



Blackpool Explorer Scouts
Presents a

Mountain Biking Day

What is it?

A day in the hills of Lake District zooming around on Mountain Bikes...

When is it?

5th May 2007

Which bit of the lakes is the day being run from?

Best place to run a day like this is from Grizedale, this is because it's easy to get to, with lots of options and difficulty levels to have a crack at... also free parking so even the leaders are happy bunnies!!

How do I book onto the day?

Just fill in the slip below and return it to your leader. Simple!

What will I get out of it?

Other than a cracking day out in the hills filling your lungs with good clean air you will be meeting other Explorers and Network members who all enjoy this activity.. You will also begin working towards gaining the Mountain Biking Activity Award

Can I take my bike?

Not really as it's definitely worth hiring for everyone. This is because the bikes you will be riding during the day will be the correct size and a good standard (sometimes bikes can be from your younger days and others are paper round bikes which cant cope being thrown down mountain bike trails!)

Where will the bikes come from?

We intend to hire the bikes from the hire shop based at Grizedale itself. If you are interested in finding out more about the bikes we will be hiring visit the website

<http://www.grizedalemountainbikes.co.uk/hire>

Which leaders will be running the day?

The day will be run by a leader called Peter Willingham, who some of you will know already from Mountain Biking days run before. He is a top lad who knows his stuff, you can't go wrong really!

How many places are there?

Do to the adventurous activity rules the maximum numbers we can take are 12. So it's simply the first 12 who get there slips in will go. So if you fancy it then get your money in now... don't leave it for another week else you may be disappointed!

What kit will I need?

You will need a helmet, no if no buts. No lid no ride!! You will also need activity gear appropriate for the ride. You probably will need something like trackie bottoms, thermal top, waterproof top, gloves and a decent sense of adventure! In addition to this you will need a pack lunch, drink and some clothes to get changed into on your return back to the bus... Bit of deodorant would be appreciated by the bus driver as well ;)

What's the cost?

There is an initial deposit of £6 so that the activity can begin to get going. The only other cost is the hire of the bikes; the top limit of this is £20 so the whole day is £26. Quite high but remember the gear you will be using!

Riders ready.....



Name
 Address

 Post Code
 Telephone
 Explorer Scout Unit South Shore ESU / Tigers ESU / Tenzing ESU / Young Leaders ESU [DELETE AS APPROPRIATE]

12 Spaces
1st come 1st served

..... would like to book onto the Mountain Biking Day on the 5th May and include a deposit of £6 to prove that I am well up for it and fancy a challenge into them there hills (signed)