

Mountain Biking

The Activity:

Your crew goes on a mountain biking activity

Fiontar

Each Venture Scout takes on a role to help them achieve their Fiontar Awards

SPICES

All

Special Interest Badges

Physical



Mountain Biking is a high energy, adrenalin driven and physically demanding activity. Mountain Biking is popular across the world and recently some purpose built track and trails have been constructed on a number of Collite sites across Ireland and in a number of recreational sites across Northern Ireland. Typically these trails involve ascending on wide forestry tracks and descending on narrow trails that weave through forestry and open hillside terrain. In places the route requires you to travel across boardwalks and bridges over rivers and ditches.

The trails can range from 14 km to 90 km circuits. Mountain Biking is a great outdoor adventure which is physically challenging and will test your balance, agility and fitness. It is ideal activity for a Patrol looking for an adventurous day or weekend activity.

You will need:

Cycling Helmet

Eye Protection

Suitable Mountain Bike (Hard Tail or Full Suspension)

Spare Tubes

Tools and Puncture repair kit

Gloves

Long leg protection (optional depending of course)

**Mountain Bike**

The Mountain Bikes used for your adventure must be suitable. Road and Hybrid bike are not suitable. Some mountain bike style bikes may not be suitable depending on the trails you are going to challenge yourself on.

The Following website will assist you with planning your activity.

www.coillteoutdoors.ie www.visitballyhoura.com
www.dublinmountains.ie www.mountainbikeni.com

A summary table of the available tracks accompanies this resource and maps are located at the trails.

Using a Mountain Bike

Ensure you are a competent cyclist on the road prior to embarking on your first mountain biking adventure. You should always wear a safety helmet and eye protection is recommended. A Front suspension hard tail bike is recommended as a minimum, a full suspension is more comfortable.



Advise for Mountain Biking:

Always wear a Helmet.

Safety Eyewear is recommended.

Always bring a pump, spare tube and puncture repair kit.

Remain on the designated mountain biking trails.

Follow the signed route and be familiar with the trail prior to embarking on your cycle.

Never cycle the wrong way on a signed trail.

Ride On Open Trails Only.

Control Your Bicycle.

Never go Mountain Biking on your own.

Respect local laws and obey posted signs.

Remember 'Leave No Trace'.

Bring water and food.



Before going

Ensure your bike is in good working order inspecting the following;

Tyres treads and tyre pressure

Breaks system

Gear system

Tool kit

Functionality of pump

Ensure the bike is oiled and chain is running smoothly

Tips when Mountain Biking

- When ascending track keep your bike saddle high as this is easier on your legs and knees.
- When descending on trails lower your saddle to gain greater control over your balance and the position of the bike.
- When descending a single trail ensure you keep your feet level when you are not pedalling to avoid snagging your foot and bike in rocks, tree stumps and branches.
- When grasping the handle bars use one or two fingers to control the brakes lever ensuring you have a firm grip on the handle bars at all times.



Review

Individual

Possible questions for you to consider:

- Why did you choose to go mountain biking?
- How did you prepare for the activity? Was preparation for this different to other activities?
- Would you do anything differently next time?

Fiontar

- Did you progress in the Fiontar Award?
- How did the activity help you advance in different areas of the SPICES?

Unit/Crew

- Was this a good group activity?
- Did everyone have a role?
- What else can you do?

