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cycle4adventure
.co.uk

Neil Slater - Adventurous Activities Provider



Leading the way in Mountain biking and Adventure

Mountain Biking - Alpine Skiing - Hill & Mountain Walking - Orienteering & Navigation - Canoeing & Kayaking - Climbing & Abseiling - Team & Confidence Building - Expedition training, leading & supervision



Welcome to our latest programme of courses and assessments. Please click the links on our "Index" below to take you to your desired course. For further information please click on our website links to the below.

2011 Programme

We can offer any of our courses and assessments on a Private Hire basis, for both groups or individuals; if you would like further information, please click the **Private Hire** link below or contact us. As well as Mountain Biking; we also offer training, leading and guiding in many other Adventurous Activities; please click the **Other Activities** link below for further information



Mountain Bike Leader Awards

We offer the full range of MBLA courses and assessments. MBLA awards are highly recommended

and recognized across the whole of the UK and further afield; The MBLA is endorsed by the Adventure Activity Licensing Authority (AALA), Mountain Leader Training Scotland (MLTS), British Armed Forces and recognised by British Cycling (BC). Scottish Cycling is the National Governing Body for cycle-sport in Scotland and is an integral part of British Cycling. Click on MBLA logos below to view courses

Skills courses

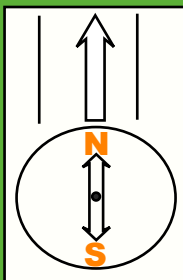
We offer Mountain Bike Skills training at three levels from Beginner to Advanced, so whether you are just venturing offroad, or you want to improve your skills on Red &

Black trails or in Wild Country, we have a course for you. We also run Navigation training courses for Mountain Biking and Walking. **Click here** to view courses



New for 2011

We are also running evening Skills Development sessions for Level 1 & 2 riders. **Click here** to view courses



Navigation Training

Whether Mountain Biking or Walking, we offer Navigation training courses for complete novices or those who wish to develop their Navigation skills. **Click here** to view courses available.

For further information on any of our courses or activities,

or for information on how we can provide our courses and activities for your group or organisation, or for yourself as an individual.

Please **Click here** to link to our website

Website link:-



Click here to link to our website

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Click on the links below to go direct to a particular page



On successful completion of TCL assessment the participant will be sufficiently skilled in mountain bike leading to lead groups of up to 6 to 8 riders throughout Scotland and the UK as detailed on our website.

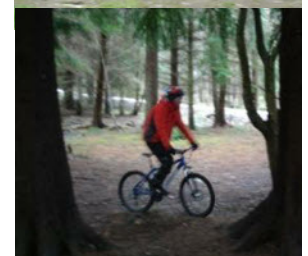
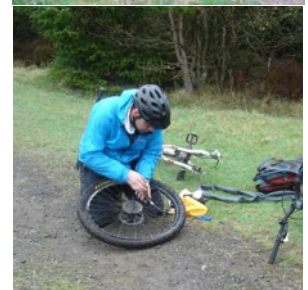
(Click MBLA logo to link to website)

Training courses

Dates	Course details	Location	Cost (per person)
April 2011			
27th to 29th	Wednesday, Thursday and Friday 9:30am to 5:30pm each day	Broomley Grange, near Stocksfield, Northumberland	£135.00
May 2011			
5th, 12th & 19th	Three Thursdays 9am to 5pm each day	Broomley Grange, near Stocksfield, Northumberland	£135.00
June 2011			
10th to 12th	Friday 5:30pm to 8pm, Saturday & Sunday 9am to 5pm	Hamsterley Forest, Co. Durham	£135.00
August 2011			
10th to 12th	Wednesday, Thursday and Friday 9:30pm to 5:30pm each day	Broomley Grange, near Stocksfield, Northumberland	£135.00
September 2011			
16th to 18th	Friday 5:30pm to 8pm, Saturday & Sunday 9am to 5pm	Hamsterley Forest, Co. Durham	£135.00
October 2011			
26th to 28th	Wednesday, Thursday and Friday 9:30am to 5:30pm each day	Broomley Grange, near Stocksfield, Northumberland	£135.00
November 2011			
2nd, 9th and 16th	Three Wednesdays 9am to 5pm each day	Broomley Grange, near Stocksfield, Northumberland	£135.00

