

FITNESS LEVEL ASSESSMENT

Our trips are physically demanding and it is important to be honest with yourself (and us) about your level of fitness. No one wants to be struggling when they are having their dream MTB trip. We can tailor our tours to the group but most of them will be around Level 2.

If you are unsure about your fitness levels get in touch at team.adventurefuel@gmail.com

LEVEL 1

- You are at an average fitness level for your age, and occasionally do other activities that qualify as exercise, like soccer or running.
- You exercise at least once a week for more than 1 hour a week all throughout the year.
- You usually find yourself riding for 1.5 hours on the road, or on the trails.
- You can ride a mountain bike at a relaxed pace for up to 2 hours a day, with snack and photo stops, for three consecutive days.
- You are capable of tackling one or two moderate mountain bike climbs per day, of up to 200 metres each. 400m total elevation gain

LEVEL 2

- You are at an above-average fitness level for your age, and regularly do other activities that qualify as exercise.
- You usually find yourself riding for 2-3 hours on the trails, and you'll ride on consecutive days.
- You can ride a mountain bike for up to 4 hours per day, with snack and photo stops, for three consecutive days.
- You are capable of tackling one or two moderate mountain bike climbs per day, of up to 400 metres each. 800m total elevation gain.

LEVEL 3

- You are at an advanced fitness level for your age, and most of your extra-curricular activities qualify as exercise.
- You have an excellent level of fitness, exercising four or five times every week throughout the year, for at least an hour at a time.
- You can spend 5-6 hours in the saddle on the trails on consecutive days.
- You can tackle several serious climbs a day, up to 600 metres each. 1400m total elevation gain.

LEVEL 4

- You are at an advanced fitness level for your age, and most of your extra-curricular activities qualify as exercise.
- You have an excellent level of fitness, exercising four or five times every week throughout the year, for at least an hour at a time.
- You can spend 5-6 hours in the saddle on the trails on consecutive days.
- You can tackle several serious climbs a day, up to 600 metres each. 1400m total elevation gain.