

Developping a new bike course in Oppdal



**BIKE
SOLUTIONS**

September 2018



1. Situation and vision

● The current situation

Today the biking course is used for competition and training. The actual difficulty level is red. It is a good course for training.

The forces of the trail we saw are :

- Quite good utilisation of the terrain
- Technical level is adapted
- Nice sections
- Good length

The things that could be improved :

- Almost no jumps
- A bit of lack of flow at some moments
- Not enough variety

The global area is obviously missing trails that are easier. Those trails may bring more value to the whole area as a training terrain for all abilities. It also misses more technical options, to increase the riding level for the experienced riders.



1. Situation and vision

- **The vision**

So far there is no touristic purpose, so the vision will stay at a local scale.

We suggest to:

1 : Enhance the current course with options that will provide more technical riding opportunities

2 : Create easier routes that stay close to the actual course,

This will create a complex network of trails, allowing different combinations, from green to black level.



2. Project : maps *map in attached file*

Oppdal New bike course suggestion

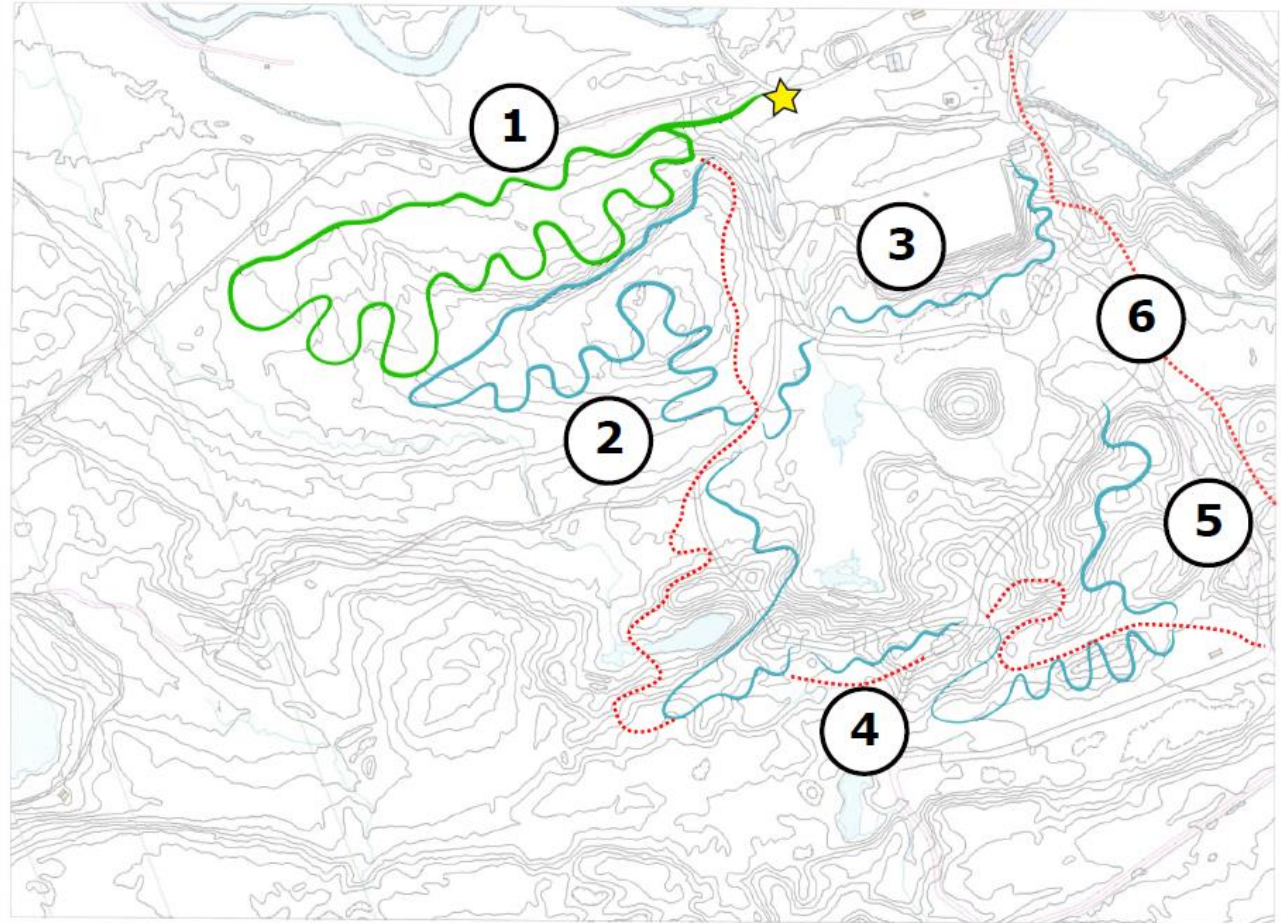
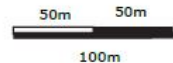
LEGEND