Assessments

Dates	Course details	Location	Cost (per person)
April 2011			
30th	Saturday 8:30am to 5:30pm	Northumberland	£65.00
May 2011			
22nd	Sunday 8:30am to 5:30pm	Northumberland	£65.00
June 2011			
22nd	Wednesday 8:30am to 5:30pm	Northumberland	£65.00
July 2011			
12th	Tuesday 8:30am to 5:30pm	Northumberland	£65.00
August 2011			
13th	Saturday 8:30am to 5:30pm	Northumberland	£65.00
September 2011			
24th	Saturday 8:30am to 5:30pm	Northumberland	£65.00
October 2011			
30th	Sunday 8:30am to 5:30pm	Northumberland	£65.00
November 2011			
20th	Sunday 8:30am to 5:30pm	Northumberland	£65.00





On successful completion of MBL assessment the participant will be sufficiently skilled in mountain bike leading to lead groups with- in Scotland and the UK as detailed below:-
Public highways, way marked routes, rights of way on which cycles are permitted,

identifiable routes and tracks with obvious navigational features which are rideable for 90-95% of their total length and to any height above sea level and more than 30 minutes walk from the nearest shelter with communication. The award covers normal summer conditions

(Click MBLA logo to link to website for more information)

Training courses

Dates	Course details	Location	Cost (per person)
October 2011			
15th & 16th	Saturday & Sunday 9am to 5pm	Northumberland / Co. Durham	£135.00

Assessments

Dates	Course details	Location	Cost (per person)
TBC			
TBC	TBC	Northumberland	£65.00



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An Expedition Leader can lead self-sufficient groups on multi-day trips which requires carrying additional equipment and planning and management of groups on such trips. Terrain and technical difficulty are determined by the scope of the Expedition Leader's level of award (TCL or MBL).

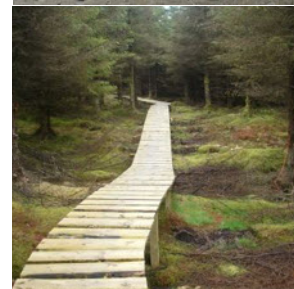
(Click MBLA logo to link to website for more information)

Training courses

Dates	Course details	Location	Cost (per person)
April 2011			
9th & 10th	Saturday & Sunday 9am to 5pm	Broomley Grange, near Stocksfield, Northumberland	£130.00
May 2011			
3rd & 4th	Tuesday & Wednesday 9am to 5pm	Broomley Grange, near Stocksfield, Northumberland	£130.00
Additional training courses can be arranged upon demand			

Assessments

Dates	Course details	Location	Cost (per person)
June 2011			
3rd, 4th & 5th	Tuesday 12am to Thursday 4pm (full expedition)	TBC	£150.00
Additional assessments can be arranged upon demand			





NIGHT RIDE LEADER

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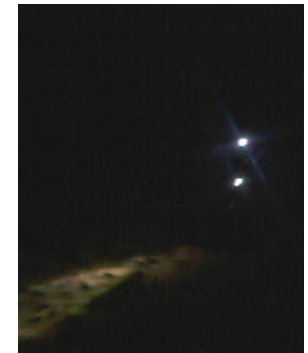
The Night Riding Module is an additional module for qualified Trail Cycle Leaders (TCL) and Mountain Bike Leaders (MBL) to enable them to work in conditions outside the 'daytime only' remit of their award.

