



Mountain Biking

Tailor Made for you

Gritstone Adventure Activities Peak District Mountain Biking courses and guided days aim to give those new to off road cycling a comprehensive introduction to one of the most fun activities in the Peak District – and those with experience a highly knowledgeable guide to the Peak District.

The region has a network of fantastic bridleways which are perfect for mountain biking. The activity can seem rough and ready to the outsider, but Gritstone Adventure Activities aims to show just how accessible mountain biking can be to the newcomer with our enjoyable courses and guides. Our Guides are highly qualified local experts who are selected not only for their vast expertise, but also for their ability to relate well to people and put people at ease.

Our Guides knowledge of the area allow them to show you the finest views of the Peak District while riding on its famous trails.

Sessions are normally one day, but can be extended to two if required. Mountain biking can also be done over a half day as part of a multi activity day – It's great fun to combining Mountain Biking with either climbing, caving, gorge scrambling or abseiling. Instructors are MBLA Qualified or MIAS Qualified and fully first aid trained.

Location:

This You will meet us in the Hope Valley area S321BB and ride where ever is suitable to your preferences or ability.

Equipment:

All equipment is included in the price. You should wear sensible footwear to this activity and not boots.

What to bring:



Lots of warm clothes and waterproof clothes if you have them. Even if you are booking for summer, you need to bring warm clothes as the weather here can be changeable and we will be working higher up where it's colder. Bring food and a drink. Bring suncream.

What to expect from our instructors

Above all, our instructors are lifelong enthusiasts of their chosen discipline. Regardless of how focussed you are about learning and improving, outdoor activities are ultimately about having fun and de-stressing from life. Our instructors are well aware of this and will deliver your sessions in a fun, engaging and relaxed way. Our instructors are the best in the business and are selected not only for their vast experience, but also for their calm, approachable manner and ability to relate well to people. You will not be shouted at, bossed around or made to feel small – you will be supported and encouraged all the way.

Transport:

We cannot offer transport and you will need to use your own transport. Unfortunately public transport in the Peak District National Park on all but the biggest few roads is almost non-existent, so you will need a car to get around.

Environmental

- Try to car share
- Don't drop litter
- Never make fires
- Close gates
- Keep dogs on leads at all times

All of our used and out of date equipment is given to a craft company who make the equipment into clothing, bag and accessories here <https://madebyscavenger.com/>

For more information please email al@gritstoneadventures.co.uk

