

Andy Swann  
 25 Arlington Road  
 York YO30 5GF



### Improvers guided mountain bike ride at Dalby Forest/North York Moors

This ride is suitable for people who are able to ride a bike confidently in mountain bike terrain and would like to improve their skills and confidence. This is not an extreme riding course and will provide a nice stepping stone to riders wanting a little more challenge.

Dalby Forest is a fantastic place for mountain biking, whether you are new to the sport or a seasoned rider. Come and join us for a day of skills, games and a guided ride - all designed to increase your confidence on a bike.

#### Course outline:

Ready position/downhill riding	Braking
Tackling steeper and rougher climbs and descents	Front wheel lift – tackling small obstacles
Line choice and planning ahead	Tackling small obstacles
Quick and slow corners – uphill and downhill	Bike handling

We will also complete a ride (no more than 10/15 km) with a strong emphasis on enjoyment and applying techniques in context. The pace will be relaxed.

Transport and all equipment including bikes, helmets and gloves are provided free of charge. Bring a packed lunch and a drink or money to spend at one of the cafes in Dalby. A detailed clothing list is below.

Advance booking is essential. For more information call 01904 553440 or visit the Cycling City York website - [www.cyclingcityyork.org.uk](http://www.cyclingcityyork.org.uk) to download and complete a registration form.

Meet: Energise, Cornlands Road, Acomb, York, YO24 3DX at 9am arriving back at approximately 4.30pm.

#### Winter kit list:

4 thin layers including a lightweight waterproof top and spare clothes to get changed into (leave in the mini bus). Close fitting clothing is best for cycling. Cotton short sleeved T shirts are not the warmest thing in winter. Base layers (football shirt type material) and thin fleece are the best. Waterproof trousers Spare gloves	Tracksuit bottoms or cargo pants (no jeans) Trainers or light boots – grippy sole useful Small rucksack - with 2 shoulder straps (1 between 2 is ample) Food and drink for the day. Small amount of money for café. Any personal medication (asthma inhaler etc').
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Mountain Biking, Climbing and Adventure  
 078409 62084 / 01904692854  
[www.grittrackandtrail.co.uk](http://www.grittrackandtrail.co.uk)  
[info@grittrackandtrail.co.uk](mailto:info@grittrackandtrail.co.uk)