

## **Ability Levels**

### **Pure Beginner**

You are new to mountain biking! No or limited experience on a mountain bike and interested in getting those wheels off road.

### **Beginner**

You are comfortable on all green terrain. You are learning how to change gears and brake effectively as well as how to maintain balance through climbs and descents. You are interested in gaining the skills to explore blue terrain.

### **Intermediate**

You are comfortable on all green and some blue trails, and are able to change gears, brake safely and maintain balance on climbs and descents at slower speeds. You are interested in exploring more advanced features and terrain.

### **Intermediate +**

You are comfortable on all green and blue trails and have begun to explore black terrain. You understand how to brake safely and how to maintain balance on climbs and descents at a variety of speeds. You are interested in gaining the skills to tackle selective black terrain.

### **Advanced**

You are comfortable on almost all black trails and the majority of the features on them. You are able to maintain balance and brake strategically at higher speeds on steeper and more challenging terrain. You are interested in working on improving technique on these trails alongside exploring selective double black terrain.

### **Advanced +**

You are comfortable on all features on all black trails. You are able to ride many trails confidently while maintaining balance and braking strategically. You are working on gaining experience, refining your skills and approaching features in different ways (rolling versus airing for example) on double black terrain.