# RIDING DIFFERENTLY half day

Instructor, lift pass, full suspension mountain bike, body armor and helmet (gloves not included).



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# INTRODUCTION to the mountain

(from 10 years old)

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#### TF YOU WANT TO DISCOVER THE WONDER OF THE CHABLAIS

Come ride with us for a true experience

3-hour session
Occasional cyclists who
want to discover the
practice of mountain
biking in the mountains.

> Introduction to riding techniques on easy routes, smooth turns and ascent via ski lift.



REQUIRED LEVEL You can peddle standing up as well as use your gears proficiently

4 riders minimum



#### BIKE PARK INITIATION

(from 11 years old)

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#### MAYBE YOU ARE LOOKING FOR MORE SENSATION

Come and discover the bike park with us in a safe and secure environment

3 hour session in the bikepark

Possibility of continuing on sessions 2 and 3 of the course

> Learning the different downhill techniques, brake management, anticipation, reading the terrain and the trajectory.

> Initiation to jumps and obstacles on green and possibly blue slopes, keeping you rubber side down in complete safety.

#### **REQUIRED LEVEL**

Peddle standing comfortably, able to control your speed with braking on a medium slope without sitting down

3 riders minimum



#### BIKE PARK PERFORMANCE

(from 11 years old)

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#### A COURSE THAT WILL MAKE YOU RIDE LIKE A PRO

Come in the bike park with us

3 hour session in the bikepark Possibility of continuing on sessions 2 and 3 of the course

> Learning and perfecting technique on steep slopes, taking the perfect line in berms, resting correctly mid run, braking and acceleration with further accuracy.

> Improvements to jumps, drops and wheelies!

#### **REQUIRED LEVEL**

Occasional practice of mountain biking in the bikepark and/or knowledge of basic downhill mountain biking techniques, knowing how to adapt the speed and trajectory according to the track and the terrain

3 riders minimum



## LEARNING HOW TO GET THE BEST EXPERIENCE ON THE HILL

3 sessions of 3 hours for progressive learning

> Lean techniques for the different types of corner, brake management, anticipation, reading the terrain and your line correctly.

>Initiation to jumps and features on green and possibly blue slopes, to build skills on the ground in complete safety.

## A COURSE THAT WILL MAKE YOU RIDE LIKE A PRO

3 sessions of 3 hours for progressive improvement

> Learning and perfecting technique on steep slopes, taking the perfect line in berms, resting correctly mid run, braking and acceleration with further accuracy.

> improvements to jumps, drops and wheelies! Evolution to an advanced level. The perfect technique

3 riders minimum

INSTRUCTOR COMMITMENT

1/2 day = 130 €

1 day = 240€

Up to 2 riders - (20€ per additional rider)