

# GORILLA BIKE ADVENTURES SUMMER PROGRAMME

- Cooperation event with the Tirolerhof Ehrwald
- Date: last week of June until the end of the first week of September

## MONDAY – DAY 1

### Beginners (5–7 & 8–12) – without Lift

- MTB basics, playful learning, parcours & balance
- Safety & bike handling
- Times: 09:00-10:30 (5-7 years), 10:45-12:15 (8-12 years)
- Meeting point: Confetti Alm

### Kids Trails 10+ (14:00–17:00)

- Skills & safety: trail position, controlled braking, cornering technique, eye tracking, off-road control, course preparation
- Times: 14:00-17:00
- Meeting point: Grubig valley station

## TUESDAY – DAY 2

### Beginners

- Improve skills, obstacles, courses, easy terrain
- Times: 09:00-10:30 (5-7 years), 10:45-12:15 (8-12 years)
- Meeting point: Confetti Alm

### Kids Trails 10+ (14:00–17:00)

- Trail riding Lermoos, line selection, flow, safety, small challenges
- Times: 14:00-17:00
- Meeting point: Grubig valley station

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## WEDNESDAY – DAY 3

### Beginners

- Skills area, pump track, balance, small challenges
- Times: 09:00-10:30 (5-7 years), 10:45-12:15 (8-12 years)
- Meeting point: Grubig ticket office

### Kids Trails 10+ (14:00–17:00)

- Trail riding Ehrwald, technique, curves, braking, more challenging sections
- Times: 14:00-17:00
- Meeting point: Grubig valley station

### EQUIPMENT Beginners:

Closed shoes, helmet, gloves, MTB with hand brakes, optional knee pads, snacks & water

### EQUIPMENT Kids Trails 10+:

Safe control of a bike, MTB with disc brakes, full-face helmet, back protector, gloves & knee pads, elbow pads recommended

### PRICES:

- Beginners 5-7 years: € 135
- Beginners 8-12 years: € 135
- Kids Trails 10+: € 270

### CONTACT

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