

eaglespalace

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[Adventure Guide]

Look Around!



[Adventure Guide] Look Around!

Who hasn't experienced and longed for a well earned meal after a demanding bike ride, the relief of a deep breath of fresh air after a stressful week. Eagles Palace has teamed up with Exploreoutsides.com and the outcome is a complete adventure/activity guide

in the footsteps of the Holy mountain, Mt. Athos.

In this guide you will find paths, trails, hikes suitable for all ages and levels of fitness, as well as other adventures that you can find here in Eagles Palace.

We wish you a great time finding new perspectives, discovering new favorite spots and gaining new, unforgettable experiences!





[Mountain Bike routes]

1. "Fragokastro-the borders - the borders of the monasterial city" ■
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[Daily excursions]

Single Day hiking excursions! Following the Ancient Pilgrim paths, Mt. Olympus



[Mountain Bike routes]

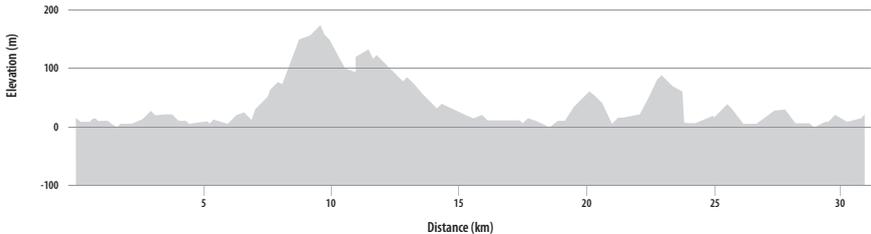
1. "Fragokastro-the borders - the borders of the monasterial city"

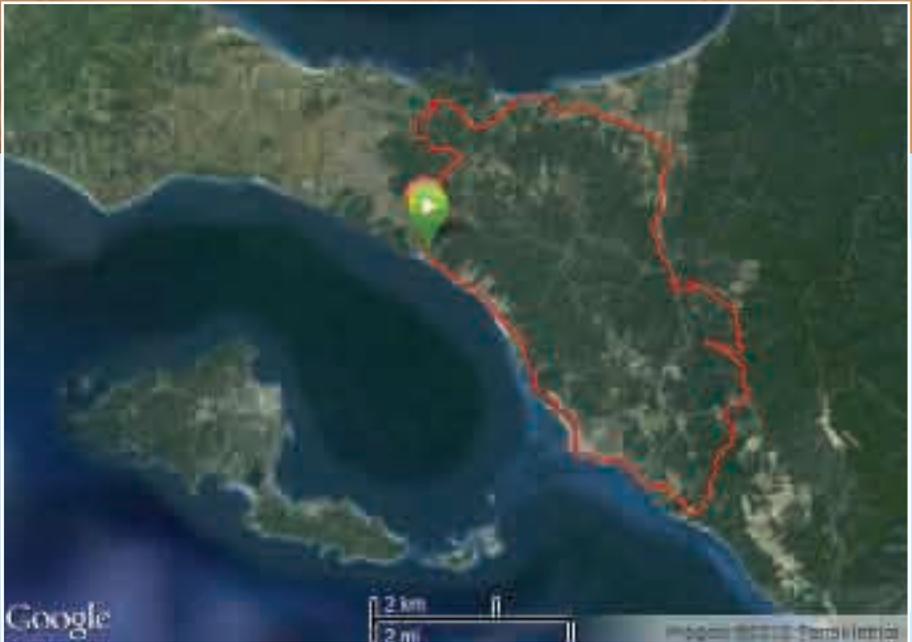
32 km / 20 miles Mt. bike cross country route

This route is a little more challenging but you will be rewarded with gorgeous views. The borders of the monasterial city are defined on the ground by an imaginary line that starts from the location "Fragokastro Moni Zigou" It's quite a big loop and would be very hard in anything other than dry conditions but there are so many tracks and trails in this area it could be shortened or even lengthened at will.

LEVEL OF DIFFICULTY: ██████████

Elevation Gain: 488 m Elevation Loss: 486 m Min Elevation: 1 m Max Elevation: 172 m





Exit the hotel and turn right following the seaside road towards village Ouranoupoli. Keep ahead through the village until you reach Ouranoupoli's Tower, a magnificent monument of the 12th century. Swing left and follow the track straight to Abbey of Zigou (Ancient Monastery built in the 10th century) enjoying the view as the scenery opens to the mountain slope and the stone wall of the abbey of Zigou. A visit to the Monastery, recently being rebuilt, is a good excuse to rest for a while and have a drink before following the forest track through it, passing a security gate and climbing up the mountain to a T junction. Heads up for a brief stony passage due to winter landslides. Bear right and keep left to the doubletrack having Mt. Athos on your right for the whole time. Stay on that track and then at a fork (10,70 km) turn right to a small ascent and drop down to a big junction. Take the broad track ahead the slightly to the left and merge with a main track. Turn right and stay on the main track. Passing some farms and houses reach a T junction (16,10 km) with signs on your right bar. Swing left, pass over a stony lane and head to the famous Komitsa beach. Turn left and stay on the asphalt road. Follow it just outside village Nea Roda and turn left to a broad track pedaling parallel to the main asphalt road. At the end of this track turn left and then at a fork right. At the next fork, keep left and stay on that track. Passing a big house to your right, ride a snake ending to a steep descent to the main road and Eagles Palace. Do not forget to enjoy the view of the sea and Ammouliani Island under the golden sun.



[Mountain Bike routes]

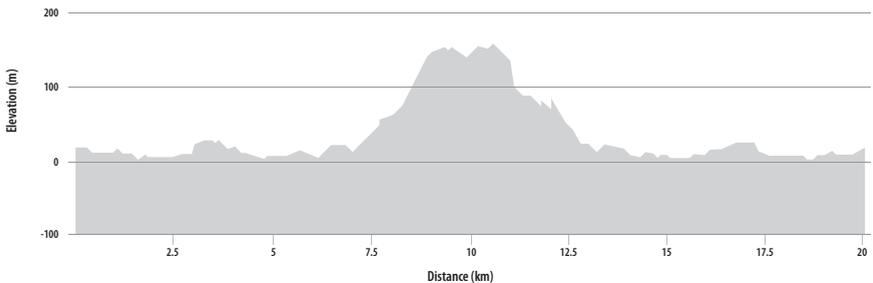
2. "Eyes Upon Ammouliani"

