

HIGHLAND BIKE ACADEMY

Outreach Programmes

Dr Bike

A qualified mechanic will come to your setting and give each bike a full safety check. Some minor repairs/adjustments can be carried out on the spot; others will be noted down for your awareness. This can boost participation in active travel by ensuring bikes are safe to ride, which will in turn boost health & wellbeing.

From £100

Bikeability & Cycle Training

Whilst Bikeability is the recognised programme for schools, cycle training can be delivered to anyone in any setting. Whether for fitness, active travel or just pleasure, cycling has numerous benefits that everyone should be able to access.

From £120 half day, £180 full day

Balanceability

Structured activity sessions to develop core balance and movement skills, primarily for younger children, to get them on their way from balance bike to pedal bike for a lifetime of happy cycling. A selection of balance bikes and helmets can be provided. Best suited to larger indoor halls, more than two badminton courts is ideal.

From £60 per 45 minute session, a series of 5 sessions is recommended

Bike Maintenance Workshops

These workshops will cover everything you'll need to know to keep your bike in safe working condition, and be able to carry out common repairs. Everything you'll need is provided and you'll get hands-on building your skills and experience using our fleet bikes. Great for building confidence to take part in active travel, providing a boost to health & wellbeing.

- Two hour introductory session (parts of the bike, safety checks, punctures, general maintenance) from £200

- Three part introductory series (parts of the bike, safety checks, punctures, general maintenance, brakes, gears) delivered as three 1.5 hour sessions from £450

- Six part complete series (parts of the bike, safety checks, punctures, general maintenance, brakes, gears, headsets, hubs, bearings, trailside repairs) delivered as six 1.5 hour sessions £900

MTB Skills

Develop your off-road mountain bike skills with expert tuition, boosting confidence and health & wellbeing. These sessions will need to be in a suitable location with access to appropriate mountain bike terrain. Participants will need a certain level of fitness and existing cycling skills to be able to participate.

From £180 half day, £200 full day