Training courses

Dates	Course details	Location	Cost (per person)
November 2011			
19th	Saturday 2pm to 9pm	Broomley Grange, near Stocksfield, Northumberland	£70.00
December 2011			
1st & 8th	Thursdays 6pm to 10pm	Broomley Grange, near Stocksfield, Northumberland	£70.00
Additional training courses can be arranged upon demand			

Assessments

Dates	Course details	Location	Cost (per person)
November 2011			
18th	Friday 5:30pm to 9:30pm	Northumberland	£65.00
December 2011			
15th	Thursday 6pm to 10pm	Northumberland	£65.00
Additional assessments can be arranged upon demand			



WINTER RIDE LEADER

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The Winter Conditions Module is an additional qualification enabling Trail Cycle Leaders and Mountain Bike Leaders to work outside the 'summer conditions only' remit of the TCL and MBL qualifications. It consists of a 2 day training module and a 1 day assessment. The module enables holders of TCL or MBL qualifications to work in defined 'intermediate' and 'winter' conditions but operate only in TCL terrain regardless of the level of award that they hold. (MBLA remit).

Training courses

Dates	Course details	Location	Cost (per person)
December 2011			
3rd & 4th	Saturday & Sunday 9am to 5pm	Saturday - Broomley Grange Sunday - TBC	£130.00
Additional training courses can be arranged upon demand			

Please note day two is a provisional date and is dependant upon snow conditions! Alternative day two dates may have to be considered at short notice. Venue for day two is also dependant upon snow conditions, probable venues in County Durham or Northumberland. Please contact us for further information.

Assessments

Dates	Course details	Location	Cost (per person)
Winter Conditions assessments arranged upon demand			





Our MBLA qualified leaders and tutors offer training at all levels of Mountain Biking. Whether you are just treading into off road cycling for the first time, or you are a competent Mountain Biking wanting improve your techniques; Cycle 4 Adventure has a course to suit you. (Click **Mountain Bike Skills** logo to link to website for more information)



Level 1 - Introductory Offroad skills

This is a one day course, designed to lead you off the firm tracks onto forest and moorland tracks; and even onto some gentle single track. The course will introduce you to the essential skills required for off road riding, including: use of gears, balance, braking, climbing and descending. The course also aims to inform you about mountain bikes and the equipment you may need to enjoy the sport. Please **click Mountain Bike Skills logo** for more information

Level 1 - Introductory Offroad skills

Dates	Course details	Location	Cost (per person)
April 2011			
16th	Saturday 10am to 4pm	Broomley Grange	£50.00
July 2011			
26th	Tuesday 10am to 4pm	Broomley Grange	£50.00

Level 2 - Single Track Riding Skills

This is a one day course, designed to develop your bike skills to allow you to experience the thrills of the single track and Mountain Bike trails. The course will allow you to develop your existing skills and introduce you to those required for Mountain Biking, including: climbing and descending steeper slopes, small drop off's, choice of line and riding over obstacles. The course also aims to inform you about the optimum set up and riding style to help you enjoy the sport. Please **click Mountain Bike Skills logo** for more information

Level 2 - Single Track Riding Skills

Dates	Course details	Location	Cost (per person)
May 2011			
15th	Sunday 10am to 4pm	Hamsterley Forest	£50.00
June 2011			
1st	Wednesday 10am to 4pm	Broomley Grange	£50.00

Level 3 - Trail Riding - for those wanting to ride red and black trails..

This is a one day course, designed to develop your mountain bike skills so you can start to tackle the harder Mountain Bike trails. The course will allow you to develop your existing skills and re-enforce the techniques needed to ride these gnarly routes, including: steep descents and bigger drop off's, choice of line and riding over harder obstacles. The course also aims to inform you about riding safely so you enjoy the sport. Please **see website** for more information

Level 3 - Trail Riding

Dates	Course details	Location	Cost (per person)
July 2011			
27th	Wednesday 10am to 4pm	Hamsterley Forest	£50.00

Level 3 - Wild Country - for those wanting the real adventure..

