

# HANS REY MEDIA HIGHLIGHTS 2021



**GT**  
BICYCLES

**adidas**

**FIVE TEN**

**BSS**

**SHIMANO**

**SR SUNTOUR**

**SEI lab**  
SPORTS ERGONOMICS

PHOTO: CARMEN REY

**STANS**  
NO TUBES™

**CLIF**

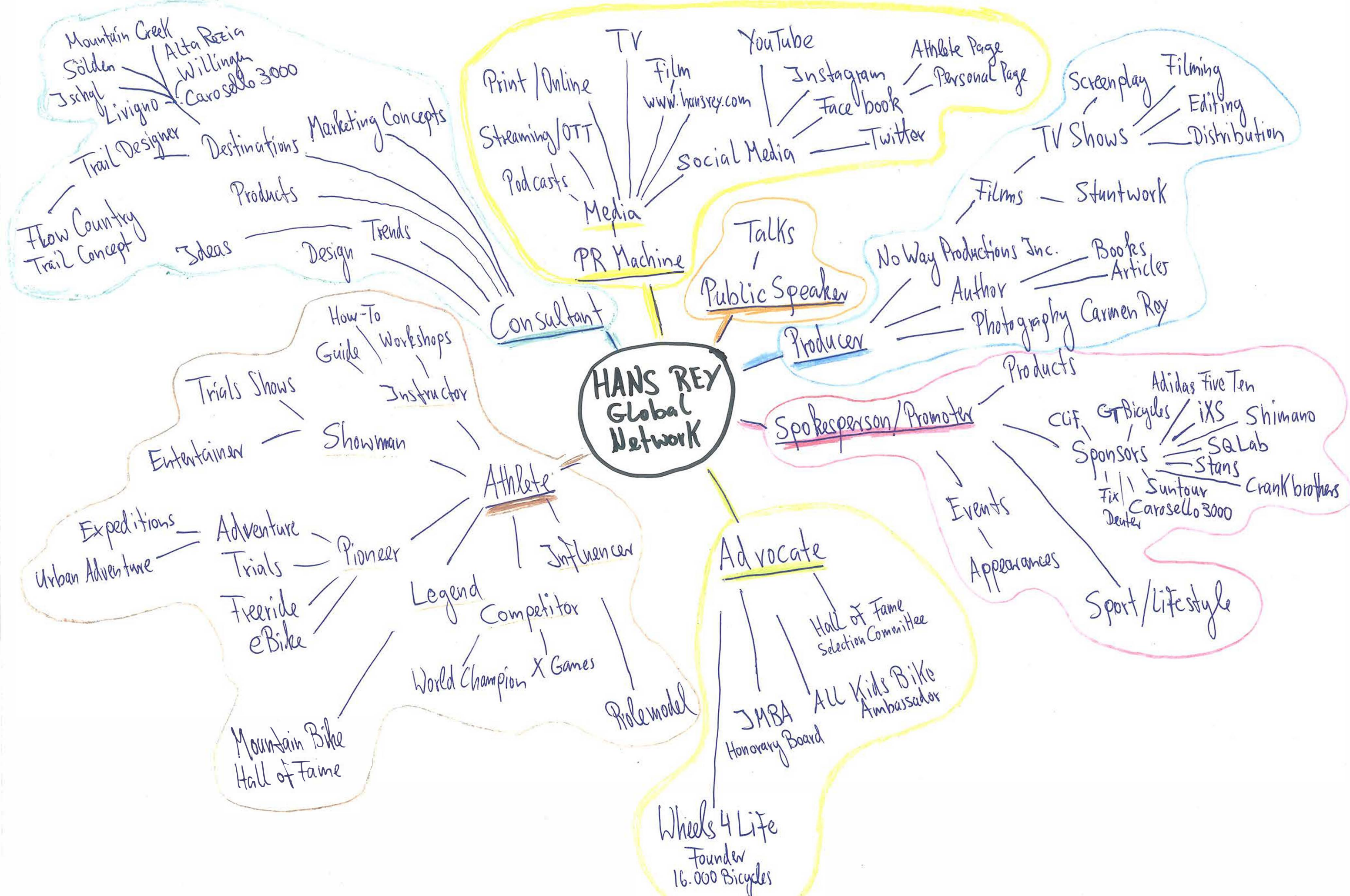


crankbrothers

**deuter**

**FIX**  
MANUFACTURING







# Quotes

**“Hans was way ahead of the game as a rider, and doing videos before anyone else. He was this funky weird Swiss dude making it in America, an icon, really.”**

**Rob Warner/MBUK**

**“You were my hero when I was learning to ride mountain bikes in the 90’s and you’re still my hero in 2021.”**

**@mr\_dirt22**



## **Media Highlights 2021**

**It is not one single thing that stands out, but the accumulation of all the things I do throughout the course of a year on a international level on all media platforms. That's why I have attached on the next page my 'napkin drawing' "Hans Global Network" to show all the different areas and platforms I'm active in and contribute to PR, sales and impressions.**

**Building my audiences and content for Youtube, Instagram and Facebook - as well as distribute content to all forms of media, including Streaming, OTT, TV, Print, Online, etc...**

**510,000 minutes viewed on my Youtube Ch.**

**6 million Reach on Instagram (650+ posts/stories)**

**18,000 new followers on FB**

**Online: Dozens of online features, hundreds of photos,**

**7 x Pinkbike Homepage features**

**TV: Trans World Sports, Sports Unlimited, Word of Freesports international TV series aired Trans HongKong adventure film (26 Min), 60+ countries**

