


# Mountain Biking

Enjoy the scenery of the Gold Coast Hinterland from the saddle of a mountain bike. Generally used as part of CYC's adventure program, mountain biking encourages students to assess and manage risks, and in the context of an adventure program, develops a students' personal responsibility for themselves and others.

 <b>TIME FRAME</b>	Generally conducted over a 3 hour period, however other time frames can be negotiated depending on your requirements.
 <b>NUMBER OF PARTICIPANTS</b>	20-25
 <b>KEY OUTCOMES</b>	Self confidence, coping mechanisms, resilience
 <b>SUITABLE AGES</b>	Grades 7-12

WORKS WELL AS PART OF A **ADVENTURE PROGRAM**

THE CHANGE YOU WANT TO SEE  
IN THE WORLD LIES WITHIN...

