



For further information on Mountain Biking and the other activities we offer, visit our website, or email [cycle4adventure@gmail.com](mailto:cycle4adventure@gmail.com)  
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## About the Go-MTB award scheme

### WHAT IS Go-MTB?

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Go-MTB is a progressive mountain bike achievement award that enables people to advance their technical riding skills as well as learning how to look after themselves, their bike, the environment, and other people.

There are four themes to the Award and five levels of achievement within each theme. These cater to all levels of experience, from novice to expert. The themes included in the award are as follows:

- Riding Skills
- Sharing the Outdoors
- First Aid
- Being Independent and Self-Supporting

### WHO IS Go-MTB AIMED AT?

The Award is aimed at anyone who wants to develop their skills and experience in off-road riding, from those who are learning basic bike handling skills to those who are riding long technical routes with advanced features.

Because of its scope and flexibility, whilst Go-MTB is aimed primarily at children and young adults, it is equally as applicable to more mature riders.

### HOW DOES Go-MTB WORK?

Individuals enjoy mountain biking for a variety of reasons, which reflects the flexibility of the Award. Themes can be taken selectively to match individual aspirations (for example some may choose to take only the Riding Skills components) or each level can be worked through progressively. To be awarded a complete level, riders must complete all four themes.

Each participant in the scheme can opt to receive a Rider Logbook, which is an extensive supporting resource that details what is contained within each level. This enables riders to track their progress through the Award and see what they need to do next.