**Print: 115 pages - 3 covers**

**Video Projects: 40**



## Slay The Bay – Urban MTB Adventure San Francisco - Oct. 2021

**Starring Hans Rey, Brett Tippie, Jackson Goldstone, Joe Breeze, Charlie Kelly, etc....**

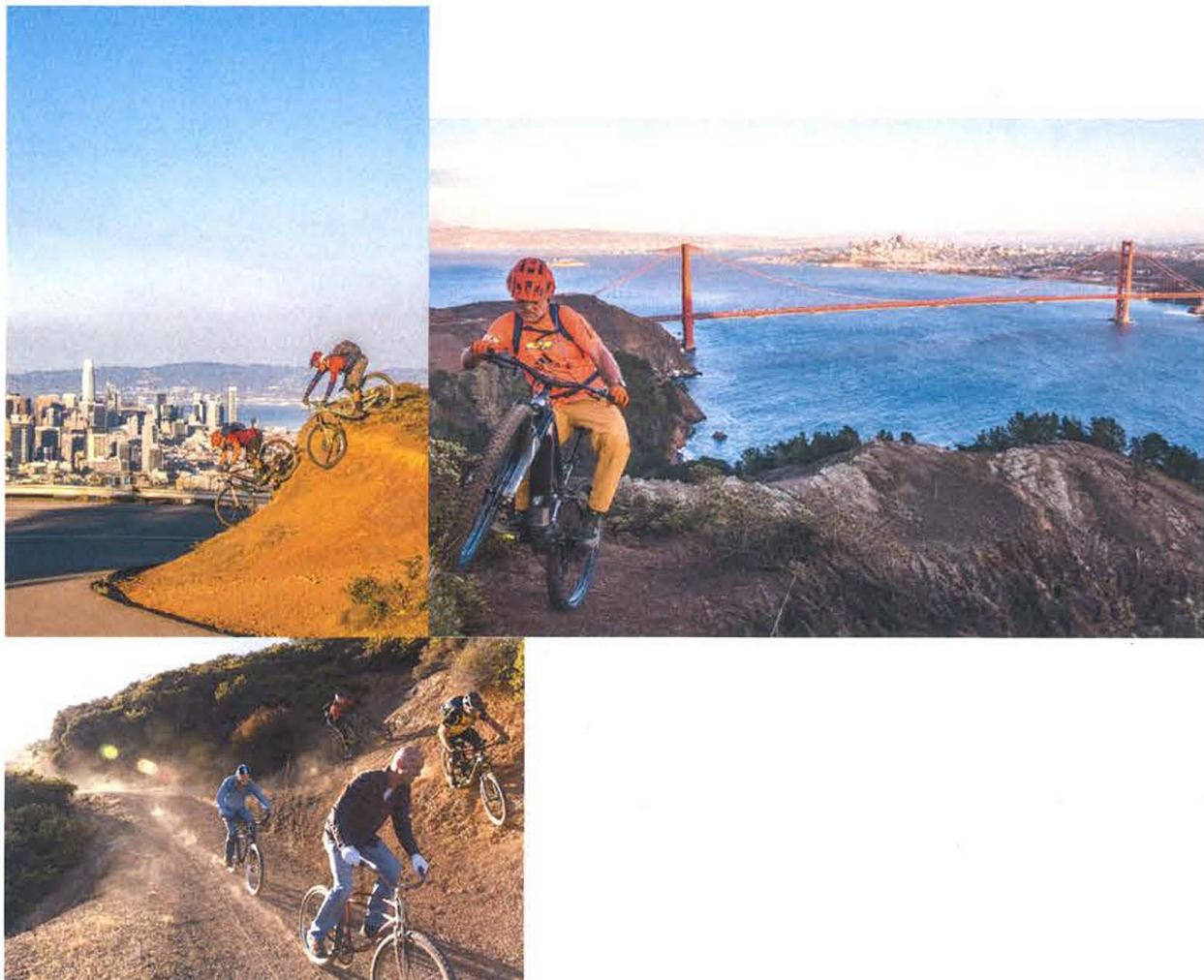
This project is currently in film post production and media distribution. The documentary film will be available on Dec. '21 and will be distributed to TV networks worldwide in 70+ countries, it will also be on various streaming and OTT platforms, incl. (Fuel TV, Outside TV, GlewedTV, etc).

As well as on Youtube, film festival submissions, 'Out of Home' and Info screens in Germany (train stations, restaurants, gas stations, etc...), airline inflight TV, ....

Once the film is released there will also be an online press release with photos and trailers to all major websites, such as Pinkbike, Vital, MTB News, etc....

In the meantime I already have the following publications confirmed to print and cover the feature story in their magazines as well as online platforms:

Velo Vert (France), Mountain Bike Action (USA and Italy), Mountain Bike Mag. (South Africa), ElektroRad (Germany), MKUK, eBlue Mag. (France), Bike Action (Brazil), Bike Board (Poland), Singletrack (UK), Bici Club (Arg./Chile), Cycling China, Bicikel (Slovenia), Mountainbiker (Spain), Mountain Bike Rider (Germany), Go Ride (Portugal), Velo Mag. (Czech), Electric Bike Action (USA), and counting.