This is a two day course, designed to develop your mountain bike skills so you can feel happier heading into the hills and mountains. The course will allow you to develop your existing skills and re-enforce the techniques needed to ride in these exposed areas, including: steep descents and bigger drop off's, choice of line and riding over harder obstacles; also navigation, to help you get where you're going. The course also aims to inform you about riding safely in the mountains and what extra you may need to carry. Please **see website** for more information

Level 3 - Wild Country

Dates	Course details	Location	Cost (per person)
August 2011			
16th & 17th	Tuesday & Wednesday 10am to 4pm	Broomley Grange	£120.00





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Following requests from customers, we are pleased to offer a series of Mountain Bike Development evenings.

Based on our popular one day Level 1 and Level 2 courses, we are offering both Levels spread over two evenings. The Skills are spread over both evenings, although you can book onto a single evening or both evenings for both Levels.

Please [contact us](#) for further information

Level 1 - Development Evenings - Introductory Offroad skills

As with the one day course, we aim to lead you off the firm tracks onto forest and moorland tracks; and even onto some gentle single track. The course will introduce you to the essential skills required for off road riding, including: use of gears, balance, braking, climbing and descending.

You can either book onto 1 evening or both evenings, programmes vary between evenings

Please [contact us](#) for more information

Level 1 - Development Evenings

Dates	Course details	Location	Cost (per person)
June 2011			
8th	Thursday 5:30pm to 8:30pm	Broomley Grange	£30.00
June 2011			
15th	Thursday 5:30pm to 8:30pm	Broomley Grange	£30.00

Level 2 - Development Evenings - Single Track Riding Skills

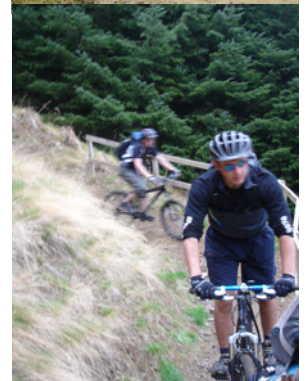
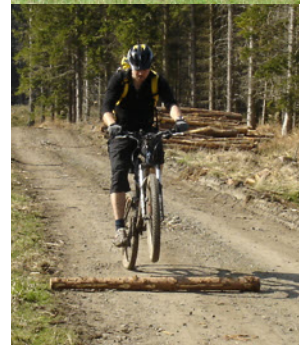
We have designed these evenings to develop your bike skills to allow you to experience the thrills of the single track and Mountain Bike trails. The course will allow you to develop your existing skills and introduce you to those required for Mountain Biking, including: climbing and descending steeper slopes, small drop off's, choice of line and riding over obstacles. The course also aims to inform you about the optimum set up and riding style to help you enjoy the sport.

You can either book onto 1 evening or both evenings, programmes vary between evenings

Please [contact us](#) for more information

Level 2 - Development Evenings

Dates	Course details	Location	Cost (per person)
June 2011			
29th	Thursday 5:30pm to 8:30pm	Broomley Grange	£30.00
July 2011			
6th	Thursday 5:30pm to 8:30pm	Broomley Grange	£30.00





Navigation Training

For those wanting to explore the countryside more, but wish to improve your navigation skills first. We offer two courses, an Introductory Course for those with little or no navigation experience, and a Development Course for those who have navigation skills and wish to improve or want to apply them to mountain biking.

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Introductory Mountain Bike Navigation course

This is a two day course, designed to develop your navigation skills so you can feel happier heading onto those routes, you have yet to explore. The course will give you the opportunity to develop from complete novice, to being able to navigate over wilderness terrain. There is a mix of classroom work and trail riding practice on the day one, day two is all spent on the trail.