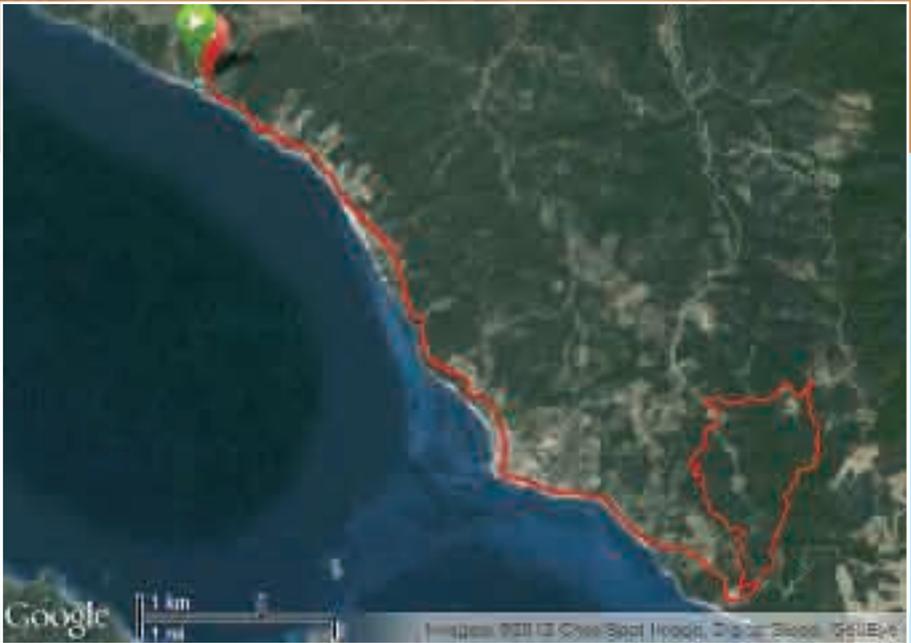
20km / 12,4 miles Bike route doable with mountain bike or trekking bike

Cycling is not always easy but never boring. This route manages to squeeze everything that's good about the knoll of Zigou Abbey with great view from the top of the hill, eyes upon Ammouliani Island and the islands around it, which are unoccupied: Gaidouronisi, Tigani and Pontiki. Medium difficulty.

LEVEL OF DIFFICULTY: ██████████

Elevation Gain: 291 m Elevation Loss: 292 m Min Elevation: 2 m Max Elevation: 156 m





Exit the hotel and turn right following the seaside road towards Ouranoupoli village. Keep ahead through the village until you reach Ouranoupoli's Tower, a magnificent monument of the 12th century. Swing left and follow the track straight to the abbey of Zigou enjoying the view as the scenery opens to the mountain slope and the stone wall of Zigou abbey. A visit to the Monastery, recently being rebuilt, is a good excuse to rest for a while and have a drink before following the forest track through it, passing a security gate and climbing up the mountain to a T junction. Heads up for a brief stony passage due to winter landslides. Bear left and stay on that track until you reach a distinguished grassy triangle marking an X junction. Turn left and keep left having a farm on your right bar and drop down a sigletrack crossing gullies to a fork keep right to arrive at a + junction bearing left. Take a moment to enjoy the view before hitting the forest track straight to the upper gate of Moni Zigou. At the gate swing left and then right will bring you to the entrance of Moni Zigou where you began your ascent. Leaving the monastery and the borders of the Holly mountain behind follow the main track to Ouranoupoli's Tower. Spent some time to the village, take your bike to the sea and explore the village's hidden corners. Drink a coffee or taste local delicacies before mounting up again and pedaling to the hotel staying on the main asphalt road. Eagle's Palace Spa would be a generous reward after a day of cycling on and of the mountain.



[Mountain Bike routes]

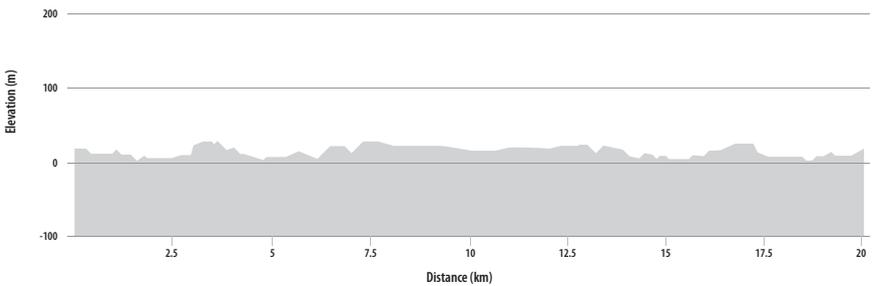
3. "Ride to the Borders of Athos Monasterial city" and back

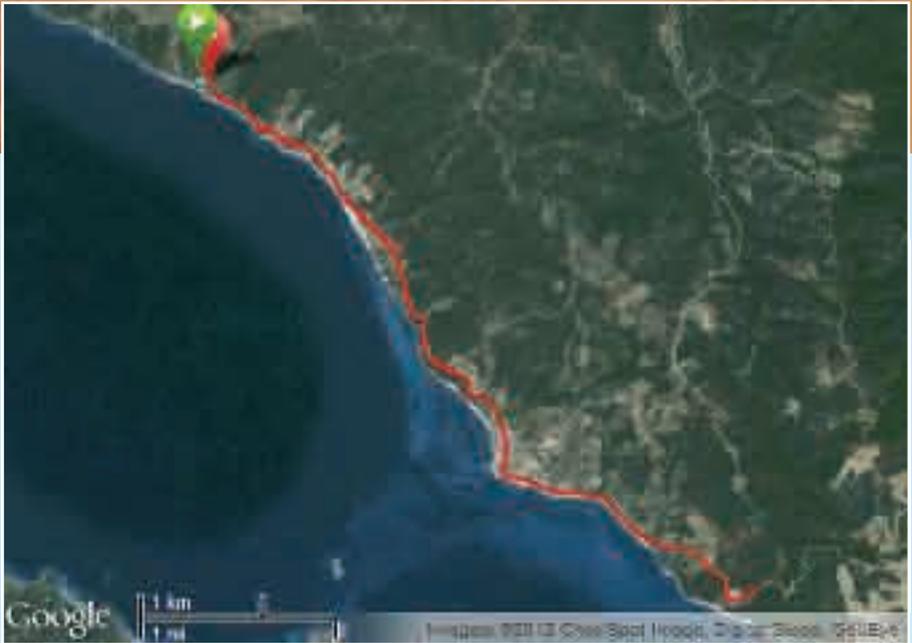
14km / 8,7 miles Bike route doable with road bike or trekking bike

This is an easy route mainly on asphalt road towards the city of Ouranopouli. The last 2,4 km. before our stop are on well surfaced forest road. Same way will take us back.

LEVEL OF DIFFICULTY:

Sea level stroll





Exit the hotel and turn right following the seaside road towards village Ouranoupoli. Keep ahead through the village until you reach Ouranoupoli's Tower (4,45km), a magnificent monument of the 12th century. Swing left and follow the track straight to Abbey of Zigou (Ancient Monastery built in the 10th century) enjoying the view as the scenery opens to the mountain slope and the stone wall of the abbey of Zigou (7km). You can stop here for an Archeological tour, or choose to take a rest or a drink of water. If you don't feel tired, you can continue directly with the uphill version or ideally for those who want to relax at the beach, take the way back from where we came from with an optional stop at Ouranoupoli to taste local delicacies or a Greek traditional coffee.