# Print Media Exposure Highlights 2021

*Please keep in mind, all these features were also online and promoted through social media.*

Publication	Issue	Country	Pages	Content
MBUK	Oct	UK	Cover	400th issue
bike action Mag.	Jan	Brazil	Cover	Roadtrip
Bergstolz Mag.	#98	Germany	Cover	HongKong
Canadian Cycling	Jan	Canada	1	Wheelies
eBlue Ride Mag.	#1	France	8	Roadtrip
VTT Mag.	Apr	France	6	TransAngeles
bike Magazin	May	D/A/CH	1	Soundcheck
Bergstolz Mag.	#98	Germany	5	Roadtrip
MBUK	#390	UK	2	Heli Ebike NZ
Mountain Bike SA		South Africa	12	Tasmania
MT Biking Aus		Australia	6	Interview
BiciClub Mag	Feb	Arg./Chile	8	Roadtrip
bike action Mag.	Jan	Brazil	12	Roadtrip
Mountain Bike Action	Mar	USA	8	Roadtrip
MBUK	Jan	UK	6	eTrials Rob
BiciClub Mag	May	Arg./Chile	1	Tips & Tricks
BiciClub Mag	Jun	Arg./Chile	1	Tips & Tricks
BiciClub Mag	Jul	Arg./Chile	1	Tips & Tricks
MBUK	Oct	UK	2	Malvern
BiciClub Mag	Apr	Arg./Chile	1	Tips & Tricks
Mountain Bike SA	Autumn	South Africa	11	HongKong
eBlue Ride Mag	#2	France	2	Skills
ALPS Tours Catalog	2021	D/A/CH	Cover	NZ
La Provincia news	Jul 14.	Italy	1	Valtellina Fest
Mountain Bike Action	Dec	USA	2	Livigno
Electric Bike Action	Feb	USA	1	Napoli
Mountain Bike Action	Guide	USA	1	Pro Tips
Mountain Bike Action	Sept	USA	1	Pro Tips
Mountain Bike Action	Nov	USA	2	Zaskar retro
Freeride Mag	#2	D/A/CH	1	iXS helmet
Mountain Bike Action	June	USA	1	Half Way Rey







# YouTube Channel

## 2021 stats

511,000 Views - average view duration 9:14 Min

4,800,000 Minutes Watch Time

30,700 Subscribers (5,000 new subscribers in '21)

25 new edits posted (not counting Excuse My French episodes)

The screenshot shows the YouTube channel page for Hans Rey. The left sidebar includes navigation links: Home, Explore, Subscriptions, Library, History, Your videos, Watch later, Shooting the Shit w/..., and Show more. Below these are subscription recommendations: Electric Mountain, SR Suntour Inc., Global Mountain BL, Danny MacAskill, #RideShimano, GT Bicycles, VTOPO, and YouTube Premium. The main content area features a banner with three images: a cyclist, a graffiti piece, and a video thumbnail. Below the banner is the channel name 'Hans Rey' with 30.6K subscribers and buttons for 'CUSTOMIZE CHANNEL' and 'MANAGE VIDEOS'. The 'HOME' tab is selected, showing a video player with a 'Welcome to Hans Rey's YouTube Channel' video. To the right of the player is a 'SUBSCRIBE' button and a description: 'Welcome to my YouTube channel! Over the coming months I shall be uploading new videos, both modern and classics and adventures I have done during the course of my career. ... https://hansrey.com/ READ MORE'. Below the video player is a 'Popular uploads' section with a 'PLAY ALL' button and a row of six video thumbnails with their titles and view counts.

**Popular uploads** ▶ **PLAY ALL**

Video Title	Views	Time Ago
Mt Kilimanjaro & Mt. Kenya on MTB with Hans Rey, Dan...	1.1M views	2 years ago
TransAngeles Urban MTB Adventure   Full Length 4K  ...	333K views	2 years ago
Iceland Traverse MTB w Hans Rey & Steve Peat TV...	250K views	4 years ago
Iceland Traverse : Hans Rey & Steve Peat	236K views	5 years ago
TransNapoli Urban MTB Adventure with Hans Rey 4...	235K views	2 years ago
TransHongKong Urban MTB Adventure w Hans Rey &...	153K views	1 year ago



## Tips & Tricks How To series on YouTube

Switchbacks: <https://youtu.be/J9mobuGFEeo>

50,000 views

Bunnyhop: <https://www.youtube.com/watch?v=Fu2Qz1pIIGU&t=34s>

14,000 views

Down Stairs: <https://www.youtube.com/watch?v=04IN-eJRB2s&t=10s>

8,000 views

Up Stairs: <https://youtu.be/Xm030LOH4QE>

5,500 views

Backwheel Hop: <https://youtu.be/xDDmNE-yKso>

5,500 views

Wheelie: <https://youtu.be/kojdHzid9d0>

6,500 views

Trackstand: <https://youtu.be/HwOHt-8PkqA>

3,500 views

Berms: <https://youtu.be/YqlAoCv5P1I>

4,100 views

Endo/Pivots/180: <https://youtu.be/qL5IJ1SUmX0>

4,700 views

Ruts: <https://youtu.be/RpEHa5K3Y9E>

3,000 views



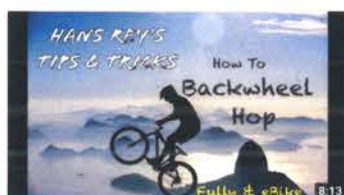
How to Bunnyhop - Hans Rey's Tips & Tricks

13K views · 8 months ago

Hans Rey

Hans Rey's Tips & Tricks is a new how-to series by the man who taught and in-

From the video descri



How To Backwheel Hop - Hans Rey's Tips & Tricks

5.4K views · 7 months ago

Hans Rey

Hans will teach you in this episode how to hop on your back wheel on a trials.

