

Definition of cycling grades

The grades are marked with pictograms of 1 to 5 cyclists.

Cyclists ride on cycling trails or quiet side roads with tarmac surface. Small parts may be on gravelled roads.

The grading therefor refers mostly to quantity and length of ascents one will come across.



Introductory: flat to slightly undulating terrain; laid-back cycling with few ascents



Introductory - Moderate: Mix of these two grades



Moderate: partly undulating terrain, reasonable level of fitness and good health recommended



Moderate – Challenging: Mix of these two grades



Challenging: Mountain bike is required; Mountain bike trails and gravelled road, challenging terrain with steep ascents, good level of fitness and health and some experience in the mountains is important.