[Road Bike TOUR]

4. Tour Part 1

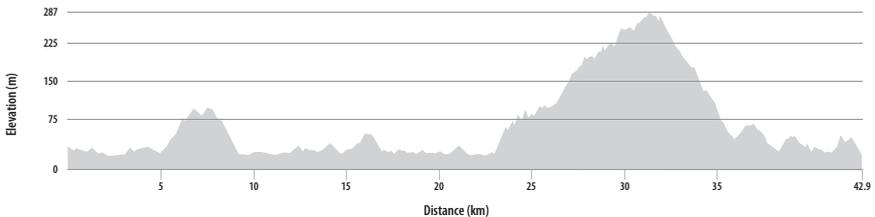
"Ride your bike with final destination the birth town of Aristotle"

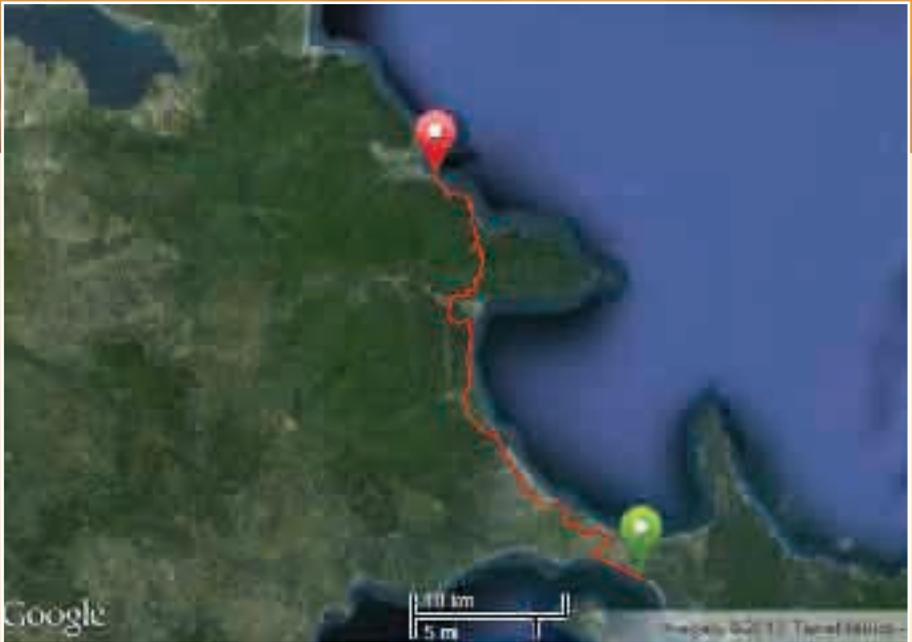
42km/26 miles this is the distance till the Archeological site. You can return back by our bus or take a break, regain strength and take the way back.

A beautiful road bike tour of medium difficulty with final destination Stagira the birth town of Aristotle which is built on the foot the Stratoniki Mountain (Strempenikos), at an altitude of 500 meters roughly.

LEVEL OF DIFFICULTY:

Elevation Gain: 612 m Elevation Loss: 594 m Min Elevation: 1 m Max Elevation: 283 m





Exit the hotel and turn right following the seaside road towards Nea Roda. You will have the seaside at you left after a few kilometers the road will turn right heading east, at 5,4km you will reach Nea roda and will begin you first climb which will be a 1,5km uphill. Continue cycling at sea level almost passing Ierisos, head North until your next climb (23,20km.) A 9 km ascent will follow, with great view at the Paggaios Mountain, the sea bay at your right and Thrakiko. You might even see the island of Thasos on a clear day. At 31,9 km. approximately 300m altitude is the highest spot, where you can take a break and get ready for a 4 km. downhill line, only few km. left for the Archeological site of Stagira.



[Road Bike TOUR]

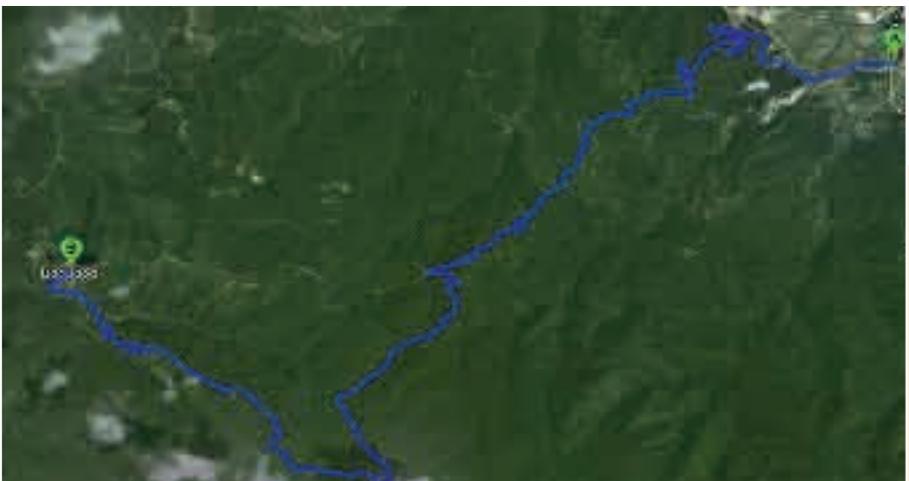
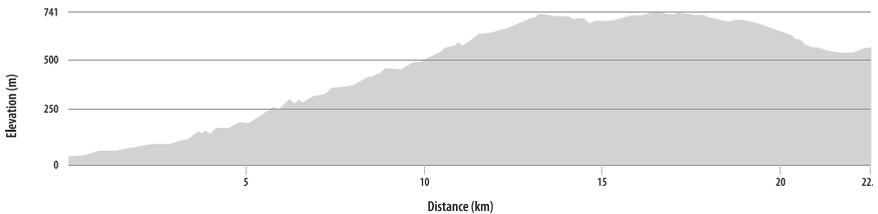
5. Tour Part 2 | Olympiada-Varvara

22km/13 miles You can return back by our bus or take a break, regain strength and take the way back.

Starting point for the 2nd part of the tour is the archeological site of Stagira, which we can reach by bus, if we don't choose to ride part 1. After a rest stop you begin to ascend the mountainous road at your left as you exit Olympiada, follow the signs directing you towards Varvara and Arnea. The next 10km will be strenuous, you will gain 600 meters of elevation till you reach 740 meters of altitude, you will catch your breath and stroll easy to your destination, Varvara Village where you can taste local cuisine and homemade products. you can return by our bus.

