

Advanced Cycling @ Beecraigs Country Park

Who is this suitable for:

Confident cyclists who can ride offroad, change gear, brake well and stand up when riding a bike down a hill. We will be riding Green, Blue trails some of which have rough terrain and Red level of options.

Meeting time and place;

Mr Steele's room in Science, Biology 1.

When:

Session runs P1-lunchtime.

What you will need:

EE2 form filled in as we will be leaving the school grounds.

Suitable clothing to cycle in. Gloves are advised for this day.

You can bring your own bike or use one of the school bikes. We need to know BEFORE the day if you need to borrow a bike and helmet. You will need both.

Lunch or money to buy your lunch. You will have lunch time off to get your food, just like a normal day.