

COED LLANDEGLA MOUNTAIN BIKE TRAILS

WHICH TRAIL IS FOR YOU?



GREEN



BLUE



RED



BLACK

TRAIL	DISTANCE	SUITABLE FOR	TRAIL DESCRIPTION
GREEN	5km	Beginners in good health with basic bike skills. Most types of bike.	Relatively flat and wide.
BLUE	12km	Riders in good health with basic off-road riding skills. Basic mountain bikes.	Contains sections of undulating, flowing single-track which features small unavoidable banked corners and grade reversals.
RED	19km	Proficient mountain bikers with good off-road riding skills and fitness. Good mountain bikes.	Challenging. Climbs, tricky descents and technical features such as drop-offs and large rocks.
BLACK	21km	Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.	Greater challenge and difficulty. Expect large and unavoidable features.
Skills	600m	Riders in good health with basic off road riding skills. Good mountain bikes.	Taster sections of themed singletrack trail which contain unavoidable rock drop, corner and jump features
Extreme Trail			
Freeride	650m	Extreme level riders with expert technical skills and good fitness. Jumping ability obligatory. PLUS full face helmet and body armour recommended.	Extreme levels of exposure and risk, large features, technical bike skills important
Pump	120m	Proficient mountain bikers with off road riding skills and fitness. Good mountain bikes. PLUS full face helmet and body armour recommended.	A short section of trail that has been designed to be ridden without pedalling. Contains large and unavoidable features.
Black jump trail	Short sections of "opt in" trail off Red and Black trails	Extreme level riders with expert technical skills and good fitness. Jumping ability obligatory.	Extreme levels of exposure and risk, large unavoidable rock features, technical bike skills important. Uneven rocky surfaces.