LEVEL OF DIFFICULTY: ██████████

Elevation Gain: 994m Elevation Loss: 445m Min Elevation: 4m Max Elevation: 741m





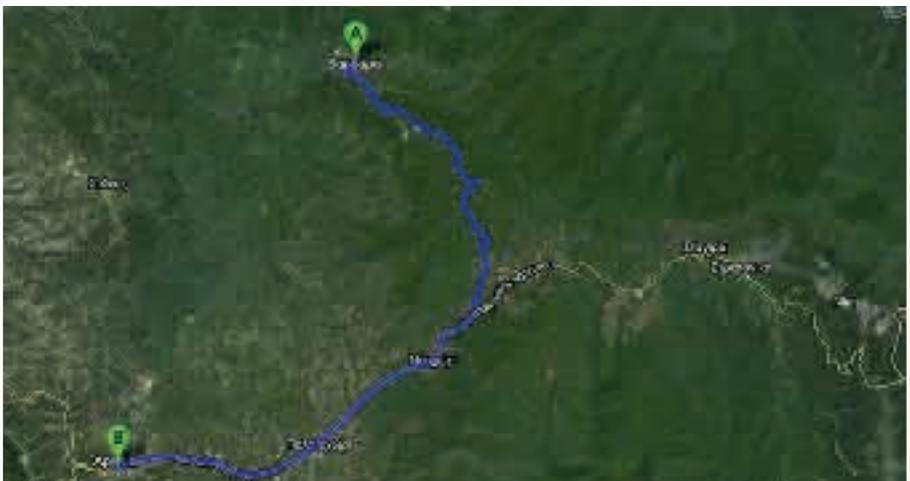
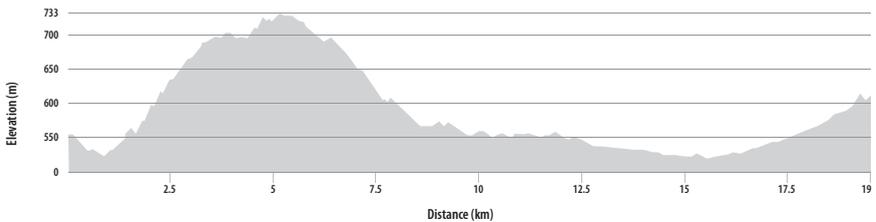
6. Tour Part 3 | Varvara-Arnea

20km/12,4 miles final destination the winery Domaine Claudia Papayianni at Arnea You can return back by our bus or take a break, regain strength and take the way back.

Our starting point will be Varvara village. We will exit the village and get back to the main road, direction Arnea. Continue on the main road, towards Palaiochori which can be your next rest stop. After 5km of steep uphill road you reach the maximum elevation point of 733m. Rest for a while knowing that the ascent is over and in a while you will be tasting wine varieties at the winery Domaine Claudia Papayianni.

LEVEL OF DIFFICULTY:

Elevation Gain: 414m Elevation Loss:359m Min Elevation: 517m Max Elevation: 733m





[Road Bike TOUR]

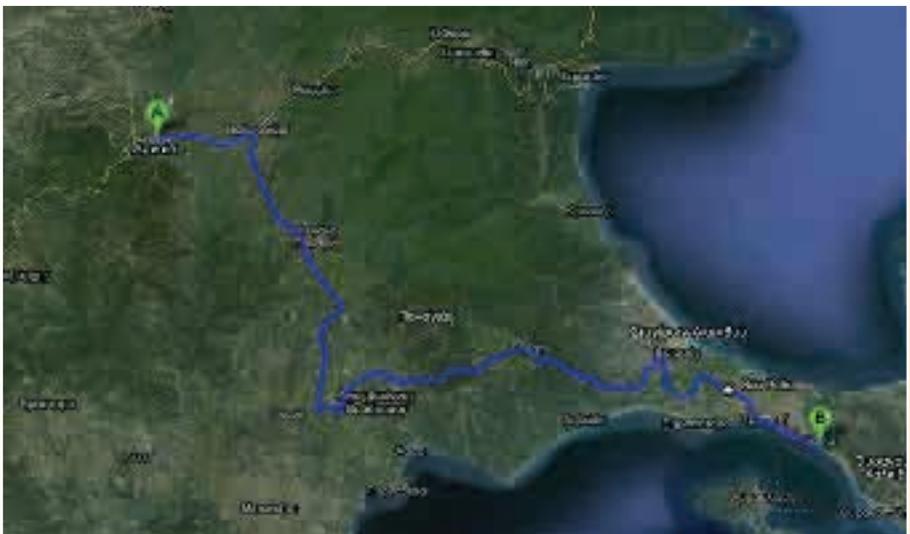
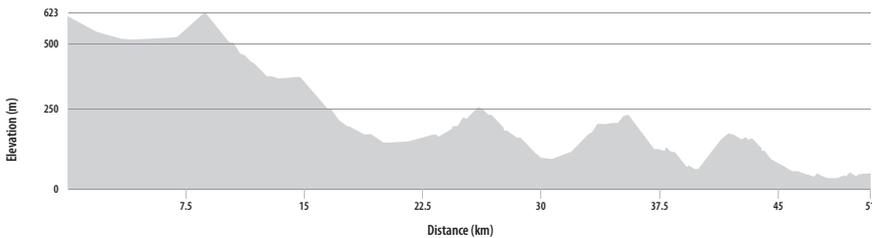
7. Tour Part 4| Arnea-Eagles Palace

51km/31miles descending route back to the hotel You can reach the winery by our bus and take the way back with your bike.

If you have reached the winery Domaine Claudia Papayianni in one day then the demanding climbing is over. The returning route is mainly a big descent with 3 ascending parts with slight inclination. the sea of Amouliani will be at your right while returning back at the hotel. Don't forget to relax at our spa in the evening, you have earned it!

LEVEL OF DIFFICULTY: ██████████

Elevation Gain: 323m Elevation Loss: 835m Min Elevation: 1m Max Elevation: 733m





8. Full Tour | Final destination the winery Domaine Claudia Papayianni in Arnea"

138 km/85 miles this is the distance for the full bike tour, a circle passing from the points of interest and back to Eagles Palace.

We describe here a difficult bike tour which can be divided in two or even three parts. You will visit many interesting places: archeological sites (Stagira), culinary exploration at Varvara where you can taste local delicacies, Taxiarchis forest, nature at its best with final destination the CP Domaine vineyards, enjoy!

You can stop at certain spots, return back by our bus or take a break, regain strength and take the rewarding way back.

