



Bike Maintenance Classes

Basic Course – €40 (Duration approx 2 hours)

Covers the basic essentials for dealing with common roadside repairs so you can get back on your bike and get home safely. This class is essentially road and trailside “bicycle first aid” and is done with 4 to 6 participants. The course includes:

- Wheel removal and installation
- Puncture repair
- Gear tuning
- Brake adjustments

Intensive Course – €49 (Duration approx 2 ½ hours)

A more detailed maintenance class for those of you already used to tinkering with your bike. You will spend the session getting to know your way around the bike.

The course includes:

- Wheel truing – essential for better braking
- Brake adjustments for powerful silent stopping
- Gear adjustment: including fitting new cables and fine tuning front and rear derailleurs.
- Bottom bracket and headset adjustment

**To book your place just ask in-store or ring 01 287 1504;
your bike will thank you for it!**