

CYCLE GRADES ROAD BIKE

Ride for everyone ...

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 weather conditions and altitude are not considered for the difficulty rating.

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

A rough guide to how various gradients might feel:

- 0%: A flat road
- 1-3%: Slightly uphill but not particularly challenging. It's a bit like riding into the wind.
- 4-6%: A manageable gradient that can cause fatigue over long periods.
- 7-9%: Starting to become uncomfortable for seasoned riders and challenging for new climbers.
- 10%-15%: A painful gradient, especially if maintained for any length of time
- 16%+: Very challenging for riders of all abilities. Maintaining this sort of incline for any length of time is very painful.

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.

LEVEL 1

Rides on flat roads and gently undulating routes

Distance and elevation gain

- Distance of approximately 60 km
- Elevation gain of roughly 200 meters

Physical difficulty: Easy

- Easy route profile
- Some gentle grades

Technical difficulty: Easy

- Terrain: Paved Road

Preparation: Basic

- You are in good health and have a basic physical fitness

LEVEL 2

Rides through rolling terrain

Distance and elevation gain

- Distance of approximately 60 up to 80 km
- Elevation gain of roughly 350 meters

Physical difficulty: Easy – Moderate

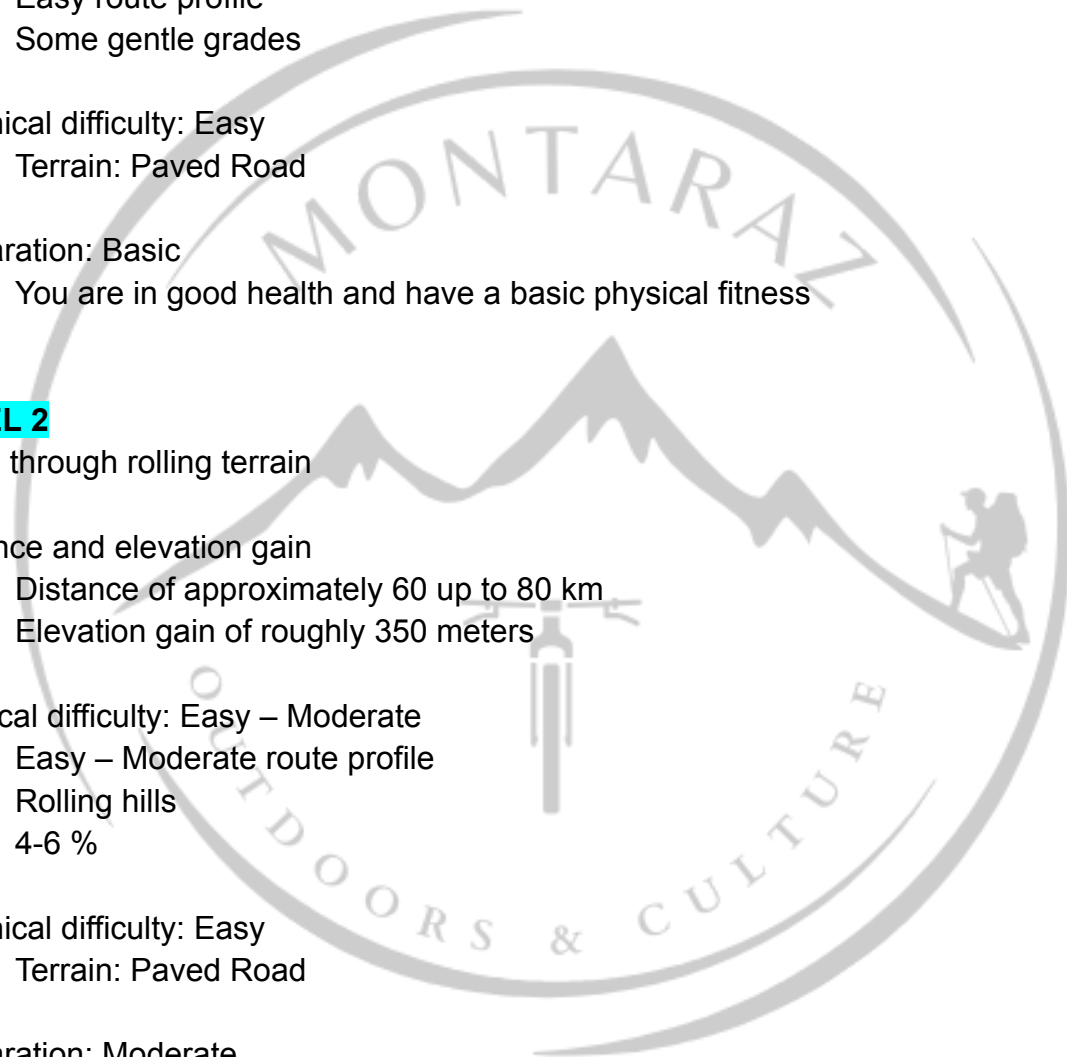
- Easy – Moderate route profile
- Rolling hills
- 4-6 %

Technical difficulty: Easy

- Terrain: Paved Road

Preparation: Moderate

- You have a good level of physical fitness and cycle often
- A challenge for beginners



LEVEL 3

Rides through hilly and mountainous terrain. More elevation gain during short climbs and occasional longer climbs.