LEVEL OF DIFFICULTY: ██████████





[Mountain Hiking Routes]

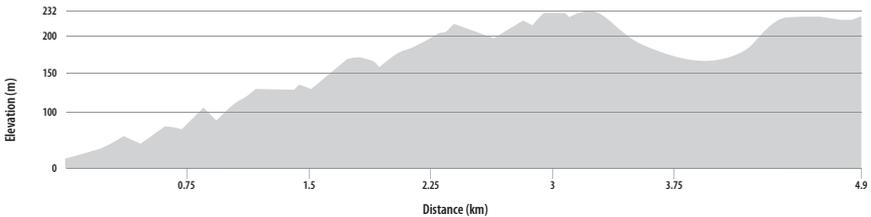
9. "kipouristras Waterfalls at Varbara village Halkidiki"

Get into the forest and enjoy an easy hiking, the total hiking is 2 hours time and can go up to 3 hours with breaks and stops necessary for capturing the perfect image.

4km./2,4 miles An easy hiking route, good enough to stretch your legs and breath fresh air in the forest.

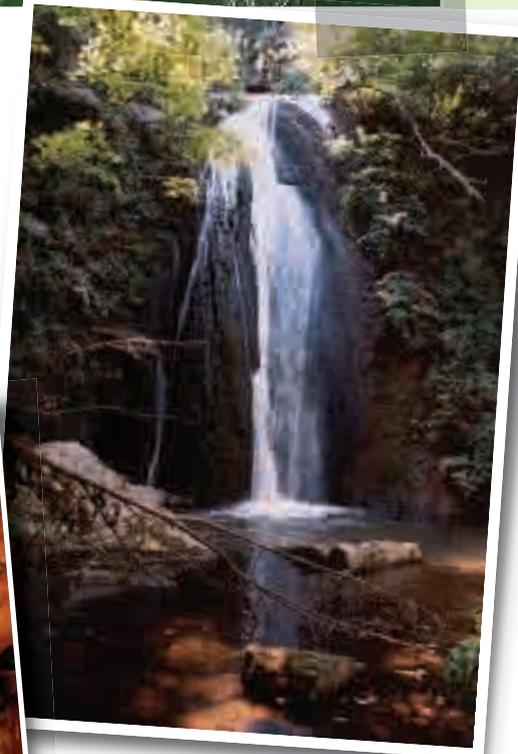
LEVEL OF DIFFICULTY:

Elevation Gain: 232m. Elevation loss:233 m. Max elevation: 366m. Min elevation:265m.





The hiking will start from the underactive mines which are located near Olympiada. The path is slightly uphill. After 1km of hiking reach the first (12 meter) waterfall, where we make our first stop. There after we walk another 1km reaching the second (10 meter) waterfall where we make a rest stop. Return via the same path, this time descending, 2km long, back to the mines which is our final destination.





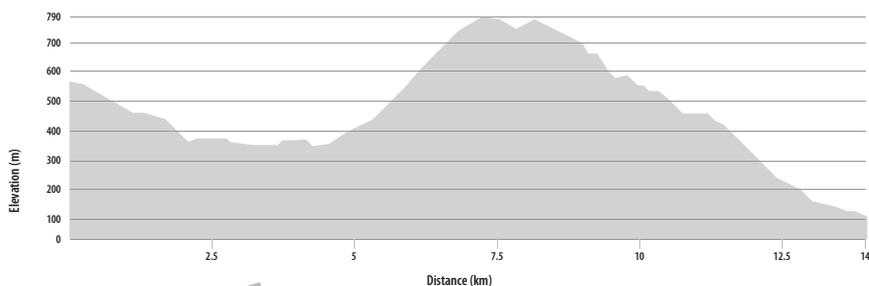
[Mountain Hiking Routes]

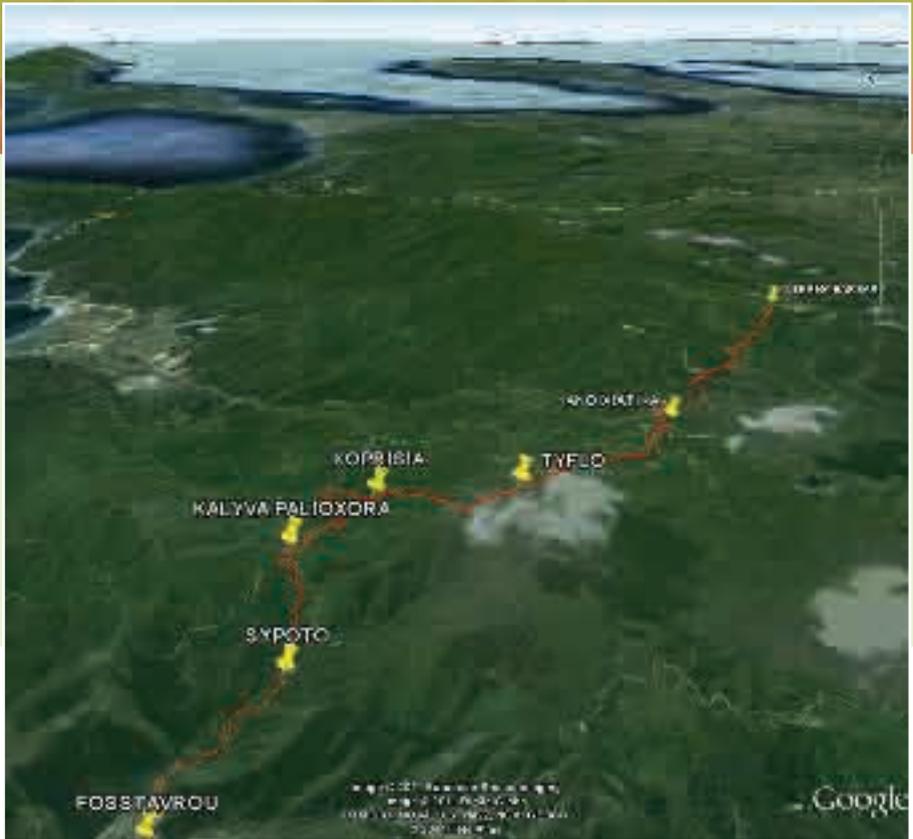
10. "Stratonikos Mount 858m, Crossing Stratonikos Mountain, Varvara

More demanding hiking route, proper footwear will be needed and moderate fitness level. This hike can be combined with a culinary experience at Varvara village(upon demand).

14 km./8,6 miles Route of medium difficulty and approximate duration 4 hours

LEVEL OF DIFFICULTY:





Early departure from the hotel to Varvara village's church. A short walk around 500 m on asphalt will take us to the entrance of the path slightly dropping down for about 20 min. Then the path goes uphill and merges into a forest road. Stay on that road leading to the springs (50 min). Refill your water container and rest. The path continues ascending for an hour gaining 350 m of height reaching Tsolaki point and a small chapel. Up to the summit of Stratonikos Mountain called Plakes at 858 m. altitude and back to the chapel to continue our route to Stavros. The trail enters a beautiful beech forest dropping down to Korakopetra with magnificent views to Stavro, Asprobalta, Brasna and Paggiao Mountain at the background. All the way down to Stavros our final destination.



