



## Important Information

**The starting point of our tours is Brig-Glis or your preferred location. Meeting time and location will be announced for each tour accordingly.**

### Equipment

We recommend fully suspended all mountain or enduro mountain bikes or alternatively e-mountain bikes.

#### **You will need:**

- perfectly maintained mountain bike
- Backpack
- Helmet (obligatory)
- Bike clothing, gloves, knee and elbow protectors are recommended
- Rain coat, sun glasses
- Replacement tube, air pump, mini repair kit
- Beverage and snack
- Personal medication if required
- please inform your guide about any allergies
- Cash (It is not possible to pay by card in all mountain restaurants)

#### **Additionally required for E-mountain bike tours:**

- Fully charged battery
- Battery charger

### Meals during tours

We provide meals in locals restaurants or mountain huts. However, we recommend you take your own snacks for a quick energy boost. The alpine air is very dry and the summers get very hot so please make sure to bring enough water.

### Insurance

Insurance ist at the participant`s own responsibility.