

GORILLA BIKE ADVENTURES MTB PROGRAMME 2026 SUMMER KIDS BIKE CAMP

- The Summer Kids Bike Camp offers three days of mountain bike training, outdoor activity and shared experiences in a safe and professionally supervised environment. The camp is open to all kids who want to get started with mountain biking or further develop their skills in an age-appropriate 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 having fun in a positive group atmosphere.

MONDAY – 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 years) / 10:45–12:15 (8–12 years)

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

TUESDAY – 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 years) / 10:45–12:15 (8–12 years)

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

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WEDNESDAY – 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 years) / 10:45–12:15 (8–12 years)

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 and feel more comfortable on technical sections.
- Time: 14:00–17:00

- **Dates 2026:** July–August 2026 (weekly, Monday–Wednesday)

- including additional camp 31 August–2 September 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 & 3) and Food / snacks

- **Mandatory equipment Beginners:** Mountain bike with functioning hand brakes, Helmet, Gloves and Closed shoes, Elbow pads recommended

- **Mandatory equipment Junior Gravity Crew:** 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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