

Mudslingers MTB Weekend in Wales, 13-15 June 2015

Slipstreamers' members and families are invited to join a Slipstreamers MTB family weekend in the beautiful Afan Valley, South Wales next June. The valley features an extensive trail network offering everything from a gentle former railway bed to highly challenging terrain and technical downhill tracks, with some reviewers claiming these to be some of the best trails for mountain biking in the UK! There is something for everyone, and we are anticipating a weekend of good weather, epic views, awesome riding all round, and an opportunity for Slipstreamers to hang out, make new friends and have some fun! For additional details on the Afan Forest, [do click here](#).



So What's the Plan?

After arrival and a relaxing settling in the Friday night before, we are planning an action packed weekend of ability-specific coaching sessions for Slipstreamers members that will commence on the Saturday morning, to include advanced skills development that makes use of the technical terrain at our disposal. Saturday afternoon will likely feature coach and local guide-led group rides, split by age and ability. A second set of group rides and silver/gold-level MTB assessments are contemplated for the Sunday. We are still working on the finer details for this, but rest assured, you will be applying any and all of your skills, with maximum fun is absolutely guaranteed!

Who May Attend?

As long as you are a Slipstreamer, you are invited - however do bear in mind that the terrain will be fairly technical, so in order to participate in the coaching sessions, we think this will be best suited to members riding at a bronze MTB standard and higher - do please talk to your coaches if you are unsure!

Are Parents/ Guardians Required To Attend?

Yes! While the sessions during the day will be Slipstreamers Coach-led, this is strictly a parent/guardian-accompanied weekend, and the club will be unable to take responsibility for any members other than during the coaching sessions. There will be plenty of opportunity for parents/siblings to ride as well; but it is important to note that the coaching sessions are for Slipstreamers, and any inclusion of parents and/or siblings in these will be purely at the discretion of coaches. Further details regarding this will follow in due course.

What About Accommodation?

We will base ourselves at the Afan Valley Lodge, situated less than a 3-hour drive from our home circuit in Hayes. Run by Richard and Louise Davies and family, the friendly and comfortable lodge offers an ideal starting point for exploring the valley's vast trail network - [click here to view their website](#). Our club has been offered a special rate of £65 per person night, based on a minimum 2-night booking for the Friday and Saturday, which will include dinner on Friday and Saturday, and breakfast on Saturday and Sunday.

I'm In - How Do I Book?

The Afan Valley Lodge are holding the rooms for Slipstreamers, but as they close for a time during January, to avoid disappointment, it is advisable to call them place a deposit or pay in full sooner rather than later. The valley is very popular with mountain bikers at that time of year, so unless we book early, they may need to open up the lodge to the wider public. To ensure you get the HSS rate, do quote "Hillingdon Mudslingers" when you call - [contact details are on their website](#).

What's Next/ I Have Questions?

The first thing to do is check your calendar, ask yourself if you would like to have a fantastic weekend away mountain biking, and if yes, pick up the phone and book! We will be notified by the lodge of any bookings, which will then help us with the planning and organising we need to put in place for the weekend. Further details will follow via the newsletter in due course; so do make sure you keep reading this for updates. In the interim, do keep practising your skills!

If you have any questions about any aspect of the trip, please don't hesitate to talk to your MTB Coaches, Alex and Mark; or feel free to talk to Emma or Asti. Alternatively, don't hesitate to email us on signon@slipstreamers.co.uk