

## YOUR RIDING STYLE RIDE LEVEL QUESTIONNAIRE

We care a lot about the preparation level of our clients and we have set practical and physical training parameters for cyclists to join our excursions, whether in a group ride, or a private ride with an exclusive guide. **These parameters are very important for the safety of all of our clients.**

Please give us an idea of your riding level/style. This will give us **an approximate picture**, so we can match the rides we offer to best suit you, and will not commit or restrict you in any way during your time with us.

Do your best to tell us how you ride, as this will help us in giving you the best holiday possible.

### **AVID / STRONG \*\*\*\***

I ride whenever I can, often riding 4- 6 times per week. My non - riding friends think I am crazy! I'm fit, and I often ride with a group, and am comfortable riding in a pack, or training with strong riders at a steady pace. I seek out long or steep climbs, or mountain passes, and am comfortable with descents. I feel confident riding in traffic.

### **ENTHUSIASTIC \*\*\***

I try to ride several days per week, and may ride with a club. I can manage well over various terrain, including hills. I ride for enjoyment and will sometimes ride long and hard, and other times more relaxed. I like to take a coffee break now and then.

### **CASUAL RIDER \*\***

I ride once or a few times per week/month. I can manage to ride on hills, but I don't seek out the longer or steeper climbs in my area as part of my ride - I prefer flatter rides. Steep or technical descents are not my favorite part of a ride. I do my best to avoid roads that have a lot of traffic. I'm happy to stop for ice cream or coffee on the ride.

### **BEGINNER \***

I'm a new rider, or I ride occasionally, but not necessarily on a weekly basis. I used to ride with a road bike and with bike shoes. I ride for relaxation, and prefer/do better with easier terrain. I like to stop for a coffee as part of the ride and appreciate a nice rest at the break before I continue my ride.

*Really beginners will find it very difficult to meet our minimum requirements for our group rides... so they are strongly encouraged to book an exclusive guide, who can organize tailor made tours according to your training level, or, you can book our special DOLCE VITA package with the option of renting a new Pinarello Nytro road e-bike.*

### **TOTAL NOVICE**

Novice cyclists are not used to ride with a road bike, they usual rides with casual / hybrid / mtb bikes, in casual clothing without bike shoes. They are able to ride max 20 km and only in really flat roads without traffic and cars.

*For this kind of cyclists we recommend renting our city bikes to ride to Peschiera centre. Or you can rent a hybrid, mountain or an electric bike, at local partner shop and ride alone on our cycling paths or along the beaches on the lake. These are relaxing paths, that will take you for short, easy rides that can be done without a guide.*