

WE CREATE . ENHANCE . PROTECT

IMBA Europe and sustainable trails



**INTERNATIONAL MOUNTAIN BICYCLING
ASSOCIATION EUROPE**
Europarc webinar
Jan 31, 2022

CONTENT

ABOUT IMBA EUROPE
SUSTAINABLE TRAIL PRINCIPLES
HOW TO LEARN MORE

BACKGROUND

The International Mountain Bicycling Association Europe is a non-profit association whose mission is to secure and enhance sustainable access for mountain bikers and communities across Europe and to get more people on bikes. We encourage low-impact riding, trail stewardship, cooperation among different trail user groups, grassroots advocacy and innovative trail management solutions. IMBA Europe is a widespread collective of MTB advocacy groups, trail associations, professional trail builders, MTB regions and bicycle industry partners.

- **Non-profit, umbrella**
- **Affiliated with IMBA US**
- **Member of ENOS, the European Network of Outdoor Sports**
- **Founded in 2012**



MISSION, VISION

IMBA Europe is the leader in mountain bike advocacy and trail development throughout Europe. Our vision is to get more people on bikes through sustainable mountain biking

- Improve people's lives with better health, climate and economics through mountain biking
- Advocate easy access to sustainable mountain bike and shared-use trails, from close-to-home rides to iconic, backcountry experiences
- Work for Europe as a mountain bike friendly place, grow the diversity of cycling and quality of mountain bike communities

**MORE
PEOPLE ON
BIKES**











BASIC TRAIL BUILDING PRINCIPLES AND STRATEGIES



**WHAT IS
A TRAIL?**

DIRTT PROJECT AND SUSTAINABLE TRAILS



DIRTT PROJECT AND SUSTAINABLE TRAILS



RECREATION IN NATURE



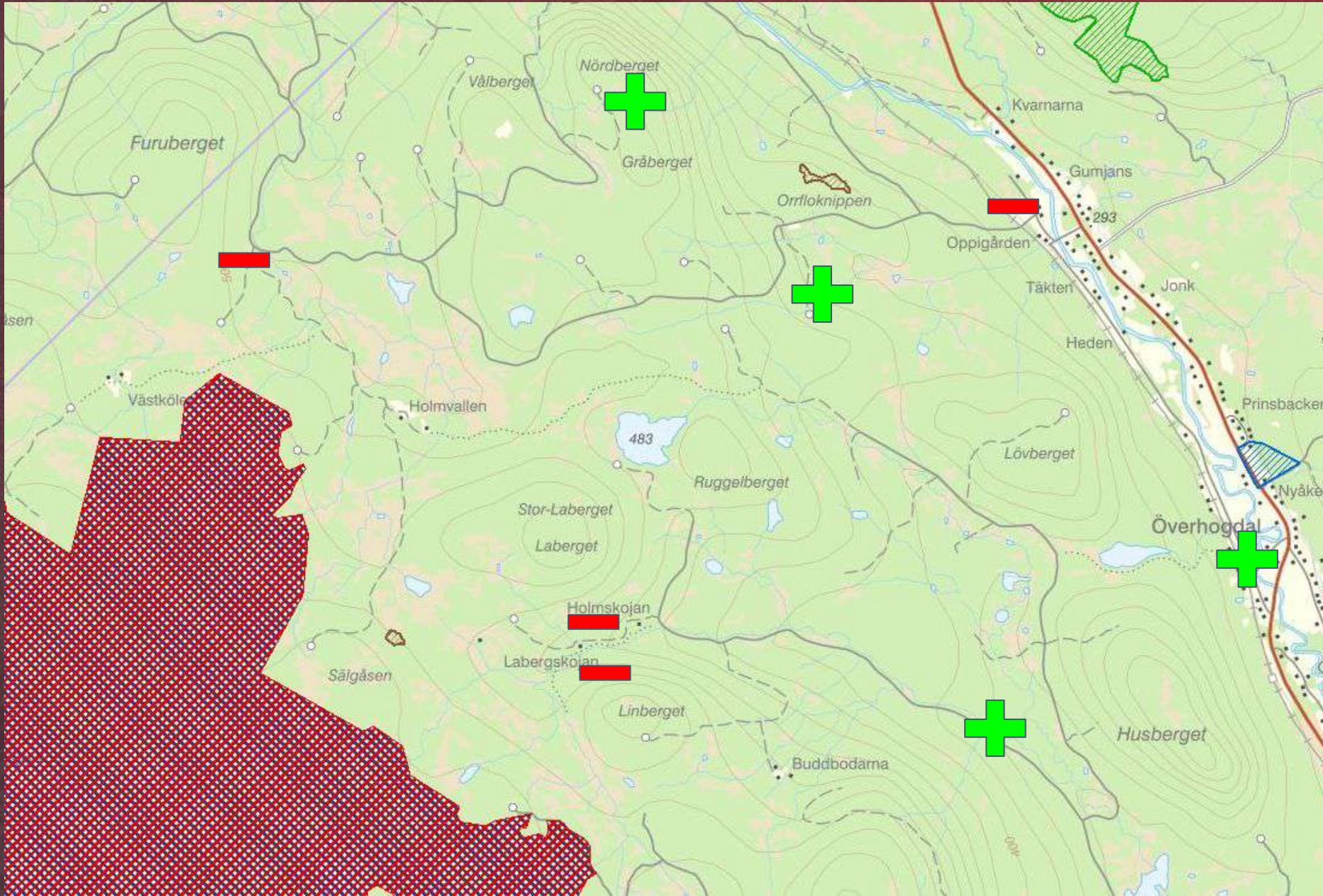
**PROGRESSING ALONG A TRAIL WITH HUMAN POWER
TRANSFERRED TO THE GROUND VIA FRICTION**



