

Women's Riding Natural Trails

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 Tweed Valley Bikes, the home of Dirt School at 60 High Street, Innerleithen. 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 6.30pm – 8.30pm over 4 consecutive weeks. Please arrive at Tweed Valley Bikes for 6.15pm so we can explain the plan for the evening and start your course at 6.30pm sharp.

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 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 pick up anything you need when we meet at the shop.

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

Email: learn@dirtschool.co.uk

Phone: 01896 831 429 (Tweed Valley Bikes)