



## **SKILL AND APTITUDE CLASSIFICATION**

This brief summary of levels provides the ability to match the routes with the physical capability and the technical level of the participants.

It's important for our insurance that participants be within the levels of skills, abilities and physical capabilities of the routes.

This permits participants to integrally enjoy the proposal routes.

Normally one person can be reflected in a single profile but have the spirit of curiosity and wanting to overcome routes to the next higher level.

Good physical training before the route and following the advice of our guides can be enough in most cases.

In BTT routes we recommend guided service when participants are not really experienced.

In case of doubt about your own level or the level classification please contact us.

Level	ABILITY	PHYSICAL CAPACITY
1	<ul style="list-style-type: none"> <li>▪ Have cycled on paths and small open trails but lack confidence to confront irregular terrains.</li> <li>▪ Don't always control correct use of gears</li> <li>▪ Have to get off bike on slopes or pronounced descents</li> </ul>	<ul style="list-style-type: none"> <li>▪ Do intense physical exercise sporadically, once a week or every two weeks. Moderate exercise at least once a week</li> <li>▪ Can be on bike for 3 hours before beginning to feel tired</li> <li>▪ Can pedal well and continuously on flat terrains and ascents not so inclined</li> </ul>
2	<ul style="list-style-type: none"> <li>▪ Accustomed to cycle on paths and trails. Enjoy cycling but lack full control of the technique to confront major challenges that can stimulate</li> <li>▪ Control the use of gears but sometimes not quick in execution</li> <li>▪ Understand the theoretical workings of brakes on descents but sometimes don't apply correctly</li> <li>▪ Understand the importance of ergonomic positioning but lack practice to control</li> </ul>	<ul style="list-style-type: none"> <li>▪ Do aerobic sport regularly, two times a week.</li> <li>▪ Can be pedaling on routes of 4 hours before feeling tired</li> <li>▪ Respond well to changes of rhythm produced by moderately irregular terrains</li> <li>▪ Can confront without difficulty slopes of 600 m. accumulated with inclines not very pronounced</li> <li>▪ Can do various accumulated days of routes with an average of 5 to 6 hours cycling with stops</li> </ul>
3	<ul style="list-style-type: none"> <li>▪ Accustomed to cycling on narrow paths and trails with irregular terrains of rocks, mud and thick woods</li> <li>▪ Overcome irregularities with ease such as rocks, small jumps and roots</li> <li>▪ Control the speed and braking in most descents and lift the front tire to overcome small obstacles</li> </ul>	<ul style="list-style-type: none"> <li>▪ Do aerobic sport 4 hours or more a week</li> <li>▪ Respond well on trips of 6 hours with stops</li> <li>▪ Confront well moderately pronounced slopes</li> <li>▪ Can overcome 1000m. of accumulated not extreme inclines</li> <li>▪ Capacity to confront trips of various days of routes with these characteristics</li> </ul>
4	<ul style="list-style-type: none"> <li>▪ Control trails in any kind of terrain</li> <li>▪ Lifting of front and rear tire to overcome obstacles</li> <li>▪ Control of speed and brakes on any descent</li> <li>▪ Feel secure on descents with correct ergonomic technique</li> <li>▪ Correctly change body weight to maintain traction on pronounced slopes</li> <li>▪ Anticipate gear changes on a variety of slopes</li> </ul>	<ul style="list-style-type: none"> <li>▪ Do aerobic and anaerobic sport several times a week</li> <li>▪ Can do one day trips with various hours of continuous pedaling.</li> <li>▪ Confront accumulated inclines of more than 1500m.</li> <li>▪ Capacity to do various days of routes with these characteristics</li> </ul>