SITE AND USER ANALYSIS

IDENTIFY POSITIVE (AND NEGATIVE) CONTROL POINTS

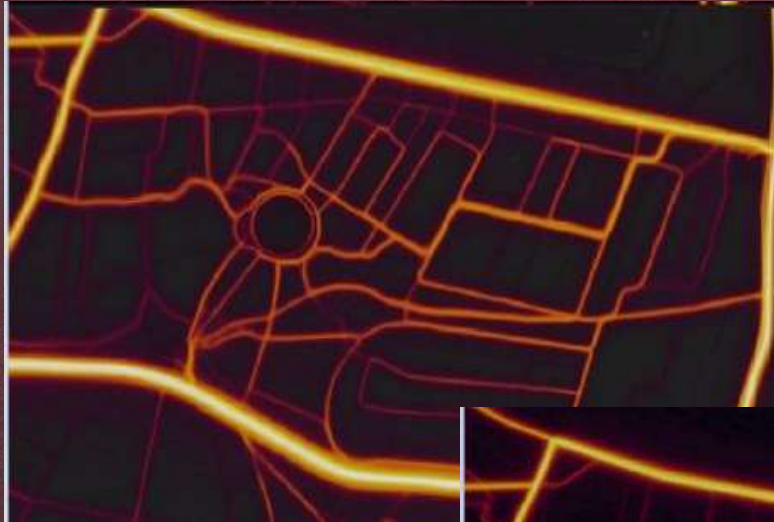




**USE CONTROL
POINTS TO
IDENTIFY
APPROPRIATE
AREAS FOR
RECREATION**



UNDERSTAND VISITORS AND THEIR DEMANDS

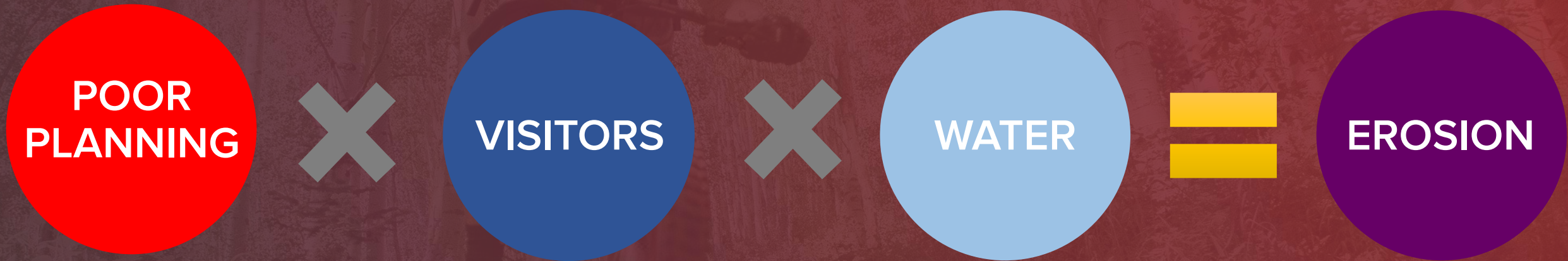