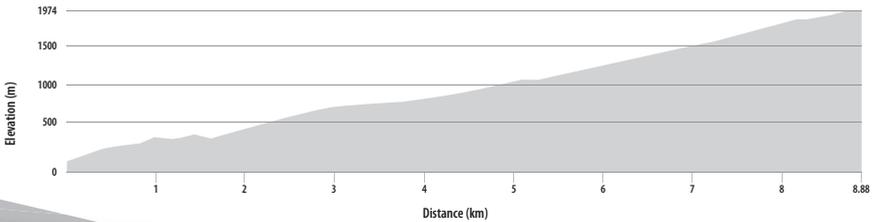
[Mountain Hiking Routes]

11. "Hiking Route in the Holly Mountain Nea Skiti – Athos"

9 km/ 5,6 miles A very demanding uphill hike route to the top of Mt. Athos

LEVEL OF DIFFICULTY: ██████████

Elevation gain: 2226m. Elevation loss: 219m. Max elevation: 2032m. Min elevation: 18m.





From the dropping point take the stairs up to Nea Skiti. Reach the center and continue following the stairs up to a junction with the road to Agios Pavlos going left. Keep right (South) to Agia Anna's hermitage. The trail traverses passing a beautiful hangar and ends up to a cobbled road leading to Agia Anna. Follow the cement road until Kiriako Skiti where you can rest or stay over. From here starts the most uphill and steep part of the route. Climb the cement stairs (approx.1500) through scree to the woods. Continue the ascent passing a well without water, a junction that leads to holy water (there is a sign there) and traverse to a balcony with a wooden cross. The view from up here is breathtaking. Stay on the trail as it leads to Stavros, a hub where all other trails leading up meet. Continue climbing North through the chestnut forest to church Panagia which can be used as a refuge. There is a well here filling with rainwater that can be used for cooking and washing. In bare landscape now take the path to the top that is right above. The path is visible, man made in some points and demarcated with iron rods. It's one hour and a half to the summit with the big iron Cross and the church of Metamorfosis that can be also used as a refuge in case of emergency.



[Mountain Hiking Routes]

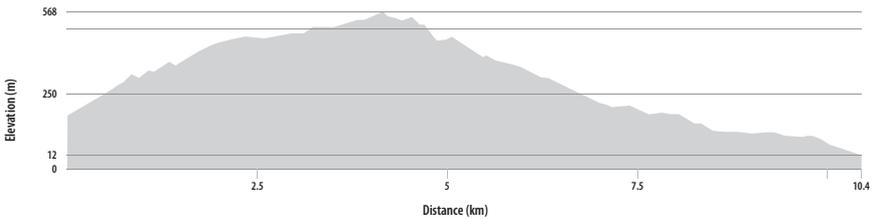
12. "Hiking Route in the holly mountain M. Xiropotamou - Karies - M. Iviron"

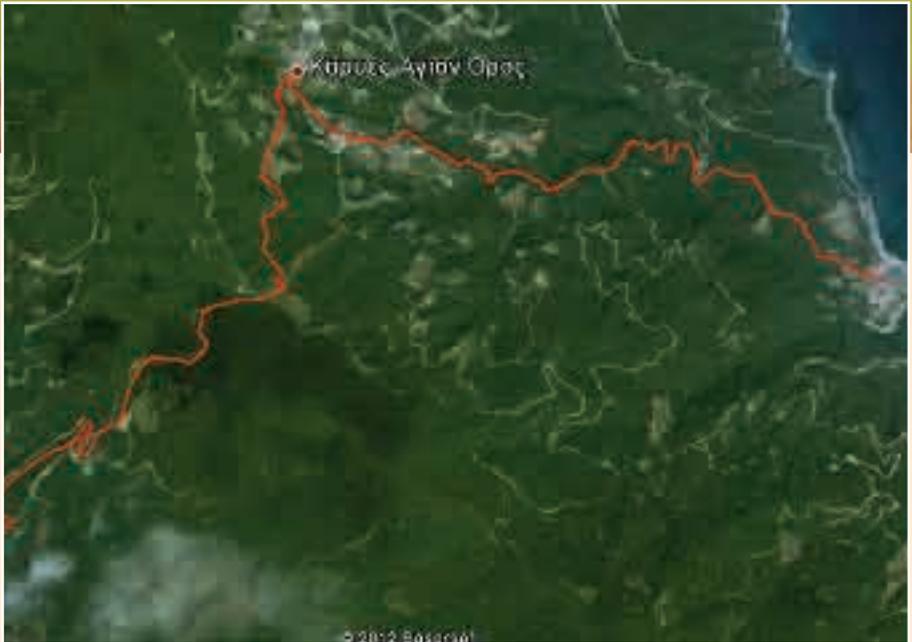
Visit historical monasteries and get inspired by the beauty of the surrounding nature.

10,5 km./6,5 miles medium difficulty hiking route in the holly grounds.

LEVEL OF DIFFICULTY: ██████████

Elevation gain: 611m. Elevation loss: 762m. Max elevation: 562m. Min elevation: 18m.





Reach Xiropotamou Monastery from Dafni port. At the East side of the monastery climb right from the wall find a grass cobbled track bearing right from a stone wall along the edge of a farm with olive trees while having a large canyon of your left. At a fork with one track dropping down keep straight ahead to a tractor road. Follow this road to a tank (reservoir) and to the main road for Karues. Stay on the road as it passes through a forest and ascents gently to the hump until Stavros point. Take the first right and at the second follow sigletrack dropping down. After 50 meters bear left to an old tractor road and merge after a brief steep descent with a forest road as it turns. Stay at the road ignoring smaller paths to your right until you reach the farms of the Monastery Koutloumousiou. The forest road broadens to a wide cobbled road into Karues, the capital city of Athos and meets the main track opposite of a bakery. Continue right, heading South East over a bridge into Koutloumousiou Monastery. Pass in front of the entrance out to a cement road. Follow this ignoring other trails to a left turn marking right the entrance of the single track soon to be doubletrack and then cobble path. Drop down keeping a ravine to your right into the woods to a junction for Panagouda. Pass the river from the stone bridge and continue your descent following a well paved path to the ravine again. A beautiful stone bridge takes you over it and into a gentle heather covered path. Cross the forest road into a double tack that will bring you to the entrance of the monastery.



[Watersports]



Paddle your own canoe!

13. Gaidouronisia - (donkey islands)

14. Tigani

One of the things that make Eagles Palace Hotel so unique is the environment surrounding it. The clear blue sea, the golden seashore, the glorious sunlight of Greece and the small islands just a paddle away. Settle into your own PFD (personal floatation device) and set off for an excursion to Drenia Islands also known as Gaidouronisia(1) (donkey islands) and Tigani(2). Enjoy the scenic beauty of Ouranoupoli's coast and Drenia Islands and travel to bays impossible to reach otherwise. During the paddle your lead captain will stop periodically, giving you time to rest, drink some water and of course to enjoy snorkeling at the turquoise waters surrounding the islands.