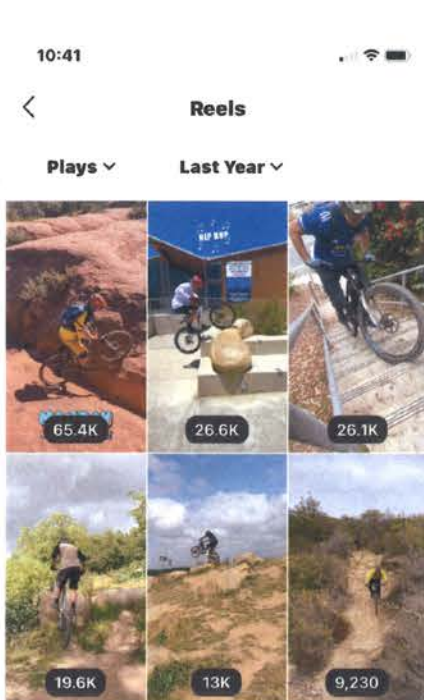
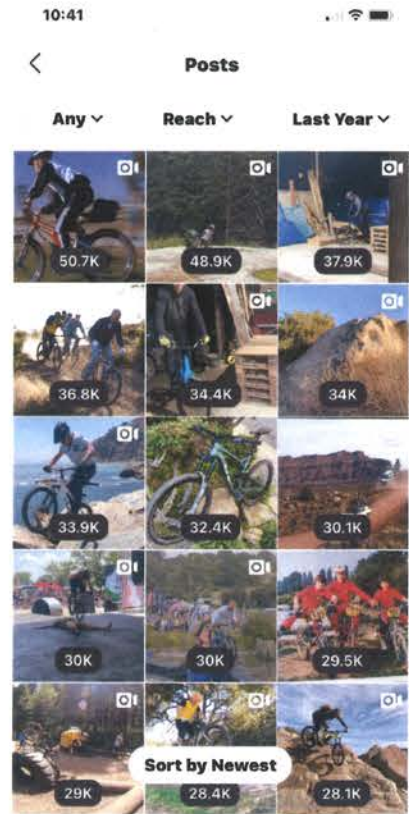


# Instagram

58,000 Followers  
6 Million Reach in 2021  
250 Posts  
417 Stories

I tagged each of you sponsors approx. 150 times

All Posts and Stories from Instagram have additionally been shared on my FB and Twitter accounts.  
I don't do 'Social Doping'; I've never have bought Followers, Likes or Comments



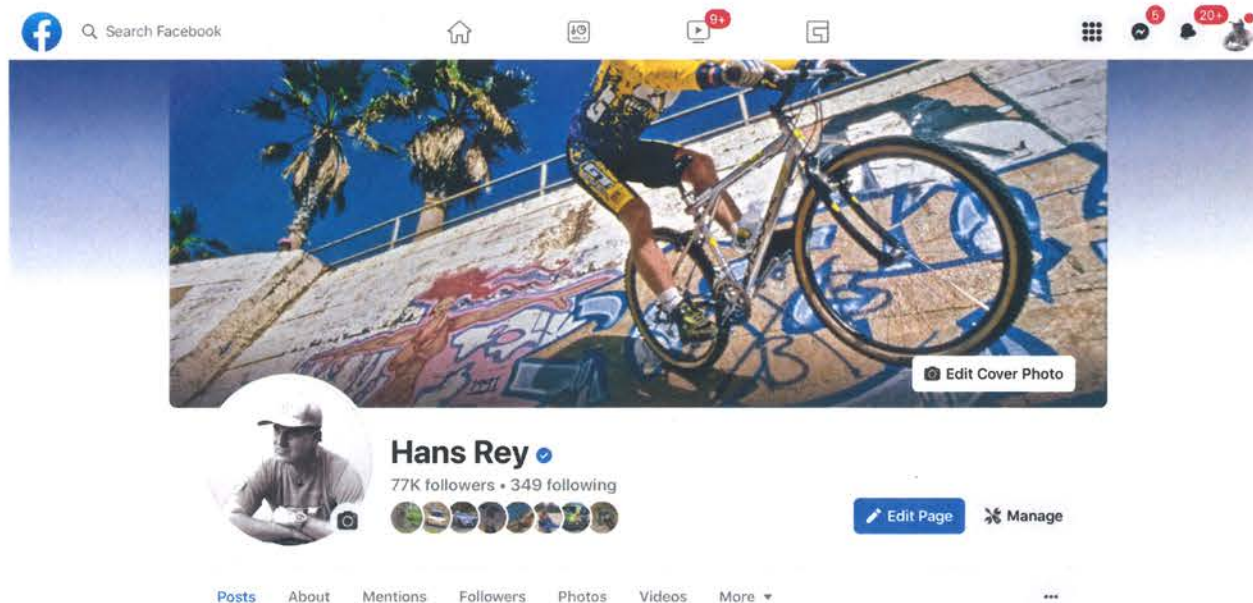


# Facebook

(Athletes Page)

**Followers: 78,000** (plus 18,000)


All my Instagram Posts and Stories are also shown on this page, plus I also post unique content on this page as well.













# Facebook


(Personal Page)

Friends: 5,000 (maximum) plus 4,054 Followers

Search Facebook


Hansjorg





## Hansjorg Rey

5K Friends





[Add to Story](#) [Edit Profile](#)


[Posts](#) [About](#) [Friends](#) [Photos](#) [Story Archive](#) [Videos](#) [More](#)


### Intro


[Add Bio](#)


 Works at GT Bicycles




 Lives in Laguna Beach, California

 Married

 Followed by 4,053 people

 [hansrey.com](#)


 What's on your mind?


 Live Video  Photo/video  Life Event

### Posts


[Filters](#) [Manage Posts](#)

[List View](#) [Grid View](#)

 **Hansjorg Rey**

November 19 at 2:15 PM · 

...



