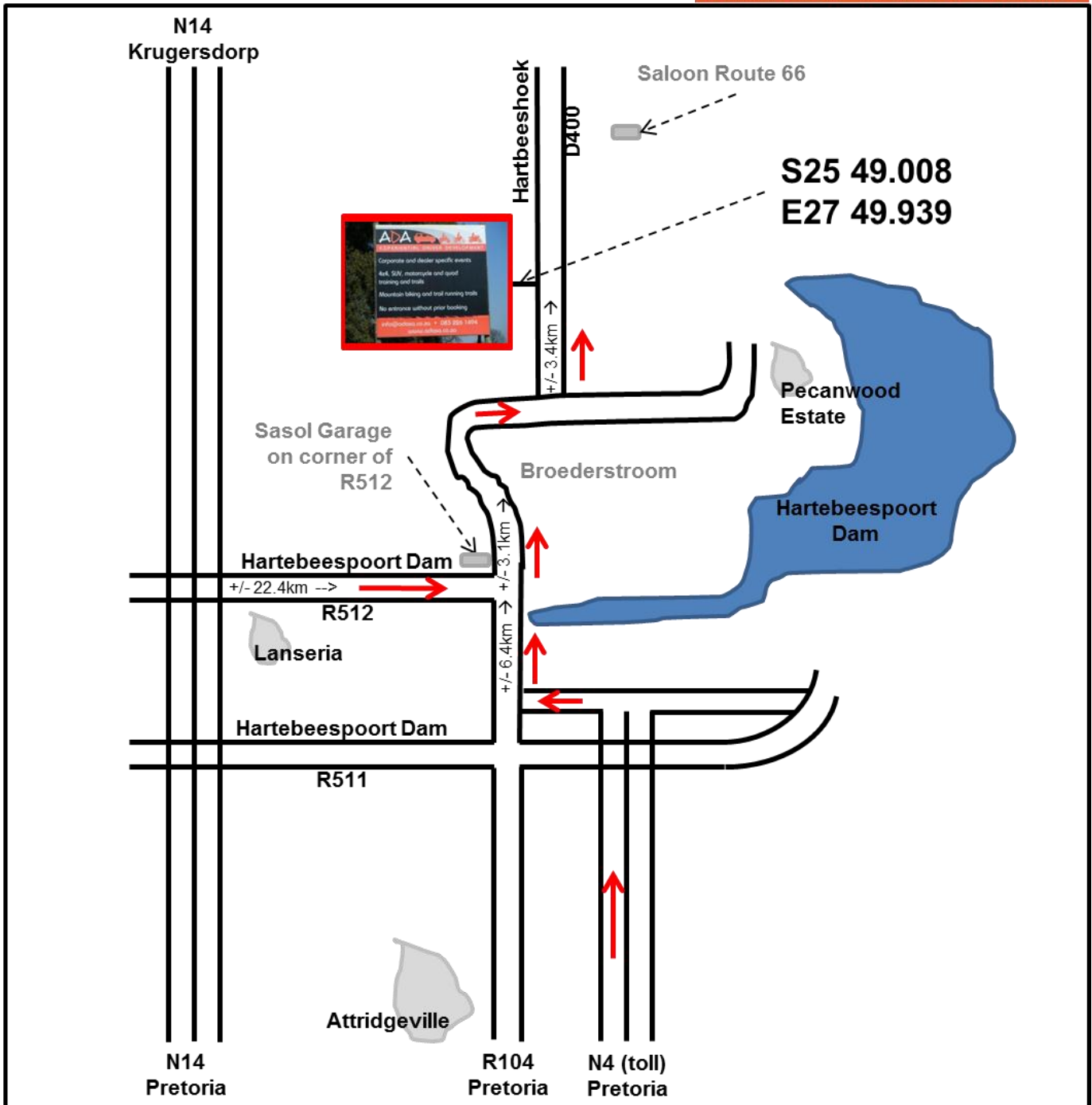


Directions to ADA Training and Outdoor Centre



Leeuwenfontein (farm)



From Johannesburg/Krugersdorp: Take R512 past Lanseria towards Hartbeespoort Dam. From N14 to T junction at R104 travel about 22.4km. Turn left at T-junction towards Hartbeespoort Dam. After approximately 3.1km turn left on Hartbeeshoek road (D400). After approximately 3.4km turn left into ADA Training and Outdoor Centre.

