

CYCLE GRADES TOUR 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

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.

On some of our cycling tours in mountainous areas, we include e-bikes, which allow us to cross the demanding terrain.

We consider an E-bike to be a regular bicycle with the same cycle grades. Riding an electric bike does not require any previous experience.

LEVEL 1

Rides on flat roads and little difference in altitude

Distance and elevation gain

- Distance of approximately 40 km
- Elevation gain of roughly 200 meters

Physical difficulty: Basic

- Easy route profile

Technical difficulty: Basic

- Terrain: Paved Road

Preparation: Basic

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

LEVEL 2

Rides through rolling terrain and slightly longer distances

Distance and elevation gain

- Distance of approximately 50 km
- Elevation gain of roughly 400 meters

Physical difficulty: Moderate

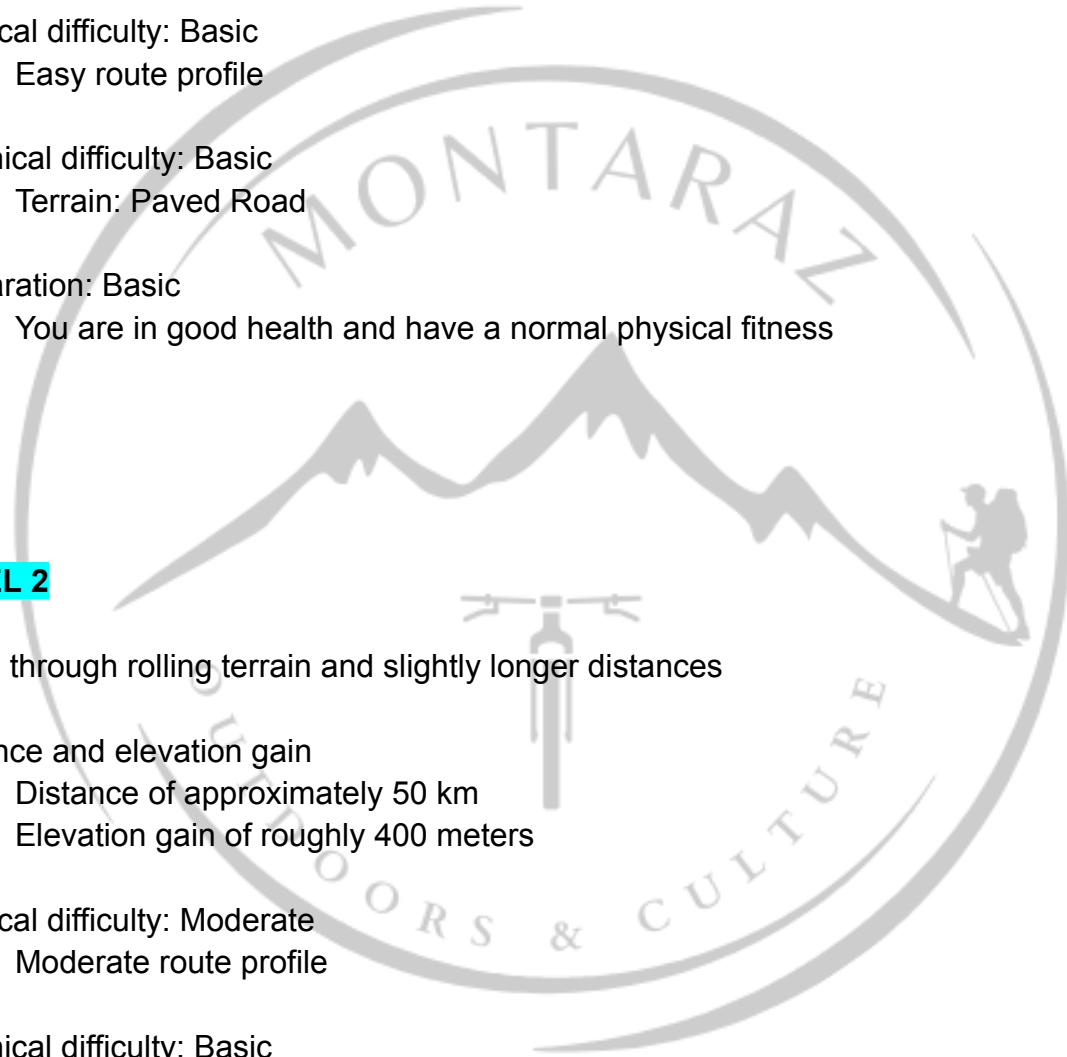
- Moderate route profile

Technical difficulty: Basic

- Terrain: Paved Road

Preparation: Basic

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



LEVEL 3

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

Distance and elevation gain

- Distance of approximately 40 up to 60 km
- Elevation gain of roughly 500 up to 1.000 meters

