



MOUNTAIN BIKE SCHOOL

Ability Level Chart

BEGINNER



- ☒ I can comfortably ride on paved, dirt and gravel trails
- ☒ I have little to no experience in a bike park
- ☒ I enjoy riding my bike but have limited experience on mountain bike specific trails

NOVICE



- ☒ I am comfortable riding on slower speeds on green and easy blue trails
- ☒ I have ridden over roots and rocks
- ☒ I am confident using my brakes and changing gears

INTERMEDIATE



- ☒ I am comfortable on all green and blue flow trails and can ride blue technical trails slowly
- ☒ I have good balance on my bike and am comfortable on small rolldowns
- ☒ I have some experience riding in a bike park

ADVANCED



- ☒ I can comfortably ride blue flow and technical trails with roller, small drops and easy jumps, at a faster speed
- ☒ I have ridden some black technical and flowing trails and would like to improve my technical skills and confidence on black terrain
- ☒ I have good experience riding in a bike park