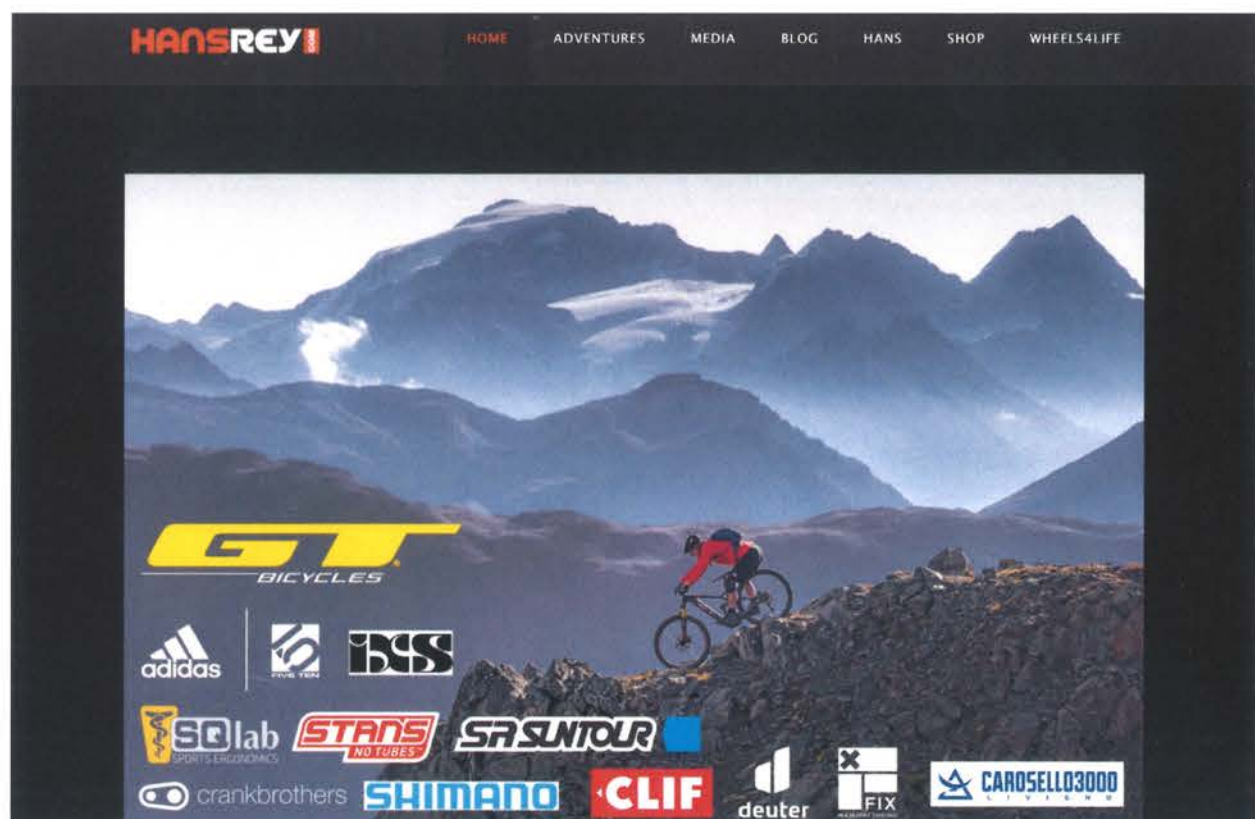


Website: [www.hansrey.com](http://www.hansrey.com)

27,000 unique visitors

60% age 18 – 34, 54% male / 46% female

Most popular pages: How-To section, Hans' bikes, Hans' adventures,....





## Third Party Video Projects '21

c

Part in new Danny MacAskill Video "Wheelies" Coming Out Soon

New Shimano Video - Evolution of Biking - Coming Out Soon.

Endless Possibilities - Adidas Five Ten campaign video 17,000

<https://youtu.be/833HM--yAS4>

Welcome Hans to WERX Team - SR Suntour edit 4,000

<https://youtu.be/2B9Akeibx8M>

Quiver Collective - Hans' bike collection 8,300

*This film has been accepted to the 2022 Bicycle Film Festival*

<https://youtu.be/d39KGdggFaY>

EMBN Jacobs Ladder climb 35,000

<https://youtu.be/8oGF5n5TcA0>

EMBN Ep.190 Peak District HalfWayRey 15,000

<https://youtu.be/cv7V-AMJSKc>

Full Travel - GT suspension documentary 82,000

<https://youtu.be/uGlzHjwFvn8>

A Brief History Of MTB Presentation 3,800

[https://youtu.be/WihEsp\\_Y0HQ](https://youtu.be/WihEsp_Y0HQ)

BayWa Global Engery Co. 'Wheels 4 Life' fundraiser video



## Podcasts:

DownTime Podcast as of Nov. 15. 14,000 downloads in 71 countries it is rated as one of the top 0.5% of all podcasts, my episode was one of their most downloaded <http://www.downtimepodcast.com/hans-rey/>

### Singletrack Podcast

<https://singletrackworld.com/2020/11/singletrack-podcast-the-one-where-chipps-talks-to-hans-rey/>

### Shin Dig podcast

<https://anchor.fm/the-shin-dig-media/episodes/GT-Rider--Extreme-MTB-King---HANS-No-Way-REY---Episode38-e14gmj3>

### Brett Tippie Podcast

<https://podcasts.apple.com/ca/podcast/brett-tippie-podcast/id1568451283?i=1000525623270>  
<https://youtu.be/hU8DBRzJGwQ>

### The Brand Explorer Podcast by Dirk Belling

Creating and leaving impressions for life w Hans Rey

<https://open.spotify.com/episode/6L1C3XaJs3pHL4gx-TWJNGq>


### New American Town Podcast


Bentonville Bike Festival


<https://www.buzzsprout.com/152254/8415025-bentonville-bike-fest-2021>

The Drop In Podcast with Duncan Shaw & Hans Rey  
*coming soon*

# Pinkbike homepage features 2021




DashboardInbox (0) twenty

Back in Stock.

