



Finding Flow and Getting Air day course

Please read the following information about this course carefully. If you have any further questions please don't hesitate to get in touch with Dirt School using the details below.

Location

We'll meet at the Peel Café at Glentress. This is next to the car park at the bottom of the hill and is one of the two buildings you pass on your way to the trails. For more information on how to find the trail centre at Glentress, [follow this link](#).

Day Format

Your course is six hours long, starting at 10:00 and finishing at 16:30. However, we would ask if you could arrive fifteen minutes early to make sure everything is in order and that we have your disclaimer/emergency contact detail forms filled in. The class will start at 10:00 sharp.

Lunch

We'll have a quick break for lunch in the middle of the day down at the Peel Café. However, lunch isn't provided so please pack some change in your bag or feel free to bring your own.

Feedback

After lunch, we'll take some time in the classroom at the Peel Centre to review the morning's footage. This will allow you to set yourself some clear goals for the afternoon.

Equipment

A certified cycling helmet and gloves are compulsory. Weatherproof clothing is also a necessity. As the weather is changeable please pack for every eventuality. We also strongly recommend using knee pads and any other protection that you feel would give you more confidence on the day. Flat pedals are also recommended but not compulsory.

Please ensure that the bike you turn up with is in full working order and is relevant for the day. For more information on what bike would be suitable for the course [click here](#). For more information on how to check that your bike is maintained well [follow this link](#). And if you need to hire a bike for the day you can contact Alpine Bikes [here](#) and mention that you're a Dirt School customer.

You'll be out on the trail sectioning areas all morning and afternoon. For this reason carrying a small hydration pack is of use. Hydration is crucial for concentration and keeping energy levels up. Some food and a spare inner tube is also worth packing to avoid your day finishing early. Dirt School will not provide spares. There is a bike shop at the bottom of the hill.

Weather Cancellation

If for any reason the conditions are deemed dangerous by the Dirt School coach, you will be offered another date or a full refund. Should this happen, we will contact you as soon as possible using the details you have provided.

We look forward to seeing you soon.

Kind Regards,

Dirt School Ltd