

## KEY

● **green circle** easy circuit, also suitable for beginners. Height and difficulty of slopes and features are limited. No special riding techniques are required.

■ **blue square** intermediate circuit. A basic knowledge of certain of mountain biking techniques is required. However, the nature and difficulty of slopes and features are limited.

▲ **red triangle** intermediate/difficult circuit with some challenging slopes and the presence of obstacles and gangways. A sound knowledge of the bike and riding techniques is required for the more difficult stretches.

◆ black diamond | ◆◆ double black diamond identify very difficult circuits with very steep slopes, requiring excellent technical skills and complete knowledge of your bike. Only for experts and professionals.

## What you'll find on the circuits:

- north shore: artificial wooden structures for biking.
- "panettone" (sweet bread loaf): dirt jump which allows riders to learn how to jump in safety.
- drop: a feature where the rider undertakes a jump down to a lower level, instantly losing vertical height while maintaining equilibrium. Usually constructed from wood.
- berm: a banked curve that provides support for the rider and allowing them to maintain speed while cornering.
- rock garden: a technical feature of varying length where stones and small boulders are installed into the trail surface providing a series of small obstacles.
- chicken line: a well-indicated and easier alternative to trail features.

## for fun and training:

- Pump Track: an artificial circuit consisting of banked curves or berms and various sized jumps. The aim of this track is to allow the rider to complete it without pedalling, using only the body's "pumping" motion to create momentum. The track is suitable for all, from beginners to experts.

- Skill Area: a training circuit with a range of different artificial features, of varying difficulty, which reproduce specific situations generally encountered by riders and is aimed at improving the skills of those involved. A series of narrow gangways, bridges, walls, jumps and other elements help hone the riders' technique and skills.