Mountain Bike Skills - Introductory Navigation

Dates	Course details	Location	Cost (per person)
August 2011			
2nd & 3rd	Tuesday & Wednesday 10am to 4pm	Broomley Grange (day 1) Open moorland (day 2)	£100.00

Mountain Bike Navigation development course -

If you have used a map and compass before, but wish to hone your skills or wish to transfer your skills to Mountain Biking, then the 1 day course is for you. The first session is classroom based, but then we are out on the trails-

This is a one day course, designed to develop your navigation skills. The course will give you the opportunity to develop your existing skills, to being able to navigate over wilderness terrain. There is a mix of classroom work and trail riding practice.

Mountain Bike Skills - Navigation

Dates	Course details	Location	Cost (per person)
August 2011			
14th	Sunday 10am to 4pm	Broomley Grange	£50.00

Navigation Training



Walking Navigation

For those wishing to improve their Walking Navigation, we offer a one day course. This course aims to develop your map skills from complete novice to a level you can navigate low land rights of way

Walking Navigation

Dates	Course details	Location	Cost (per person)
July 2011			
20th	Wednesday 10am to 4pm	Broomley Grange	£50.00

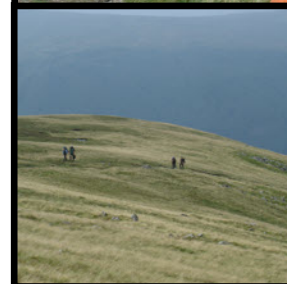
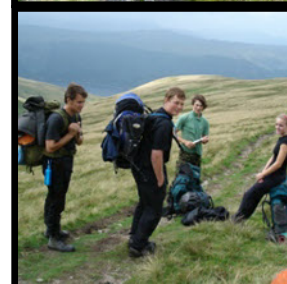
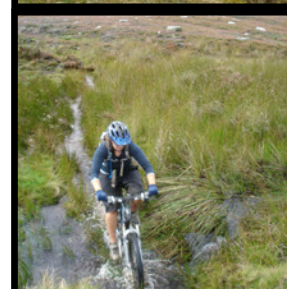
Wild Country Navigation

For those wishing to further develop their Navigation, we offer an additional one day course. This course aims to develop your navigation skills to a level you can navigate in Wilderness terrain, such as open moorland.

Nb. you must have navigation experience, to attend this course.

Wild Country Navigation

Dates	Course details	Location	Cost (per person)
October 2011			
2nd	Sunday 10am to 4pm	Broomley Grange	£50.00





Mountain Bike Guiding

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Our MBLA qualified leaders and tutors offer guided rides for all levels of Mountain Bikers. Whether you wish to explore the delights of a gentle cycle trail or the many disused railway tracks, or you are a competent Mountain Biking who wants to explore the mountains or experience the thrills of "Black" cycle trails. Day trips, weekends or longer, we can organise a ride to suit you

(Click **Mountain Bike Guiding** logo to link to website for more information)



Other Activities

As well as Mountain Biking, we also offer training and leading in the activities listed below. As with Mountain Biking, we specialise in Expedition work; whether training, leading or supervising. We also hold an AALS Licence allowing us to provide all our activities to Young People.

(Click **Other Activities** logo to link to website or contact us for more information)

Activities include:-

- Alpine Skiing
- Hill and Mountain Walking
- Orienteering and Navigation
- Canoeing and Kayaking
- Climbing and Abseiling
- Team and Confidence Building
- Expedition training, leading and supervising (inc DofE, Youth groups, Scouts etc)



Adventure Activity Licensing Service

Neil Slater t/a **cycle4adventure** is registered with The Adventure Activities Licensing Service as licensed to provide specified activities under the following Headings:

Climbing

Trekking

Watersports

License details can be confirmed by calling The Licensing Service.

Tel: 029 2075 5715



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Please contact us by:-

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email neilslater.adventure@virgin.net

Website www.cycle4adventure.co.uk

All details are correct at the time of publication. We reserve the right to change any details, if circumstances dictate.