



# DIRTSCHOOL



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 Peel café at the bottom of Glentress forest. It's next to Alpine Bikes and the main parking area, which has a large wooden building in it that contains toilets and shower. There is a charge for parking and most of the machines in the main car park take card or cash. There is also a bike wash here which takes £1 coins.

## **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 Peel café 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 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.

We look forward to seeing you soon. Kind Regards,

Dirt School Ltd