



The Mountain Bike SCHOOL

Mountain Bike riding in the woods

Mountain bike riding is one of the many ways of enjoying ourselves, combining a passion for sport with a love of nature. Pedalling along the ridges immersed in the fragrance of the wood, going down steep paths surrounded by hillocks and bushes with the wind in your face and going up really steep hills without once stopping, arouse unique sensations which are really hard to give up once you have experienced them. The aim of this course is to teach the basics of this sport and at the same time draw people closer to the spectacular landscape of the Tuscan-Marchigiane mountains.

Educational Objectives

- Stimulate empathy with the natural world.
- Acquire the ability to critically evaluate one's own behaviour.
- Encourage the sharing of experiences.
- Stimulate an awareness of ourselves.
- Stimulate the ability to play together.
- Develop awareness of our own feelings.
- Become respectful towards the natural world.

Target group

The educational package is aimed at students of junior high school

Length of stay

3 days – 2 nights

Period

From September to November and from March to June

Sites of educational activities

Bosco di Tecchie, the ridge of the umbro-marchigiano Appenines

Accomodation

At the Education Centre of Piobbico or La Chiusura with accomodation in rooms of 4/6/8 beds with shared bathroom facilities. Teachers are accomodated in double rooms with bathroom facilities included.

Details of the proposed package**Day One:**

Arrival at Passo di Bocca Seriola

Ice-breaking activities: Activities of socialisation and group bonding – a series of activities to help the students gain an understanding of the places they will be spending the next few days in.

Activities: For a correct use of mountain bikes:

1. appropriate clothing and equipment are recommended
2. it is important to know how our mountain bikes work
3. the bikes have to be prepared
4. how to use the 21 gear shift
5. pedalling techniques

Packed lunch

Mountain bike excursions from Bocca Seriosa to Apecchio through a splendid Turkey oak wood

Settling in to accomodation and dinner

Educational activities: Nocturnal sounds – Nocturnal walks with our ears open to the sounds of the forest

Day two

After breakfast we go to the Appenine ridge

Mountain bike excursions along the umbro-marchigiani ridge against the backdrop of spectacular landscape

Activities: For an appropriate use of the mountain bike we examine:

1. Safety regulations which must be observed
2. How to pedal off the beaten track in safety and maintaining respect for the environment
3. Dealing with up-hill slopes
4. Dealing with down-hill slopes
5. Carrying the bike on your back
6. Bends
7. Reading a map
8. Small repairs – Tyre punctures and chain breakage.

Packed lunch

Excursion on mountain bike from the ridge to Apecchio

Dinner

Educational activities: Recognising the stars – a walk at night-time with an expert explanation of the stars and their constellations

Day three:

Breakfast

Excursion on mountain bike from Bocca Seriola to Pieia

Activity: For an appropriate use of the mountain bike

1. Pedalling diagonally
2. Rocks and ditches
3. Mountain bike jumping and hopping
4. Riding on the back and front wheels

Packed lunch

Farewells

