# **Tour difficulty**

# **Difficulty / Physical Activity**

### Difficulty 1 of 4

Easy - Suitable for casual bicycle riders. Not many uphills or difficult distances.

#### Difficulty 2 of 4

**Moderate** - Regular bicycle rider would like this. They should be ready to take on some uphills and dirt roads at a medium distance.

## Difficulty 3 of 4

**Difficult** - Advanced bicycle rider, fit to take on mountain passes, steep roads and even offroad at fair lengths.

## Difficulty 4 of 4

**Extreme** - Requires great physical fitness and technical knowledge. The route can cover long roads or very demanding offroads, a suitable challenge for any serious cyclist.