

OFF BEAT BIKES

FORT WILLIAM, SCOTLAND



Test an Electric Bike, Guided Ride, Aonach Mor Uphill Run, Recipe from The Wildcat

February 2019

1. **BIKE** Electric Bike Test (FREE)
2. **BIKE** The Peat Track Challenge Guided Ride (FREE)
3. **RUN** Aonach Mor Uphill Running Race (April)
4. **RUN** Glencoe Mountain Uphill Running Race
5. **BIKE** Get your new bike serviced
6. **SWIM** Highland Open Water Swims
7. **EAT** Make a recipe from The Wildcat Cafe
8. **RUN** with Hoka Mafate
9. Local Events Coming Up



1.ELECTRIC BIKE TEST (FREE) - 23rd FEBRUARY - FILM FESTIVAL EVENT

Electric bikes are proving very popular. Come and find out why on our test day in February and you will discover what fun biking can be. The rides will be heading out at 1pm and 3pm.

This FREE test will be a bit of fun and show you how quickly and easily you can ride up a hill. We will have a line up of award winning bikes for you to try. Still need convincing? Read 6 good reasons to go electric on our website, [here](#).

Email us on info@offbeatbikes.co.uk or give us a call on 01397 704008 or pop in. We're open 7 days.

[Book a FREE electric bike test - click here](#)



2.THE PEAT TRACK CHALLENGE - 24th FEBRUARY - FREE FILM FESTIVAL EVENT

Try the Peat Track Challenge as part of our FREE GUIDED bike ride. Starting and finishing at Off Beat Bikes take the Peat Track Challenge and see how far you can cycle without dabbing.

Meet at Off Beat Bikes at 11am.

Lots of prizes for best Mum, Dad, child.

Everyone welcome!

[Bike The Peat Track Challenge - see here](#)



April

Join this great 5km race with a difference finishing at Nevis Range top cafe.

- FREE t-shirt for all finishers
- FREE gondola ride back down
- Length is 5km and 500metres of ascent
- Cost £12 per person
- Great race for beginners to hill running.

Give us a call on 01397 704008, call in or email info@offbeatbikes.co.uk We're open 7 days.

[Aonach Mor Uphill details and enter - click here](#)



4.GLENCOE MOUNTAIN UPHILL RUNNING RACE Saturday 8 June

All welcome to join this uphill running race starting at Glencoe Mountain Resort Restaurant and finishing close to the Plateau Cafe.

- FREE t-shirt for all finishers
- Length is 5km and 500metres of ascent
- Cost £12 per person
- FREE chairlift return to bottom cafe
- Great race for beginners to hill running.

Give us a call on 01397 704008, call in or email info@offbeatbikes.co.uk We're open 7 days.

[Glencoe Mountain Uphill details and enter - click here](#)



5.FREE FIRST SERVICE ON YOUR NEW CHRISTMAS BIKE

If you were lucky enough to get one of our new bikes for Christmas remember to bring it in for a FREE first service. Our Cytec and Velotech qualified mechanics are always on hand to offer sound advice and servicing.

Give us a call on 01397 704008, call in or email info@offbeatbikes.co.uk We're open 7 days.

[Book you bike in for a service - email us here](#)



6.HIGHLAND OPEN WATER SWIMS

If you are a newbie or experienced swimmer, Highland Open Water Swims will have an event to suit you. First to open the season is the on 16th February at Glenuig. See more about the event - see [here](#).

If you would rather swim locally, Off Beat Bikes will be starting their Monday night swims after Easter. All abilities will be welcome.

Off Beat Bikes have a good selection of open water gloves, socks and caps in stock and are waiting for our Orca 2019 wetsuits to arrive later in the month.

Give us a call on 01397 704008, call in or email info@offbeatbikes.co.uk We're open 7 days.



7. RECIPE FROM THE WILDCAT - ALMOND & CRANBERRY ENERGY BARS

Passionate about producing quality vegan food, Deanna from The Wildcat Cafe in Fort William has given us a brilliant recipe for her Almond and Cranberry Energy Bars. Made from basic ingredients these bars are easy to make and can be altered depending on your palate and what you have in your store cupboard!

The bars are perfect for longer runs, days on the hill or just to munch at home.. For the full recipe see [here](#) or call in to the cafe, they are open 7 days.

Read Deanna's Almond & Cranberry Energy Bar recipe - see here



8. HOKA MAFATE 2019

For those starting a summer of running we have just introduced the Hoka Mafate to our range complimenting our Speedgoats, Challengers and Cliftons. The Mafate has everything for long distance trail running and comes light enough to race yet cushioned for the extra miles. Priced at £149.99. All sizes have just landed with us and it's sure to be a hot seller!

Give us a call on 01397 704008, call in or email info@offbeatbikes.co.uk We're open 7 days.

Read more on our website

8. LOCAL SWIM, BIKE & RUN EVENTS

1. Sunday 10th February - Ben Lora, part of the [Lochaber Athletic Club Winter](#) league race.
2. Sunday 10th February - Leanachan, part of the [West Highland Wheelers Winter League](#)
3. Saturday 16th February - Highland Open Water Glenuig Swim - see [here](#).
4. Saturday 23rd February - E-bike Test Day - see [here](#)
5. Sunday 24th February - Guided Ride including the Peat Track Challenge - see [here](#).

Looking ahead

1. Aonach Mor Uphill Running Race (April) **FREE t-shirt** - see [here](#).
2. Glencoe Mountain Uphill Running Race **FREE t-shirt** - see [here](#).
3. **Park Run** every Saturday starts at 9.30am at Nevis Range

We hope you're planning a great 2019. Remember we take ALL Cycle to Work vouchers so call in and see how we can help!

Best wishes from,
The Off Beat Bikes Team
t: +44 1397 704008
e: info@offbeatbikes.co.uk



NEXT MONTH: Cycle Maintenance and Trailside Tips, Swim, Bike and Run in to Spring

SEE YOU ON THE TRAILS, ON THE HILL OR IN THE LOCH!!

