

Women's 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

We'll meet outside the Peel Cafe 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](#). Parking at Glentress is charged at £5 per day for a private car.

Day Format

Your course is six hours long, starting at 10:00 and finishing at 16:00. However, we would ask if you could arrive fifteen minutes early to make sure everything is in order and our coach has a chance to meet everyone and explain the plan for the day. The class will start at 10:00 sharp.

Lunch

We'll have a quick break for lunch in the middle of the day so please bring a packed lunch with you. We will be having our break on the trails this season so please make sure you have everything you need in your backpack for the full day out.

Uplift

Due to covid-19, we won't be using the uplift service this season, but don't worry, our coaches will be setting a mellow uphill pace when moving between coaching locations. We will remain on the hill for the full duration of our course to minimise any extra climbing.

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](#).

You'll be out on the trail sectioning areas for six hours. For this reason carrying a small hydration pack is of use. Hydration is crucial for concentration and keeping energy levels up. Your lunch, some snacks and a spare inner tube is also worth packing to avoid your session finishing early. Dirt School will not provide spares.

Weather Cancellation

If for any reason the weather or trail conditions are deemed dangerous by the Dirt School coach and we need to postpone your session, you will be offered another suitable date. Should this happen, we will contact you as soon as possible using the contact details you have provided.

We look forward to seeing you soon.

The Dirt School Team

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