# MOUNTAIN BIKE TOUR FOR TWO



Fancy yourselves fat tire flyers? Gear up and get ready for an awesome mountain biking adventure! Let a seasoned guide show you some of the greatest mountain biking terrain this region has to offer. Learn tips and tricks for conquering curves, corners, dips, descents, hills, hazards and other all terrain challenges. Whether you're a backwoods beginner or an experienced downhill rider, your guide will customize your trip to match your abilities.

- Begin by meeting your guide and getting fitted for your bike
- Enjoy a scenic drive out to the trailhead while talking to your guide about mountain biking
- Practice and master all-terrain tricks and techniques
- Tackle roots and rocks while exploring exhilarating tracks and trails
- Includes bike, safety helmet, water, and snacks

Mc Henry, MD

## Availability

End of April through October, Monday through Saturday

3 hours total

## **Essential Information**

Minimum age is 11 years old; participants must be in good physical condition; a waiver and release must be completed by all (under 18 by parent/guardian)

Experience for 2 in a group up to 6

