

## Riding Natural Trails – women specific

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 Dirt School offices in Innerleithen. The address is 60 Innerleithen High Street. There is limited on street parking, but there is a car park at the back of the high street which you can enter via Hall Street. For directions to the car park please follow this [link](#).

### Day Format

Your course is 2 hours long and runs from 6pm – 8pm over 4 consecutive weeks. Please come to the Dirt School office no later than 5.45pm so we can complete forms and have a chat before heading out onto the trails.

### Uplift

There will be no uplift on this course.

### 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 session. 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 for two hours. 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 session finishing early. Dirt School will not provide spares, but you can visit Alpine Bikes at Glentress Forest between 10am and 6pm to buy spares.

### 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

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