

# MTB riding technique course level 1 Chur

Tips and tricks for more riding fun.



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## *PROGRAM*

### **MTB RIDING TECHNIQUE LEVEL 1**

We meet at the Waldhaus Stall in Chur. After a short welcome round we start into the Fürstenwald. Directly in the terrain, the guide will show you how to improve your riding technique. Downhill but also uphill there are some points to consider, and thanks to the tips and tricks and specific exercises you will soon feel more confident.

Main focus and course content:

- short bike check (M-check)
- correct position on the bike
- balance
- Ascent and descent
- Brake technique
- Shifting technique
- small obstacles
- tips & tricks

 2.5 Stunden

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## Preise Gruppe

**65** CHF

per participant

(Mindestens 4 bis maximal 8 Teilnehmer)

## Preise Privat

**390** CHF

pro Person bei 1 Person

**195** CHF

pro Person bei 2 Personen

**130** CHF

pro Person bei 3 Personen

**95** CHF

pro Person ab 4 Personen

(Maximale Teilnehmerzahl pro Bergführer: 8)



### Inklusivleistungen

- Riding technique course with Swiss Cycling MTB guide



### Zusatzkosten



### Buchbare Zusatzleistungen

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 **Saison**  
July - October

 **Wochentage**  
Wednesday

 **Dauer**  
0.5 Tag

 **Schwierigkeit**  
einfach

## Anforderungen

no requirements.  
Children from 16 years on alone, from 12 years on only in company of an adult.

## Material

- well maintained, contemporary mountain bike (no e-bike)
- Bike helmet
- Cycling gloves (if available)
- Protectors (if available)
- Drinks and snacks
- clothes suitable for the weather

 [komplette Materialliste](#)

## Treffpunkt

17:30 Uhr Waldhaus Stall,  
Fürstenwaldstrasse 7000 Chur

## Anreise

### **Parkplätze:**

Parking is available directly at the Waldhaus Stall.

### **ÖV**

Chur can easily be reached by public transport. In about 15 minutes you can reach the meeting point Waldhaus Stall by bike from Chur train station.

## Unterkunft / Komfort

In our partner store Go Vertical Chur you will find everything for biking. Stop by for advice.

## Good to know

The course will take place in all weather conditions (except storm warnings). We also offer the MTB riding technique courses at **Level 2** (medium) an.

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