



**TRAIL
GOATS**

Fitness und Skill Scale MTB (Swiss Cycling)

Fitness

easy: max. 500-800 m altitude, 20-40 km, beginner level

medium: 800-1500 m altitude, 30-50 km, good general fitness required

demanding: 1200-2000 m altitude, 40-70 km, good stamina and regular training are required

hard: more than 2000 m altitude, 60-100 km, high level of fitness and regular cardio and endurance training required

Skills

easy: easy to ride, no technical difficulties, short and steep passages possible

medium: good rideable conditions with technical parts (roots, rocks, tight turns and corners, steep up hill and down hill parts)

demanding: ambitious in regards to riding skills with challenges (stairs, ledges, serpentines), short carry and push sections of the trails

hard: very demanding in regards to riding skills with various rough sections, exposed spots, long carry and push parts of the trails

Fitness und Skill Scale E-MTB (Swiss Cycling)

Fitness

easy: max. 700-1000 m altitude, 20-40 km, beginner level

medium: 800-1500 m altitude, 30-70 km, good general fitness required

demanding: 1400-2000 m altitude, 50-100 km, good endurance and regular training are required

hard: more than 2000 m altitude, 80-120 km, high level of fitness and regular cardio and endurance training required

Skills

easy: easy to ride, no technical difficulties, short and steep passages possible

medium: good rideable conditions with technical parts (roots, rocks, tight turns and corners, steep up hill and down hill parts)

demanding: ambitious in regards to riding skills with challenges (stairs, ledges, serpentines), short carry and push sections of the trails

hard: very demanding in regards to riding skills with various rough sections, exposed spots, long carry and push parts of the trails,
unsuitable for E-Bikes