



MOUNTAIN BIKE COURSE DESCRIPTION

Craggy Island Triathlon

Distance from TA (approx.) - km	Description	'Grade' (see below)
0 - 2.8	Long steady climb, then undulating on good 'landrover' twintrack.	Green
2.8 – 3.2	Loose twisty descent to Barnabuck – can be deeply rutted and rocky/gravel covered, 'landrover' twintrack.	Blue
3.2 – 4.8	Undulating grassy path. Occasional muddy sections, small stream crossing (may be unrideable in wet weather).	Blue
4.8 – 5.0	200m Descent to Ardmore. Washed-out singletrack with large + small rocks, steep.	Red
5.0 – 5.8	Twintrack from Ardmore to turn off after Orasaig – stream crossing, rocky, often wet	Blue
5.8 – 6.3	Grassy singletrack from Orasaig to Gylen Castle. Undulating, no steep climbs/descent, occasional muddy sections	Blue
6.3	Stream Crossing below Gylen Castle – not rideable!	n/a
6.3 – 7.0	Grassy singletrack from Gylen Castle to Gylen Park. Undulating, occasional steeper climbs and descents. Occasional muddy section. Descent after Gylen Castle spur has a steep, muddy, off-camber LH bend (soft landing!). Descent to Gylen Park steep, narrow and loose surface (total length c. 50m)	Blue
7.0 – 10.2	Gylen Park to TA on good 'landrover' twintrack.	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.	