

# Tanagh Gearing Up Off Road Programme



**Dates:** 30<sup>th</sup> & 31<sup>st</sup> Oct 2018

**Time:** 9.30am-2.30pm

**Age:** 12-16yrs

**Cost:** €70pp includes manual and cert

Gearing Up Off Road is a new initiative that has been launched by Cycling Ireland. Gearing Up Off Road is Cycling Ireland's mountain bike skills programme designed to develop the skills needed to safely and competently enjoy mountain biking. It is an action packed and fun programme aimed at beginners and intermediate riders.

**Limited spaces on this course.**

For more information on the syllabus see [www.cyclingireland.ie/page/programmes/gearing-up-off-road](http://www.cyclingireland.ie/page/programmes/gearing-up-off-road)

**Booking and Payment in advance is essential with Tanagh Outdoor Education & Training Centre**

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**Contact Philomena on 049-5552988 or [info@tanaghoutdooreducation.com](mailto:info@tanaghoutdooreducation.com)**