**PROPER
INFRASTRUCTURE
CHANNELS
VISITORS**

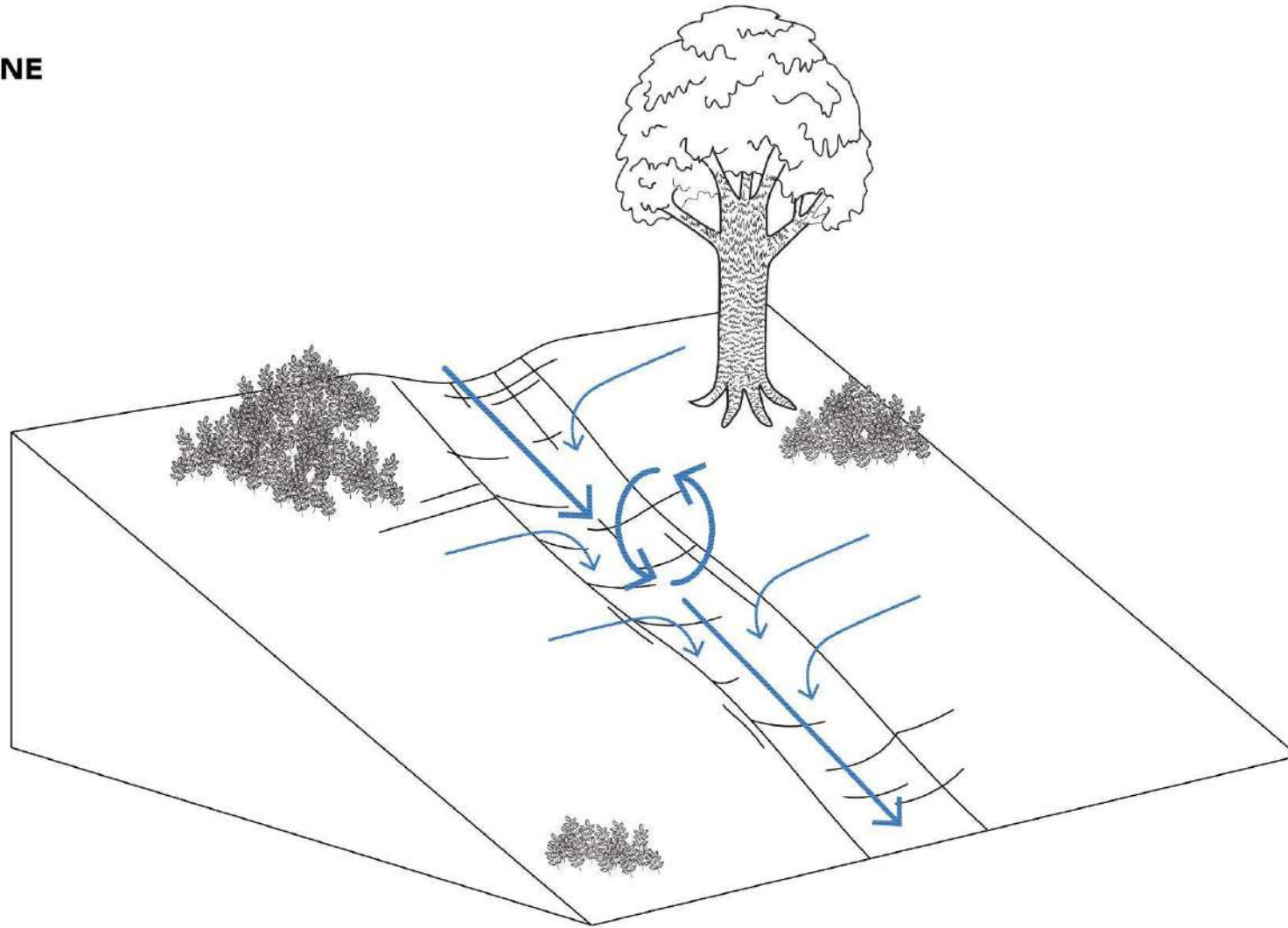


THE TRAIL ITSELF

DIRTT PROJECT AND SUSTAINABLE TRAILS



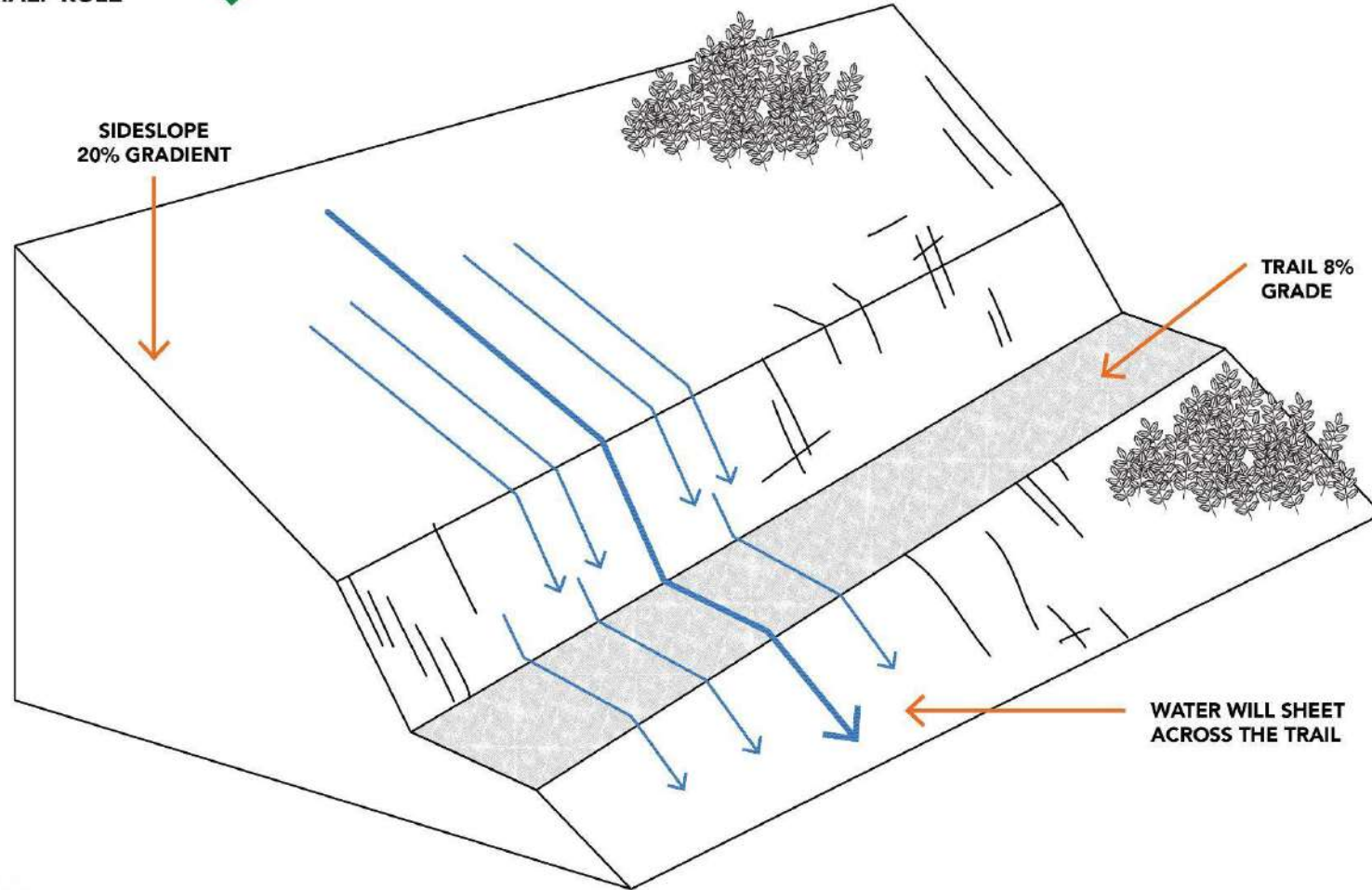
FALL LINE



**FALL LINE TRAIL
 → EROSION OF
 TRAIL BED AND
 RUNOFF IN
 WATER COURSES**

