



TRAIL CAMP

Suited for all mountain bikers that want to improve their basic MTB skills, to ride smooth and safely on single trails.

Aosta Valley
Freeride
SCHOOL DIVISION

PROGRAM

Starting off with a short briefing and bike check, we'll go over the basic skills on a flat training field at the school grounds before heading up to the trails to put everything into practice on real obstacles.

The coach will explain in detail and demonstrate the proper techniques, before everyone has a try. At the end of each attempt, the coach will give personal feedback and suggest improvements. The class will cover many different sections of trail and will stay in motion to give everyone as much guided practice as possible.

At the end of the weekend you will have the confidence of knowing how to approach a trail and have a good time while staying safe.

DETAILS

TYPE OF BIKES: At least 130mm front suspension MTB bikes are recommended, DH bikes are not allowed

LEVEL REQUIRED: All 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

- Bike Check
 - Positions
 - Reading the trail
 - Managing your Weight on the bike
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ON TRACK

- Basic Positions
 - Braking
 - Turning
 - Pedaling Standing Up
 - Raising the front Wheel over obstacles
 - Bunny Hops
 - Riding down big Steps
 - Synchronising movements & Riding Dynamics
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