

# Fitness und Tech Levels

By Aoste Freeride / Dolce Vita Bike und Kraftwerk



## **Tech & Fitness Ratings**

We ask all riders to review the “Technical and Fitness Rating System” to ensure you are confident riding at the level required for the particular rides you are interested in joining! Our adventures are meant as a group ride, not as a race. Please read the following guidelines carefully to ensure the ride you have chosen matches your technical level and fitness, prior to booking.

### **Technical Level**

#### **Level 1**

You ride on off-road and wide dirt trails. You can manage your speed, your balance and the brakes. Recommended equipment: helmet, gloves, elbow pads, knee pads. Back protection and a mountain bike with dual suspension suggested.

#### **Level 2**

You are comfortable riding a variety of single-track which may include tight trees. You can control your balance uphill and downhill on loose gravel, rocks and roots. Recommended equipment: helmet, gloves, elbow pads, knee pads. Back protection and a mountain bike with dual suspension suggested.

#### **Level 3**

You are experienced and have ridden in different situations. You are comfortable riding a variety of single-track which may include tight trees, mud, loose rocks and sand and you feel like you are ready to start trying out some more challenging terrain. Recommended equipment: helmet, gloves, elbow, knee pads, mountain bike with long travel full suspension. Back protection suggested.

#### **Level 4**

You have several years of riding experience on all types of terrain. You like the challenge and enjoy riding narrow technical single tracks. You love, and search for, tight corners. You are able to climb technical trails and not afraid to do little jumps for fun on downhill trails. You are confident in any condition, terrain and exposure. Recommended equipment: helmet, gloves, elbow, knee pads, mountain bike with long travel full suspension. Back protection suggested.

#### **Level 5**

You are a mountain bike pro and can play around on most technical terrain and trails. Recommended equipment: helmet, gloves, elbow, knee pads, mountain bike with long travel full suspension. Back protection suggested.

## **Fitness Level**

### **Fitness Level 1**

You are capable of riding for multiple days in a row for an average of 2 hours of pedal time each day. You are capable of climbing up to 500 vertical meters in a day. Your exercise regime includes a combination of endurance training like riding a bike and strength training.

### **Fitness Level 2**

You are capable of riding in a day up to 4 hours of pedal time. You are confident climbing up to a total of 700 vertical meters in a day. Your exercise regime includes a combination of endurance training like riding a bike and strength training.

### **Fitness Level 3**

You are capable of riding for multiple days in a row at a moderate pace for an average of 3-4 hours of pedal time each day. You could handle adding in a day requiring up to 5 hours of pedal time. You can handle moderately steep climbs of up to a total of 1000 vertical meters in a day including hike-a-bike sections of more than 10 minutes. Your exercise regime includes a combination of endurance training like riding a bike and strength training.

### **Fitness Level 4**

You are capable of riding for multiple days for an average of 4-6 hours of pedal time each day. You can climb up to 1200 vertical meters each day for 2 days. You can push or carry your bike over long sections of steep technical trails (more than 20 minutes). Your exercise regime includes a combination of endurance training like riding a bike and strength training.

### **Fitness Level 5**

You are capable of riding for multiple days in a row for an average of 6-8 hours of pedal time each day. You can handle steep, sustained climbs of up to 1,500m each day for 6 days. You can push or carry your bike over long sections of steep technical trails (more than 40 minutes). Your exercise regime includes a combination of endurance training like riding a bike and strength training.