- Very easy trail
- Easy trail
- Existing course
- Start
- Legend : See attached document

NOTA BENE :
This is a sketch, not a trail map.

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SCALE :



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2. Project : characteristics

Numbers are references from the map.

1 : Build a XC trail of green level. This trail will be easy of access, and independant : the kids and real beginners should learn mountain bike in a place with very low elevation and disturbance from good rider.

Lenght : approx 1km

2 & 3 : Build a XC trail of blue level. This trail will be also easy of access, and crossing the actual red course. From the end of the section 2, there will be 2 options : on way back (3) or continue on a longer option (4-5-6)

Lenght : approx 0,8km (2) + 0,4km (3) = 1,2km.



2. Project : characteristics

Numbers are references from the map.

4 : This new section will climb to the top of the course, crossing the current course. The end of section 4 is a descent towards the XC ski track : This section could be build with larger jumps. Then the course climbs again till the top. On the very top section there a natural depression on the right of the trail that can be used for the blue trail creation as a « roller coaster » section. Once again, some crossings with the red trail allows different riding combinations.

Lenght : approx 1,1km

5 & 6 : The downhill section can use the natural bumps of the terrain. The drawings follow roughly the good « corridor » where the trail could go. Then the trails connects to the section 3 and go back to the start

Lenght : approx 0,5km



2. Project : characteristics

Numbers are references from the map.

2 to 6 : On these sections, it is possible to build more options just alongside the current red trail. This would be relevant to build 6 to 8 technical options that would be 25 to 30m long each. Those options could be :

- 2 tricky rock garden sections, quite narrow and quite rough : both upwards and downwards
- 2 sections with narrow wood features « skinnies »
- 1 section of pumptrack : a succession of 8 to 10 whoops, with a distance of 5 meters between each whoops and a height of 45cm on each. This has to be built on a flat section.
- 1 section with sharp turns in between trees
- One nice northshore, not very difficult, flat or slightly going upwards, 60cm wide.

Cumulate lenght : approx 0,2km

2. Project : characteristics

How the green trails should look like :



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2. Project : characteristics

How the blue trails should look like :



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2. Project : characteristics

How the red and black options should look like :



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3. Building tips

Green trail :

Max average climbing : 3%

Max local climbing : 6 to 7%

No obstacles – recovered with 0/12 crushed gravel

Blue trail :

Max average climbing : 4 to 5%,

Max local climbing : 10%

Small obstacles– recovered with 0/12 crushed gravel

Red & black options:

Max local climbing 15%.

Total creation

Green : 1km

Blue : 2,8km

Red&Black : 0,2km

TOTAL : 4km



3. Building tips

Building requirements

Machinery :

- 5T excavator with rototilt
- Mini dumper capacity close to 1T
- Vibrator 70 to 80kg
- Chainsaw
- All the necessary for wood work

Workforce

- An excavator operator
- 1 shaper/landscaper
- A team of 2 carpenters

Handtools

- Rack – Pickaxe – Krafse or McLeod
- Secateurs - handsaw
- Iron bar



4. Costs to be expected

- **Green trail 1km**
250 to 300 tNOK + MVA
- **Blue trail 2,8km**
650 to 750 tNOK + MVA
- **Red and black options**
300 to 400 tNOK + MVA

TOTAL
1,2 to 1,45 MNOK + MVA

Planning and feasibility :

Technically all the project can be done within 4 to 5 months