ABOUT CYCLEWISE
Cyclewise is a rider owned business which has one of the largest and most highly qualified teams of coaches and tutors in the UK, each one hand picked by us, due to their professionalism, personal talent, approachable manner and enthusiasm for the sport of mountain biking.
Offering a very comprehensive list of courses from our British Cycling Centre of Excellence, we work with a vast array of clientele from toddlers using a balance bike for the first time to world-class elite riders looking to improve their performance. Whatever your reason for joining us on a course you can expect a great learning experience with the emphasis on fun as well as improving your knowledge and personal skills.
In addition to our wide range of training courses, Cyclewise also runs two specialist cycle stores. Cyclewise Whinlatter is our trail centre & bike hire store specialising in mountain bikes and Cyclewise Cockermouth is our premier road bike and family bike store. When you are on a course please do not hesitate to ask our expert staff for any advice you require on the latest technology, trends and innovations within the Mountain and Road Bike industries, they will be very happy to help.

COURSE INTRODUCTION
Thank you for booking on to our 2-Day Maintenance Course based at the Whinlatter Visitor Centre near Keswick in the beautiful Lake District. During the course we will show you just how easy it is to fix many problems on your bike or upgrade a component, saving you both time and money in the long run.

COURSE ITINERARY

Day 1 9.00: Meet at Cyclewise Whinlatter
Morning session: Disassemble hub, service and rebuild. Check and true wheels (removing buckles from demo wheels)
Lunch (45mins) Fresh food available from Siskin’s Cafe or bring along your own packed lunch. On busy days you may have to wait for your food from the café.
Afternoon session: Remove components from bike, Remove BB and headset, Check frame alignment, Face frame and mounts where required.
4.15: Finish

Day 2 9.00: Meet at Cyclewise Whinlatter
Morning Session: Degrease and clean all components, Service all components where applicable, Final check on frames, Start re-assembly process.
Lunch (45mins) Fresh food available from Siskins Cafe or bring along your own packed lunch. On busy days you may have to wait for your food from the café.
Afternoon Session: Finish assembling bike, Replace gear and brake cables, Set up gears and brakes, Set all bolts to correct torque settings, Test ride
4.15: Finish
WHAT YOU NEED TO BRING
Please bring along your own bike to work on. We will provide all specialist tooling and stands. If you have not confirmed which bike you are bringing along on our booking form please let us know that before the course commences. Please also let us know of any known faults you are aware of.

Note: If your bike requires new parts this will be an additional cost. If you know of any particular problems or you would like to upgrade a certain component please feel free to bring the parts required along with you or contact our shop on 017687-78711 to order the required parts.

ACCOMODATION
We recommend that you book accommodation in the Keswick area if you require somewhere to stay for the duration of the course. Here are some useful website links - www.dentonhouse-keswick.co.uk - A cheap and cheerful hostel based near Keswick town centre - 017687-75351
www.keswick@yha.org.uk - Keswick Youth Hostel near the town centre - 017687-72484
www.scotgateholidaypark.co.uk - Camping Park only 1.5 miles from Whinlatter - 017687-78343
www.golakes.co.uk - A website with info on various types of accommodation in the Keswick area
If you would prefer to stay in a B&B we can recommend Powter Howe - 017687-78415, Beckstones Farm - 017687-78510 and Braithwaite Farm - 017687-78411

HOW TO FIND US
Cyclewise is situated at Whinlatter Forest Park, Braithwaite, Keswick, Cumbria. CA12 5TW. Grid Reference NY208245. We are only 4 miles out of Keswick heading towards Cockermouth and only 2 miles up the pass from the village of Braithwaite. We will be using the Rangers Lodge which is situated to the left of the Cyclewise Whinlatter Shop. Your parking at Whinlatter is already paid for, please pass on your car registration to the course tutor.

CANCELLATIONS
If you need to cancel please make sure you give us much advance notice as possible. If you cancel less than 30 days prior to the course we may have to charge you a percentage of the total cost if we are unable to rebook that place. If you cancel outside of the 30-day period we will be happy to transfer you onto another course or offer you a full refund. Please see our booking conditions on the website for more information.

FREE ENTITLEMENT
When you come along on your Cyclewise course you will be given a discount card that entitles you to 10% off shop purchases for the duration of your course.

USEFUL CONTACT NUMBERS
Cyclewise Bookings Office 01768-898775 - If you have any questions about the course or any courses you may wish to attend in the future.
Cyclewise Whinlatter Shop 017687-78711- If you are running late for your course or having problems finding us.