



# ENDURO CAMP

Dedicated to riders that feel ready to tackle the advanced level. Rocks, roots, jumps, drops, you name it!



## PROGRAM

Starting off with a briefing on basics, the class will carry out a bike check to make sure every bike set up correctly.

Practice starts off on a flat grass area to go over all the techniques, that once covered will be applied on real obstacles on the trail. The camp will mainly focus on complex techniques, putting together different obstacles into each drill. For example one could include a mix of hard braking points, tight turns, off-camber sections, roots, rocks, drops, or jumps.

Stopping on sections of the track that suit each technique, the coach will first explain, then demonstrate. Each attempt, gets feed back and suggestions for improvement. Every rider will be encouraged to use momentum to find flow their ride.

The goal of the camp is to give the riders all the tools to ride difficult trails comfortably and express their own riding style.

## DETAILS

**TYPE OF BIKES:** 140mm full-suspension Trail bikes are recommended. DH bikes are also allowed

**LEVEL REQUIRED:** Experienced riders

**DURATION:** 2 days

**1 PRICE: €200. - p/pers**  
MTB Coach for 2 Days + Bike pass or 2 uplift per day

**2 PRICE: €350. - p/pers**  
MTB Coach for 2 Days + Bike pass or 2 uplift per day + 2 nights in 3 stars hotel or similar with breakfast.

# SCHOOL GROUND

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- Bike Check
  - Positions
  - Reading the trail
  - Managing your weight on the bike
  - Breathing, Body Tension, & Momentum
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# ON TRACK

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- Basic Positions
  - Braking
  - Turning
  - Manuals
  - Bunny Hops
  - Riding down big Steps
  - Synchronising movements & Riding Dynamics
  - Drops & Jumps
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