



CYCLING INFORMATION

Please, consider as easy routes the ones you will find on this site with no indications about difficulty level, difference in altitude and kilometers; since you may require good skills anyway, ask before joining in.

Do not take the electrical bike as a complete substitute for effort: remember it is more important to be good at riding down rather than up. Variations are many.

For those who want to try riding for the first time, we will offer suitable routes on asphalt and dirt track. Just let us know.

For experts who love MTB there will be plenty of choice.

So get organized according to your skills and physical training, and estimate all the risks bike hiking may involve.

Do not hesitate to ask for tours of more than one day, in Italy and Europe. We will provide any information about difficulty levels and required skills. Routes may be adjusted as far as length and difficulty are concerned for pre-set groups.

Bikes, helmets and lights are available.

About bikes:

- a) normal MTBs (mountain bikes), known as muscular bikes, require skills and physical training according to the selected route.
- b) MTB E-BIKE electric bikes, decrease physical strain but require familiarity with the battery as for its life, which usually depends on your physical training. They need good bike mastery, too.

Equipment:

Some routes can be ridden all year round but with no snow and frost!



Check or ask for altitudes and routes, so that you will be equipped with the right tools and clothes, water and sun cream to be put in a small back pack, according to the season.

For further safety and knowledge, here are some assessment codes and rules:

- a) Physical skills: average or good physical training in order to cover the scheduled length and slope, both by muscular bike and e-bike.
- b) It is highly recommended to respect the road code and the self-regulation code, with particular reference to compulsory helmets, respect of the environment and of the other people you may find along your way.

Technical difficulty grading system:

- **TC** - Touristic: (for tourists) dirt road routes with smooth and compact tracks, carriageable-like.
- **MC** – (for average bike hikers) : dirt road routes with little bumpy, rough tracks (gravel path and sheep tracks) or smooth and compact tracks.
- **BC** – (for good bike hikers) : very bumpy and rough routes, mule tracks and either rather bumpy but smooth paths or compact but irregular ones, with some natural obstacles (rock steps and roots).
- **OC** – (for very good skilled bike hikers) : as above mentioned but with more roughness and obstacles.
- **EC** - (for excellent bike hikers but to be avoided in case of social hiking) : very irregular paths, characterized by continuous sequences of big rock steps and obstacles which require triathlon technical skills.