


# Which Mountain Bike Trail is right for you?

Please read the grading information to make sure you pick a mountain bike trail you can handle.

Mountain biking is a potentially hazardous activity carrying a significant risk. It should only be undertaken with a full understanding of all inherent risks. These guideline must always be used in conjunction with the exercise of your own experience, intuition and careful judgement.

<b>Forest Road and similar</b>	
<b>Suitable for:</b>	A wide range of cyclists. Most bikes and hybrids. Ability to use maps helpful. Routes may or may not be way marked.
<b>Trail and surface types:</b>	Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. These roads may be used by vehicles and other users, including Horse riders and dog walkers.
<b>Gradients and technical trail features (TTF's):</b>	Gradients can be very variable and may include short steep sections. Occasional potholes may be present.
<b>Suggested fitness level:</b>	A good standard of fitness can help.

 <b>Green - Easy</b>	
<b>Suitable for:</b>	Beginner/novice cyclist. Basic bike skills required. Most bikes and hybrids. Some green routes can take trailers.
<b>Trail and surface types:</b>	Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. May include short flowing singletrack style sections.
<b>Gradients and technical trail features (TTF's):</b>	Climbs and descents are mostly shallow. No challenging features.
<b>Suggested fitness level:</b>	Suitable for most people in good health.



## Blue - Moderate

<b>Suitable for:</b>	Intermediate cyclist/mountain bikers with basic off-road riding skills. Mountain bikes or hybrids.
<b>Trail and surface types:</b>	As 'Green' plus specially constructed single track. Trail surface may include small obstacles of roots and rock.
<b>Gradients and technical trail features (TTF's):</b>	Most gradients are moderate but may include short steep sections. Includes small TTF's.
<b>Suggested fitness level:</b>	A good standard of fitness can help.



## Red - Difficult

<b>Suitable for:</b>	Proficient mountain bikers with good off-road riding skills. Suitable for better quality off-road mountain bikes.
<b>Trail and surface types:</b>	Steeper and tougher, mostly singletrack with technical sections. Expect very variable surface types.
<b>Gradients and technical trail features (TTF's):</b>	A wide range of climbs and descents of a challenging nature will be present. Expect boardwalks, berms, large rocks, medium steps, drop-off's cambers, water crossings.
<b>Suggested fitness level:</b>	Higher level of fitness and stamina.



## **Black - Severe**

<b>Suitable for:</b>	Expert mountain bike users, used to physically demanding routes. Quality off-road mountain bikes.
<b>Trail and surface types:</b>	As 'Red' but with an expectation of greater challenge and continuous difficulty. Can include any useable trail and may include exposed open hill sections.
<b>Gradients and technical trail features (TTF's):</b>	Expect large, committed and unavoidable TTF's. Sections will be challenging and variable. May also have 'downhill' style sections.
<b>Suggested fitness level:</b>	Suitable for very active people used to prolonged effort.



## **Bike Parks - Extreme**

<b>Suitable for:</b>	Riders aspiring to athlete level of technical ability, incorporates everything from full on downhill riding to big-air jumps.
<b>Trail and surface types:</b>	Severe constructed trails and/or natural features. All sections will be challenging. Includes extreme levels of exposure and risk. Jumping ability obligatory.
<b>Gradients and technical trail features (TTF's):</b>	Will include a range of small medium and large TTF's, including downhill trails, free ride sections and mandatory jumps.
<b>Suggested fitness level:</b>	A good standard of fitness but technical skills more important.