

Mountain Bike Tour Information Sheet

Description

Our guided mountain bike tours are fun and supported nature experiences suitable for all ability and fitness levels, so long as you are over 12 years and can ride a bicycle.

We bring everything you need so you don't have to! An amazing Trek off road mountain bike, safety helmet, cycling gloves, trail snacks and a souvenir water bottle for you to keep. Our experienced and engaging tour guides are qualified mountain bike skills coaches and certified first aid practitioners ensuring you stay safe while having fun!

Guidelines

Mountain biking is a great form of exercise for most people, however it is important that you advise us of any health conditions that may affect your ability to ride safely.

We provide a range of individually packaged trail snacks in case you get hungry on the ride. If you have food allergies or special dietary requirements we recommend that you bring your own snacks.

On our half day and full day adventures we provide a picnic lunch of sandwiches (arranged by our catering partner). We will provide a menu for you to select from and place an order close to the time of your booking.

All riders under the age of 18 years must have their rider participation form signed by a parent or guardian prior to commencement of the tour.

Please bring your drivers licence (or equivalent photo ID) to properly identify you for the purposes of hiring our bikes and equipment.

Wear comfortable clothing suitable for exercise in a warm environment. Long pants are discouraged as the cuffs may get caught on the bike pedals. If you own any cycling clothing we recommend that you wear this.

Our tours take you into the Australian bush during the daytime. We recommend that you apply sunscreen and mosquito repellent before the tour commences. We will have sunscreen available at the trail head in case you forget.

Avoid drinking excessive quantities of alcohol or eating rich food the evening before your tour. Trust us, you will have a lot more fun, and be much safer, if you are not hungover! No consumption of alcohol or smoking is allowed in the National Park.

Many of our tours finish at ocean beaches. We recommend you bring swimmers and towels as there is no better end to a ride than a refreshing dip in the ocean!

Bring a change of clothes for after the ride/swim.

Restrictions

Tours are restricted to people age 12 years and older.

If you have a health condition that might affect your ability to exercise or ride a bicycle, we require a letter from a GP confirming that this activity is suitable and safe in light of your condition. This includes pregnancy.

Consumption of alcohol or smoking are not allowed in the National Park. Intoxicated persons will be refused bike hire with no refund of the tour price. There are several amazing pubs in the vicinity and plenty of time for drinks after the ride.

Cancellation policy

If you cancel more than 24 hours before the start time - 100% money back!

On the rare occasion we need to cancel due to weather conditions (too wet or too hot) - we will refund your money.

Participant Changes

Our experiences are transferable between participants up to 24 hours before the tour start time. There are no fees for this, however we require a rider form for each participant at least 24 hours prior to the tour to ensure correctly sized bikes and safety equipment is available.

Numbers on the day

Our tours operate with between 2 and 10 participants plus a tour guide. We can accommodate larger groups, however each additional group of 10 riders will require a separate tour guide. All experiences are by prior booking arrangement as we need to select correctly sized bikes and safety equipment, as well as comply with the terms of our National Parks Eco Pass and State Forest Permit regarding group size and frequency.

Weather

Our experiences are conducted in the Australian bush year round. They are affected by inclement weather, fire risk, National Park or State Forest closures, back burning operations and other factors outside of our control.

We will advise participants of affected tours as soon as we know of any impediment to the safe delivery of an experience. We will seek to reschedule, where possible, or provide a refund of the tour price if this is not possible.

Other information

Mountain biking on off road trails can be dangerous. There is a risk of falling off the bike and injuring yourself. Always wear the provided safety equipment while astride your mountain bike. Look ahead while riding to give yourself the best chance of seeing and avoiding obstacles. We operate in the Australian bush year round. Weather conditions range greatly. Make sure that you check the weather forecast and wear appropriate clothing. If you are unsure please call us for advice.