

# Halton Outdoor Club Cycling

## Ride Types and Descriptions

**Level 1** - Short, more leisurely rides, (20-40km), with more frequent stops, up to 15 km/hr.

**Level 2** - Medium, faster paced, with fewer breaks, these rides will vary from 40-60km with stops as needed, up to 18 km/hr.

**Level 3** - Long, with breaks as needed, these rides are over 60km, more than 18 km/hr.

**Discovery Rides** – Essentially scouting trips to check out area trails or sections that the club has not done before. The nature of these rides is such that we encourage only experienced riders to come out as the condition of the trails and/or the distances to be covered may not be definitive. Riders should come fully prepared with tire changing kits, tubes & pumps.