

## trailAddiction GUIDE GROUPING LEVELS

trailAddiction is very proud to specifically tailor our holidays for ALL ranges of riding ability and fitness.....in fact few other operators even have the available resources and capacity to consider this at all!  
BUT: In order to do this effectively, we'll need some info about your group's expectations and MTB experience.

This info is critical to allow us to plan this before your arrival and to pre-allocate groupings according to your wishes and expectations of your holiday. Please consider each member in your group as an individual when completing the online form, and indicate what split of groups would be suitable (if any) amongst your party. If there is any notable spread of fitness, ability, experience or confidence in your group, please be sure to indicate this accordingly.

**IMPORTANT:** For any individual at '**Tech level 3 / IMBA Blue Square**' or below, we strongly suggest booking on an [Alpine Improvers Coaching Week](#). We cannot guarantee a suitable guide / group for customers of this ability, outside of these special dates. Note that we do run several groups at levels 4, 5 and 6 as usual, on the Alpine Improver dates.

For each riding group you indicate, please consider the least fit / slowest / least confident rider in your group since your guide will usually dictate the trails chosen and pace of the group, to the slowest member (for safety reasons).

Note that all info given here is merely used as a good starting point! We shall of course be happy tailor your group accordingly during your stay and friends of mixed-ability are always welcome to ride together at

### tA Definition

#### UPHILL RIDING

**How much pedalling/uphill riding are you expecting to do on your trailAddiction 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 am 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 a cheat. Actually I'm a closet roadie and shave my legs regularly.  
*(On a serious note, if you are really a level 4, we'd suggest a tA holiday may leave you feeling a bit cheated, sorry!)*

#### TECH / CONFIDENCE

**How would 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 a technical challenge or adrenaline buzz
  - 2 I'm sometimes a nervous rider. Technical trail 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 a trail centre 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 now progressing to blacks). Exposure or remote locations still make me a little nervous. I don't have much experience outside of trail centres or controlled environments
- \*\*\*\* <<Tech / Confidence at level 3 or below?>> [Please ensure you have booked for a Alpine Improvers Coaching Week date](#)
- 4 I ride small to medium sized obstacles, rock gardens and sections of roots **without hesitation, and on steep gradients**. Red trail centre trails are easy for me, and I enjoy riding black-level trails too. 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 problem and I am also experienced at riding mountaineous and wild / natural terrain.
  - 6 The knarlier and techier the better! I am very experienced at riding in remote mountaineous natural terrain and in all weather conditions.

**PLEASE SEE NEXT PAGE FOR OUR TECH COMPARISON TO IMBA TRAIL GRADING**

CONTINUED ON NEXT PAGE.....



**IMBA GRADINGS**

	Easiest White Circle	Easy Green Circle	More Difficult Blue Square	Very Difficult Black Diamond	Extremely Difficult Dbl. Black Diamond
<b>Trail Width</b>	72" or more	36" or more	24" or more	12" or more	6" or more
<b>Tread Surface</b>	Hardened or surfaced	Firm and stable	Mostly stable with some variability	Widely variable	Widely variable and unpredictable
<b>Average Trail Grade</b>	Less than 5%	5% or less	10% or less	15% or less	20% or more
<b>Maximum Trail Grade</b>	Max 10%	Max 15%	Max 15% or greater	Max 15% or greater	Max 15% or greater
<b>Natural Obstacles and Technical Trail Features (TTF)</b>	None	Unavoidable obstacles 2" tall or less  Avoidable obstacles may be present  Unavoidable bridges 36" or wider	Unavoidable obstacles 8" tall or less  Avoidable obstacles may be present  Unavoidable bridges 24" or wider  TTF's 2' high or less, width of deck is greater than 1/2 the height	Unavoidable obstacles 15" tall or less  Avoidable obstacles may be present  May include loose rocks  Unavoidable bridges 24" or wider  TTF's 4' high or less, width of deck is less than 1/2 the height  Short sections may exceed criteria	Unavoidable obstacles 15" tall or greater  Avoidable obstacles may be present  May include loose rocks  Unavoidable bridges 24" or narrower  TTF's 4' high or greater, width of deck is unpredictable  Many sections may exceed criteria

**TRAILADDICTION TECH REFERENCE VS IMBA**

TRAILADDICTION TECH LEVEL	IMBA GRADE
1	WHITE CIRCLE
2	GREEN CIRCLE
3	BLUE SQUARE
4	BLACK DIAMOND
5	DBL BLACK DMND
6	[n/a]



THE BELOW IS A LOOSE GUIDE FOR UK CUSTOMERS. IF IN DOUBT, REFER TO PAGE 1 OR THE ABOVE. IT IS NOT INTENDED TO BE DEFINITIVE!

**TECH REFERENCE TRAILS**

**LEVEL**

- 1
- 2
- 3
- 4
- 5
- 6

**UK EXAMPLES (a VERY loose guide!)**

- Tissington Trail
- Blue and Red trail Centres
- Glentress & Afan Red routes, North Downs / Surrey
- UK trail Centre Black Routes, Peaks, Lakes
- Lagaan Wolftraxx Black, Snowdon Rangers Path, Torridon
- Hebden Bridge Tech, Fort William World Cup

**NOTE - IN THE WET, ADD ONE LEVEL OF TECHNICAL DIFFICULTY. THESE RATING EXAMPLES ARE FOR DRY TRAILS**

**LES ARCS / DESTINATION X EXAMPLES**

- Vallandry Fireroads, Bourg Cycle Path
- Vallandry Fireroads, 'No Brakes', Leslie's La Plagne routes
- Vallandry Easier Singletrack, Jey's Crusade, Red 10, Granny's Garden, Notre Dame & Black 8 (3+)
- No Brains, Granny's Garden, Black 8, Premier League, Grange Hill tech & White 8 (4+)
- Double Header, Moist Nun, Secret Garden, La Varda (5++)
- Poundstretcher, La Varda, Miner's Strike, Thumbs Up