





Is This For You?

Find the right cross-country singletrack trail grade for your abilities


Singletrack trails		
Grade	Suitable for:	Trail
 Green: Easy	Beginners in good health with basic bike skills. Most types of bike.	Relatively flat & wide.
 Blue: Moderate	Riders in good health with basic off-road riding skills. Basic mountain bikes.	Some "single-track" sections & small obstacles of root & rock.
 Red: Difficult	Proficient mountain bikers with good off-road riding skills & fitness. Good mountain bikes.	Challenging climbs, tricky descents & technical features such as drop-offs and large rocks.
 Black: Severe	Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.	Greater challenge & difficulty. Expect large & unavoidable features.



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

Is This For You?

Find the right non singletrack trail grade for your abilities

Forest Roads & Bike Parks		
Grade	Suitable for:	Trail
Forest Road & Similar	Cyclists in good health. Map reading useful (routes not always marked). Most bikes.	Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.
 Extreme: Downhill trails Dirt Jumps Freeride areas	Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory.	Extreme levels of exposure & risk. Large features.



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