



Venturing Out

OUTDOOR ADVENTURES FOR ALL

School Holiday Activities Trail Cycling Information Sheet



What is Trail Cycling?

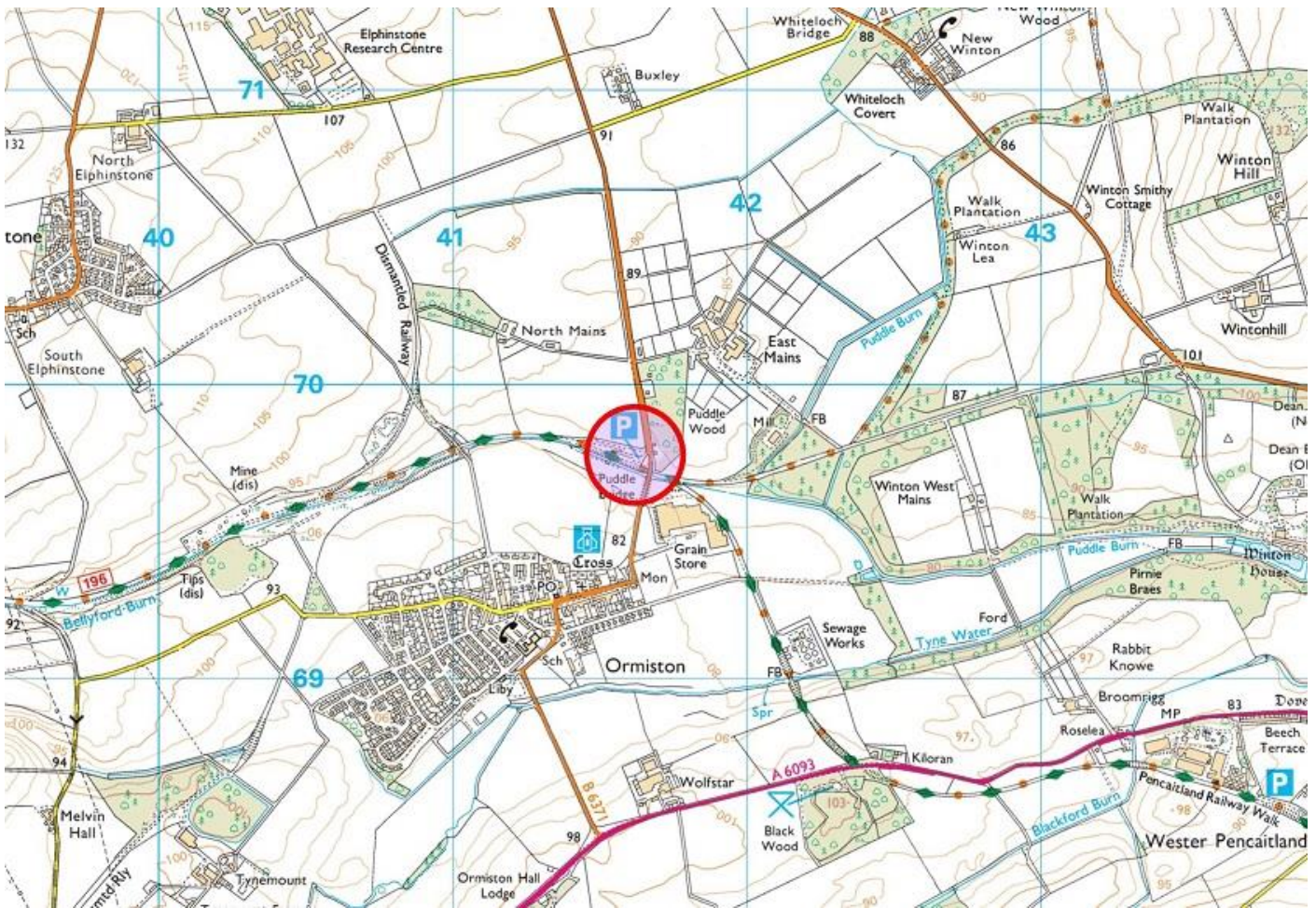
A day of exploring some of East Lothian's amazing network of tracks and trails. We link up many of the tracks and trails with minimal road sections. Bikes with gears are required as we do cover quite a distance.

What age is the activity suitable for?

This activity is suitable for children aged 8 to 14

Where is the venue?

The drop off and pick up point is Puddle Bridge Car Park on the outskirts of Ormiston. As you enter Ormiston from Tranent, the car park is on your right just before going over the bridge into the village.



Time

9.30am to 12.30pm or 1pm to 4pm

Do I need to bring anything?

- A bike suitable for riding varied terrain. If you do not have access to a bike, we can supply one on request.
- A Helmet
- An innertube to suit your bike
- Rucksack with Drink and Snack
- Gloves are advisable
- On warm and sunny days, sun cream is advisable

If using your own bike, it 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>