



MOUNTAIN BIKE COURSE DESCRIPTION

FOXLAKE NIGHT TRIATHLON






Distance from TA (approx.)	Description	'Grade' (see below)
0.0-0.1	Rolling grassland - easy	Green
0.1-0.8	Twisting, flat singletrack – no drops or technical sections	Blue
0.8-1.5	Flat easy sandy twintrack	Green
1.5-1.7	Easy sandy singletrack	Blue
1.7	Bridge – dismount required	
1.7-2.4	Flat easy sandy twintrack	Green
2.4-2.6	Grassy field margin	Green
2.6-3.9	Easy sandy twintrack – one short steep climb up to stables area. Includes section through the farmyard	Green
3.9-4.3	Singletrack descents and climbs in woodland. Approx 1-2m wide, not steep, generally soft and good surfaces, good run out.	Blue
4.3-5.1	Grassy field margin – muddy and rutted in places	Green
5.1-5.6	Singletrack descents and climbs in woodland. Approx 1-2m wide, not steep, generally soft and good surfaces, good run out.	Blue
5.5-5.7	Rolling grassland – easy	Green

Notes;

- The IMBA/FCS grade descriptions generally refer to man-made trails at trail centres etc. The natural trails that Dirty Events use are significantly more varied and dynamic, and can change markedly from moment to moment. A course that is described as largely 'Blue' can have occasional 'Black' or other grade sections.
- Natural trails can change dramatically according to weather and other conditions. Mud, for example, can develop quickly, and will have significant impact on technical difficulty and 'rideability'.
- These gradings, and the course descriptions, should therefore be treated with a certain amount of caution – they are guidelines and approximations only.
- Riding any given section of trail is always the responsibility of the participant. You are the only one capable of making the decision to ride or walk. We will do our best to describe a course and specific hazards, but ultimately..... it's your choice!.

Is This For You?

Find the right cross-country singletrack trail grade for your abilities

Singletrack trails		
Grade	Suitable for:	Trail
 Green: Easy	Beginners in good health with basic bike skills. Most types of bike.	Relatively flat & wide.
 Blue: Moderate	Riders in good health with basic off-road riding skills. Basic mountain bikes.	Some "single-track" sections & small obstacles of root & rock.
 Red: Difficult	Proficient mountain bikers with good off-road riding skills & fitness. Good mountain bikes.	Challenging climbs, tricky descents & technical features such as drop-offs and large rocks.
 Black: Severe	Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.	Greater challenge & difficulty. Expect large & unavoidable features.
	Mountain biking is a potentially hazardous activity carrying a significant risk.	