

Kilfinane OEC Mountain Bike Skills Pathway

Introduction to MTB 1 Day

½ day skills session at Kilfinane OEC and ½ day trail ride.
Content: Bike set-up & safety checks, braking, gear selection, emergency stopping, weight shift bike handling skills, Intro to core skills.

Entry Level: No experience required



Stage 1 – Core Skills Level 1 1 Day

Skills session & trail ride

Content: Bike set-up & safety checks, recap of Introductory skills, front wheel lift, power assisted front wheel lift, rear wheel lift, track stand. Bikes & equipment

Entry Level: competent gear selection, braking & steering, experience of trail riding and ability to comfortably ride for 3-4 hrs.



Stage 2 – Core Skills Level 2 1 Day

Trail ride with skills

Content: Bike set-up & safety checks, recap of Level 1 skills, Step ups, step overs, ascending & descending steep ground. Bikes & equipment

Entry Level: be competent in Level 1 skills, ability to comfortably ride for 3-4 hrs.



Stage 3 – MTB Skills Level 3 1 Day

Full Day ride – Trail & Cross Country Biking

Content: Bike set-up & safety checks, Revision of ascending & descending steep ground, off trails skills, basic navigation & mountain safety, higher level bikes & equipment

Entry Level: be competent and practiced in Level 2 skills. Have your own bike & be comfortable biking for 5+ hours and should be self sufficient in terms of biking equipment, repair kit & personal gear.

We recommend that participants get some practice rides in between training stages and where possible we organize practice trail rides after courses.