Physical difficulty: Advanced

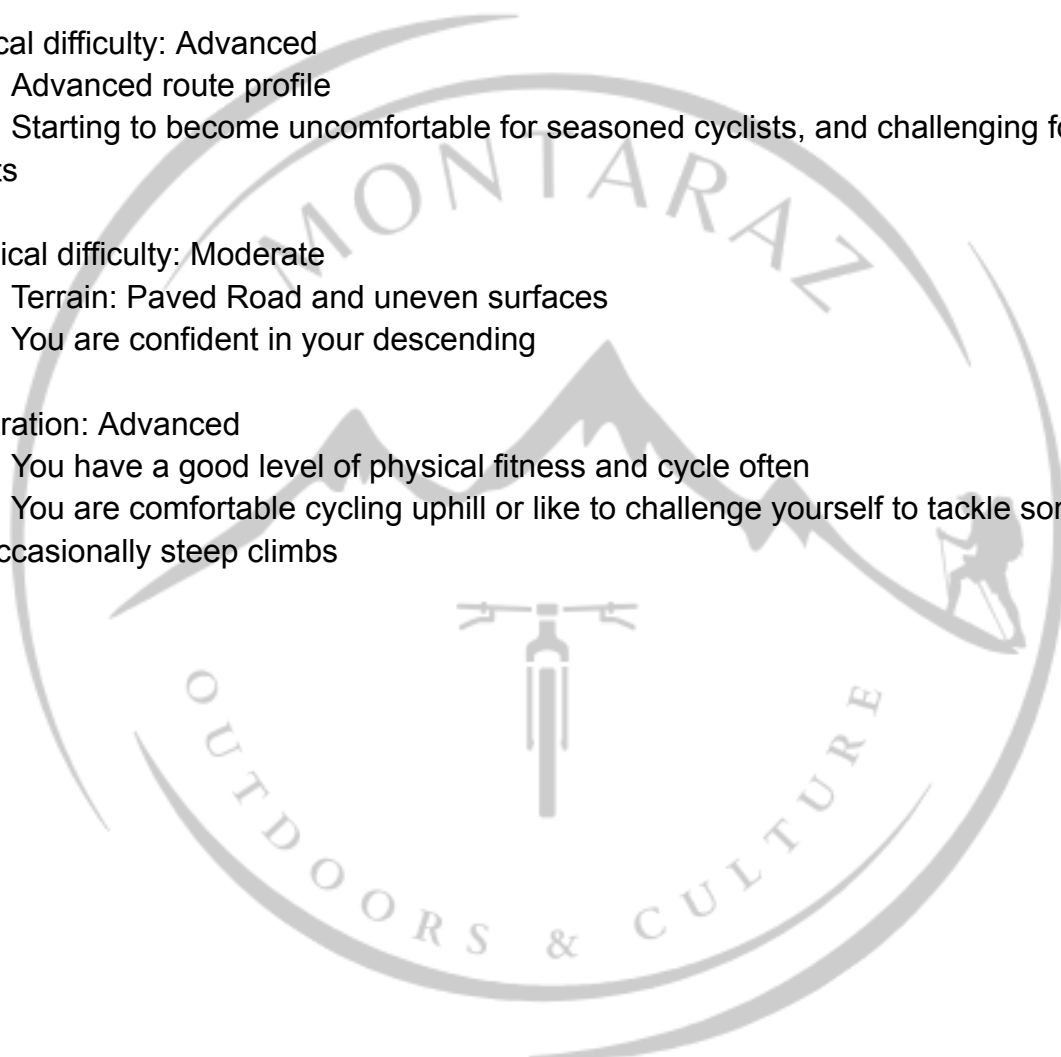
- Advanced route profile
- Starting to become uncomfortable for seasoned cyclists, and challenging for new cyclists

Technical difficulty: Moderate

- Terrain: Paved Road and uneven surfaces
- You are confident in your descending

Preparation: Advanced

- 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 steep climbs



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 40 up to 80 km
- Elevation gain of roughly 1.000 meters up to 1.300 meters

Physical difficulty: Challenging

- Challenged route profile
- Challenging for riders of all abilities

Technical difficulty: Moderate

- Terrain: Paved Road and uneven surfaces
- You are confident in your descending

Preparation: Challenging

- You have a high level of fitness and cycle every week
- You are comfortable cycling uphill or like to challenge yourself to tackle some steep climbs
- Capacity to complete several climbs a day