Distance and elevation gain

- Distance of approximately 70 up to 100 km
- Elevation gain of roughly 700 meters

Physical difficulty: Moderate +

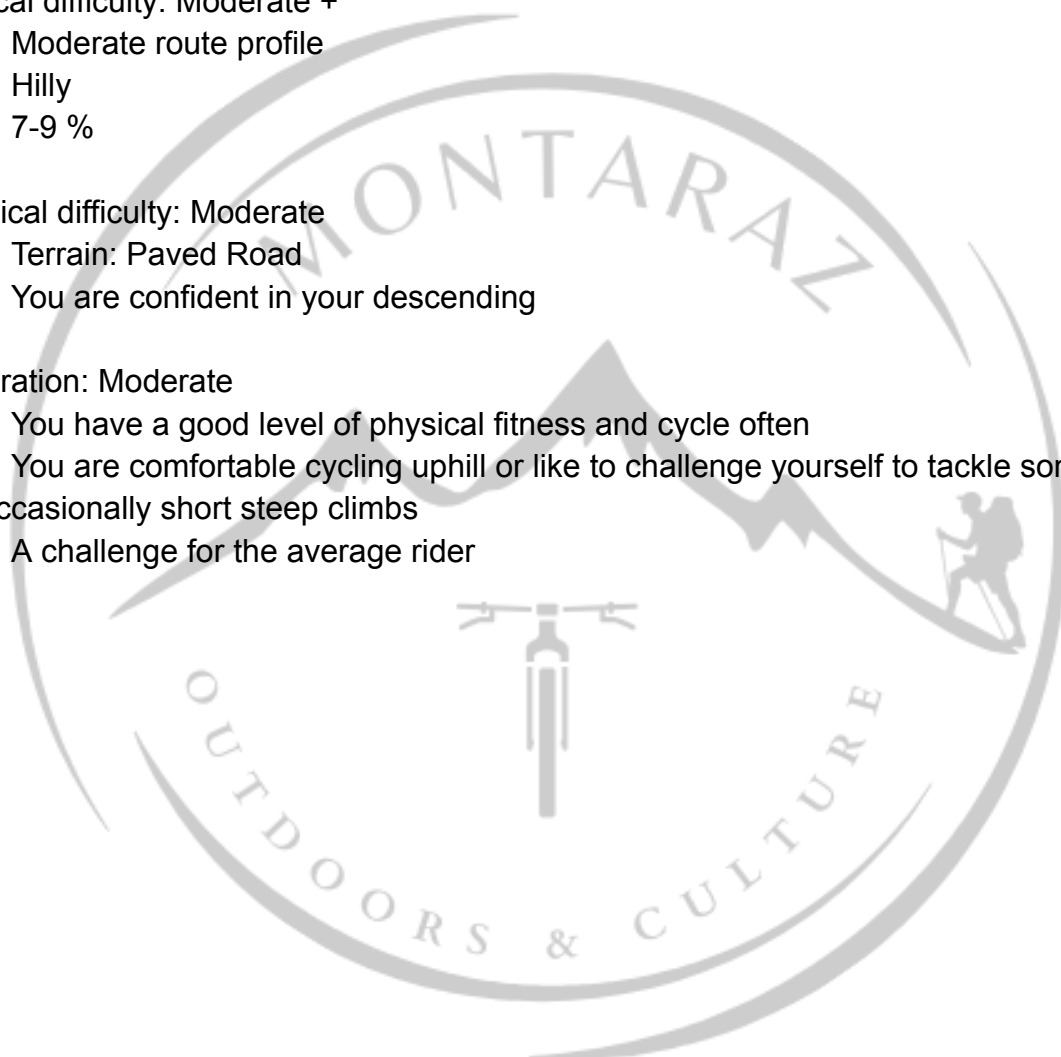
- Moderate route profile
- Hilly
- 7-9 %

Technical difficulty: Moderate

- Terrain: Paved Road
- You are confident in your descending

Preparation: Moderate

- You have a good level of physical fitness and cycle often
- You are comfortable cycling uphill or like to challenge yourself to tackle some hills and occasionally short steep climbs
- A challenge for the average rider



LEVEL 4

Rides through mountainous terrain with some tough climbs. More elevation gain during short and longer climbs.

