

Skill and fitness level guidelines

Please read the following ability guidelines and make sure that your trip of interest matches your level of skill and fitness prior to booking.

If you are not sure whether a particular tour is right for you, do not hesitate to contact us at info@bike-ventures.com with your questions.

SKILL LEVEL

NOVICE

- Your experience of riding bikes off-road is limited and you are capable of cycling through mellow wide dirt trails and forest roads, but still lack the skills and confidence to consistently ride singletracks and terrain with technical elements such as roots, rocks, tight corners, loose dirt and steepes;
- You are capable of controlling bike speed and direction on smooth and rolling trails, however you lack the right timing when braking shifting gears.

INTERMEDIATE

- You have been mountain biking for at least one year and ride at least two times per month throughout the biking season;
- You are competent at riding smooth and flowy trails with medium climbs and descents;
- You successfully tackle small technical features, such as roots, rocks and small drops, but tend to walk more complex sections;
- Your bike handling skills are reasonable and you brake and use your gears accordingly, you anticipate the terrain and use your momentum to overcome features.

ADVANCED

- You have been riding bikes for several years and your experience of tackling a wide variety of technical terrain (rocky, rooty, muddy, loose, fast singletrack, exposed trails) is considerable;
- You ride regularly, at least twice a week and rarely get off and walk sections;
- You have very good bike handling skills and can overcome technical obstacles, do small jumps, corner, climb and descend well;
- You anticipate the terrain, use momentum to your advantage, brake timely, and shift gears often and smoothly.

EXPERT

- You are highly experienced (5+ years of riding);
- You ride your bike regularly (several times a week) in all weather conditions, and you enjoy riding all day long;
- You are comfortable and confident of riding all types of trails and technical features- large obstacles, loose rocks, roots, drops, logs, jumps, and rarely, if ever, walk sections.
- You anticipate the terrain, use momentum, have solid timing and coordination on all types of berms, switchbacks and corners.

FITNESS LEVEL

Level 1

- You excursive on rare occasions
- Cycling on flat terrain for approximately an hour is enough for you and you tend to walk climbs

Level 2

- You exercise once a week for 30 minutes to an hour or so
- You can ride at a relaxed pace for no more than three hours per day, for 3 days in a row
- You can ride one or two climbs of up to 200m- 250m a day

Level 3

- You have a reasonable fitness, exercising regularly at least twice a week for an hour or so
- You are comfortable with riding for 4-5 hours a day at a moderate pace, with short stops for a snack, for three days in a row
- You are capable of tackling moderate climbs, of up to 400m at a time

Level 4

- You have good fitness, exercising regularly 3-4 times a week, for about an hour or so
- You are comfortable with cycling for about 6 hours per day at a moderate pace, with stops, for 3-4 days in a row
- You can tackle fairly serious climbs of up to 800m at a time - 2-3 a day

Level 5

- You have high level of fitness and even train for biking or other competitions
- You can ride for 8 hours or more per day with a moderate pace, for 4-5 days in a row
- You can tackle long climbs of up to 1,500m- 2-3 a day

Our recommendation is that before your arrival, you have, or work towards, the designated skill and fitness level of your mountain biking trip of choice. In addition, during the tour your guide will provide you with tips and suggestions of how to improve your skills as you ride, so that you can improve and become a better mountain biker!