



**MOUNTAIN BIKE COURSE DESCRIPTION**

**AVIEMORE TRIATHLON – LONG**

<b>Distance from TA (approx.)</b>	<b>Ref.</b>	<b>Description</b>	<b>'Grade' (see below)</b>
0.0km – 1.6km		Gravel cycle path, undulating >1m wide	Green
1.6 – 1.9	[A]	Singletrack tarmac road, some gravel/potholes (note: lap 2 begins here)	Green
1.9 – 2.7		Technical singletrack climb – steep for first 150m then slackens	Blue
2.7		Ditch crossing – not rideable	
2.7 – 4.7		Good twintrack forest road	Green
4.7 – 5.3		Gravel path, undulating, narrow in places, 2 x timber bridges	Green
5.3 – 5.7	[B]	Good twintrack forest road to Lap 1/Lap 2 split	Green
		When competitors reach this location [B] for the first time, they turn left, and follow step [C] below, at the end of which, the loop starting at [A] is ridden for a second time	
5.7 – 7.5	[C]	Good twintrack forest road trending downhill. Slightly steeper at the end, which coincides with a sharp LH-RH chicane, on loose gravel surface. Care required at speed.	Green
7.5 – 11.6		Second lap from [A] to [B]	As above
	[B]	When competitors reach this location [B] for the second time they turn right and head towards Badaguish.	
11.6 – 12.1		Good twintrack forest road	Green
12.1 – 12.3		Badaguish singletrack tarmac roads. <b>**Caution, moving traffic likely**</b>	
12.3 – 12.6		Gravel tracks/trail – gently climbing	Green
12.6 – 12.8		MTB trails descent. Varied route choice, but all on purposes designed bike trails	Blue
12.8 – 13.0		Gravel tracks and tarmac. <b>**Caution, moving traffic likely**</b>	Green
13.0 – 14.3		Good twintrack forest road, gentle climb	Green
14.3 – 14.6		Technical singletrack climb – rocky, roots, steep	Red
14.6 – 14.9		Singletrack descent – roots, mud, steep, trees	Red
14.9 – 15.7		Singletrack descent – roots, mud, rocks steep. Gets steeper towards bottom, and finishes with <u>very</u> steep rocky dropoff to forest road. Extreme care required	Red/Black
15.7 – 15.9		Singletrack (old over grown forest road)	Blue
15.9 – 16.6		Technical singletrack climb followed by descent. Roots, rocks, mud, steeps	Red/Black
16.6 – 16.8		Singletrack descent – roots, rocks, mud	Red
16.8 – 18.0		Good twintrack forest road	Green

Notes;

- The IMBA/FCS grade descriptions generally refer to man-made trails at trail centres etc. The natural trails that Dirty Events use are significantly more varied and dynamic, and can change markedly from moment to moment. A course that is described as largely 'Blue' can have occasional 'Black' or other grade sections.
- Natural trails can change dramatically according to weather and other conditions. Mud, for example, can develop quickly, and will have significant impact on technical difficulty and 'rideability'.
- These gradings, and the course descriptions, should therefore be treated with a certain amount of caution – they are guidelines and approximations only.
- Riding any given section of trail is always the responsibility of the participant. You are the only one capable of making the decision to ride or walk. We will do our best to describe a course and specific hazards, but ultimately..... it's your choice!.

## Is This For You?

Find the right cross-country singletrack trail grade for your abilities

Singletrack trails		
Grade	Suitable for:	Trail
 <b>Green: Easy</b>	Beginners in good health with basic bike skills. Most types of bike.	Relatively flat & wide.
 <b>Blue: Moderate</b>	Riders in good health with basic off-road riding skills. Basic mountain bikes.	Some "single-track" sections & small obstacles of root & rock.
 <b>Red: Difficult</b>	Proficient mountain bikers with good off-road riding skills & fitness. Good mountain bikes.	Challenging climbs, tricky descents & technical features such as drop-offs and large rocks.
 <b>Black: Severe</b>	Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.	Greater challenge & difficulty. Expect large & unavoidable features.
 Mountain biking is a potentially hazardous activity carrying a significant risk.		