

Durham Mountain Sports Club presents

Off Road Mountain Bike Rides

10am Broompark Picnic Site
2nd Sunday of every month

See DMS web site for further details

www.DurhamMountainSports.org.uk

What do I need to bring?

- Yourself
- Bike helmet (sorry but no helmet / no ride)
- Suitable shoes and clothing for cycling such as trainers that you don't mind getting muddy but not jeans.
- Drink - (we mean water not alcohol!)
- Snack (chocolate!)
- A fully serviced Mountain Bike
- Gloves - full finger if its cold
- Waterproofs - if rain is forecast
- Spare jacket or fleece - you may get cold when we make stops
- Spare inner tube

