





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.

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

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

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

