# Fitness Level

**Tours difficulty**

Each tour is graded according to its difficulty and is rated from Fitness level 1 to Fitness level 5.

It all depends on circumstances like
terrain, road surface, navigation, distance or mountain roads.
The grade appears in the Table of Fitness level at the tour info page.

Grading is of course subjective and it’s only helpful as an intended guide.

**Fitness levels**

**1 Easy**
These rides involve no more than a few hours of riding over mostly flat roads with good sealed surfaces. It includes straightforward roads. These tours are suitable for almost everyone.

**2 Easy/ Moderate**
These rides involve no more than a few hours of riding. This cycle tour presents an easy challenge. The track/route includes rolling hills with some steep hills. These tours are advisable for someone with an average fitness level.

**3 Moderate**
These rides involve more than a four hours of riding. This cycle tour presents a moderate challenge. The track/route includes rolling hills with many steep hills. These tours are recommendable for someone with a moderate fitness level.

**4 Moderate/Hard**
These rides are for fit riders who can do more than five hours of riding. This cycle tour presents a really challenge. The track/route includes long daily distances and hard climbs. These tours are recommendable for anyone who likes climbing mountains and navigational challenges.

**5 Hard**
These rides are only for well-trained riders who can do more than five or six hours of riding in the mountains. It involves long daily distances with many challenging climbs. These tours are advisable for someone with a high fitness level .

## Itinerary

Not Available

**Included**

Not Available

**Not Included**

Not available