



Go Mountain Bike (GoMTB) 3 Day Course Information Sheet



What is GoMTB?

3 days of trail cycling on some of East Lothians fantastic tracks and byways. The 3 days make up a progressive Go Mountain Bike (GoMTB) course. Cycling Scotland's GoMTB is for anyone who wants to develop their skills and experience in off-road riding, from those learning basic bike handling skills to riding long technical routes with advanced features.

There are four themes to the award and 5 levels within each theme for all levels of experience, from novice to expert. As this is a personal progression course, candidates may achieve different levels during the 3 days.

It is something that can be continued at a later date and there are certificates for the various levels. If you have attended GoMTB before, be sure to bring your logbook with you.

The themes are:

- riding skills
- sharing the outdoors
- first aid
- being independent and self-supporting

More information regarding GoMTB can be found here: <https://www.cycling.scot/what-we-do/training/go-mountain-bike>

What age is the activity suitable for?

We are offering this activity to 2 age groups. 8 to 10 years and 11 to 15 years.

Where is the venue?

Day 1 To be confirmed (within East Lothian)

Day 2 To be confirmed (within East Lothian)

Day 3 To be confirmed (within East Lothian)

Time

3 Consecutive Days

10am to 4pm

Do I need to bring anything?

- Your own bike, which must have gears and be in full working condition
- **If you do not have a bike and need to borrow one, let us know when you book**
- Helmet
- Clothing suitable for cycling – ideally covering arms and legs
- Gloves are recommended
- A backpack that is large enough to hold excess clothing and water
- Sunscreen for sunny days
- Spare inner tube suited to your bike
- Packed Lunch, Water & Snack
- GoMTB logbook, for those who have attended previously

Your bike must be in full working order. Please check the bike is road worthy and that tyres are well inflated.

Have you completed a consent form? The form can be found here:

<https://www.123formbuilder.com/form-4768720/form>