



LEISURE CYCLING



LEVEL 1

Rides on flat roads and little difference in altitude

Distance and elevation gain

- Daily distance of approximately 30 km up to 50 km
- Elevation gain of roughly 200 meters
- Terrain: Paved Road

Physical difficulty: BASIC

- 0 % flat road
- 1-4 % slightly uphill. It feels like cycling into a gentle wind
- False flat
- Gently rolling terrain

Preparation: BASIC

- You are in good health and have a basic physical fitness
- Comfortable to cycle about 3 hours at a relaxed pace



LEISURE CYCLING



LEVEL 2

Rides through rolling terrain and slightly longer distances.
An occasional longer climb is not excluded.

Distance and elevation gain

- Daily distance of approximately 40 km up to 80 km
- Elevation gain of roughly 200 meters up to 800 meters
- Terrain: Paved Road and uneven surface

Physical difficulty: MODERATE

- Hilly to mountainous terrain
- Climbs up to approx. 8 km
- 4-6 % average gradient. A manageable gradient that can cause fatigue over descent distances.
- + 6% short section is not excluded

Preparation: MODERATE

- You have good physical fitness and cycle regularly
- Comfortable to cycle about 4 hours at a normal pace
- Comfortable on rolling terrain
- You are confident in your descending
- Shifting gears well when climbing and descending is a requirement for cycling pleasure.



LEISURE CYCLING



LEVEL 3

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

Distance and elevation gain

- Daily distance of approximately 40 km up to 80 km
- Elevation gain of roughly 500 meters up to 1.000 meters
- Terrain: Paved Road and uneven surfaces

Physical difficulty: ADVANCED

- Hilly to mountainous terrain
- Climbs up to approx. 8 km
- 7-9 % average gradient. Starting to become uncomfortable for seasoned cyclists, and challenging for new cyclists
- +14 % short steep sections are not excluded

Preparation: ADVANCED

- You have a very good level of physical fitness and cycle often
- Comfortable to cycle about 4 hours
- You are comfortable cycling uphill or like to challenge yourself to tackle some hills and occasionally steep climbs
- You are confident in your descending
- Shifting gears well when climbing and descending is a requirement for cycling pleasure.



LEISURE CYCLING



LEVEL 4

Rides through rolling mountainous terrain with steep climbs. More elevation gain during short and longer climbs

Distance and elevation gain

- Daily distance of approximately 40 km up to 80 km
- Elevation gain of roughly 1.000 meters up to 1.300 meters
- Terrain: Paved Road and uneven surfaces

Physical difficulty: CHALLENGING

- Hilly to mountainous terrain
- Climbs up to approx. 5 km
- 10%-15% average gradient. A painful gradient, especially if maintained for any length of time
- 16 % + short steep sections are not excluded. Very challenging for riders of all abilities. Maintaining this sort of incline for any length of time is very painful

Preparation: CHALLENGING

- You have a high level of fitness and cycle every week
- Comfortable to cycle about 4 hours
- You are comfortable cycling uphill or like to challenge yourself to tackle some hills and occasionally steep climbs
- Capacity to complete several climbs a day and involve challenging conditions
- You are confident in your descending