying speed, all things that will make your trail riding faster and more fun. Only fitness will make you quicker on the climbs, only carbon-monkey will make you quicker on the descents. 1 day £65.

Trials skills for the XC / trail rider

If the downhillers teach us speed it's the trials riders who teach us control. This course will introduce the fundamental trials skills that allow the likes of Danny Mac to ride the impossible. We'll keep things a little more down to earth and focus on how these skills can be used on the trail, or in the car park to impress your friends. 1 day £65.

Trials for beginners

Whether you're a big kid, or just a kid, trials is fun and will challenge any rider to learn new skills and bike control. You don't need a special bike for this course but you do need to believe you're riding can change overnight. We challenge you to not go home and spend the rest of the week riding your bike up, down, over and along the kerb outside your front door (warning: adults you WILL get a funny look off the neighbours). 1 day £65.

Learn to fly

This is a one day course purely focussed on getting you air time and bringing you back down safely and smoothly. A great fun day that will send you home with a big grin and the confidence to get your wheels off the floor. 1 day £65.