



5 Day Residential Mountain Bike Course

Rock and River, Mawdesley (L40)

Liverpool Heartbeat has teamed up with Rock and River Outdoor pursuits to develop this exiting, challenging, education and rewarding program of mountain biking activities in support of the Spitfire HeritageTrusts ongoing Lesotho Tribute program.

Working on bicycles donated by Merseyside Police this unique venture will help vulnerable youths from Liverpool Develop Mountain biking skills and achieve a practical bike maintenance qualification. We value how important taking part in outdoor adventurous activity can be to a young adult's development. We truly believe taking part in this Mountain Biking programme will inspire them to overcome adversity and help them grow personally and socially.

A completely unique element of the program is that serviced mountain bikes are to be shipped to the African Mountain Kingdom of Lesotho. As part of the Spitfire Heritage Trust initiative, participants will learn about the shared history of Lesotho and its Spitfire Heritage. *An abbreviated brief on the program supports this document.*

Rock and River will cater for each pupils needs and will provide safe accommodation with a duty warden onsite. Mini bus transportation to and from venues, will be provided.

Please find listed below the programme of activity to be provided, based on a maximum group number of 10.

Please note – For the course to be a success, Liverpool Heartbeat would require Merseyside police to provide group leaders.

Course breakdown



Mountain Biking Course

Time	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Arrive at Rock and River, group settle into accommodation	Mountain biking Delamere forest	Mountain biking Gisburn forest	Bickerstaff Trails	Bike maintenance assessment
Notes		. 1 hour journey to delamere Gentle Morning loop round the lake	1 hour journey to Gisburn forest, Big technical loop[Local bike track, 20 minutes journey	Pupils are given two faults too fix
PM	Team initiative workshop And Bike Maintenance	Mountain biking Delamere forest	Mountain biking Gisburn forest	Onsite Bike maintenance	Debrief workshop and certificates Depart for Liverpool
Notes	Light hearted team building tasks designed to make group feel at ease and begin team processes (communication, confidence, assisting others etc).	. Afternoon technical loop, with challenges		Crank replacement and bearing replacements	Clean bunkhouse, pack personal kit and depart for Liverpool.
EVE	Bike Maintenance	Bike maintenance	Bike maintenance	Prep for Maintenance assessment/ evening fire and marshmallows	
Notes	M checks and correct cleaning	Gears, and brakes	Wheel trimming, bottom bracket replacements	Chilled out evening, maybe chippy tea night.	

Please note

All activities are flexible and can be amended depending on weather, group nature, group fatigue etc
Instructor will provide feedback to group members every evening and encourage group discussion on the activities participated in.