



Find flow - Get air Course - Advanced Level

Please read the following information about this course carefully. If you have any further questions, please don't hesitate to get in touch with Rocks & Road using the details below.

Peaslake

We'll meet at the Walking Bottom car park, GU5 9QW (Hurtwood Car Park 2). This is just 300m through the village passing the Hurtwood Inn on your right to the car park at the bottom of the hill. For more information on how to find the car park, [follow this link](#).

As a courtesy to the local villages, please use the Hurtwood car parks. They are free and open for your use.

Holmbury St Mary

We'll meet at the car park adjacent the the YHA on Radnor Road, RH5 6NW (Hurtwood Car Park 14). For more information on how to find the car park, [follow this link](#).

As a courtesy to the local villages, please use the Hurtwood car parks. They are free and open for your use.

Day Format

Your course is 3.5 hours long, starting at 09:00 and finishing at 12:30. However, we would ask if you could arrive fifteen minutes early to make sure everything is in order and that we have your disclaimer/emergency contact detail forms filled in. The class will start at 09:00 sharp.

Equipment

A certified cycling helmet and gloves are compulsory. Weatherproof clothing is also a necessity. As the weather is changeable please pack for every eventuality. If you have knee pads and any other protection that

you feel would give you more confidence on the day, please bring them with you. Please ensure that the bike you turn up with is in full working order and is relevant for the day. For more information on equipment and bikes click [here](#).

You'll be out on the trail working in areas all morning. For this reason, carrying a small hydration pack is of use. Hydration is crucial for concentration and keeping energy levels up. Some food and a couple spare inner tubes are also worth packing to avoid your day finishing early.

Weather Cancellation

If for any reason the conditions are deemed dangerous by the Rocks & Road coach, you will be offered another date or a full refund. Should this happen, we will contact you as soon as possible using the details you have provided.

We look forward to seeing you soon.

Kind Regards,

Rocks and Road.

Tel: 07974 142599 Email: andrew@rocksandroad.com