

# MOUNTAIN BIKE LESSON FAQ

## What equipment do I need?

Mandatory Equipment:

- Mountain bike in good working condition (front suspension required, full suspension is recommended)
- Full face helmet

Recommended Equipment:

- Elbow and knee pads
- Water bottle or hydration pack
- Gloves
- Glasses or goggles

Mountain bikes, full face helmets and knee/elbow pads are available to rent [HERE](#).

## What should I wear?

We recommend wearing clothing that's comfortable to move in. On warmer days shorts and a T-shirt are great. Pants and a long sleeve, sweater or light jacket are recommended on cooler days. Closed toed shoes are required.

We ride rain or shine! Make sure you check the weather forecast and come prepared, whether it's packing your raincoat or sunscreen.

## What does a lesson include?

The price of a lesson includes the lesson only. Lift tickets and rental equipment must be purchased separately.

## What is the minimum age for downhill mountain bike lesson?

The minimum age is 5 years old.

## When and where do I show up?

If you are picking up a lift ticket and/or rental equipment we recommend arriving 30 minutes prior to your lesson start time. Look for the Lesson flags between the chairlift and the rental shop, your instructor will meet you here. Please arrive here ready to ride.

## Cancellations

48 hours notice is required.



**HORSESHOE**  
RESORT  
ski • bike • play