
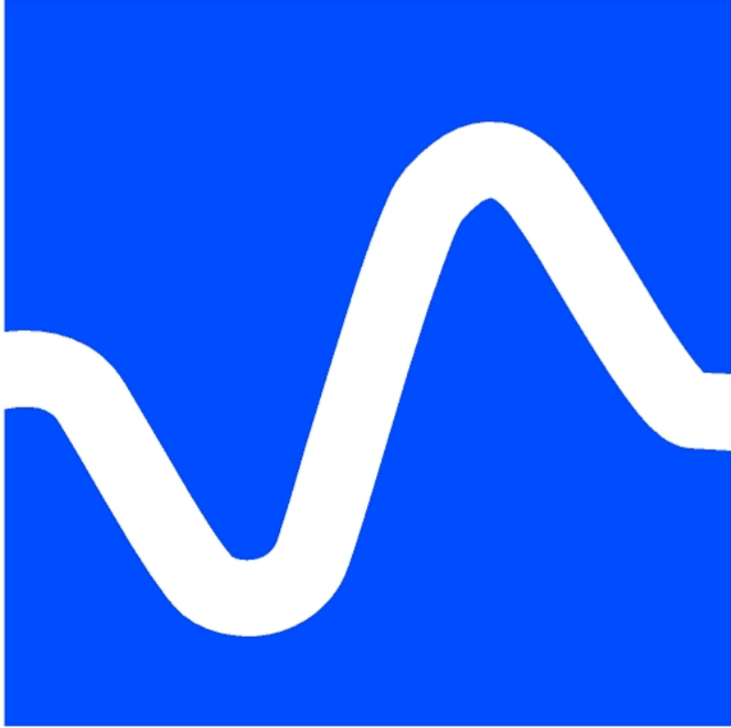
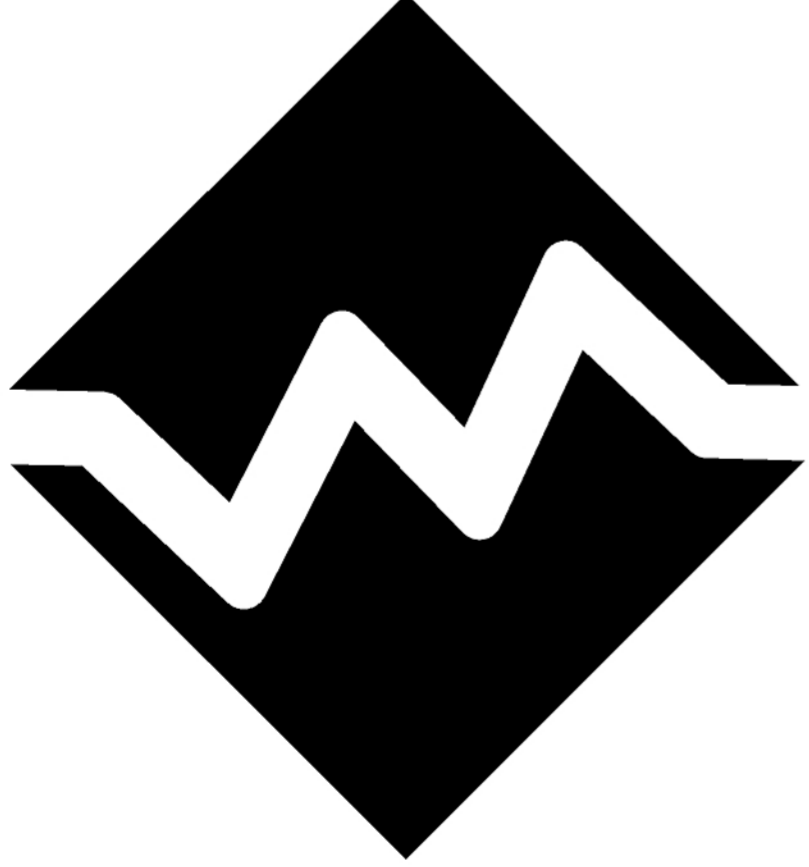


IS THIS FOR YOU?

Find the right cross-country trail track grade for your abilities.

Grade:	Suitable for:	Trail:
	Beginners in good health with basic bike skills. Most types of bikes.	Relatively flat & wide.
	Riders in good health with basic off-road riding skills & fitness. Basic mountain bikes.	Some "single-track" sections & small obstacles of roots, rocks & bridges.
	Expert mountain bikers with high level of skills & fitness. Good off-road riding & technical experience. Quality off-road mountain bikes. Hard tail and full suspension mountain bikes.	Greater challenge & difficulty. Expect large & unavoidable features. Challenging climbs, trick descents & technical features such as drop-offs and large rocks.



Mountain biking is a potentially hazardous activity carrying a significant risk.