



GORILLA BIKE ADVENTURES MTB PROGRAMME 2026 SPRING KIDS BIKE CAMP

The Spring Kids Bike Camp offers three days of mountain biking, outdoor activity and shared experiences in a safe and professionally supervised environment. The camp is open to all children who want to get started with mountain biking or further develop their skills in an age-appropriate and playful way.

Children are coached in small groups based on age and ability. The focus is on building solid fundamentals, developing confidence on the bike and enjoying riding together in a positive group atmosphere.

DAY 1

Beginners (5–7 & 8–12 years) – no lift

- Introduction to mountain bike fundamentals with a focus on balance, coordination, bike handling and basic braking skills.
- Times: 09:00–10:30 (5–7) / 10:45–12:15 (8–12)

Junior Gravity Crew (10–16 years) – no lift

- Skills & safety session focusing on trail position, controlled braking, cornering, vision and safe riding in varied terrain.
- Time: 14:00–17:00

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DAY 2

Beginners (5–7 & 8–12 years) – no lift

- Building on the fundamentals with obstacle exercises, small skill elements and easy terrain, adapted to age and ability.
- Times: 09:00–10:30 (5–7) / 10:45–12:15 (8–12)

Junior Gravity Crew (10–16 years) – lift required

- Trail riding in Lermoos with a focus on line choice, flow, safety and small technical challenges on the trail.
- Time: 14:00–17:00

DAY 3

Beginners (5–7 & 8–12 years) – no lift

- Skills area session with a focus on pumptrack riding, balance and playful challenges to consolidate the fundamentals.
- Times: 09:00–10:30 (5–7) / 10:45–12:15 (8–12)

Junior Gravity Crew (10–16 years) – lift required

- Focus on riding technique, bike control and building confidence on the trail. The goal is to ride more independently, make better decisions on the trail and feel more comfortable on technical sections.
- Time: 14:00–17:00

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GENERAL INFORMATION

- **Dates 2026:**
 - 23–25 May 2026 (Pentecost Weekend)
 - 4–6 June 2026
- **Meeting Point:** Grubig 1 base station, Lermoos
- **Prices:**
 - Beginners 5–7 years: €135
 - Beginners 8–12 years: €135
 - Junior Gravity Crew 10–16 years: €270
 - Not included: Lift ticket (required for Junior Gravity Crew on Day 2 & Day 3) and Food / snacks
- **Mandatory Equipment**
 - **Beginners (5–7 & 8–12 years)**
 - Mountain bike with functioning hand brakes
 - Helmet
 - Gloves
 - Closed shoes
 - **Junior Gravity Crew (10–16 years)**
 - Safe and well-maintained mountain bike with disc brakes
 - Full-face helmet
 - Back protector
 - Knee pads
 - Gloves
 - Elbow pads recommended

CONTACT

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