

FOD Women's Takeover Day

Riding

Connection

Community

Event Programme

The FOD Women's Takeover Day is for everyone: all ages, all abilities, all bodies and all backgrounds.

To book an event, simply click on the black button, or head over to forestryengland.uk/fodtakeover to find out more about each event.

In partnership with:  **OS MAPS**  **FOSTERING INCLUSIVE ACTION SPORTS**

9:30am		Coaching Finding Your Feet: Core Skills WyeMTB 9:30am to 12:30pm Core skills every mountain biker needs to ride safely and confidently Fully booked	Coaching Core Skills Pro Ride 9:30am to 12:30pm Develop the fundamental skills you need to ride off road Fully booked	Coaching Core Skills Katy Curd Coaching 9:30am to 12:30pm Develop the fundamental skills you need to ride off road Fully booked				
10:00am	Uplifts Half Price Uplift Service FlyUp Downhill All day (10am to 4pm)				Coaching Girls Only Little Fodders Session Pedalabikeaway 10am to 12 noon For riders aged 10-14 years Sign up	Hosted ride Red XC Social Ride Clare Catto and Bridget Wyatt 10am to 12 noon A social ride on the red Freeminers Trail Sign up	Hosted ride Blue-grade Social Ride Ernesta Riley (SheRides) 10am to 12 noon A relaxed ride aimed at blue level riders Fully booked	Hosted ride Links and Levers Ride Claire Sharpe (All Tere) 9:30am to 12:30pm A relaxed social ride where you can learn a few of the most useful skills a rider can learn Sign up
10:30am								
11am								
11:30am	Half price single uplifts (£2 each, normal price £4) – grab a purple wristband from the Forestry England stand to claim your discounted uplift							
Noon		Coaching FOD Flow: The Next Step WyeMTB 1pm to 4pm Build confidence, develop skills, and enjoy the trails with like-minded riders Fully booked	Coaching Progress Pro Ride 1pm to 4pm Build confidence and progress your fundamental techniques Fully booked					
12:30pm						Hosted ride Red-grade E-bike Social Ride Sophie Higgett 12:30pm to 3:30pm A relaxed, social ride for e-bike riders along red-graded trails Fully booked	Hosted ride Enduro Stages Social Ride Clare Catto and Bridget Wyatt 1pm to 4pm This social ride will take you to each of the stages that will be used in the Hope WMN Enduro this September Fully booked	
1pm	Please note: card payments only, first come, first served, subject to space on the bus				Hosted ride Family Social Ride Fiona Spotswood and Carla Tonks (Bristol Shredders) 1pm to 2:45pm A family-friendly cycling meetup Sign up			
1:30pm								
2pm								
2:30pm								
3pm								
3:30pm	No booking required							
4pm								
4:30pm								
5pm								Trail building Women's Dig Dean Trail Volunteers 2pm to 5pm Discover (or progress) your trail building skills in a safe and supportive social space Sign up

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9:30am									
10:00am									
10:30am									
11am	Hosted ride Blue Loop with 🏹 OS MAPS 11am to 12:30pm Rock up and ride (no need to book)								
11:30am									
Noon									
12:30pm		Hosted ride Red and Blue Descents with 🏹 OS MAPS 12:30pm to 2pm Rock up and ride (no need to book)	Hosted ride Colliers Trail with 🏹 OS MAPS 1pm to 2:30pm Rock up and ride (no need to book)						
1pm									
1:30pm									
2pm	Hosted ride Blue Loop with 🏹 OS MAPS 2pm to 3:30pm Rock up and ride (no need to book)								
2:30pm									
3pm									
3:30pm									
4pm	Join the OS Maps Team and OS Champions for a series of social rides, showcasing some of the best local trails with expert insight along the way				Hosted walks Social Walks with 🏹 OS MAPS Every hour from 10am to 4pm Join the OS Maps Team and OS Champions for relaxed social walks – starting every hour, these friendly walks are ideal to drop into, have a chat, and enjoy exploring together	Hosted walks Follow the Lines: A Map Reading Walk with 🏹 OS MAPS 10:30am to 12 noon Sign up	Hosted walks Follow the Lines: A Map Reading Walk with 🏹 OS MAPS 2pm to 3:30pm Sign up	Talks Trig Pillar Talks with 🏹 OS MAPS Every hour from 11am to 4pm A series of talks, bringing together inspiring voices to share real experiences from the outdoors – from navigation know how to personal adventures, these informal talks celebrate the places we explore and the stories that connect us to them No booking required	Event Village Trade Stands and Stalls 10am to 4pm Make sure you don't miss the trade stands and stalls outside the cafe, including: • OS Maps (don't forget to grab a free 30-day trial of OS Maps Premium!) • Forestry England • Goals Beyond Grass • Trail Bloom • Hope Women • Girls That Ride Bikes • Tailfin • DMR Bikes • Dean Trail Volunteers
4:30pm									
5pm									