

## Travelbike

### GUIDE GROUPING LEVELS

Travelbike definition:

#### **Uphill riding**

How much pedaling/uphill riding are you expecting to do on your Travelbike holiday?

- 1 I want to use the lifts wherever possible, and ride almost no uphill at all, with minimal pedalling along the flat.
- 2 I want to mainly use the lifts, but I'm happy with some self-powered ascending during the day if it allows us to get to a lovely descent.
- 3 I like using lifts where available but I'm very happy to pedal a max of 2-3 hours in a big day to reach an epic descent/ride that is a bit further afield
- 4 I'm expecting minimal use of uplifts, I feel that too much mechanical uplifting is a bit of cheat. Actually I'm a closet roadie and shave my legs regularly.

#### **Confidence**

How much you describe your technical confidence on a mountain bike?

- 1 I enjoy cycle paths and wide trail centre routes (greens & blues), but I'm more into scenery and fresh air than technical challenge or adrenaline buzz
- 2 I'm sometimes a nervous rider. Technical obstacles can be a challenge for me. I prefer smoother, wider trails on shallower gradients. Roots and rocks can sometimes intimidate me and I don't really like exposure. At trail center I would usually choose the blue route for fun, and take the red for an extra challenge.
- 3 My confidence is growing, I will gladly tackle smaller obstacles, like a small rock garden or short sections of roots (red trail centre routes are not challenging for me and I'm progressing to blacks). Exposure or remote locations still make me a little nervous. I don't have much experience outside trail centres or controlled environments
- 4 I ride small to medium size obstacles, rock gardens and sections of roots without hesitation (red trail centre trails are easy for me, blacks are well-within my ability). The idea of exposed trails is not a huge issue for me and I have ridden on wild / natural trails (away from trail centres) before. I can cope with wet rocks and roots too!
- 5 I relish a technical challenge. Nothing in a typical man-made "trail centre" would present me with any problems and I am also experienced at riding mountainous and wild / natural terrain (e.g. National Parks, Scottish Highlands, the Alps, etc.)
- 6 The knarlier and techier the better! I'm a very experienced at riding in mountainous natural terrain and in all weather conditions.