

## trailAddiction GUIDE GROUPING LEVELS

trailAddiction is very proud to specifically tailor our holidays for ALL ranges of riding ability and fitness.....in fact few other operators even have the available resources and capacity to consider this at all!  
BUT: In order to do this effectively, we'll need some info about your group's expectations and MTB experience.

This info is critical to allow us to plan this before your arrival and to pre-allocate groupings according to your wishes and expectations of your holiday. Please consider each member in your group as an individual when completing the online form, and indicate what split of groups would be suitable (if any) amongst your party. If there is any notable spread of fitness, ability, experience or confidence in your group, please be sure to indicate this accordingly.

**IMPORTANT:** For any individual at **'Tech level 3 / IMBA Blue Square' or below**, we strongly suggest booking on an [Alpine Improvers Coaching Week](#). Sadly, we cannot guarantee a suitable guide / group for customers of this ability, who are not attending on these special dates.

For each riding group you indicate, please consider the least fit / slowest / least confident rider since your guide will usually dictate the trails chosen and pace of the group, to the slowest member (for safety reasons).

Note that all info given here is merely used as a good starting point! We shall of course be happy tailor your group accordingly during your stay and friends of mixed-ability are always welcome to ride together at times, even if not for the whole week!

### tA Definition

#### UPHILL RIDING

***How much pedalling/uphill riding are you expecting to do on your trailAddiction holiday?***

- 1 I want to use the lifts wherever possible, and ride almost no uphill at all, with minimal pedalling along the flat.
- 2 I want to mainly use the lifts, but am happy with \*some\* self-powered ascending during the day if it allows us to get to a lovely descent.
- 3 I like using lifts where available but I'm very happy to pedal a max of 2-3 hours in a big day to reach an epic descent/ride that is a bit further afield.
- 4 I'm expecting minimal use of uplifts, I feel that too much mechanical uplifting is a bit of a cheat. Actually I'm a closet roadie and shave my legs regularly.  
*(On a serious note, if you are really a level 4, we'd suggest a tA holiday may leave you feeling a bit cheated, sorry!)*

#### TECH / CONFIDENCE

***How would you describe your technical confidence on a mountain bike?***

- 1 I enjoy cycle paths and wide trail centre routes (greens & blues), but I'm more into scenery and fresh air than a technical challenge or adrenaline buzz
- 2 I'm sometimes a nervous rider. Technical trail obstacles can be a challenge for me. I prefer smoother, wider trails on shallower gradients. Roots and rocks can sometimes intimidate me and I don't really like exposure. At a trail centre I would usually choose the blue route for fun, and take the red for an extra challenge.
- 3 My confidence is growing, I will gladly tackle smaller obstacles, like a small rock garden or short sections of roots (red trail centre routes are not challenging for me and I'm now progressing to blacks). Exposure or remote locations still make me a little nervous. I don't have much experience outside of trail centres or controlled environments

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***<<Tech / Confidence at level 3 or below?>>***

[Please ensure you have booked for a Alpine Improvers Coaching Week date](#)

- 4 I ride small to medium sized obstacles, rock gardens and sections of roots **without hesitation** (red trail centre trails are easy for me, blacks are well-within my ability). The idea of exposed trails is not a huge issue for me and I have ridden on wild / natural trails (away from trail centres) before. I can cope with wet rocks and roots too!
- 5 I relish a technical challenge. Nothing in a typical man-made 'trail centre' would present me with any problem and I am also experienced at riding mountaineous and wild / natural terrain (e.g. National Parks, Scottish Highlands, the Alps, etc).
- 6 The knarlier and techier the better! I am very experienced at riding in mountaineous natural terrain and in all weather conditions.

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