



FESTIVAL RIDES - GRADING SYSTEM

Leisure Rides: Generally flat, rides of 10 to 25 miles, mostly on dedicated cycle or shared use paths, with a pace of no more than 10mph - suitable for new or relatively inexperienced cyclist, as well as for families with children.

Intermediate: rides of between 20 and 50 miles, including a few climbs, up to a total c. 2200 feet, generally between 10-12mph - for more experienced riders used to riding up to 4 hours on hillier routes.

Challenging: Longer and hillier routes with extended and steeper climbs, between 25-55 miles, at a pace of 12-14mph - suited to experienced riders who enjoy longer routes with plenty of climbing.