



Steep and Technical

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 Dirt School HQ at no.60 Innerleithen High Street, Peebles. [This link](#) will show you where we are on Google maps.

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 back at Dirt School HQ. You can either bring your own food or there will be the opportunity to place an order with local café extraordinaire - No1 at the start of the day, so please bring some money if you'd rather buy your lunch. Dirt School do not provide lunches.

Uplift

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 up the hill at the start of the day and then the second will be used to get us up the hill after lunch.

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.

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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