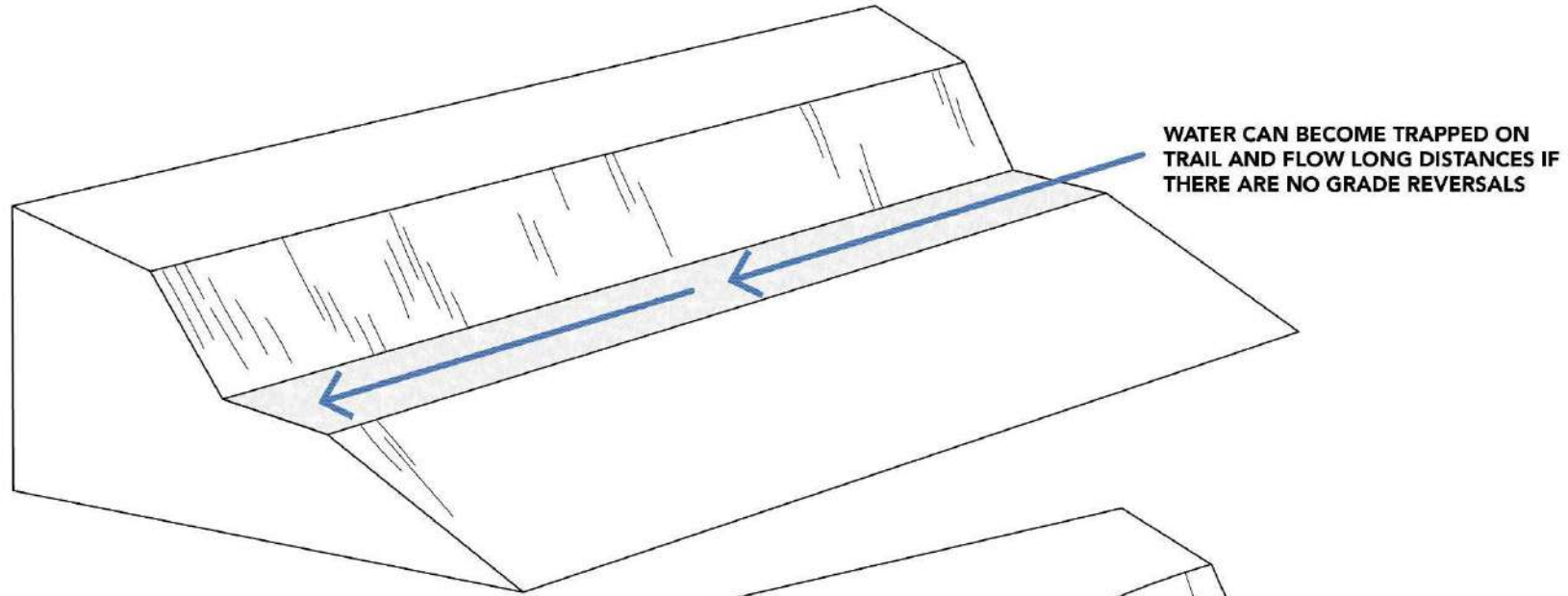
HALF RULE

THIS TRAIL MEETS
THE HALF RULE

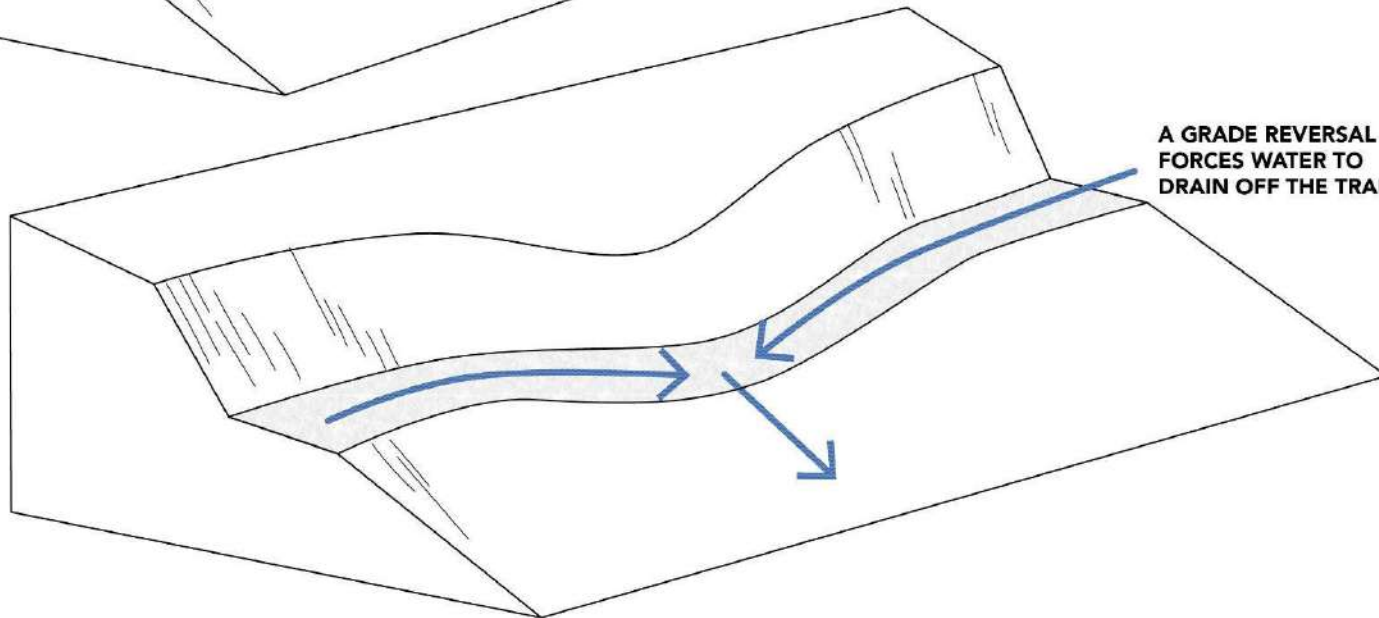


**BENCH-CUT
SIDESLOPE TRAIL
→ WATER SHEETS
ACROSS TRAIL**

GRADE REVERSAL

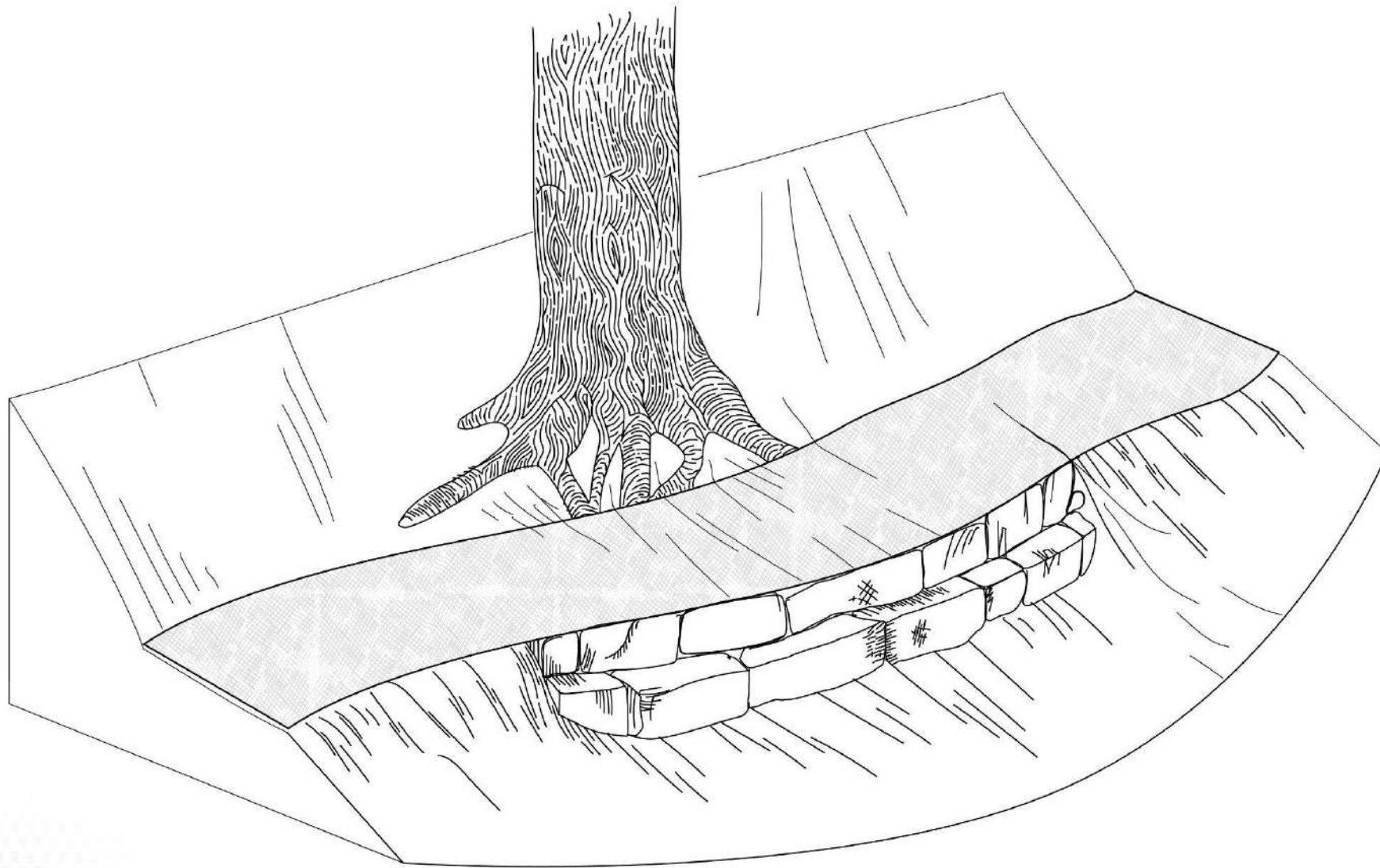