FantasyHomeTravelPhotoVideoBuySellProductForumPlacesPBShop

Tags: Hans Rey




SR SuntourNov 11, 2021

### Video: Hans Rey on the Evolution of Mountain Biking

SR Suntour met up with Hans Rey in Livigno, Italy, to talk past, present, and future of mountain biking.

[Read More](#) | 35 Comments

VideoSR SuntourHans Rey




Downtime PodcastSep 14, 2021

### Podcast: Hans Rey Talks About His Incredible Career

Hans Rey is a mountain bike legend.

[Read More](#)

PodcastsHans ReyDowntime Podcast




Five TenJun 3, 2021

### Video: Danny MacAskill, Veronique Sandler & More Share their Local Riding Spots in 'Endless Possibilities'

Danny MacAskill, Vero Sandler, Darren Barreclough, Martin Soderstrom, Kenny Belaay, Hans Rey, Brad Simms and Thomas Genon document their local riding adventures.

[Read More](#) | 12 Comments

VideoRiding VideosFive TenDanny MacaskillDarren BarrecloughHans ReyKenny BelaayMartin SoderstromThomas GenonVeronique Sandler




Sayer DanforthMar 16, 2021

### Video: Hans Rey Tells the Stories Behind his Classic Bike Frames

Still a pioneer and always a collector, Hans Rey has some great tales to tell.

[Read More](#) | 40 Comments

VideoHans Rey




Ed SprattFeb 20, 2021

### Video: Hans Rey, Steve Peat & Danny MacAskill's Scottish Adventure

Hans Rey digs up this classic edit of his Scottish road trip with Steve Peat & Danny Macaskill from the film 'Find'.

[Read More](#) | 19 Comments

VideoRiding VideosDanny MacaskillHans ReySteve Peat




SR SuntourFeb 11, 2021

### SR Suntour Welcomes Hans Rey to the Team

Hans Rey will be joining SR Suntour's Wernx Athlete Team.

[Read More](#) | 39 Comments

Industry NewsPress ReleasesSR SuntourHans Rey



Ed SprattDec 7, 2020

### Video: Hans Rey & Rob Warner Test their Trials Skills on eMTBs

Hans Rey and Rob Warner put their skills to the test as they tackle some technical trials lines.

[Read More](#) | 33 Comments

eMTBVideoRiding VideosHans ReyRob WarnerVlogs



# Digital Online features & exposure

***many of the online features are much bigger than traditional print features, often they use 20-30 photos as well as links to videos.***

GoRide Mag. Portugal – Roadtrip

<https://www.goride.pt/como-foge-hans-rey-a-covid-19-a-pedalar-nos-desertos-da-california-e-mais-alem/>

EMBN Jacobs Ladder ebike climb Hans & Steve Jones

<https://youtu.be/8oGF5n5TcA0>

MTB-Mag Italy Roadtrip

<https://www.mtb-mag.com/fuga-dal-lockdown/>

Pinkbike FiveTen campaign

<https://www.pinkbike.com/news/video-danny-macaskill-veronique-sandler-and-more-share-their-local-riding-spots-in-endless-possibilities.html>

Mountain Bike Action Roadtrip feature

<https://mbaction.com/adventures-with-hans-rey/>

MBA Steep & Technical video

<https://mbaction.com/getting-steep-technical-with-hans-rey/amp/>

Cycling Independent NZ Heli feature

<https://cyclingindependent.com/e-bike-touring-in-new-zealand-with-hans-rey-by-helicopter/>

Cycling Mag. Canada Interview

<https://www.pressreader.com/canada/canadian-cycling-magazine/20201115/281702617238079>

FreerideTribe - White Line

[https://www.freerideTribe.com/hans-rey-rides-the-white-line-in-sedona-arizona/?fbclid=IwAR1tgrVPAQ1U9CkmiSxBCduXfwQrrhXvvtG\\_VVIUtQTqZJY4DqQBHnaerCE](https://www.freerideTribe.com/hans-rey-rides-the-white-line-in-sedona-arizona/?fbclid=IwAR1tgrVPAQ1U9CkmiSxBCduXfwQrrhXvvtG_VVIUtQTqZJY4DqQBHnaerCE)

Pinkbike Poll: 60 notable mountain bikers

<https://www.pinkbike.com/news/pinkbike-poll-which-of-these-60-notable-mountain-bikers-do-you-recognize.html>

Singletrack Podcast

<https://singletrackworld.com/2020/11/singletrack-podcast-the-one-where-chipps-talks-to-hans-rey/>

Pinkbike: ebike Trials w Rob Warner

<https://www.pinkbike.com/news/video-hans-rey-and-rob-warner-test-their-trials-skills-on-emtbs.html>

GT contest: <https://www.youtube.com/watch?v=2Zfve5WLAY0>

MountainBiking Australia Interview

<http://www.mtbiking.com.au/news/hans-rey-evolution-of-a-mountain-biker>

Pinkbike Monday Movies Aaron Lutze Clip

<https://www.pinkbike.com/news/movies-for-your-monday-december7-2020.html>

MBUK eBike Trials Hans Rey & Rob Warner

<https://www.mbuk.com/articles/video-hans-rey-and-rob-warner-try-e-bike-trials-riding/>

