



Winter Workshop

Thank you for booking a Winter Workshop with Dirt School. This document will help you plan for your day but if you have any further questions please don't hesitate to get in touch with us using the details below.

Location

We'll meet at the **Glentress Hotel**. This is on Innerleithen Road, just past the entrance to Glentress Forest. There is free parking at the front, and up the hill to the right of the main door of the hotel. Please park responsibly as the car park is smaller than at the Trail Centre. For more information on the location of the hotel please click on [this link](#).

Day Format

Your course is three hours long and starts at 10am, 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.

You will finish at 1pm back at the Glentress Hotel and you are welcome to join your coach for a warming plate of homemade soup – our treat for all your hard work!!

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 for 3 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 day finishing early. Dirt School will not provide spares. Alpine Bikes are located at the bottom of the hill inside Glentress Forest 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.

We look forward to seeing you soon.

Kind Regards,

Dirt School Ltd

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