



ITRS - *International Trail Rating System* - [www.itrs.bike](http://www.itrs.bike) - [info@itrs.bike](mailto:info@itrs.bike)

## ITRS System Overview

The ITRS describes 4 different aspects\* that characterize trails and routes, each in various levels following the same color coding:

### Technical Difficulty

Defined according to the riding skill level that you need to master the technical features of a trail

### Endurance

The combined effect of length, uphill and downhill of a route

### Wilderness

The amount of planning required to account for mobile phone reception, rescue options, water supply and dangerous wildlife

### Exposure

Defined by the consequences of a fall



### Technical Difficulty



*Beginner*



*Intermediate*



*Advanced*



*Expert*



*Extreme*

### Endurance



*Generally sportive*



*Occasional training sufficient*



*Regular training required*



*Frequent hard training necessary*

### Exposure



*Normal injury risk*



*High risk of serious injury*



*Life threatening consequences*



*Fatal consequences*

### Wilderness



*Civilized area*



*Some planning necessary*



*Careful preparation required*



*Professional planning is prerequisite*

\* All combinations of the four aspects are in principle possible