



# Mountain Bike Trail

Dust off your old bike and lets hit the trail. Firstly, you will need a mountain bike and protective gear.

Then you need to find a mountain bike trail in your locality. There are many laid on trails in forestry and woodland areas. Your local tourist board should be able to point you in the right direction or perhaps a mountain bike club.

You can't just take off to the nearest forest or track. Check with the local forester to see if it is permissible to use tracks and trails for mountain biking.

Things you need to learn

- How to ride a bike in rough terrain.
- How to fix a puncture
- How to do minor repairs
- All about protective gear
- All about accident prevention

Internet link 1

Internet link 2