Open water kayaking differs from white water kayaking in a number of ways: First of all, you don't have the river to push you; you must propel yourself using your own strength. Second, you must sometimes battle waves and currents that are not likely in the direction you are heading, but may work against you or to your advantage. The best time to do it is in the morning, when the sea is calm. At midday due to thermal aerial masses the sea may be wavy. Usually, at the evening this phenomenon retreats and the sea is calm again. A good idea is to start paddling in the morning, reach the islands and spend some time exploring bays and recharging your energy at local restaurants and beach bars. Plan your return for the evening to the hotel.

The beauty of paddling is that anyone can paddle as hard as they want, making it perfect for beginners as well as experts. The sport can be competitive or recreational: It can be a social hobby or a way of escaping the crowds and connecting with nature. However you want to pursue paddling, the good news is that it is good for your overall health and well-being. Enjoy the water, have some fun and improve your fitness.

LEVEL OF DIFFICULTY:



15. Scuba diving: A specially designed PADI experience

Explore the magical bottom of the sea and embark on a scuba diving adventure you will never forget! Eagles Palace Hotel's Padi certified diving center offers exciting scuba diving Padi courses as well as a thorough PADI manual for all levels of divers. Our professional scuba diving Padi courses comprise of 5 theoretical diving lessons and 9 practical diving lessons with dives in confined waters as well as dives in the open sea. After the completion of the scuba diving Padi courses participants will be certified as open water divers and will have the opportunity to explore the majestic underwater life of this divine region of Halkidiki in Greece. Professional and inexperienced divers can join the most popular scuba diving program in the world and attend the hotel's PADI Open Water Diver course led by qualified trainers and certified instructors. Anyone from the age of 10 and up will have the opportunity to discover the stunning seabed of the region and embark on thrilling diving adventures in the emerald crystalline waters of Halkidiki. Contact our Guest Relations Team or meet our Scuba diving Instructors on the Beach for more information.

Water sports and more

The hotel's unique sports facilities allow guests to participate in exhilarating water sports activities such as water skiing, windsurfing and wake boarding in a safe environment. Water conditions in the gulf in front of the hotel are considered exceptional for most water sports, as we are located in southern area where winds are not exceptionally strong. Moreover, the islet of Amouliani, which is only five minutes away by boat, where the water conditions are perfect even when blow south wind. The hotel's exceptional water sports center is one of the most luxurious and fully equipped establishments in Greece that will fit the needs of beginners as well as more experienced water sports enthusiasts. The Eagles Palace water sports team can arrange for its guests the most adventurous water skiing expeditions in the emerald crystal clear waters of Halkidiki. Our facilities include experienced tutors that can help beginners learn a new sport and advanced watersports enthusiasts to challenge their abilities. For fun loving guests, we are equipped with the best and most fun water toys, such as parasailing for one or two persons, tubing, banana, water bikes and canoes. Contact our Guest Relations Team or meet our Water Sports team on the Beach for more information.



[Daily excursions]

Single Day hiking excursions! Following the Ancient Pilgrim paths, Mt. Olympus

Mountain Olympus is located at the North-East of Thessalia and at the South-West of central Macedonia, near the region borders of Larisa and Pieria. It is the highest mountain of Greece (2918m) as well as the second of the Balkans. It covers a relatively small circular area that is pretty solid in shape, with a diameter of 25km. It has a pretty rocky terrain with numerous peaks, long ridges and steep cliffs. Accordingly to its size, Olympus has many peaks. Mt. Olympus' wonderful nature of rich flora (over 1700 species, more than 20 of which endemic) and fauna (more than 30 species of mammals, 100 species of birds, 18 species of reptiles) left the modern Greeks with no choice but to proclaim it the first National Forest in 1938. Here are some of the most beautiful trails that can be visited in a single day excursion:



16. Litohoro – Golna – Castana source – Litohoro

LEVEL OF DIFFICULTY: 

The nearest town of substance and home to 7.000 people, Litohoro is the starting point for day trips and tours around the area and on the mountain. Follow the signs to reach the church of Agios Ioannis (Saint John) and then turn right heading to the church of Profitis Elias (Prophet Elias) which happens to be the highest place of pilgrimage in the Balkans (at 2.800 m) and it was first built by St. Dionysus himself in the 16th century. Relax! You are not going as high as that. Just at an hour walk from the turn you'll be at the area of Golna where you will be able to marvel at the sight of peaks and of the gorge of Enipeas. Go on NW on a trail which climbs down to the E4 path, connecting Litohoro to Prionia. When you are back in town you will have walked for approximately 4 hours, you will have been up to 960 m, and you will have crossed a part of the Enipeas gorge.

17. Prionia – Agio Spileo – Monastery of St. Dionysus

LEVEL OF DIFFICULTY: 

Leave your car at Prionia and start walking down the E4 path towards Litohoro. Turn right at the hut after the glades and before the old St. Dionysus monastery. You are just minutes away from the waterfalls of Enipeas. Breathe in the serenity and return to the E4 path by crossing Enipeas gorge through a wooden bridge. Before long you'll find the Agio Spileo. Tradition has it that St. Dionysus spent his days of asceticism here. At the completion of your two-hour walk you will have been up to 1100 m and you will have visited some of the most important historical and religious sites of the mountain.

18. Litohoro – Prionia

LEVEL OF DIFFICULTY: 

Starting off at the Mülli (Myloi) spot (400 m) you'll be needing 5 hours to get to the Prionia spot (1100 m.). The international and well-maintained path of E4 will make your life easier with its signs and it will lead you through wooden bridges to cross the Enipeas gorge seven times. On the second half of the walk you'll go past Agio Spileo to reach the Monastery of St. Dionysus 20 minutes later. After another 10 minutes, trace the path on your left and follow it to the waterfalls of Enipeas. The continuous ups and downs require stamina, but the sources, the ponds, the geological formations and the sheer slopes around you will be a fair reward.



