

WEEKEND COURSE

INTERMEDIATE OFF-ROAD RIDING COURSE

LEARN - CONQUER - EXPLORE

Mpumalanga | FreeState | Eastern Cape | Western Cape | KZN



Official Partner of
BMW Motorrad



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GENERAL INFORMATION

>>>> COUNTRY TRAX WEEKEND OFF-ROAD COURSE

DATES 2019	8-10 Mar & 16-18 Aug
DURATION	3 Days. Friday @ 14h30 sharp – Sunday @ ±12:00.
VENUE	Imbabala Game Reserve near Greytown, KZN
FEE	R4,250 per rider(Shared room). Optional: Pillion(passenger) riders(R2,850) and non riding companions (R1,850/person). <i>A discounted rate applies if you attend this training within 12 months of the previous course - this only applies if you attend the SAME course at this venue again.</i>
INCLUDED IN FEE	Tuition, accommodation Friday to Sunday, all meals from Friday dinner to Sunday light lunch, drinking water, use of facilities and loads of fun!
EXCLUDED IN FEE	Fuel, insurance, use of bike and anything not stated as included above.
OPTIONAL EXTRAS	Arrival on Thursday before commencement of course are recommended, but ofcourse optional. The rate is R580 per person for Thursday dinner and stayover.
LEVEL OF TUITION	This is the intermediate level training course. Previous attendance of the <i>Introduction to Off-road riding course</i> is highly recommended but not essential (depending on your riding experience). This course is ideal as an annual refresher course.
INTENDED FOR	dual purpose/adventure bikes, although this course is valuable for pure off-road/Enduro/Dirt bikes (typically <550cc) as preparation for the <i>Country Trax Dirt Bike Fundamentals Training</i> .

BOOKINGS >>> [Book online](http://www.bikebookings.co.za) at www.bikebookings.co.za

Important: due to small training groups we are unable to accommodate an unlimited number of participants. Prior booking & payment essential to confirm booking.

NOTE >> Country TRAX KZN needs a minimum of 4 riders for a scheduled course. Booked riders will be informed on the Monday prior to commencement of the training if the course is to be rescheduled.

INTRODUCTION

We look forward to welcoming you to one of our training venues which has been selected to comply with the high standards of County Trax, considered to be the benchmark of off-road motorcycle training in South Africa.

The national academy is headed by Jan 'Staal' du Toit who started the academy in 2000 and who has since developed a curriculum for courses which is adapted for our South African off-road conditions. Country Trax KZN is managed and operated by very competent team - John Briscoe and Roger Kane-Berman.

Country TRAX offers its training to all off-road riders, irrespective of what brand of bike they ride and aims at making a positive contribution to the development of off-road riding in South Africa.

ABOUT THE COURSE

The BMW internationally certified instructors of Country TRAX will be responsible for the training and they comply with the national high standard of the academy. They guarantee that you will double your skills and halve your fears in one day. Surely something to look forward to!

After meeting everyone over a nice cup of coffee (or breakfast if you have arranged it), the course kicks off with some necessary theory, thereafter practical tuition and plenty of riding on this beautiful farm with well prepared training facilities to safely teach you different techniques in a safe environment.

Master a new set of skills, build confidence and be comfortable on gravel.

This three-day course is aimed at the seasoned road rider who is new to off-road riding, and/or the off-road/dual sport/adventure rider of some experience, who has not yet had formal training in the specific skill set required for off-road riding. It is a very intensive course, which will not only help you build your confidence to take to off-road riding at any time, but also to help eradicate the bad habits of self taught riding and in general become a safer rider.

If a weekend of thrills, of learning and laughing, whilst building yourself as an off-road rider, is what you expect, you will not be disappointed.

Some key elements covered in the course

- * Theory of motorcycle dynamics in off-road conditions - understanding why and how the motorcycle responds to rider input.
 - * Being 100% in control of your motorcycle in all situations
 - * Practical exercises in a wide range of terrain conditions, but in a safe and controlled environment.
- and lots of riding during the weekend!

Our training method makes it possible to accommodate riders with various skill levels, so anybody is welcome. We strongly recommend that you have attended our entry level course *Introduction to Off-road Riding* (offered at Eston) as we continue to build on the basics in this course but it is not essential. We believe that only when your basics are firm, will you be able to really excel and develop into a good rider.

NOTES ON ARRIVAL AT IMBABALA LODGE

If you are considering arriving on Thursday evening and you haven't pre-booked, please contact us to make arrangements. The extra charge for Thursday night (dinner, bed & breakfast) is R500 per person. Great company guaranteed! However, if you decide to arrive on Friday morning, please make sure that you arrive on time.

