



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