



# 越野單車徑難度分級系統

## Mountain Bike Trail Difficulty Rating System

根據國際越野單車協會採用的路徑難度分級系統，越野單車徑的難度分為五級：

According to the IMBA Trail Difficulty Rating System adopted by the International Mountain Bicycling Association, mountain bike trails are grouped into 5 different difficulty ratings:

	白色 White 	綠色 Green 	藍色 Blue 	黑鑽 Black Diamond 	雙黑鑽* Double Black Diamond* 
難度 Difficulty	十分容易 Very easy	容易 Easy	高 Difficult	十分高 Very difficult	極高 Extremely difficult
沿路的技术障礙物 Technical Obstacles along trail	沒有 / 有，但可避開 Absent or present but avoidable	不能避開 Unavoidable	多樣 不能避開 Diverse, unavoidable	多樣 不能避開 石頭未必穩固 Diverse, unavoidable, may include loose rocks	多樣 不能避開 石頭未必穩固 Diverse, unavoidable, may include loose rocks
路面 Trail surface	人工物料 已鋪平 Hardened or surfaced	天然物料 堅實 Firm and stable	天然物料 大致堅實 有一定變化 Mostly stable with some variability	天然物料 多變 Widely variable	天然物料 多變和難以預測 Widely variable and unpredictable
路徑闊度 Trail width	十分寬闊 Very wide	寬闊 Wide	狹窄 Narrow	十分狹窄 Very narrow	極狹窄 Extremely narrow
路徑斜度 Trail gradient	十分平坦 Very flat	平坦 Flat	高 (部分路段) Steep (some sections)	高 (多個路段) Steep (many sections)	十分高 (多個路段) Very steep (many sections)

\*只適合高階和專業車手

\*Only suitable for advanced and expert riders