



# GORILLA BIKE ADVENTURES MTB PROGRAMME 2026 MTB PROGRESSION WEEKEND FOR WOMEN & MEN

A two-day skills weekend for **intermediate mountain bikers** who want to refine their technique, ride with more control and develop better flow on the trail.

Riding takes place in separate **women's and men's groups**. The camp is open to **solo riders as well as couples**. Separating the groups helps everyone focus fully on their own riding, without pressure or distraction.

Coaching takes place in small groups. Content builds over both days and is adapted to the level of each group.

## PROGRAM OVERVIEW

### Day 1 – Technique & Control

Refining body position, active braking, cornering technique and precise line choice. The goal is increased stability, control and confidence on more demanding trails.

### Day 2 – Progression, Features & Flow

Building on day one, the focus shifts to technical features such as **drops, small jumps, steps and more challenging trail sections**. Emphasis is on clean technique, controlled execution, safe landings and confident feature riding. Progression is step-by-step and adapted to the group.

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- **Date 2026:** 25–26 July 2026
- **Schedule:** 10:00–12:00, 13:00–15:30
- **Price:** €250 per person
- **Not included in the price:** Lift ticket and food/lunch
- **Mandatory Equipment:**
  - Safe and well-maintained mountain bike (full suspension recommended, disc brakes mandatory)
  - Helmet mandatory (full-face helmet recommended)
  - Knee pads mandatory
  - Back protector mandatory
- **Recommended protective gear:**
  - Gloves
  - Elbow pads

## CONTACT

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