Distance and elevation gain

- Distance of approximately 80 up to 130 km
- Elevation gain of roughly 1.400 meters

Physical difficulty: Advanced

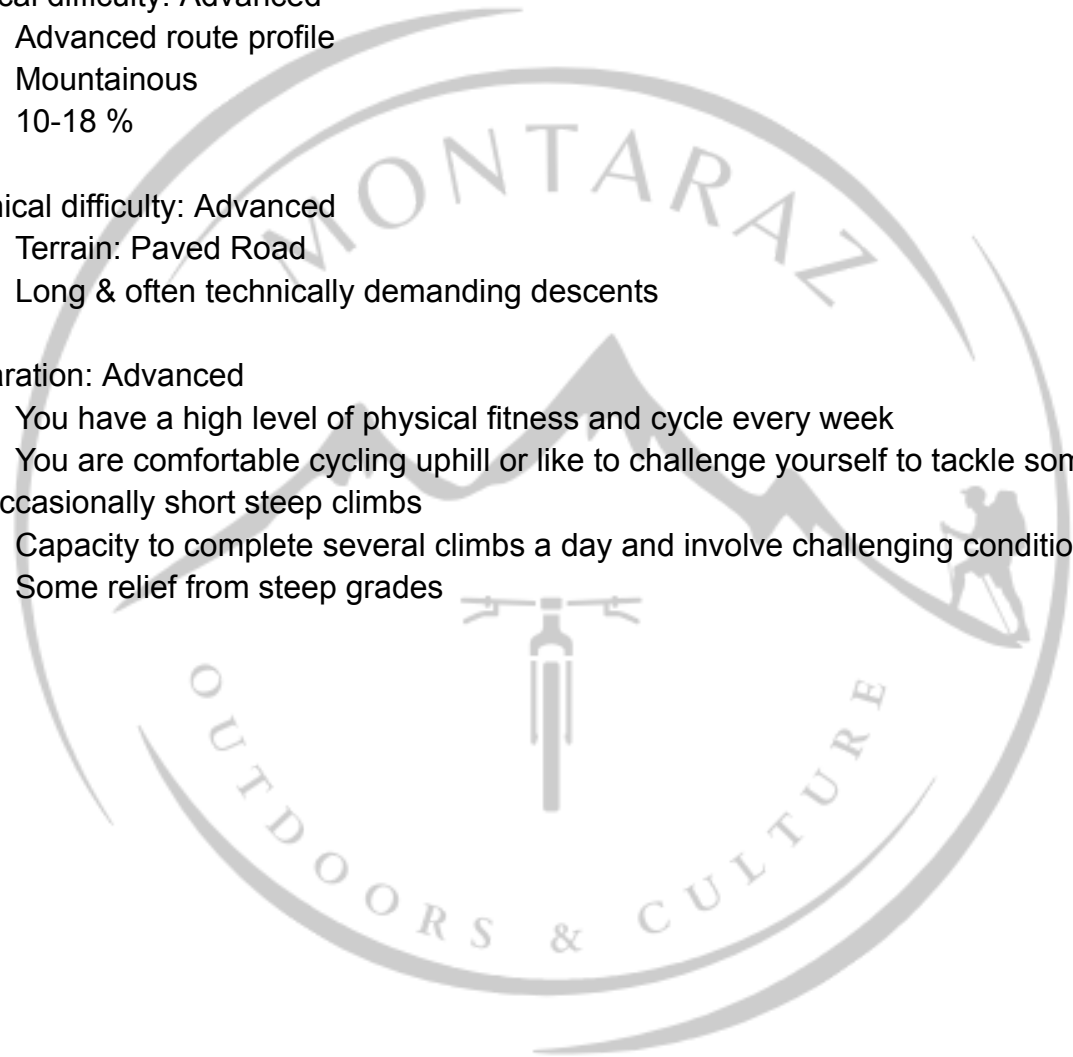
- Advanced route profile
- Mountainous
- 10-18 %

Technical difficulty: Advanced

- Terrain: Paved Road
- Long & often technically demanding descents

Preparation: Advanced

- You have a high level of physical fitness and cycle every week
- You are comfortable cycling uphill or like to challenge yourself to tackle some hills and occasionally short steep climbs
- Capacity to complete several climbs a day and involve challenging conditions
- Some relief from steep grades



LEVEL 5

Rides through mountainous terrain with long distances and climbs. More elevation gain during short and longer climbs.

Distance and elevation gain

- Distance of approximately 100 up to 160 km or more
- Elevation gain of roughly 2.000 meters or more

Physical difficulty: Challenging

- Challenging route profile
- Mountainous
- + 18 %

Technical difficulty: Advanced

- Terrain: Paved Road
- Long & often technically demanding descents

Preparation: Advanced

- You have a high level of physical fitness and cycle every week
- You are comfortable cycling uphill or like to challenge yourself to tackle some hills and occasionally short steep climbs
- Capacity to complete several climbs a day and involve challenging conditions
- Many steep grades