[Daily excursions]

19. Gortsia – Petrostrouga – Plateau of the Muses

LEVEL OF DIFFICULTY: ████████

At the 14th kilometer on the road Litothoro-Prionia, go up a narrow road on your right hand and leave your car at the car park on its end. That's the area of Gortsia, as well as the beginning of a wide path leading to the "Plateau of the Muses" and the refuges "Christos Kakkalos" (or "refuge C", at the height of 2650m.) and "Yossos Apostolidis" (the highest Greek refuge at 2700m.). The two thirds of your six-hour-long walk will be through a beautiful forest, leaving the remaining one third to be done in alpine scenery with low vegetation. Attention: make sure to carry enough water supplies as you will come across no running water on your way. Your first point of reference will be the plateau "Barbas". Your next one will be a cistern. In between the two you will be walking up a beech forest. At the height of 2000 meters there is the spot called Petrostrouga, known for the age-old white pine trees. Go further up to get to the "Skourta" peak (2485m.) in the alpine ambience. If you ever have enough of the breathtaking view all around you, continue on the narrow ridge to the Plateau of the Muses. Entering the plateau, the path splits in two. The left part leads to the "Christos Kakkalos" refuge (30 mins) and the right one to the "Yossos Apostolidis" refuge (40 mins). Take short walks from the former to the peak Toumba (2801 meters) and from the latter to the peak Profitis Elias (2803 meters).

20. Refuge Spilios Agapitos – Skala – Mytikas

LEVEL OF DIFFICULTY: ████████

Also known as "Refuge A", Spilios Agapitos is situated at 2100m. and your starting point for this three-hour-long walk. Go upwards until you get to the turn for "Zonaria" on your right hand. You are now at 2480m.. A bit further up you come across another path, leading to Stavraities and Agios Antonios. But if you follow the main path, E4, you'll find yourself on a sloppy ridge of sheer alpine gorgeousness. The peak of Skala, at 2866m., is just a stop on the way to Mytikas. Attention: this last part of your walk is rather difficult.

Difficulty Index

Fitness level required

- 1 Basic fitness from exercise once or twice per week. Usually have the stamina to spend 2-4 hours out on a Bike ride or Hike.
- 2 Moderate fitness from two or three sessions of exercise each week.
- 3 Good fitness from regular exercise sessions and time spent actively involved in cycling or hiking.
- 4 Excellent fitness from regular training and a significant amount of time spent riding or racing.

Cross country Mt. Bike singletrack trail grades

Green grade - easy trails

1. Green grade trails are suitable for: beginners or novice cyclists.
2. Bike required: most bikes and mountain bike hybrids are suitable.
3. Skills needed: basic bike skills are required for this grade.
4. Trail and surface types: these will be relatively flat and wide. Trail surface might be loose, uneven or muddy at times.
5. Gradients and technical trail features: climbs and descents are mostly shallow.
6. Suggested fitness level: suitable for most people in good health.

Blue grade - intermediate trails

1. Blue grade trails are suitable for: intermediate cyclists or mountain bikers with basic off-road riding skills.
2. Bike required: basic mountain bike or mountain bike hybrid.
3. Skills needed: basic off-road riding skills to cope with uneven surfaces and small obstacles.
4. Trail and surface types: as for 'green', plus specially constructed singletrack trails. Trail surface might include small obstacles of root and rock.
5. Gradients and technical trail features: most gradients are moderate but might include short steep sections. Includes small technical trail features (such as roots and rock).
6. Suggested fitness level: a good standard of fitness can help.

Red grade - difficult trails

1. Red grade trails are suitable for: proficient mountain bikers with good off-roading skills.
2. Bike required: quality off-road mountain bikes.
3. Skills needed: good off-roading skills and techniques to cope with technical trail features.
4. Trail and surface types: steeper and tougher, mostly singletrack with technical sections.
5. Gradients or technical trail features: a wide range of climbs and descents of a challenging nature will be present. Expect large rocks, medium steps, drop-offs, cambers and water crossings.
6. Suggested fitness level: a higher level of fitness and stamina is required.

Black grade - severe trails

1. Black grade trails are suitable for: expert mountain bike users, used to physically demanding routes.
2. Bike required: a good quality off-road mountain bike is needed.
3. Skills needed: advanced level off-roading skills and technical ability.
4. Trail and surface types: as for 'red', but with an expectation of greater challenge and continuous difficulty. Can include any useable trail and might include exposed open hill sections.
5. Gradients or technical trail features: expect large, committing and unavoidable technical trail features. Sections will be challenging and variable. Might also have 'downhill' style sections.
6. Suggested fitness level: suitable for very active people used to prolonged effort.

Mt. Bike essentials

Bike Helmet – The Most Important Mountain Bike Accessory

Nobody should be on a bike without a helmet. There have been too many people with serious head injuries that could have been prevented if they were wearing a helmet. Modern mountain bike helmets are both comfortable and stylish and everyone on the trail wears one.

Mountain Bike Gloves – A Mountain Bike Accessory for Comfort and Safety

When you ride, your hands can take a beating. Beginners who tend to keep a death grip on the handlebars can be especially brutal on their hands. Your hands are also one of the first things to come down to the ground when you crash and everyone crashes at some point. Mountain bike gloves are a great mountain bike accessory because they take the beating for you. I recommend full-fingered gloves over the cutoff finger type. Don't get caught red handed.

Mountain Bike Shorts – Ride Longer and Stay Comfortable

The first few mountain bike rides you take can be a bit uncomfortable on the rear end. Your body does adjust to this after a few rides, but bike shorts are a great accessory that can help keep it to a minimum. Fortunately, the days of the tight fitting Lycra mountain bike shorts are over. You can still buy them and some racers still use them but the more comfortable padded mountain bike shorts of today look and feel much more casual.

Mountain Bike Shoes – Pedal More Efficiently and Keep Comfortable

You need to pick the type of shoes you wear depending on the type of pedals you have and the type of riding you want to do. If you have clip-less type pedals, as we recommend for most types of riding, you will need to get some mountain bike specific shoes to accept the special cleat for your pedals. A good mountain bike shoe will be durable, comfortable and should have a stiff sole for better pedaling efficiency. You should also pick the right shoe for the terrain you will be riding in.

Eye Protection – Protect Your Vision from Wind, Bugs, and Dirt

Something in your eye can run you right off the trail and into trouble. Eye protection such as sunglasses or clear-lensed glasses help keep your eyes free from debris as well as protect them from the wind that can cause your eyes to tear and blur your vision. Make sure you use non-breakable lenses for safety.

Hydration System – Keep Yourself Hydrated for Better Energy and Health

Bring either a water bottle with you or as we recommend take a hydration backpack such as a Camelbak or similar product. It is easy to let yourself get dehydrated so bring water with you and drink it on the trail to keep your body running properly as you ride.

Trail Repair Kit – Make It Home When it Counts

Its not too hard to get stuck in the woods if you don't bring the most basic mountain bike accessories for the most common repairs on the trail. To be prepared bring a multi-tool designed to repair bikes, tire levers and a patch kit for fixing flats, an extra tube in case your tube is un-repairable, and a mini-pump.

Important

- o Weather forecast
- o Safety first
- o Gear up
- o When (time of day, season)
- o Guided/Self guided
- o What/ Where/ How long/ Thrill factor
- o Am I up to it?





**[4 Adventure
Guide]
Look Around!**

