



NHCC Ride Levels Explained

Ride Level	Speed	Distance	Routes	Ride Leader	Schedule
Level 1	12-15km	10-20km	In-town, relatively flat. No significant hills	RL, S, ND	Monday evenings
Level 2	16-18km	20-35km	In-town and also the town perimeter. Low grade to moderate hills.(i.e. Ontario St. north of The Mill, Majestic Hills, Cornish Hollow)	RL, ND	Tuesday evenings
Level 2+	The same as Level 2 except that distances are 30km+ and held outside of the regular Tuesday Night schedule.				
Level 3	19-22km	30-55km	Mostly rural, with regular moderate, and some occasional difficult hills. (Ferguson, Community Ctr Rd., Bickle Hill from East)	RL, ND (The group is expected to ride together as a unit and not drop riders.)	Wednesday evenings
Level 3+	The same as Level 3 except that distances are 55km+ and held outside of the regular Wednesday Night schedule.				
Level 4	22-25km	40-70km	Mostly rural, including hills of any difficulty. (Bickle Hill, Jamiesons, Little Rd. south of Bewdley, 7 th Line)	RL Riders are expected to be self-sufficient, and be able to navigate in the event that they are "dropped"	Thursday evenings
Level 4+	The same as Level 4 except that distances are 70km+ and held outside of the regular Thursday Night schedule.				
RL = Ride Leader present S = Sweep present ND =No Drop Ride					