MBA eBike Trials

<https://mbaction.com/watch-hans-rey-rob-warner-putting-their-riding-skills-to-the-test/>

Flipboard.com eBike Trials

<https://flipboard.com/topic/cycling/watch-hans-rey-rob-warner-putting-their-riding-skills-to-the-test-mountain-/f-732b7afef6%2Fmbaction.com>

MBA Tasmania

<https://mbaction.com/tasmanias-bucket-list-trails/>

TCI Friday - Cycling Independent

<https://cyclingindependent.com/tci-friday-7/>

Redbull Best Movies - Kilimanjaro

<https://www.redbull.com/us-en/best-mountain-bike-movies>



Bikerumor puzzle:

<https://bikerumor.com/2021/01/11/piece-together-indoor-fun-with-puzzle-featuring-four-decades-of-hans-rey/>

Velomotion Roadtrip online:

<https://www.velomotion.de/magazin/2021/01/roadtrip-mit-hans-rey-escaping-covid/>

Biciclub Arg./Chi Roadtrip <https://biciclub.com/314-febrero/>

[https://biciclub.com/revistas-2021/#dflip-df\\_87803/32/](https://biciclub.com/revistas-2021/#dflip-df_87803/32/)

SunTour release

<https://www.srsuntour.com/ja/news/details/news/sr-suntour-welcomes-mountain-bike-legend-hans-rey-to-the-team/>

Vital MTB Suntour

<https://www.vitalmtb.com/news/press-release/Hans-Rey-Signs-with-SR-Suntour.4288>

Pinkbike Suntour

<https://www.pinkbike.com/news/sr-suntour-welcomes-hans-rey-to-the-team.html>

Whip MTB Suntour

<https://www.whip-mtb.com/feeds/60251a320f9e11c26ca9e6f4/sr-suntour-welcomes-hans-rey-to-the-team>

Cycling Independent Stairsteps ebike video

<https://cyclingindependent.com/weekend-motivation-technical-and-steep-e-biking-with-hans-rey/>

Pinkbike Find – Scotland edit

<https://www.pinkbike.com/news/video-hans-rey-steve-peat-and-danny-macaskills-2010-scottish-adventure.html>

ebike Action Mag. 7 - reasons to ride

<https://electricbikeaction.com/7-reasons-to-ride/?fbclid=IwAR0DAbmYnlhiESUagbQESlqXO8lvGxlbVxqQHajA42eheAtODW0qwAkRoGs>

Mountain Bike Action: How-to bunnyhop

<https://mbaction.com/hans-reys-tips-tricks-how-to-bunnyhop-your-way-to-success/>

Pinkbike Quiver Collection video

<https://www.pinkbike.com/news/video-hans-rey-tells-the-stories-behind-his-classic-bike-frames.html>

Bike Today Suntour

<https://biketoday.news/article/hans-no-way-rey-on-board>

Radavist Quiver

[https://theradavist.com/2021/03/hans-reys-quiver-collection/?utm\\_source=rss&utm\\_medium=rss&utm\\_campaign=hans-reys-quiver-collection](https://theradavist.com/2021/03/hans-reys-quiver-collection/?utm_source=rss&utm_medium=rss&utm_campaign=hans-reys-quiver-collection)

BikeRumor Quiver

<https://bikerumor.com/2021/03/16/quiver-collective-with-hans-rey-shows-us-his-n-1-bicycle-collection/>

MBA How to ride stairs

<https://mbaction.com/watch-hans-reys-tips-tricks-how-to-conquer-those-stairs/>

Beta Quiver

<https://www.betamtb.com/culture/hans-reys-lifetime-quiver-video/>

Whip-MTB Quiver

<https://www.whip-mtb.com/feeds/6050c5e1bd6015903f78070e/video-hans-rey-tells-the-stories-behind-his-classic-bike-frames>

Swiss Cycles Quiver

<https://www.swisscycles.com/quiver-collective-mit-hans-rey-zeigt-uns-seine-n-1-fahrradkollektion/>

MTB News.de

<https://www.mtb-news.de/news/hans-rey-bike-klassiker/>

Singletracks.com Quiver

<https://www.singletracks.com/mtb-gear/quiver-collective-with-hans-rey-video/>

BiciClub How To Series: Ride down stairs

<https://biciclub.com/316-abril/#cbox>

idnpos.com How to Trackstand

<https://www.idnpos.com/video/how-to-trackstand-hans-reys-techniques-techniques-tricks>



Fuel TV Urban Adventure series

<https://plus.fuel.tv/athlete/Hans%20Rey?sort=za>

GoGo Mag India Interview

<https://gogomagazine.in/hans-rey-mountain-biker-adventurer-trials-rider-hall-of-fame-founder-of-wheels-4-life-charity/>

Bici Club Tips&Tricks

<https://biciclub.com/317-mayo/#revista>

Swisscycles St. Helen Trail

<https://www.swisscycles.com/hans-rey-tries-new-st-helens-mtb-trail-mountain-biking-in-tasmania/>

MBA - How to Endo

<https://mbaction.com/video-how-to-endo-pivot-and-180-with-hans-rey/>

Mountain Bike Gateway - Endo How To

<https://mountainbikegateway.com/video-how-to-endo-pivot-and-180-with-hans-rey/>

Singletrackworld: Five Ten - Endless Possibilities campaign

<https://singletrackworld.com/2021/06/video-adidas-five-ten-athletes-film-bike-home-videos/>

