

## Glenmore Lodge Support Go Mountain Biking Scheme

Glenmore Lodge are proud to announce their support of the new mountain bike proficiency course, designed by Cycling Scotland, **Go Mountain Bike**

# GO MOUNTAIN BIKE



The courses, that have only just been launched nationally, will cover, riding skills, first aid, being independent and self supporting and sharing the outdoors. The course is designed to progress riders through various stages, ensuring they are proficient at each skill before riders are able to move onto the next level. Participants register with Go Mountain Bike, receive a log book to record their training and personal riding experience and will receive a certificate for each level passed.

The courses are excellent for adults or children alike and Glenmore Lodge will be encouraging families to all participate. Instruction is broken down into simple steps and designed to ensure that all attendees should after two days meet the required certification standards.



Glenmore Lodge is perfectly placed to deliver these courses, being one of the only centres in Scotland to have a specific mountain bike skills course. The course has been purpose built to allow easy instruction and progression through different stages from beginners to advanced.



Glenmore Lodge will be running Introduction, Intermediate & Advanced level courses in June & July. Unlike most courses, these have been designed as non residential courses as we hope to encourage people on holiday, casual visitors and local people to participate.

To book simply visit:

<http://www.glenmorelodge.org.uk/course-mountainbike-skills-index.asp>