

## Bike Rental Prices 2006

	24 hours	3 days	1 week
Children's Bike	£13	£34	£45
Mountain Bike - Road	£10	£26	£45
Mountain Bike - Trail	£17	£41	£59
Mountain Bike - Off road	£22	£56	£78

## Guided Rides

Guided rides take place on Tuesday and Thursday evenings during the summer and in the afternoon during the winter. These rides include the rental of the bikes and helmets.

A gentle ride to Los Belones suitable for families and novices

**£19 adults**  
**£11 children**

A longer ride into the hills for the more experienced rider

**£22 adults**