



# HOW TO DETERMINE YOUR BIKE PARK ABILITY LEVEL

## FOR ALL AGES



### **Beginner**

I have never been in a downhill mountain bike park before but have some experience riding on paved, dirt and gravel trails.



### **Novice**

I have a little experience in a downhill mountain bike park and am comfortable riding at slower speeds on green trails with an easy gradient as well as some roots and rocky terrain.



### **Intermediate**

I have spent 5-10 days in a downhill mountain bike park riding green and easy blue trails. I am more comfortable at slower speeds on technical, single track blue trails with roots and loose rocks but would like to learn how to drop and jump safely.



### **Advanced**

I can comfortably ride blue flow trails with rollers, small drops and easy jumps. I have ridden some black technical and flowing trails with jumps, drops and roots. I would like to improve my technical skills and confidence on all black terrain.



### **Expert**

I am a proficient rider on all black technical and flowing jump, drop trails with wood features, riding all bike park trails confidently and quickly. I would like to gain experience on double black and pro-line trails.