

Mountain Bike Grades

Choose a track that matches your skill, fitness and the experience you're after.



Easiest Grade 1

Flat, wide and smooth trail without obstacles or technical challenges. An easy ride for beginners, families and almost all types of bikes.



Easy Grade 2

Relatively smooth and wide track with some gentle climbs. Any obstacles are easy to avoid. An easy ride for most beginners and families on any mountain bike.



Intermediate Grade 3

Steeper climbs and descents, looser surfaces, narrower track with some exposure at edge. Riders need to have fitness and skill to avoid obstacles and loose sections on a narrow track. Jumps and obstacles can be rolled at slow 'pre-ride' speed.



Advanced Grade 4

A track that may be narrow, have steep climbs/descents, loose surfaces, big obstacles and jumps. Only suitable for riders with excellent skills, years of experience and a quality mountain bike.



Expert Grade 5

A track with a mix of monster climbs/descents, narrow sections, exposed edges, technical obstacles and possibly large jumps. Expect dangerous drops and poor traction in places. Only suitable for fit, experienced and coordinated riders on quality mountain bikes.



Extreme Grade 6

Downhill or free-ride specific tracks with extremely steep sections and dangerous drop-offs. Extremely skilled riders who are willing to accept high levels of risk for a thrill. Requires years of experience.



Check the MTB track status before you ride:



ccc.govt.nz/trackstatus

Respect others

- Stay in control
- Give way to walkers
- Signal your approach and pass with care
- Ride shared-use tracks in small groups

Respect the rules

- Ride only where permitted
- Obtain permission from private land owners
- Leave gates as you find them
- Be prepared – take food, water, tools. First Aid and warm clothes

Respect the track

- Don't skid, cut corners or make new lines
- Avoid riding wet and muddy tracks
- Take rubbish home
- Check, clean and dry your bike between rides