



**MIDDLEDEN**  
MOUNTAIN BIKE CLUB



**FUN  
ADVENTURE  
NEW TRAILS  
NEW SKILLS**

**WEEKLY COACHING SESSIONS**

Kirkcaldy High School  
Astroturf Carpark  
Mondays 6.30pm-8pm



**Middleden Mountain Bike Club**, are a community mountain bike club based in Kirkcaldy. Our aim is to **inspire and encourage** people into mountain biking; **nurture and develop** new skills and share a sense of **fun and spirit of adventure**.

The club is open to all, from those who are completely new to the sport, to more experienced riders who want to develop their biking skills. The club runs skills coaching sessions; guided rides; bike maintenance classes; fun races and trips to trails further afield.

The club is affiliated with Scottish Cycling and all activities are led by qualified volunteer coaches and leaders.

The club's activities are centred around the town's Middleden Bike Trails. The network of trails were purpose built as a project led by Fife Coast and Countryside Trust and Fife Ranger Services.

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## MEMBER BENEFITS

- Weekly skill sessions, games and led rides
- Trail Building
- Discounted membership rates for Scottish Cycling
- Bike Maintenance Classes
- Learn new skills; become more confident; be healthy; meet new people and HAVE FUN!

DROP INTO OUR WEBSITE OR  
FACEBOOK PAGE FOR  
INFO AND HOW TO JOIN:  
[WWW.MIDDLEDENMTB.CO.UK](http://WWW.MIDDLEDENMTB.CO.UK)

