

# Jules Fincham's



## Level One Course information

### Meeting Time & Place

09.45 for 10.00 start. We meet at a Laggan Wolftrax outside the café next to the Wolfpax Car Park. For details on how to get to Wolftrax see <http://www.forestry.gov.uk/website/forestry.nsf/byunique/infd-68mf24>. See note on car parking.

The lesson will run for approximately 6.5 hours including breaks, so we will finish around 16.30.

### What to bring

This being Scotland, you need to bring clothing for any and all weather conditions, including waterproofs, midge repellent and high factor sun cream. There is a full kit list below.

### Food & Drink

Bring lots of snacks, such as energy bars or whatever you might like for eating on the trail. You will be working hard and your body will need the calories. You will need to drink lots of water, all day, even when you don't feel thirsty. If you have a backpack hydration system, bring that with you; if not, bring bottles of water to take in a backpack. You will be able to leave most of your stuff in the car park but you will need a back pack for the little things. We will stop for breaks at the café on site.

There is no ATM on the site so best to bring some cash.

### Kit List

- Bike and helmet (bikes can be hired on-site at Bothy Bikes but pre-booking is advised)
- Protective eyewear (any glasses/sunglasses)
- Full fingered gloves
- Waterproof, breathable jacket
- Layers of t-shirts, long-sleeved thermals (depends on the weather)
- Shorts or ¾ length trousers



- Hat and/or buff
- Back pack
- Water bottles or back pack hydration system
- Flat-, rubber- or soft-soled bike shoes or skate shoes or trainers (not hard soled shoes or boots).
- Towel
- High-factor Sun Cream
- Insect repellent

### Other stuff

Laggan Wolftrax is one of Scotland's top mountain bike centres and it can be very busy. We advise arriving early to make sure you get in the car park, especially at weekends. There is a charge of £3 for car parking which goes to the upkeep of the bike park and facilities.

The centre has a café, showers, toilets and bike washing facilities. There is also a bike shop. ***There is nowhere on the site where you can obtain cash.***

### Any Questions?

Don't hesitate to phone or email us about these instructions or any concerns - 07786882857 or 01796482726 or [info@cyclewildscotland.co.uk](mailto:info@cyclewildscotland.co.uk)