

# X COUNTRY MT BIKING

## FACTS SHEET FOR SCHOOLS

MT BIKING | FULL DAY - MULTI DAY | KOSI TO CANBERRA

### WHERE & WHEN

#### K7 & Sacred Ride Programs

All year round. Snowy Mountains and Canberra

**SCHOOL HOLIDAYS** - Yes!

**WEEKENDS:** Mt Biking is an every weekend sport with plenty of competitions in the high country to keep you happy.

**SCHOOL TERM:** TERM I - IV

Tailored Rides. Learn to ride, intermediate and advanced riders.

### WHO

K7 & Sacred Ride have collaborated to bring the best local X Country Mt Bike riders to you. Our riders are recreational and competitive on single track, technical track, firetrails and off road 4WD through Kosciuszko National Park. Sacred Ride brings to you the best technical support keeping your bike tuned and ready to ride with servicing & repairs during long rides. We transport bikes to the beginning of the ride. For multi-day tours our technical team comes with us to ensure smooth riding all the way.



## K7 X Country Mt Bike Team - Marty, Nic, Dave, Vee, Acacia, Barbara

*What we can do for you & your students.*

**K7 X Country Mt Bike Team** - you have to have the passion! Mt Biking has taken off around the world big time and x country mt biking is especially fun for everyone: teachers, students and guides! This is an ideal opportunity to put your students onto some offroad riding - single track, dirt roads, firetrails and for absolute beginners - we work on the Jindabyne Bike Paths.





## PROGRAMS

### SCHOOL HOLIDAYS

- By request - lessons & rides every day
- Half Day, Full day or multi day
- Accommodation / Camp

### WEEKENDS

- Come to the Snowy Mountains to ride and play
- Ask us about local competitions and social rides

### TERM I, II, III, IV

- School Half Day, Full Day and Multi Day Programs
- Lessons for beginners
- X Country Mt Bike Touring local trails for fun
- Ride the awesome TVT
- Test your stamina on the Guthega to Geehi (not during winter!) amazing ride or Dead Horse Gap to Bob's Ridge. Ride the waterbars!
- Book a multi-day from Kosi to Canberra (4 days & 3 nights)
- Come on a 'Full Moon Ride' as a part of your school camp from Charlotte Pass to Rawson's Pass Return via Moonlight and Bikelight.

X Country Biking **is awesome fun** with great fitness benefits, some technical challenges and a lot of positive outcomes. K7 & Sacred Riders teach your students how to enjoy riding safely off road, gear changes, positioning weight and balance, cornering, technical drops & fast riding on smoother surfaces. From 3 hourly to full day programs such as the Thredbo Valley TVT, technical programs on the Jindabyne Tyrolean Trails, Lake Crackenback Trails or **superb multi-day riding** from Rawson's Pass at the base of Mt Kosciuszko to Canberra, with fully supported campsites, there is a program for each and every rider and school group. **K7 and Sacred Ride Jindabyne** work together to provide your school with *great x country bikes*, technical support and rider tuition for small to large adventures. This activity works in winter if you want to mix it up between shredding slopes & fun out on the bike trails! K7 & Sacred Ride also organise **X Country Mt Biking Camps** for riders who want to fully develop their skills for competitive riding. **Come ride with K7 & Sacred Ride.**

K7 X Country Mt Biking is for all levels of riders all year round! Winter riding at lower altitude is just as much fun as cruising at higher altitude through Kosciuszko National Park.

**Talk to us:** Call Marty: (02) 6456 1988

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