



### Terms and Conditions

1. On contracting our services, the client promises to follow the instructions given by the guide responsible for each activity at all times.
2. The client promises that he/she will not be under the effects of alcohol, drugs and/or narcotics or any other medication that may compromise his/her stability, reflexes or have any other adverse effects on his/her capabilities.
3. The client confirms that he/she is not suffering from any cardiovascular illness, is not pregnant and is not suffering from any injury that may impede him/her from participating in the activity without risk to his/her health.
4. Should the client be wearing prosthetics, glasses or contact lenses, he/she accepts that the risk of damage to them is the same as that caused by any other normal sporting activity.
5. The client is advised that he/she is planning to take part in a risky activity and accepts any incident that may occur.
6. The use of a helmet and suitable eye protection (i.e. Sun Glasses) is mandatory. It is recommended that clients also wear cycling mitts or gloves.
7. The activities that the client will be undertaking depend upon the weather, so there is a possibility that the activity may be cancelled for the safety of the group; in this case, he/she will be given the opportunity to participate on another date. If this is not possible then a refund will be provided.
8. If the client cancels a booking, the amount paid will be returned; however, a deduction will be made for administration and organisational costs of 40% of the total if the cancellation is made within 48 hours of the activity, 30% if made within 1 week of the activity and 15% within 2 weeks of the activity. Cancellations made outside these times are eligible for a full refund.
9. The client is responsible for the bicycle issued to them and should check the bicycle carefully prior to its use. Please treat your bicycle with respect and as if it were your own property. Any breakages or damage caused to the bicycle and its accessories through crashes or due to negligent use must be paid for in full by the client.
10. Insurance companies do not provide coverage for bicycle theft. The client is responsible for the safekeeping of the bicycle assigned to him/her throughout the excursion. Please do not leave your bike unattended at any time.
11. The client is responsible for ensuring that they have adequate personal medical insurance cover for participating in the excursion. Most travel insurance policies will cover mountain biking (but not racing) as standard. Top-up cover can be provided if necessary. Please ask prior to your excursion for details.