

CYCLE GRADES MOUNTAIN BIKE

Ride for everyone ...

What is the MTB trail grading system?

The trail grading system is to the mountain biker what the UIAA scale is to the climber and the SAC alpine scale is to the mountaineer. Ambitious bike sportsmen have developed it and provided information about how demanding a trail passage is. This way you can perfectly adapt to the conditions even before the tour, which ultimately benefits cycling pleasure. This MTB scale is an important reference, which is also recognized by official associations.

The cycle grades will allow you to understand what sort of ride you are looking at with the information necessary, to choose the perfect tour for you. Keep in mind that the grades are somewhat subjective!

The grades are based on various elements influencing the cycling level and the difficulty:

- Total distance
- Elevation gain
- Route profile
- Terrain
- Physical difficulty
- Technical difficulty
- Cycling days

Off-road cycling is a hazardous activity carrying some inherent risks. Please consider your skills, abilities, and fitness carefully, and always wear a helmet.

What is a mountain bike trail?

As the common name "single track" already suggests, an MTB trail is a path that cannot be used in pairs. A good example is a classic narrow mountain path, which is also used by trail runners or hikers. Which bike you ride on the trail is accordingly quite clear. The best way to get ahead is with mountain bikes, which, depending on the difficulty, only have to be equipped with a suspension fork or full suspension.

The levels of the single-track scale

Divided into six difficulty levels (S0 to S5), the scale is based on the technical challenge of a path. To ensure that this happens consistently, ideal conditions are always assumed, i.e. driving in good light and dry ground. The level of difficulty, weather, speed, and light conditions cannot be considered due to the high variability. The demand can therefore quickly shift if the conditions aren't perfect, which is why the scale is also open upwards.

To join the cycling holidays, ensure you have good physical fitness, cycle regularly, and shift gears well when climbing and descending is a requirement for cycling pleasure.

S0 - very easy:

The easiest trail type is characterized by light to moderate gradient, non-slip ground, and gentle bends. To accomplish this trail there are no special demands on the driving technique.

+ We include the double track with rides on hard-pack gravel/dirt. The surface might be loose, uneven, or muddy at times, and relatively obstacle-free

The doubletrack is relatively wide where you can cycle side by side and offer a more social riding experience, perfect for enjoying the scenery together

S1 - easy:

Here, you can anticipate smaller obstacles, such as roots or stones. Partly unstable ground and bends become narrower but without sharp bends. The maximum gradient here is 40%.

Require basic knowledge of key bike-handling skills such as position on the bike, balance, and braking.

S2 - medium:

The level of difficulty increases and large stones and roots are to be expected. Rarely solid ground under the wheels and there are flat steps or stairs. Tight bends will also be regularly driven and the steepness can be up to 70%.

Line choice. Selecting the right path is crucial for smooth riding. Look ahead and plan your line, avoiding obstacles when possible

S3 - difficult:

In this category, you're moving on blocked terrain with large boulders or long roots. Sharp bends and steep slopes and you must often anticipate loose ground. Regular gradients of 70% are available.

Need more advanced mountain bike handling skills such as controlled braking and body weight shifting skills to overcome obstacles and tight turns.

S4 - very difficult:

It is steep and obstructed. Long, challenging paths with roots and large boulders must be overcome and loose rubble is part of the daily agenda. Sharp bends and steep gradients place special demands on the driving technique and there are steps for which the chain ring is used.

S5 - extremely difficult:

The upper end of the scale is characterized by heavily obstructed terrain, loose ground with rubble, narrow sharp bends, and high obstacles, such as fallen trees - of course, including steep gradients. There is little braking distance and the MTB technique is put to the test.

