



NHCC Ride Levels Explained

Ride Level	Speed	Distance	Routes	Ride Leader	Schedule
Level 1	12-15 km	10-20km	In-town, relatively flat. No significant hills	RL, S, ND	Monday and Wednesday evenings
Level 2	16-20 km	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, S, ND	Tuesday and Thursday evenings
Level 2+	The same as Level 2 except that distances are 30km+ and held outside of the regular Tuesday/Thursday Night schedule.				
Level 3	20-24 km	30-55km	Mostly rural, with regular moderate, and some occasional difficult hills. (i.e. Ferguson, Community Ctr Rd., Bickle Hill from East)	RL, ND (The group is expected to ride together as a unit and not drop riders.)	Monday and Wednesday evenings
Level 3+	The same as Level 3 except that distances are 55km+ and held outside of the regular Monday/Wednesday Night schedule.				
Level 4	22+ km	40-70km	Mostly rural, may include hills of any difficulty. (i.e. Bickle Hill, Jamiesons, Little Rd. south of Bewdley, 7 th Line)	RL ND (The group will mostly ride together as a unit and not drop riders.)	Tuesday and Thursday evenings
Level 4+	The same as Level 4 except that distances are 70km+ and held outside of the regular Tuesday/Thursday Night schedule.				
RL = Ride Leader present S= Sweep present ND=No Drop Ride					
<p>About Speed: “Speed” is defined as an average over the length of the ride on a level route. Routes with more hills may result in a final average at the lower end of the range while flat/downhill routes at the higher end.</p>					