



Samsara Bike Club

Main contact person

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Club address

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Main activity

Mountain Biking, Skateboarding & BMX

Who is welcome or qualified to join?

Beginners

Experienced

Under 12's

Under 18's

What is the route for a new starter?

Free taster session

Introductory course

How can new members engage and try?

Saturday mornings at various venues but mostly at Samsara - Riverhill Himalayan Gardens. Do a trial with the club. £15 for boys and free for girls. There can be a short waiting list.

Costs

Mountain Biking is £106 for a 6 week block. Skateboarding is free as normally funded by local councils.

We offer...

It is an inclusive club and welcomes anyone who wants to practice off road biking. The only person you race is yourself!

What do new members need to bring?

Mountain Bike, helmet and water.

What do new members gain in the first 8-12 weeks

Learn basics safely
Confidence
Improvement in fitness/conditioning
Improvement in mobility/balance
New friends
New skills
Family friendly activities

What is you club trying to achieve?

A gain in beginner participation
Supporting local health & wellbeing
Increased participation by girls and women
Strengthening volunteering/coaching

Community

We do bbqs in the woods, Xmas rides and encourage kids to meet up outside of the club etc.