

MOUNTAIN BIKING LEVEL GUIDE



Your experience

Your level

Skills you will acquire

You know how to ride a bike but have never ridden an electric mountain bike (or have only tried it once or twice).

Beginner

Use the different levels of electric assistance. Able to brake. Able position yourself correctly and manoeuvre the bike on wide, shallow trails.

You have already ridden an electric mountain bike and are at ease on wide trails that aren't too steep.

Intermediate

Improve your riding in the mountain environment. Achieve a good descending position (standing up on the pedals) and use progressive braking.

You are an experienced mountain-biker and are at ease on moderately difficult descending single track.

Advanced

Improve your trajectory and positioning in relation to the terrain. Ride small bumps and broken terrain.

You are an advanced rider comfortable on most single track trails. You know how to choose good lines and have good positioning and braking skills.

Expert

Ride jumps and drop offs on broken and rooty terrain. Gain experience on challenging trails.