



New to Mountain Biking – Getting Started Guide

Want to try mountain biking? What now?

Mountain Bike Australia (MTBA) are happy to hear that you, your family and/or friends are keen to give mountain biking a go. We're excited to help you discover the benefits of mountain biking and join you in this new journey.

What is mountain biking?

Mountain biking has been around for 30+ years, and is one of the fastest growing, family friendly, lifestyle activities in Australia.

You can ride almost anywhere, including your backyard, gravel roads, the local park, along designated bike paths, or of course, your local mountain bike trails. Mountain biking is for EVERYBODY, irrespective of age or ability. Even better, there is no limit on how often you can ride! This is one of the unique characteristics of mountain biking.

Where to start?

1. *Find your local club* – Being a part of your local club will provide you with the support you need to try mountain bike riding. They can also help you get familiar with the local trails and tracks in your area. Clubs hold Come 'N' Try Days so you can experience the fun of mountain biking. [Click here](#) to find your nearest club today!
2. *Ride recreationally* - Jump on your bike and ride for fun with your friends and family! Hit the local trails, start commuting to and from work or school, ride alongside the beach or when you're on holiday - it's a great way to get around and see the town.
3. *Talk to your local bike shop* – Your local bike shop is a great place to get started. They are a great source of knowledge, not only for hooking you up with a sweet ride, but providing you with the safety essentials – i.e. helmet, shoes, clothing and spare parts. Some bike shops also host local ride days you can take part in. [Click here](#) to find your nearest bike shop today!
4. *Insurance / Membership* – Whether you're riding recreationally, keen to challenge your mates at a local club race or an elite athlete, ensuring you have insurance for those unexpected mishaps is essential. MTBA have a range of membership options to suite all levels of rider. [Click here](#) to find out more and signup today. MTBA also offer an 8 week free trial membership; [click here](#) to signup now!

Any other questions?

Feel free to give our Membership Team a call on 07 5628 0110 or email info@mtba.asn.au.

