






Trail Grade	Suitable for	Trail & surface types	Gradients & technical trail features (TTF's)	Suggested fitness level
Forest Road and similar	A wide range of cyclists. Most bikes and hybrids. Ability to use maps helpful. Routes may or may not be way marked.	Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. These roads may be used by vehicles and other users, including Horse riders and dog walkers.	Gradients can be very variable and may include short steep sections. Occasional potholes may be present.	A good standard of fitness can help.
 Green Easy	Beginner/novice cyclists. Basic Bike Skills required. Most bikes and hybrids. Some green routes can take trailers.	Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. May include short flowing singletrack style sections.	Climbs and descents are mostly shallow. No challenging features	Suitable for most people in good health.
 Blue Moderate	Intermediate cyclist/mountain bikers with basic off road riding skills. Mountain bikes or hybrids.	As "Green" plus specially constructed single track. Trail surface may include small obstacles of roots and rock.	Most gradients are moderate but may include short steep sections. Includes small TTF's	A good standard of fitness can help.
 Red Difficult	Proficient mountain bikers with good off road riding skills. Suitable for better quality off-road mountain bikes	Steeper and tougher, mostly singletrack with technical sections. Expect very variable surface types.	A wide range of climbs and descents of a challenging nature will be present. Expect boardwalks, berms, large rocks, medium steps, drop-offs, cambers, iwater crossings	Higher level of fitness and stamina.
 Black Severe	Expert mountain bike users, used to physically demanding routes. Quality off-road mountain bikes	As "Red" but with an expectation of greater challenge and continuous difficulty. Can include any useable trail and may include exposed open hill sections.	Expect large, committing and unavoidable TTF's. Sections will be challenging and variable. May also have "downhill" style sections.	Suitable for very active people used to prolonged effort.
 Bike Parks Extreme	Riders aspiring to an elite level of technical ability, incorporates everything from Full on downhill riding to big-air jumps.	Severe constructed trails and / or natural features. All sections will be challenging. Includes extreme levels of exposure and or risk. Jumping ability obligatory	Will include a range of small medium and large TTF's, including downhill trails, freeride sections and mandatory jumps.	A good standard of fitness, but technical skills more important.



Mountain biking is a potentially hazardous activity carrying a significant risk. It should only be undertaken with a full understanding of all inherent risks. These guidelines must always be used in conjunction with the exercise of your own experience, intuition and careful judgement.