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Mountain Biking – Course Descriptions

Mountain Biking courses are open to adults and youths aged 14+. Bikes, helmets and elbow pads are included in course fee for all courses except Level 3 skills. Our basic bike skills course is also open to younger children aged 8-13yrs who have their own mountain bike in good repair.

Basic Bike Skills – ½ Day

If you could do with brushing up your cycling skills before you Try Mountain Biking then this course is for you. We will look at bike set up, braking, using gears, balance & control. The course takes place at the Ballyhoura MTB trailhead but focuses on general cycling skills. The session includes a short cycle on forest roads with a chance to try a basic single-track trail.

Try Mountain Biking – ½ Day

Try Mountain Biking is specifically designed to introduce the beginner to Mountain Biking in a relaxed atmosphere. It will gently introduce you to the bike & equipment, safety & set up, braking, gear selection, body position & balance. It will involve a guided bike ride explaining the trail network. Our instructor will offer advice on any aspect of Mountain Biking.

Mountain Biking Core Skills Level 1 – ½ Day

This course is for the regular mountain biker who would like to improve their skills. It will take you through the 4 Basic Core skills & biking techniques. Skills covered include Track stands, Manual front wheel-lift, Power assisted front wheel-lift, Rear wheel-lift & pumping the trails.

Mountain Biking Core Skills Level 2 – ½ Day

Core Skills Level 2 is suitable for the regular mountain biker who has come to terms with level 1 skills and would like to further improve by adding 4 new core Skills such as Step up's, Step over's, Bunny Hops and Lateral Bunny Hops.

Mountain Biking Skills Level 3 – ½ Day

This course is designed for the regular mountain biker who would like to tackle more difficult terrain with confidence. We will look at the tactics involved when tackling more of a variety of obstacles. Areas looked at are drop offs, climbing & descending, cornering, tree roots.

MTB Basic Bike Care & Trailside Mechanics

This course will equip the mountain biker with the necessary skills to set up, maintain and fix some basic mechanical problems while at home or out on the trail. In a relaxed atmosphere this will be a hands-on interactive course. We aim to cover the basics such as loose Head sets, Chain breaks, adjusting gears & brakes, punctures and tyre repairs, broken pedals. Bring your bike along.

Mountain Biking Basic Mechanics

This class based course takes place at Kilfinane OEC. Our tutor an experienced MTB bike shop owner will take you through all the skills you need to look after basic mechanics yourself including tuning gears, changing parts & brake pad replacement.

Mountain Biking Navigation

A practical course designed for Mountain Bikers who want to learn to navigate their own way on the hills MTB Navigation will cover the basic skills for trail and hill navigation. Course content will include introduction to the map, map setting, line features, attack points, timing, route planning, route cards and introduction to the compass. Mountain bikers will be equipped to navigate on both single track and trails with confidence. Bring your own bike and gear.