



INTERNATIONAL PROGRAMME PREMIER OPTIONS

John Paul College
ROTORUA | NEW ZEALAND

MOUNTAIN BIKING



Programme:

Rotorua boasts the world renowned Mountain Biking Trail Network in the spectacular Redwoods - (also known as the Whakarewarewa Forest). This fantastic facility is an integral part of the city, is perfectly safe and is so extensive that it could take days to explore and get to know its full extent. The Redwoods is also free for the public to use and so one can practise or simply enjoy whenever one wishes — night or day!

A flexible programme can be tailor-made to cater for individual needs or with a group.

Coaching

Anneke Smail, (NZ's former women champion) has raced at World Cup and World Championship level and is keen and ready to pass on her knowledge to whoever is interested—at any skill level. Her husband owns a local bike shop. She can be personally contacted at info@letsride.co.nz

Costs

Costs could vary. On a one-on-one individual basis—skill training would cost \$50 an hour. Should the skill training involve a couple or a pair then that would be \$40 and \$35 for three people.

Different programmes are also offered for fitness only, or a combination of both.

Additional Information

Rotorua is hosting the National championships in February in conjunction with a Biking Festival. There are regular events throughout the year and opportunities abound for similar events in neighbouring regions. Racing includes Cross country, Marathon, Downhill and Endure. One can also join the local Mountain Biking Club which is very social and has regular squad rides. (see www.rotorua.mtbclub.org.nz for more info.)

Rotorua has numerous bike shops to meet your equipment and servicing needs. If desired, a homestay can be organised in close proximity to the Redwoods.

www.jpc.co.nz

*Nurturing Excellence
while on
Adventure*