

Dales Trails Special Weekend

## ***A full-fun weekend riding the best trails in the Yorkshire Dales based in the awesome Dales Bike Centre.***

- **Awesome riding on top-notch trails made famous by the 'Ard Rock Enduro**
- **Local knowledge to eek out those trails only the locals know**
- **Big climbs, big descents and stacks of singletrack**
- **Magical moorland scenery**
- **Super-comfy bunkhouse accommodation with 24 hour cake access!**

### INTRODUCTION

The Yorkshire Dales are on every mtbers hitlist. They were there right at the beginning of the sport, and the combination of awesome trails, stunning scenery and Yorkshire's love of everything bike, has kept them there. It's little wonder that the famed 'Ard Rock Enduro sells out so quickly every year. This weekend will include many of the trails ridden in this premiere event.

We'll be staying in the wonderful Dales Bike Centre and will be joined on the hill by the owner's centre and top local guide, Stu Price.

### SAMPLE ITINERARY

Friday night

Arrive at the bike centre in your own time and grab a welcome beer and a few minutes to wind down and meet your fellow riders in the lounge before heading out to dinner. We usually eat in the excellent Bridge Inn in nearby Grinton - easy walking distance.

Saturday

Approximate distance: 25-30km

Approximate ascent: 800m

Enjoy a cooked breakfast and a selection of cereals, as well as a few coffees, and we'll then have a bit of faff time before heading out. We'll probably head north, climbing into the hills above the village on a real mix of singletrack and doubletrack that winds around a number of old mining settlements. Highlights include some precariously-placed stony singletrack and a few steep grassy sections that will definitely have bums off the back.

Back at the centre, there will be coffee and cake as well as a bike wash and a hot shower awaiting us. And then back to the pub for more food and socialising. 24 hour cake access ensures you replenish all the calories before calling it a day.

Sunday

Approximate distance: 30km

Approximate ascent: 800m

After another cooked breakfast, more calories and more coffee, we'll roll out in the other direction and climb to more mine ruins, more magical heather moorland and of course, more awesome singletrack. There's even a bothy for lunch if the weather isn't so great. This is one of those days where we can head up and down as much as we like, always on a different climb and always on a different, awesome descent. Eventually the legs will have had enough and the journey back will be calling. But not until we've had more coffee and cake (and a bike wash and shower if needed).

What's included?

- 2 full day's guided riding from the door – maximum client to guide ratio of 8-1
- 2 nights B&B in a super-comfy bunkhouse at the awesome Dales Bike Centre in Swaledale (exclusive to us)
- Gargantuan cooked breakfasts to set you up for the rides
- Packed lunches to savour on the trail
- Great coffee and unlimited cake
- Bike washes and secure storage

(Everything but evening meals, beer and spares)

Is this weekend for me?

The riding is always tailored a little to suit the group but definitely won't be suitable for complete beginners. You'd want to be comfortable tackling typical trail centre Red trails as a minimum, and happy to have go, or at least not mind walking, more technical stuff.

Fitness-wise, we'll be looking at biggish days – at least 5-6 hours – with plenty of ups and downs. But it's never a race and we won't leave anybody behind – up or down.

If you have any concerns about your ability or fitness, please get in touch

## BIKES

Your bike needs to be ready for the rigours of the mountains – steep and rocky climbs and descents.

It would be well worth having it fully serviced (or doing it yourself). If there are parts you're in any doubt about, change them. This trip WILL be hard on bikes. As a minimum make sure your chain, chainset and cassette are all in decent nick and your brake pads are new or nearly new (you can always carry the old ones as spares and slot them back in later).

As a rule, a lightweight x-country bike won't be strong enough for the descents and a downhill rig will be too heavy for the climbs. There's no perfect bike but make sure you can climb and descend on it reasonably well.

We prefer to run tubeless to reduce pinch flats – a real problem on rocky terrain. Always carry at least one tube though. We also run Huck Norris tyre protectors, which have saved us countless torn tyres and dinged rims.

Tyres are important. Lightweight racing tyres won't be strong enough. We recommend good trail or all-mountain tyres such as Onza Ibex or Maxxis High Rollers.

#### BIKE CLEANING, MAINTENANCE AND SECURITY

The centre has a bike wash

It also has a well-stocked shop

We travel with a bike stand and a good selection of tools. If you need specific tools for your bike, please bring them.

The centre also provides secure storage.

#### MAPS

Yup, we're guiding so you don't need them. But if you're interested in following routes on your own maps, speak to us before you buy them in case plans change and you end up with the wrong ones. If you just want printouts of where we've been when we get home, let us know and we can do this (on a non-commercial basis ☺)

#### ETHICS ON THE HILL

There's no getting around it, 10 mountain bikers will always be pretty conspicuous and we'll always have some impact on the landscape and other trail users. As a company, we're 100% committed to minimising this impact in every way we can. We operate a strict 'pack it out' policy for all litter (including banana skins and orange peel), and we try to leave as little trace of our passing as possible.

While we'll enjoy some epic descents and trails, we encourage our guests to always ride in control and at a speed that reflects line of sight and ability.

We'll certainly meet walkers and we want any interactions to be as positive as possible. It's important to us to give mountain bikers a good name.

#### INSURANCE

We strongly recommend travel insurance to cover you should you get injured or fall ill before the trip or during it.

#### KIT LIST

Not trying to teach anyone to suck eggs but always worth having a checklist!

##### General

- Alcohol/drinks with dinner
- Towels
- Pyjamas/similar
- Earplugs

Some items can be shared between the group. Please let us know at the briefing on Friday night (or before) if there's anything you haven't got that you may need.

- Hydration pack big enough to carry everything in the list below – suggested size 15L to 20L
- Water and snacks – gels, energy bars, jelly babies etc
- Lunch (this will be provided but you'll need to carry it)
- Dry bag to keep everything dry inside your pack
- Mini pump for your valve type
- Inner tube (even if you use tubeless)
- Tube patches (preferably self-adhesive)
- Tubeless repair kit (if you use tubeless)
- Tyre levers
- Multi-tool
- 1 set of spare brake pads
- Rear gear hanger for your bike
- Cable ties
- Duct tape (we suggest wrapping 1m around your pump)
- Power link for your chain type and speed
- Mobile phone - in a waterproof case or plastic bag
- Small personal first aid kit
- Any medication you need

#### Recommended clothing

We can go through the exact requirements for the day when we have an up to date weather forecast.

- Helmet
- Knee and elbow pads
- Cycling shorts and/or waterproof shorts (or trousers)
- Wicking base layer or cycling jersey
- Mid layer (fleece or soft shell)
- Windproof and/or waterproof jacket (depending on the weather forecast)
- Insulated jacket or warm emergency layer
- Woolly hat or buff
- Riding glasses
- Gloves (worth having a spare pair if it's wet)
- Waterproof socks
- Cycling shoes (you must be able to walk in them!)