**Find the right single track grade for your abilities**

- **Green Easy**
  - Suitable for: Beginners in good health with basic bike skills. Most types of bike.
  - Trail: Relatively flat & wide.

- **Blue Moderate**
  - Suitable for: Riders in good health with basic off-road riding skills. Basic mountain bikes.

- **Red Difficult**
  - Suitable for: Proficient mountain bikers with good off-road riding skills & fitness.
  - Trail: Challenging. Climbs, tricky descents & technical features such as drop-offs & large rocks.

- **Black Severe**
  - Suitable for: Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.
  - Trail: Greater challenge & difficulty. Expect large & unavoidable features.

**Find the right non single track for you**

- **Orange Extreme**
  - Suitable for: Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory.
  - Trail: Extreme levels of exposure & risk, large features.

- **Forest Road & Similar**
  - Suitable for: Cyclists in good health. Map reading useful (routes not always marked) Most bikes.
  - Trail: Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.

**NOTICE**

Mountain biking is a potentially hazardous activity carrying a significant risk.

Visit www.1sw.org.uk to find more trails in the region.

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