

Trail riding

This mountain biking subculture focuses on blasting down singletrack trails, ducking in and out of the trees like you're on a *Star Wars* speeder bike. The trails could be down your local woods, but at dedicated centres they're graded like ski runs and offer rollercoaster thrills with no pesky ramblers to get in the way.

1. Harden up

Start trail riding on a hardtail – a bike with front suspension only – and it'll sharpen up your skills faster and you'll drag less weight up the climbs. The **Orange Crush** (£1080, orangebikes.co.uk) is tough but pretty light, and has relaxed frame

angles, disc brakes and a long-travel Fox fork to ensure you have maximum fun on the downs.

2. Hydration and protection

If you're riding for long you'll need to drink. The **Camelbak Mule NV** (£85, zyro.co.uk) holds three litres of water and has space for a pump, spare tube, multitool and a snack. Don't go trail riding without a good helmet – even if you don't fall off, low branches can't always be avoided.

Giro's Xen (£125, madison.co.uk) ain't cheap, but offers better protection than a normal lid. Knee pads are also a good idea: **661's Evo D30 pads** (£70, sixsixone.com) flex for comfort when you're riding, but go hard with sudden impacts.

3. Record your exploits

Relive your off-road adventures with **VHoldr's ContourHD** (£300, vholdr.com), the world's first hi-def helmet cam. It'll record 30fps at 1280x720 pixels or 60fps at 848x480, stored onto SD card with support up to 16GB. It'll soon pay for itself in *You've Been Framed* bounty.

4. Find new trails

If you've got an iPhone and prefer finding your own way to following trail centre routes, grab the **Trails** app off iTunes for £1.50. It links to websites offering loads of free routes and uses the phone's GPS to geotag any pics you take and log your ride for uploading to Google Earth.

