

Finding Flow and Getting Air

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

- **Glentress:** 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](#).
- **Cathkin Braes:** We meet in the car park off Arden Craig Road next to the Velosolutions Pumptrack. Postcode: G45 0HR For directions [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. However lunch is not provided.

- **Glentress:** We will have lunch in the Peel cafe so please bring some money, or if you'd prefer you can bring a packed lunch, but remember you'll have to carry it with you all morning.
- **Cathkin Braes:** Please bring a packed lunch as there are no cafe facilities on site.

Uplift (Glentress only)

Two lifts up the hill with Adrenalin Uplift are included in the price of the course. We will use the first one to boost us at the start of the day and the second to get us back to the top after our lunch break.

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 highly recommended.

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](#). If you need to hire a bike for the day please get in touch with us using the details below. We'll be able to offer you a discounted rate on hire through our partnership with Alpine Bikes - both hardtails and full suspension bikes are available.

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. For the Glentress day course Alpine Bikes are located at our meeting point at the bottom of the hill if you need any last minute spares before the course starts.

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.

Kind Regards,

Dirt School

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