



NEWS LETTER SUMMER 2010

As we approach the end of our first summer season it's time to reflect on the great time we have had, and all the people we've met along the way. Having made lots of new friends who hopefully we will see again next year we can't wait for the next summer to arrive!



MBL ASSESMENT

Great Scottish Single Track and an MBL assessment all in the one day! I've just got back from bonnie Scotland, where I had a great couple of days with Jules at Cycle Wild. Based in Aviemore in the Cairngorm Mountains he runs 'Cycle Wild Scotland' who deliver fantastic SMBLA courses.

There were a few early morning nerves which soon passed once the bikes were out and it was time to play! How can you call it work when you're out on your bike after all? The day started with some skills lessons outside, where I delivered a short session on step ups,



along with plenty of activities to test our bike handling skills. This was followed up by some time spent discussing route planning, nutrition, bike maintenance and kit. Now it was time to get out on

the bikes and ride some of the stunning Scottish terrain. Jules took us to some fantastic bits of route where he tested us in many of the outdoor skills that we need to have mastered before we could call ourselves Mountain Bike guides.

All in all a great day of riding with excellent company. I wouldn't hesitate to recommend Jules and Cycle Wild to anyone who is serious about their biking, as whether you intend to guide or not the SMBLA course's are a great experience and of course the bonus being at the end of it all I had passed. Big Thanks Jules!



PASSPORT DU SOLEIL 2010

What a day! Yet again the Passport Du Soleil turned out to be an epic adventure; we woke to find the sun out and a beautiful blue sky. First stop was collecting the tickets and checking the bikes over. Once this was completed all we had to do was ride some 75km of Alpine trails including around 1000m of ascents and 5000m of descents. Starting from Morgin we took in the views of the Dent Du Midi before traversing across the Swiss ski resorts of Champoussin and Les Crosets before arriving in Champéry. With big smiles all round there was no time to waste. A quick refill of fluids and a bite to eat then it was off to the Telecabine to head for Avoriaz and then Morzine. After 9h 50 minutes in the saddle



Check out offers for our Yoga and Wellbeing retreat at www.holygrailmtb.com/yoga



Single track above Champéry



For bespoke photography services visit:

www.lisagriffinphotography.co.uk



Passport Du Soleil Day 2010



Refreshment Point on the Passport Du Soleil!

we were finally at the end of the route in Chatel, all that was left to do now was grab a cool pint of beer and sit back and relax with a BBQ! Great day with great company what more can one ask for.

The great camaraderie and spirit amongst all the riders out on the route makes for a truly great Mountain Bike experience and a day not to be missed out on! Get booking early for next year to avoid any disappointment and of course be ready when next year's tickets go on sale as it only took around 2h for them to sell out this year.



CHAMPERY WORLD CUP 2010

Another year another trip for the top downhill riders at the fearsome Champéry downhill course, situated on the French /Swiss border in the Porte Du Soleil. Running on the weekend of the 24th/25th July it was expected to really sort the top riders out. With the weeks prior to the event being warm and dry everyone expected some very fast runs, but a matter of days before the weekend the heavens opened and produced what could only be described as a mud bath!

How do they ride it in those conditions? I tried to ride the course last year when it was wet and spent most of my time sliding down on my butt with the bike above my head, let alone setting a competitive time..... they are just in another league from us mortals.

Results Men:

1	Gee ATHERTON	GBR	25	4:02.19
42	Greg MINNAAR	RSA	29	4:04.98
3	Brendan FAIRCLOUGH	GBR	22	4:06.75
4	Samuel BLENKINSOP	NZL	22	4:07.00
5	Damien SPAGNOLO	FRA	25	4:07.51

Results Women:

1	Emmeline RAGOT	FRA	24	5:27.25
2	Sabrina JONNIER	FRA	29	5:32.12
3	Myriam NICOLE	FRA	20	5:36.97
4	Floriane PUGIN	FRA	21	5:38.90
5	Tracy MOSELEY	GBR	31	5:39.33



SUMMER GUIDING

Ranging from experienced UK riders through to kids on the first day biking in the Alps it's been great fun this summer, having explored all the trails of the Porte Du Soleil plus many



Gee Atherton 1st Champerey 2010



Emmeline RAGOT 1st Champerey 2010



Les Crosets Down Hill Track July 2010



'TOP TIP – KEEP YOUR HEAD UP AND LOOK AHEAD'

more routes around the Swiss valley in Leysin, Rochers Du Naye and Bex! As all the people who have come out with us have been after something different we have put together tailored riding to suit their passions and experience.

Chris, Neil, Dave, Martin and Andy put their biking and moto-cross experience to the test when we tackled some epic single track around the Montreux region of Switzerland. Long technical descents of 1800m were the order of the day in terrain away from the masses, with the boys performing admirably.

Also there's nothing quiet as rewarding as introducing kids to the world of Mountain Biking and James and Sam joined me for a day out around the Lindarets valley. After picking up some kit from Vertical Horizons in Chatel we hit the trails and the boys picked it up in no time! I love seeing kids enjoying the mountain environment and getting out and doing some exercise. I just wish I'd been out here when I was that age!



MTB KIT

Cove Stiffee: My Cove Stiffee has really put in the miles this summer; this bike is truly amazing I keep falling in love with it every time I take it out! I've ridden on trails ranging from pure XC through to the Black runs in the Chatel bike park and it copes with it all. The slack head angle and Talus 32 forks that are fitted have made it a dream although probably not the most dynamic on the climbs. Hard tails really make sure that you keep on top of your game and help to improve your riding technique.

Brake Rotors: Top tip for anyone coming out to the Alps for a summer biking trip: fit the largest front brake rotor that you can! One of the common problems we find is people running out of brakes; it's not so much the steepness of the runs but the duration with some taking up to 30minutes of flat out descending at a time.



661 Shoes: I invested in a new pair of Bike specific shoes from 661. I'd always thought that they were a bit pricey, but having ridden on them now for a whole summer I have to say they're worth every penny. The extra cost is soon swallowed up by the fact that they are so robust and will probably last for many years and that, coupled with the additional grip on the peddles, means I'd recommend them to all serious downhill riders!



Thank you to everyone who has supported Holygrail Mountain Biking this summer, you know who you are! Mick and Lisa

WWW.Holygrailmtb.com



Back Country Single Track



James and Sam's first day out biking in Chatel,



My Cove Stiffee 2008



For bespoke Catering services visit www.deliciousliaison.com



Ummmm Cheese!