



# GORILLA BIKE ADVENTURES MTB PROGRAMME 2026 MTB SEASON REFRESHER

The MTB Season Refresher is designed as a 3-day progression camp with a clear structure and increasing technical focus. It is aimed at riders who want to start the bikepark season feeling confident, controlled and well prepared after the winter break.

## DAY 1 – FUNDAMENTALS & CONTROL

Refreshing the basics with a focus on braking technique, body position and cornering. Riding takes place mainly on green trails and the available blue trail. The goal is to rebuild control and confidence.

## DAY 2 – SKILL DEVELOPMENT & CONFIDENCE

Building on day one, we continue to develop riding technique and confidence. The focus is on smoother flow, more consistent braking, improved line choice and better use of the blue trail.

## DAY 3 – PROGRESSION & ADVANCED LINE CHOICE

Further technical progression with an emphasis on line choice, speed management and controlled riding. Progression is achieved within the existing trail network and adapted to the group's ability.

It is **possible to book individual days**. Riders should be aware that **day 2 and day 3 do not repeat the full fundamentals from day 1**. Riders joining on day 2 or day 3 should be comfortable with basic bikepark skills, as the focus will already be on progression and more advanced riding.

Coaching takes place in small groups. Pace, content and difficulty are adapted to the group – without pressure and without the obligation to ride specific features.

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- **Dates 2026:**

- 23–25 May 2026 (Pentecost Weekend)
- 4–6 June 2026

- **Schedule:**

- 10:00–12:00
- 13:00–15:30

- **Prices:**

- 1 day: €120
- 2 days: €230
- 3 days: €340
- Not included: Lift ticket and 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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