



MCofS News Release

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For immediate release

Avoiding the Long Walk Out

The Mountaineering Council of Scotland (MCofS) is running a new course on mountain bike handling and basic cycle repairs for hill walkers.

“Do you ever access the hills by bike? Have you ever experienced ‘the long walk out’ due to a flat tyre or broken chain? If so, this one day course could be for you” says MCofS Mountain Safety Adviser Heather Morning.

The aim of the course is twofold – to develop the confidence and technical skills to carry out track-side repairs to your bike, and to learn some basic riding techniques to minimise the potential for causing damage to yourself or your bike.

This one-day course will be run on a 1:6 ratio by Al Gilmour, a qualified Mountain Bike Leader, full-time instructor at Glenmore Lodge and member of the Cairngorm Mountain Rescue Team.

The main topics covered during the day will be:

- First Aid for your bike, including early recognition of worn parts;
- Trail-side repairs including repairing a puncture, replacing a tube, repairing a broken chain and adjusting gears;
- How to ride your bike safely and efficiently over rough terrain; and
- Advice on a basic repair kit to carry on your bike.

“To get the most out of this course you need to be reasonably fit and enjoy a four hour cycle on forest tracks. This will involve some ascent and descent on the forest tracks around Fort William” says Heather.

The course will be based at the Lochaber Mountain Rescue Team base, Ben Nevis Industrial Estate, Fort William.

Course date: Saturday 19th November, 9 a.m. to 5 p.m.

Cost: £35 (members) £45 (non-members).

Please note: You must bring your own bike, helmet and gloves, as well as your normal hill kit and packed lunch.

To book a place call the MCoFS office in Perth on 01738 493 942.

For further information contact Heather Morning on 01479 861 241 or heather@mcofs.org.uk or go to the MCoFS website at: <http://www.mcofs.org.uk/mtb-for-hillwalkers.asp>.

Ends

Notes for Editors:

The Mountaineering Council of Scotland (MCoFS) acts to represent, support and promote Scottish mountaineering.

MCoFS is a membership organisation with 11,000 members representing hill walkers, climbers and mountaineers, funded through a combination of membership subscriptions; non-governmental grants; and investment from sportscotland, which supports public initiatives and services in mountain safety, mountain weather information services, mountain leader training and the development and promotion of mountaineering activities. MCoFS is a not for profit company limited by guarantee and incorporated in Scotland. Company number SC322717.