



Thames Mountain Bike Club
Head to our website for more information and links:
www.thamesmtb.club

Easiest-Grade 1
Standard: Fairly flat, wide smooth track or gravel road

Intermediate-Grade 3
Standard: Step slopes and/or avoidable obstacles possibly on narrow track and/or with poor traction. There may be exposure at the tracks outside edge.

Expert-Grade 5
Standard: Technically challenging. Giant climbs, narrow track and numerous hazards including dangerous drop-offs, sharp corners and difficult obstacles. Expect walking and possibly bike carrying.

Easy-Grade 2
Standard: Mostly flat with some gentle climbs on smooth track with easily avoidable obstacles such as rocks and pot holes

Advanced-Grade 4
Standard: A mixture of long, steep climbs, narrow track, poor traction and obstacles that are difficult to avoid or jump over. Generally exposed at the tracks outside edge. Most riders will find some sections easier to walk.

Extreme-Grade 6
Standard: Downhill/free ride specific tracks. Extremely steep sections with large drop-offs and other unavoidable obstacles. May include man made structures and jumps.