

FITNESS AND SKILLS LEVELS

RADWALL MOUNTAIN BIKE MADEIRA ADVENTURES

Before we plan your tour we need to know which tour and trails matches your skill level best and aims to optimize your experience and minimize risks in our trail network

LEVEL 1 – NEWBIE

- You have never ridden a mountain bike before, but you know how to ride a bike.
- You can only handle some downhill asphalt roads.

LEVEL 2 – BEGINNER

- You have little experience riding a mountain bike off-road on gravel roads. You can operate the bike, but you are still learning, climbing, descending and cornering.
- You do not have the confidence to navigate roots, rocks, and tight turns without walking.

LEVEL 3 – INTERMEDIATE

- You ride a Mountain Bike at least twice a month (Cross Country) you have a strong understanding of how a bike works, you have the skills to brake appropriately on descents and you maintain a comfortable and sturdy stance on controlled climbs and descents.
- You are confident to ride through a variety of light technical features (roots, rocks, tight turns) although you are most comfortable at a slow and controlled pace.

LEVEL 4 – STRONG INTERMEDIATE

- You ride a Mountain Bike for several years and ride very regularly.
- You can ride with confident **Blue** grade trails.
- You can ride some **Red** grade trails but you always avoid this kind of trails.

LEVEL 5 – ADVANCED

- You can ride with confident **Red** grade trails.
- You can ride with confident pretty much everything, you can handle steep, rocky and slippery single tracks, along with features such small drops, small jumps and switchbacks.
- You can ride **Black** grade trails at your own speed.

LEVEL 6 – STRONG ADVANCED

- You can ride with confident **Black** grade trails.
- You ride as often as possible and can handle technical stuff and medium-high level stunts, such big jumps and drops.
- You are fast in most types of terrain and you have done some Downhill and Enduro Races.

FITNESS LEVEL

NO TRAIN	ACTIVE PERSON	TRAIN SOMETIMES	TRAIN REGULARLY
You not doing any exercise during the week, or practice any sport.	You are active and in good health condition, but you don't cycle to often.	You ride your bike almost every weekend.	You are capable of riding 6-8 hours a day (Without Shuttle)

NOTE

- For **beginners** it is important to consider the unavoidable downhill roads we have in the Island, so make sure you have experience controlling both brakes.
- Our easiest tour has at least 30km long and last about 4 hours.
- There will always be a better or worse skilled rider in the group, so please understand our tours are a group experience and not a race.