



Mountain Biking Skills Courses

Hong Kong – Autumn 2006

Organized by ASIA PACIFIC ADVENTURE – The leaders in outdoor training

Presented by



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Foundation Mountain Biking Skills Course

Dates: Saturday - September 23rd, October 14th, November 18th,
Cost: \$580 HK

Course Description

This one day course is ideal for both beginner and intermediate mountain bike riders. Participants will practice the key skills in trail riding including: optimum use of gears and brakes, building confidence on corners and steep slopes, and all the tricks to stay on the bike while the terrain gets tough. The course is a workshop-oriented day where participants will practice skills on a circuit of man-made obstacles. The course will also provide an overview of bike set-up, equipment options, and accessible trails to practice in HK. Participants must already know how to ride a bike comfortably on roads and have at least a basic level of fitness. Quality bike rentals are available.

Location / Time

Saturday - September 23rd, October 14th, November 18th. Meet at 9:20 am outside the library building next to the Yung Shue Wan ferry pier in Yung Shue Wan (first path on left as you exit ferry and walk down pier). To get to Lamma Island, take the 8:20 or 8:40 am ferry (slower, freight ferries only; fast ferries will not allow you to bring on your bike) from Central Ferry Pier 4 to Yung Shue Wan. The fare is \$11, plus a small fee for your bike. For more information, please check the Hong Kong & Kowloon Ferry Ltd. sailing schedule at www.hkkf.com.hk. Lunch will be from 1 pm – 2 pm in Yung Shue Wan. There are a variety of great restaurants, or you can bring your own pack lunch. The day should finish around 5:00 pm. Return freight ferries to Central run at 5:20 and 6:00 pm.

What to Bring:

Mountain Bike (in good working order)*
Helmet
Spare tubes x 2
Gloves
Bike shorts (padding is great!)
Quick dry shirt or jersey
Bike shoes or hard-soled running shoes
Sunglasses / sunscreen
Light-weight, waterproof jacket for wind/rain
Minimum 1 L water bottle (filled with water or sports drink) plus extra for refills
Lunch or money to purchase lunch
High-energy snacks
Spare clothes for post-ride

Optional, but bring if you have it:

Protective gear (i.e. knee and elbow pads)
Bike pump
Bike lock
Bike multi-tool
Patch kit

Instructors:

Julien Lallemand

- § Top Hong Kong Mountain Biking racer
- § Over 15 years of Downhill and Cross-country Mountain Biking experience

Neil Art

- § Over 15 years of Downhill and Cross-country Mountain Biking experience
- § Experienced Mountain Biking coach

Ryan S. Blair

- § One of Asia's top adventure racers and 2005 World Championships competitor
- § Experienced mountain biker

And other experienced instructors.

**For more information call (852) 2792-7128 or
E-mail Eric@AsiaPacificAdventure.com**