

07813941287

TAILWIND ADVENTURES

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Mountain bike camps. Easter Break 2019.

Camp number	Age Groups	Dates	Times	Meeting point	Cost	Basic description of the session
1	5, 6, 7	1, 2, 3 April 2019	0930-1230	Lindores reception	£75 (Reduced from £99)	Very basic introduction to cycling skills and Go-Mountain-Bike
2	8, 9, 10, 11	1, 2, 3 April 2019	1300-1600	Lindores Reception	£75 (reduced from £99)	Basic introduction to cycling skills and Go-Mountain-Bike
3	5, 6, 7	4 April 2019	0930-1230	Pitmedden Silver Gate	£25(reduced from £33)	Very basic introduction to trail riding and forest fun
4	8, 9, 10, 11	4 April 2019	1300-1600	Pitmedden Silver Gate	£25 (reduced from £33)	Basic introduction to trail riding and forest fun
5	8, 9, 10, 11	5 April 2019	0930-1230	Lindores reception	£33 (reduced from £45)	PARK TOOL SCHOOL , mechanic, learn how to fix your bike, no ride session
6	5, 6, 7	15 April 2019	0930-1230	Pitmedden Silver Gate	£25 (reduced from £33)	Basic introduction to trail riding and forest fun
7	8, 9, 10, 11	16 April 2019	0930-1230	Pitmedden Silver Gate	£25 (reduced from £33)	Basic introduction to trail riding and forest fun
8	5, 6, 7	17 April 2019	0930-1230	Lindores reception	£25 (reduced from £33)	Very basic introduction to cycling skills and Go-Mountain-Bike
9	8, 9, 10, 11	17 April 2019	1300-1600	Lindores Reception	£25 (reduced from £33)	Basic introduction to cycling skills and Go-Mountain-Bike
10	8, 9, 10, 11	18 April 2019	0930- 1230	Lindores Reception	£33 (reduced from £45)	PARK TOOL SCHOOL , mechanic, learn how to fix your bike, no ride session

How to book

Bookings are only confirmed once payment has been cleared, we have a signed consent form and you have received confirmation. Payment can be made in cash, by card (face to face only) or direct transfer. To book on please come to Bloomfield Bikes on Perth Road (the main road) in Abernethy. PH2 9LW. Mondays, Tuesdays and Thursdays anytime are all usually good. Other days including weekends are flexible. It's best to call in advance of visiting to ensure I'll be in. 07813941287.

Please carefully read the following information about the sessions before booking. If you have any further questions, please don't hesitate to get in touch with Kyle using the details below.

Meeting Point

Lindores.. Please meet at the reception area by the stables at Braeside of Lindores, Stay, Ride, Relax, KY14 6HU

Pitmedden.. Please meet by the sliver gate, which is on the main route (driveable in a normal car) through the forest. There are currently some large boulders with spray paint on them by the gate.

Morning Sessions

The session is three hours long, starting at 0930 and finishing at 1230. However, we would ask if you could arrive slightly before start time to unload your bike and get dressed and ready to ride. The session will start at 0930 sharp and we may depart from the meeting immediately. We finish at the meeting point, sharp!!

Afternoon Sessions

The session is three hours long, starting at 1300 and finishing at 1600. However, we would ask if you could arrive slightly before start time to unload your bike and get dressed and ready to ride. The session will start at 1300 sharp and we may depart from the meeting immediately. We finish at the meeting point.

Away Days

Away days meet at Lindores reception at 0930 and return to Lindores reception for 1600. There are no away days scheduled for Easter 2019. Please register your interest in away days with Kyle.

After School Rides

After school rides meet at the school gates at school finish time and return to the school 2 hours later. Please register interest in after school rides with Kyle.

