

Lake District MTB Adventure & First Aid Qualification Weekend With Accommodation if required

Saturday 14th & Sunday 15th November

Ambleside, Lake District

Ride a brilliant Lake District trail, enjoy a sociable evening meal, complete an outdoor first aid course, and take on the EMBR Mechanics Trophy challenge.

This is a fun, practical and memorable weekend for e-mountain bikers who want adventure, confidence and useful skills in the outdoors and go home happy as a qualified first aider .

Saturday Adventure Ride

Start the weekend with a fantastic e-mountain bike ride from Ambleside, led by an experienced EMBR.Bike guide. Expect great trail, wild November weather, big Lake District scenery and a sociable ride through one of the UK's best mountain biking landscapes.

After the ride, we'll head to The Tap Yard for a group pizza meal — the perfect way to relax, swap stories and round off the day. Drinks are at your own cost.

Sunday Outdoor First Aid Course

On Sunday, take part in a full-day Emergency First Aid training course designed with mountain bikers and outdoor situations in mind. The course covers essential practical skills including the recovery position, CPR, bleeding and severe bleeding, choking, burns and epilepsy, with mountain bike-related accident scenarios.

The first aid course will take place at Ambleside Rugby Club. Lunch is provided, and free parking is available.

The Emergency First Aid qualification can also be transferred as an HSE workplace qualification, making this a valuable course for work, volunteering and outdoor activities.

At a Glance

Places	Limited to 12 participants
Course only	£120 without accommodation
Accommodation	£190 per double room for three nights, room only, with parking
E-bike hire	Available for Saturday's ride if required
Included food	Saturday pizza meal, and Sunday lunch

Why Come Along?

- Explore the Lake District by e-mountain bike with an EMBR.Bike guide
- Build confidence in dealing with outdoor and mountain bike-related first aid situations
- Gain an Emergency First Aid qualification that can be transferred as an HSE workplace qualification
- Enjoy a friendly social weekend with food, prizes and good company
- Compete for the EMBR Mechanics Trophy in the fastest tube replacement challenge

Weekend Itinerary

Saturday

- 9.30am — Parking available at the Football Club.
- 10.00am — Meet with bikes at Greggs, Market Place, for coffee and breakfast bun.
- 10.30am — Head out on the guided ride
- 3.00pm — Return to Ambleside to cars and accommodation.
- 4.30pm — Meet at The Tap Yard restaurant for a provided pizza meal; drinks at own cost
- 6.30pm — Retire for the day

Sunday

- 9.00am–10.00am — Meet at Ambleside Rugby Club, with the tyre change challenge running
- 10.00am–1.00pm — First aid session one
- 1.00pm–2.00pm — Chilli and baked potato lunch provided; bar drinks and coffees at own cost, with the tyre change challenge continuing
- 2.00pm– 5.00pm — First aid session two
- 5.00pm — Tyre change challenge prize presentation
- 6.30pm — Weekend close

Book Your Place

Places are limited to 12, so early booking is recommended. Come for the trails, stay for the laughs, and leave with new skills, new stories and a qualification that could make all the difference.