



Is this trail for you?

This rating system is based on the International Mountain Bicycling Association Trail Rating System and is applicable to all trail users.

When choosing which trails to go on you need to consider:

- **Your skill and fitness levels required to stay safe and enjoy your experience.**
- **If you are new to mountain biking, be aware of the higher demands of these trails and ride within your ability.**
- **Other factors such as trail conditions, fatigue, weather, peer pressure and equipment can change and increase the difficulty rating of a trail quickly and dramatically.**

Helmet use is mandatory!

Mountain bikes in good working order and with off-road tires are recommended.

For the best trail experience and safety, obey the directional signs.

If you are tired, rest. Inspect and respect the conditions.





Know your limits and ride (or walk) within them.

Control your speed and stay safe!



FortWhyte Alive
HUMAN. NATURE.

Choose only trails that suit your skill and fitness level.

TRAIL SYMBOL	 EASIER	 MORE DIFFICULT	 VERY DIFFICULT	 EXTREMELY DIFFICULT
SUITABLE FOR	Beginner/novice cyclists who are developing their off-road riding skills.	Intermediate cyclists/mountain bikers with off-road riding skills and the ability to control speed within their skill level.	Advanced mountain bikers.	Riders with an elite level of technical ability, skilled bike control and with advanced jumping ability.
TRAIL AND SURFACE TYPES	<p>Marks easier routes around more advanced features.</p> <p>Relatively flat and wide but can be rolling with short climbs, short descents and narrow single track sections.</p> <p>Trail surfaces can include gravel, dirt, wood bridges and grass sections.</p>	<p>Moderately steep climbs and descents with the potential for increased speed and jumping.</p> <p>Trail surface is commonly gravel and dirt with some bermed corners and rollers.</p> <p>May include uneven surfaces such as rock armoured sections and wood features.</p>	<p>Marks advanced technical features including jumps and drops with a high level of risk.</p> <p>Trail surfaces can include rough rock sections, wood features, gravel and dirt.</p>	<p>Marks steep sections with jumps and drops with extreme risk.</p> <p>Features made of rock, wood, and dirt.</p>
SUGGESTED FITNESS LEVEL	Suitable for most people in good health.	Higher level of fitness and stamina.	Very active people used to prolonged effort.	Very active people used to prolonged effort.



This symbol warns trail users of technical features ahead.
Exercise caution and judgement when deciding if you will ride the feature.