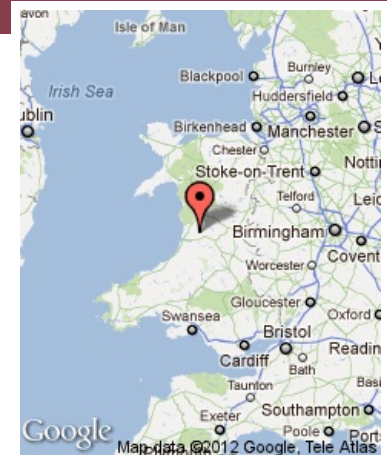


Off Road Motorbike Day in Wales



Highlights

The spectacular countryside of north Wales in the setting for this awesome off-road motorbike day. Whether you're an experienced dirt biker or a complete novice you can be guaranteed a day of high octane thrills and spills at this secluded off-road school!

Off-road motorbiking is an experience like no other! Engineered for all terrain access, with small engines, long suspension travel, high ground clearance and super-grippy tyres, these lightweight bikes can take you places other bikers can only dream of! Off-road bikes can be used for racing (both oval track and motocross), long-distance rallies (such as the famous Dakar race) and trials, a specialised form of riding where participants traverse obstacles, either natural or manmade, with the emphasis on balance and machine control. Despite these different forms, the essence of off-roading remains the same: getting to grips with the terrain beneath you, testing your skills and mettle and getting down and dirty in the process!

An off-road motorbike day is fun from start to muddy finish! Whether you're a newbie or an experienced rider this is a day you won't forget for a while. After meeting the team for breakfast you'll be kitted out in your gear, given a briefing and put on your bike. Then it's off to the tracks where the fun can begin! You'll be riding over a whole host of terrains, from mud and gravel to rocks and ruts, and there are hills and jumps to negotiate too. Throughout the day you'll be under the watchful eye of Dakar race legend Mick Extance, who'll give you tips on how to perfect your technique. Just don't let your Mum see the state of you!

Is it for me?

You don't need any off-roading experience to try this tour, you don't even need a license (this is private land), but what you do need is a taste for adventure and an open mind! You are guaranteed to get filthy, so if you're one for cleanliness this is not the tour for you.

You should be in fairly good shape to go off-roading as the going can be tough and negotiating the various terrains can be physically demanding. Off-road biking is best suited to people who like their outdoor pursuits with a pinch of jeopardy, a healthy dose of adrenalin and a giant serving of mud!

Accommodation

Accommodation isn't provided with this tour, but there are a number of great B&Bs in the area. The friendly New Inn Hotel is a welcome option and runs a special offer of £25 a night for anyone on the Enduro day. It offers basic but comfortable rooms, full English breakfast and a lively bar downstairs.

If you fancy something a bit quieter the Eireanfa B&B and the White Lion Hotel both have similar discounts. Eireanfa is set near the spectacular Pistyll Rhaeadr waterfall (60 feet higher than Niagara!). The White Lion is a 4-star standard period hotel with quality rooms and a fine restaurant.

Food-wise, you'll be served a hearty lunch while you're at the off-road school, complete with soft drinks. Wales is also known for its Laver Bread (made from edible seaweed); vegi Glamorgan sausages made from cheese and spices; and Bara Brith, a tasty fruit bread served with creamy butter, all of which are all well-worth a try while you're in the region.

Itinerary

Prices from

199 GBP (1 day) per person

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9.00am Meet for Breakfast

Head up to the woods for a safety briefing, after which you'll be introduced to your bikes and taught some of the basics of off-road riding. Once you've been kitted out in all your safety gear you'll head off on to the tracks. Throughout the day you'll be given the opportunity to ride various types of terrain including mud, gravel, ruts, grass, rocks and hills. This will all be under the watchful eye of Mick Extance, who will guide you through and give you a few tips along the way. Your confidence will grow throughout the day and you may just surprise yourself with your new found skills!

Lunch and a well-earned rest

More riding and some fun and games to keep you on your toes! This is a great time to get muddy group photos so don't forget your cameras!

4.30pm End of your day and time for the pub (maybe a shower beforehand)

Details

Getting there

Meeting point is at the New Inn Hotel in Llangynog, 20 miles from Oswestry or Welshpool.

Price includes

Bike (CRF 150R/ CRF250X/CRF450X) Including lowered 250's and 450's

Protective clothing (if required)

Expert tuition from Mick Extance

Lunch

Tea, coffee and water throughout the day

Strongly recommended

Accident insurance for an additional £10.00 per rider. This can only be arranged in advance so please let us know if you wish to take out a policy for the day.

Experience required

A reasonable interest is all that is needed

Travellers should bring

Kit (if you have any) - Water proofs - Spare socks - Towel

You will be provided with everything you need to ride on the day. However it is advisable to wear shorts, thermals or a thin pair of trousers under your jeans for your comfort and modesty!