WATER CAN BECOME TRAPPED ON TRAIL AND FLOW LONG DISTANCES IF THERE ARE NO GRADE REVERSALS

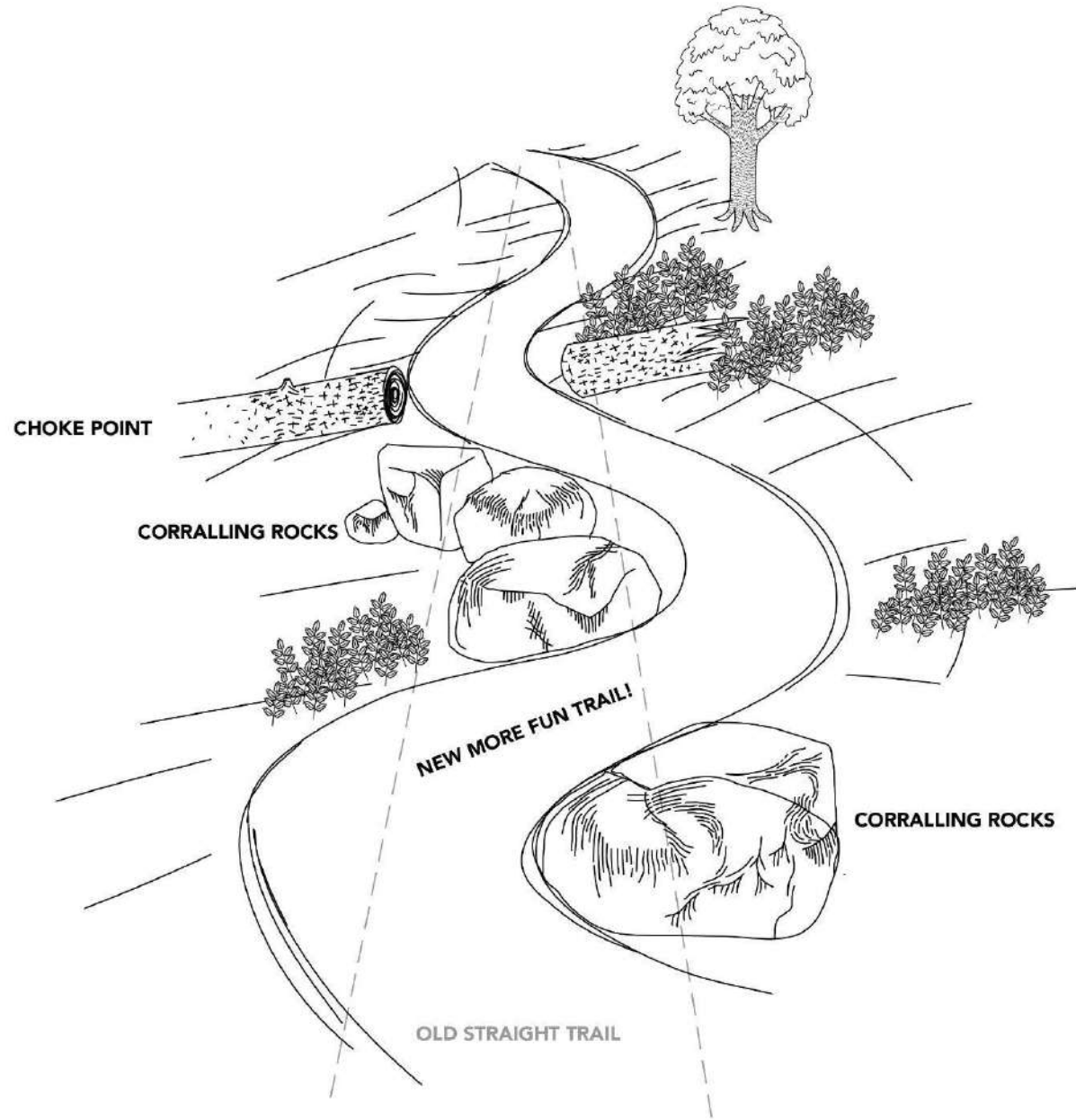


A GRADE REVERSAL FORCES WATER TO DRAIN OFF THE TRAIL

**GRADE
REVERSALS
→ ENSURES
WATER STAYS
OUT OF TREAD**



PROTECT VEGETATION AND ROOTS WITH PLANNING AND CONSTRUCTION



**PLAN TRAILS TO
FOSTER SOCIAL
SUSTAINABILITY
AND ENCOURAGE
GOOD VISITOR
BEHAVIOR**



ITRS - International Trail Rating System - www.itrs.bike - info@itrs.bike



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 tour

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

SOCIAL SUSTAINABILITY: INTERNATIONAL TRAIL RATING SYSTEM

- ENSURE THAT RIDERS ARE AWARE OF TECHNICAL CHALLENGES
- ENSURE THAT AREAS OFFER TRAILS FOR ALL TYPES OF RIDERS

TRAIL BUILDING SCHOOLS



DIRTT PROJECT



**DEVELOPING
INTER-EUROPEAN
RESOURCES FOR
TRAIL BUILDING
TRAINING**



<https://www.imba-europe.org/knowledge-hub/dirtt-project/>

TAKE CARE OF YOUR TRAILS



<https://www.takecareofyourtrails.com>

THANK YOU FOR YOUR INTEREST IN OUR ORGANISATION!

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