From Pretoria: Recommend to take N4 toll road (R3.00 & R4.00). After last pay point, take off-ramp to left. At R104 turn right towards Hartbeespoort Dam. From Lanseria intersection (R512/R104) travel another 3.1km and turn left on Hartbeeshoek road (D400). After approximately 3.4km turn left into ADA Training and Outdoor Centre.

Checklist for attending a course

	Day and Times	Motorcycle and rider (minimum)	Additional (recommended)	Other aspects
Dirt bikes: <ul style="list-style-type: none"> Young/New Rider. Off-road Riders Skills. 	Saturday. 08:00 for 08:30 till around 15:00.	Own motorcycle, with fuel. Helmet, long-sleeve shirt, sturdy pants, gloves, boots covering ankles.	Full off-road/MX racing kit. Hydration pack. Puncture kit. Basic maintenance tools.	Included: Morning coffee and refreshments. Light lunch. Water and refreshments during training. Access to training venue.
Dirt bikes: <ul style="list-style-type: none"> Enduro and Off-road Techniques Course. 	Sunday. 08:00 for 08:30 till around 15:00.	Own motorcycle, with fuel. Full off-road/MX racing kit. Hydration pack.	Puncture kit. Basic maintenance tools.	Included: Morning coffee and refreshments. Light lunch. Water and refreshments during training. Access to training venue.
ATV: <ul style="list-style-type: none"> Young/New Rider. Off-road Riders Skills. 	Saturday. 08:00 for 08:30 till around 15:00.	Own motorcycle, with fuel. Helmet, long-sleeve shirt, sturdy pants, gloves, boots covering ankles.	Full off-road/MX racing kit. Hydration pack. Puncture kit. Basic maintenance tools.	Included: Morning coffee and refreshments. Light lunch. Water and refreshments during training. Access to training venue.
Dual Purpose: <ul style="list-style-type: none"> Young/New Rider. Off-road Riders Skills. Off-road Riders Skills – Women only. 	Saturday. 08:00 for 08:30 till around 15:00.	Own motorcycle, with fuel. Helmet, long-sleeve shirt, sturdy pants, gloves, boots covering ankles.	Full off-road/MX racing kit or full Dual Purpose rider kit. Hydration pack. Puncture kit. Basic maintenance tools.	Included: Morning coffee and refreshments. Light lunch. Water and refreshments during training. Access to training venue.
Dual Purpose: <ul style="list-style-type: none"> DP1 (weekend) Camping weekend	Friday till Sunday. Arrival Friday from 17:00 for 18:30. Finish around 13:00 on Sunday.	Own motorcycle, with at least 100km fuel range. Full protective rider gear. Helmet, long-sleeve shirt, sturdy pants, gloves, boots covering ankles. Chest protector or Offroad jacket with padding. Hydration pack.	Suitable tyres: 80/20 road tyres suitable (i.e. Anakees) or 50/50 (i.e. Mitas E-07 or Heidenaus). Can do it with knobbles as well, but not required.	Included: Meals Friday night till Sunday brunch. Camping (own tent or one can be provided). Sleeping bag, clothes, toiletries, clothes (+ warm) for after hours, battery chargers, insect repellent, sunblock, camera, medical kit (basic), basic toolkit, and hat. Full detail (all possibility option) lists are available on our website.
Dual Purpose: <ul style="list-style-type: none"> DP2 (weekend) Camping weekend	Same as above. DP2 include night ride Friday. Finish around 13:00 on Sunday.	Same as above. Motocross type boots, knee guards and chest protector.	Neck brace and elbow guards. Torch or light (headlight). At least 50/50 tyres required, knobbles (i.e. TKC80) recommended.	Included: <ol style="list-style-type: none"> Go to www.adasa.co.za On right of page under “website links” go to “Documents and brochures” and download applicable “documents/lists”.

Enquire at info@adasa.co.za regarding:

1. Visitors and pillows.
2. Rental of kit.
3. Rental of bikes.