

Enduro and MotoCross Training, Mitterteich (Germany) (M-ID: 2995)

<https://www.motourismo.com/en/listings/2995-enduro-and-motocross-training-mitterteich-germany>



from €130.00

Dates and duration (days)

On request

2 days

Ride into the world of mud, dust, sand and sweat!

Go Hard or Go Home !

We have a fleet of rental motorcycles and if needed the OffRoad equipment.

Either make your first tire turns on loose ground or improve your off road skills in ideal conditions and under the guidance of a dedicated and professional team with many years of experience! You will be surprised what you are "capable" of under these conditions and how quickly a big grin will squeeze into your sweaty face.

We teach off-road riding from the basics, e.g. braking, handling, vehicle settings, physical preparation, clothing. We will lead you to "unimagined" successes, even if in the evening previously unknown muscle groups "speak up". You will ride and train in groups of approx. 6-8 participants per trainer, but you can change at any time if you feel under- or overchallenged.

On the second day, you will put your new experiences and skills into practice during "free riding". If desired, a trainer will take a small group or individual riders out on the enduro track every hour on the hour.

Character: From "MILD to WILD!" on the motocross/enduro terrain of the MSC Stifftland/Mitterteich (150km east of Nuremberg in Bavaria).

The program:

Day 1: Enduro training on the MSC's enduro track under the guidance of dedicated and professional (certified ADAC trainers) instructors. Rider training (basic training, special sections & exercises, individual training, children's course), physio - program (warm-up training), free riding.

Day 2: Free riding on the Enduro and MotoCross track. On

request guided with trainers in small groups or individual supervision.

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Daily schedule (Day 1)

Starting at 08:00

- Breakfast

08:45

- Official welcome, introduction of the trainers, program introduction

09:00

- Vehicle preparation - demonstration

- Warm-up training in riding clothes

- Motorcycle gymnastics and track experience (on request)

09:15

- Group division and subsequent - - basic training

09:30

- Topic: Braking

- Single wheel braking

- Different surfaces

- Sitting or standing position

- Different speeds

10:30

- Topic: Handling, stabilization, eye guidance

- Slalom

- Riding the figure of 8

- Squares

- Partner exercises

- Weight shifting during ascents and descents

11:30

- Application of the basics in riding practice/parcours

- Meadow

- Kids course

- MotoCross track part
- Enduro track
- 12:00 - 13:00
- Lunch break followed by information session
- Free riding
- Chassis adjustment
- Clothing tips
- "What I always wanted to know but never dared to ask!"
- 14:00
- Riding the individual sections: MotoCross track, meadow, steep climbs and descents, and sport rider training.
- 15:30 - 16:00
- Coffee break (on request)
- 16:00 - 17:00
- Approach riding, jumping and sport rider training
- 17:00 - 18:00
- Free riding in sections, parcours and MotoCross track
- 18:30 - 19:00
- Showers and body care
- Starting at 19:00
- Dinner

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Daily schedule (Day 2)

Starting at 08:00

- Breakfast

09:00 - 12.00

- Free riding on the Enduro and MotoCross track

12:00 - 14:00

- Lunch time

14:00 - 17.00

Free riding on the Enduro and MotoCross track

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|-------------------|---|
| Countries | Germany |
| Category | Motorcycle Training Course |
| Terrain | Offroad |
| Vehicle | your own motorcycle motorcycle rent optional |
| Tourguide / Coach | yes (guided) |
| Flight to / from | no, not incl. |
| Ferry | no, not incl. |
| * PRICING | Minimal without optional extras, see pricing |

Pricing

| | |
|--|---------|
| Enduro training per participant (with own motorcycle) - 2 days: | €180.00 |
| Enduro training per participant (with own motorcycle) - 1 day: | €130.00 |
| Enduro training - free riding with trainers per participant (with own motorcycle) - 1 day: | €50.00 |
| Rental motorcycle for 2 days enduro training (plus 10,00 € gasoline, payable on site) - 2 days: | €200.00 |
| Rental motorcycle for 1 day enduro training (plus 5,00 € gasoline, payable on site) - 1 day: | €140.00 |
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| Entry level enduro training MSC Brettachtal per participant incl. rental duros BETA 4.0 and 200 Alp: | €220.00 |

Included

Enduro training on the motocross and enduro track of MSC Stiffland under the guidance of dedicated, professional and certified instructors.

Small groups (max. 6-7 riders)

Riding seminar (basic training, special sections and exercises, individual training, children's course.

Physioprogram (warm-up training)

Free riding on the MotoCross and Enduro track

Special sections and exercises

Riding with instructor/ trainer on request (every hour an instructor/ guide accompanies the enduro track with riders)

Not included

Petrol

Protective clothing

Rental motorcycle

Everything not listed under features

More details

Rental motorcycles: BETA Alp 4.0, Alp 200, Yamaha XT 600 E, BETA XTrainer, KTM Freeride

Target group: beginners, road/enduro riders, touring enduros, hobby enduro riders, sports riders, junior riders (children and teenagers from 12 years).

NEW! We can also teach motorcycle beginners and children / teenagers from 12 years ! Special trainers teach, with a lot of patience and attention, the motorized riding on two wheels. Apart from the fun of learning, a little courage and ambition, no other prerequisites are necessary. The successes are sensational!

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