What to expect

We are all about adventure. We are all about learning in an active, relaxed and enjoyable way. There will always be bike riding involved. We also love being outside and having fun, irrespective of the weather. Expect to get very dirty. Sometimes we stop and build dens, play games or cook our lunch on a fire or stove. We ride a lot but will sometimes stay in one area and look at the same section of ground several times, allowing for us to manage the pace of the session so everyone stays together. On most sessions the limit is 10 client riders. There will sometimes be an assistant leader with us. During a session we'll get riders involved in looking after themselves as much as is possible, eg we'll get them fully involved in checking their own kit and bike, let them choose a warm up activity (and possibly lead on it!) let them navigate and help them make choices and decisions along the way, all aimed at developing their skills as an independent rider at an appropriate pace. We also assess the competence and experience levels of our riders as we go, building on the information you have already given us, letting us adjust the pace and route as is required. We will follow the Go Mountain Bike sy

About Kyle Strachan

Kyle is all about adventure. He has been riding a bike since he was 3 years old and has been all over the world leading expeditions for a wide variety of groups travelling by bike, on foot, on skis and in a variety of other vehicles. He has indeed spent most of his life outside, the record being 218 nights in a tent in one year! Kyle is a fully qualified International Mountain Leader, Cycling Coach and Mountain Bike Leader and bike/car/truck mechanic, all backed by first aid certification/experience and PVG. He spent the past decade as the Head of the Outdoor Education department at a school in Edinburgh, prior to that he was full time expedition co-ordinator for the Duke of Edinburgh's Award and a senior leader for World Challenge Expeditions. Kyle owns Kyle Strachan Enterprise which trades as Bloomfield Bikes, Park Tool School Scotland and Tailwind Adventures. He is the proud/baffled dad of two Frog bike riding girls, 4 and 6, who also spend a lot of their lives outside getting exceptionally muddy.

Ability level

The minimum age is 5 years old. All riders should be able to ride a bike, without any assistance or stabilisers. For these sessions the minimum wheel size is 20". Bikes with gears are highly recommended. If your child can't ride yet we can provide sessions and assistance, please ask.

Cancellation

If for any reason the conditions are deemed dangerous and the session cannot go ahead, or we need to cancel for any reason at any point, you will be offered another date or a full refund. Should this happen, we will contact you as soon as possible using the details you have provided.

If for any reason you need to cancel within 4 weeks of your session or first session no refund or alternative will be offered. Bookings are not transferrable.

Equipment

A certified cycling helmet and gloves are compulsory. Helmets must fit properly and have a CE sticker inside. Helmets must not be more than 7 years old from the date of manufacture, which is written inside the helmet. Gloves should be full finger. Eye protection is highly recommended. Weatherproof clothing is also a necessity. As the weather is changeable please pack for every eventuality, including hot/sunny weather, we will be outside all the time. 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 day. Bikes should have been fully serviced within the past 6 months and be in full working order.

We have full bike shop facilities available at Bloomfield in Abernethy, PH2 9LW. All servicing and repairs need to be arranged and completed well in advance of your session. We can supply bikes, helmets, gloves, tools, hydra packs etc for all ages and stages or rider.

If you need to hire a bike for the day please get in touch with us well in advance. We have children's and adults bikes to hire including high end demo bikes.

Riders will be active for the entire time. For this reason making sure that they carry a small hydration pack is a good idea. Hydration is crucial for concentration and keeping energy levels up. Some food and a spare inner tube (of the correct size/type) is also worth packing to avoid your day finishing early. We are able to help with some limited trail side repairs but cannot provide spares.

We are well aware of the value of good kit and how it aids a good experience. We're also well aware of the cost of good kit, especially since becoming parents ourselves. Kyle is a dealer in Frog bike, Squish Bike, Lapierre, Shimano, Madison, Raleigh, Diamondback, Park Tool, Patagonia, and many other brands. We'll always help you source the best kit at the best price if possible, just ask.



RALEIGH



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**For information on accommodation and equestrian activities please see
www.lindores.co.uk**