



## MBCUK Mountain Biking Trail Grading

A Grading System for Off Road Cycling falls into two main categories

- Way Marked off Road Trails and Skills Parks.
- General Mountain Bike Terrain

### Way Marked off Road Trails

These are provided by official bodies such as the Forestry Commission for example Dalby Forest, Thetford Forest etc. And may include skills parks with jumps and obstacles. The Cyclists Touring Club (CTC) in their web page [CTC\\_off-road-trail-grades](#) has a grading system widely used for grading mountain bike trails and routes. As with Ski Routes the categories are;

- Green- Easy
- Blue- Moderate
- Red- Difficult
- Black -Severe

They also list UK trails by overall grade i.e. Dalby Forest in Yorkshire is graded overall Severe. However there may be easier routes at the venue.

Note: Grading of routes is subjective and may differ from one centre to another and should be used as a guide only.

### General Mountain Bike Terrain

Because mountain biking is not centrally regulated by a National Governing Body (NGB) for National Awards the interpretation of Mountain Biking Terrain categories differs from one provider to another. For example (Mountain Biking SMBLA) categorise Licensed and Non Licensed Terrain which closely relates to the type of terrain used by qualified hill walkers or mountaineers.

Alternatively the Mountain Bike Instructor Award Scheme (MIAS) have three levels; Low Level; Wild Country; Mountainous.

Mountain Bike Coaching UK (MBCUK) recommend a common sense approach whereby if you are using a purpose built trail centre, then for guidance use only the **Moderate, Difficult and Severe overall gradings**. However if you are operating in General Mountain Bike Terrain as well, then the following categories should be used in conjunction with a current Log Book and a Risk Assessment (MBCUK downloads). [www.mountainbikecoaching.com](http://www.mountainbikecoaching.com)

### MBCUK Moderate Terrain

Off road cycling on Public Highways, Cycle Trails and other Permitted Rights of Way up to and including graded moderate technical difficulty. Help must be almost immediate and the coach must be familiar with the route and operating within the limits of their current mountain biking Logged Experience and a Risk Assessment.

### MBCUK Difficult Terrain

Off road cycling on Cycle Trails, Public Highways and all other permitted Rights of Way up to and including **graded Difficult. Not Mountain or Hill as defined by Mountain Leader Training UK (MLT UK) unless technically proficient in that environment**. Furthermore coaches should only operate within their current mountain biking Logged Experience and a Risk Assessment.

### MBCUK Severe Terrain

Off road cycling on Cycle Trails, Public Highways and all other permitted Rights of Way up to and **including Severe in hill or Mountain Terrain as defined by the MLT UK on Cycle Permitted Routes**.

Coaches must not operate in this terrain unless technically proficient in that environment. Furthermore coaches should only operate within their current mountain biking Logged Experience and a Risk Assessment.