BRING SOMEONE ALONG!

You are welcome to bring non-riding companions with for the weekend. It's the perfect place to relax, bring your mountain bike or go for long walks, game drives or horseriding. Trying your hand at motorcycle photography remains a favourite! Please consult Imbabala's web site for more info on activities. We have meals together. No children allowed if there's not full time supervision.

WHAT TO BRING

1. Your own motorcycle
 - Any make of dual purpose bikes are permitted.
 - Tyres: for better & easier performance on all terrain and in all conditions, it is essential that you have off-road tyres ('knobbles') fitted to your bike. Call one of the instructors if you have queries about this.
 - Tyre pressure gauge (optional)
 - Full tank of petrol. Please fill up at the closest garage to Moolmanshoek, depending on where you are arriving from.
 - Any spares and tools (for possible adjustment or two) that you might need like tubes, puncture repair kit, etc.
 - Important: please remove handle bar raisers if fitted to your bike - unless you are taller than 7ft. They interfere with the overall balance of the bike & rider.
2. Full protective gear.
Please ensure you bring adequate protective clothing with you to the course. Riding has its inherent risks and we believe in prevention rather than cure!
 - Helmet (plus goggles if using open visor helmet)
 - Off-road boots. Remember that 90% of off-road injuries are to the feet and the lower legs and can be prevented by wearing proper boots. Good off-road boots are therefore as indispensable as good helmets. And it's not about brands or fashion statements - it's about medical bills and pain and arthritis when you're old. Army boots and hiking boots are NOT off-road boots and will NOT be allowed on the course. Savanna's and Santiago boots are NOT off-road boots and are NOT recommended, therefore.
 - Gloves
 - Protective trousers and jacket or motocross protectors with shirt. The more the better!
 - Neck brace (optional)
3. Other gear
 - Soft cloth/chamois for cleaning visor
 - Cap & sunscreen
 - Camel back is recommended to make sure you do not dehydrate. Optional: rain gear
4. Personal
 - Warm informal wear for the evening. Keep in mind that it might be chilly at night.
 - Insect repellent (summer)
 - Basic first aid kit – plasters, antihistamine for odd gogga bite, etc.
 - Any personal medication that you might need;
 - Cash. For any extras at the lodge.

TIPS TO ACHIEVE THE MAXIMUM FROM THE COURSE

1. Although we strongly recommend that you have attended the *Country Trax Introduction to Off-road riding* course as it teaches you the basics, it is not compulsory. This course builds on the basics and are intensive training.
2. A high level of fitness is recommended as training can be both physically and psychologically intensive.
3. Drink plenty of water before and during the training.
4. It helps to carry small packets of raisins, jelly babies or energy bars in your pockets - it helps to boost energy if you get tired.
5. Especially in the colder months, wear layers of clothing which can be peeled off as it usually gets warmer in the day.
6. Get a good nights 'sleep on Thursday night.
7. If you drink alcohol, we recommend that you minimize your intake of alcohol before and during the course. It influences your body's ability to balance and focus. This is essential for safety reasons.
8. In case of rain, consider yourself lucky as you will have the opportunity to play with your bike in wet conditions!

The team is looking forward to welcoming you to Country Trax Off-road Academy! Please feel free to contact us should you have any questions.

MAP & DIRECTIONS

LOCATION AND CONTACT DETAILS

GPS coordinates: S 28 55.116 E30 15.703
 Contact persons: The managers
 Contact numbers : 082 824 4838 or 033-496 1189

GETTING THERE

- You can ride your bike to Imbabala as it is within easy reach and all roads are tarmac.
- Please make sure that you arrive in good time to be able to unload your bike, settle your personal things and have breakfast before commencement of the course at 9:00 sharp.
- If you arrive on Thursday already to stay the night at Imbabala, please make sure that you arrive before dark, and preferably before dinner which is served at around 19:00.
- Remember to fill up your bike at the closest town before arriving at the farm.

ROUTE WARNINGS

- Please be on the lookout for animals, pedestrians and pot holes:
- We do not recommend that you travel when dark.

DIRECTIONS

From Durban

- Travel west along the N3 towards Pietermaritzburg. (about 85 km)
- Exit onto the R33 / Bhambatha Road which takes you past Albert Falls, New Hanover, Sevenoaks and eventually to Greytown. (Remain on the R33 for about 70km)
- At Greytown, take the R74 towards Weenen/Colenso for about 45 km.
- Imbabala's entrance will be on your right. Follow the gravel road for about 2 km.

Approximate travelling distance : 200 km. Approximate travelling time: 2 hours

MAP