Bici Club How to Wheelie

<https://biciclub.com/318-junio/#revista>

Brett Tippie Podcast

<https://youtu.be/hU8DBRzJGwQ>

La Gazzetta Great Days

<https://www.gazzetta.it/bici/13-07-2021/estate-mountain-bike-livigno-caccia-tesoro-quota-4102698789506.shtml>

MTB Pro Spain - Pacific Blue

<https://www.mtbpro.es/afondo/serie-de-tv-pacific-blue-cuando-hans-rey-era-una-estrella-de-hollywood>

43Ride.com Poland - Great Days Festival Livigno video

[https://43ride.com/en/events/2021/great-days-2021-carosello-3000-livigno/?fbclid=IwAR36zbvCxfNG7kmjH75Pv7KvyLOY\\_drKBoLDEaVCqHVo6OiCe-110ORyWcw](https://43ride.com/en/events/2021/great-days-2021-carosello-3000-livigno/?fbclid=IwAR36zbvCxfNG7kmjH75Pv7KvyLOY_drKBoLDEaVCqHVo6OiCe-110ORyWcw)  
<https://43ride.com/events/2021/great-days-2021/>

EMBN Ep.190 Peak District HalfWayRey

<https://youtu.be/cv7V-AMJSKc>

Lake Ride Malverns Pinkbike

<https://www.pinkbike.com/news/photo-epic-wet-and-wild-lake-ride-at-the-malverns-classic.html>

Lake Ride FB post

<https://fb.watch/7MiXr2cQh5/>

Downtime Podcast Pinkbike

<https://www.pinkbike.com/news/podcast-hans-rey-talks-about-his-incredible-career.html>

Vital MTB Suntour video

<https://www.vitalmtb.com/community/SRSuntour,27392/blog/11/09/2021/entry/3597>

Pinkbike Suntour video


<https://www.pinkbike.com/news/video-hans-rey-on-the-evolution-of-mountain-biking.html>










# Twitter


**Followers: 16,400**

I'm not very active on Twitter, with no growth. But I do post most of my Instagram posts also on my Twitter account.




-  Home
-  Explore
-  18 Notifications
-  Messages
-  Bookmarks
-  Lists
-  **Profile**
-  More

**Tweet**






**Hans Rey**  
7,164 Tweets



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**Hans Rey**  
@HansNoWayRey

Mountain Biker/Adventurer/Trials Rider, Hall of Fame, Founder of Wheels 4 Life a non profit charity that provides bikes to Third World countries

 Laguna Beach, California  [hansrey.com](https://hansrey.com)  Joined January 2009


250 Following 16.4K Followers

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**Hans Rey** @HansNoWayRey · 2h

[#mondaymotivation](#) trials session at the Golden Gate Bridge in San Francisco. Stay tuned for the [#SlayTheBay](#) film soon.

 [@thecarmenrey](#) @ Golden Gate Bridge San Francisco



instagram.com  
Hans Rey (@hansnowayrey) · Instagram photo

  1  4  



[www.wheels4life.org](http://www.wheels4life.org)

We continue our volunteer mission to provide bicycles to people in need of transportation in developing countries. We managed to donate approx. 1,000 bicycles in 2021 which adds up to over 16,000 bicycles donated since we started our mission in 2005.

Thank you to those who support us and please consider supporting us moving forward. W4L is a non-profit 501c3 charity.

www.wheels4life.org

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A Hans & Carmen Rey Charity

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**WHEELS 4 LIFE CHANGES LIVES**

A bicycle can make all the difference in a person's life. It can be the difference between having a job or not, going to school or not, seeing a doctor or not...

Latest News from Wheels 4 Life

TOTAL BIKES DELIVERED:

**14850**





## **Events '21**

**Skypark Festival Lake Arrowhead, CA**

**Bentonville Bike Fest, Arkansas**

**Valtellina eBike Festival press conference (Italy)**

**Great Days Festival – Carosello 3000 – Livigno (Italy)**

**Malvern Classic Festival, Eastnor UK**

**Sea Otter Classic, Monterey, CA**

**Sedona MTB Festival, Arizona**



## **Outlook 2022**

**Urban MTB Adventure project in Mexico City.**

**Patagonia ebike expedition.**

**Working on media and bike tourism projects in Livigno, Valtellina (Italy) and Allgäu (Germany).**

**Expand Youtube Channel.**

**Sponsor promotions, personal experiences, consultation (trends, R & D and marketing ideas) plus video projects and custom content.**

**Event appearances at festivals, trade shows and races.**

**Advocacy: IMBA honorary board, Wheels 4 Life founder & Exc. Director, Hall of Fame selection committee, All Kids Bike ambassador, and various local and national trail associations.**

**I will continue to divide my time between USA and UK/EU and other international locations**



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# BETA

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## Hans Rey's Lifetime Quiver – Video

## PRESS RELEASE

# Hans Rey Signs with SR Suntour

*Bunny Rabbit Hans has a new partner for continued global explor*

**BHowell**

2/11/2021 7:15am



Currently, Hans' focus is on his Urban Adventure series. After exploring many remote corners of the world in the past decades, he is now intrigued by cities that are surrounded by incredible nature and trails. The contrast between nature and harmony, and the urban jungle and cultures. Also, these adventures are perfectly suited for his passion for e-bikes. He takes riders from other disciplines and even



Mountain Biking

## Hans Rey rides the “White Line” in Sedona, Arizona

April 5, 2020 FreerideTribe

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*“Check out Hans Rey riding the famous and dangerously exposed White Line in Sedona, Arizona. With a nose-wheelie entrance and a tricky and sketchy exit line all the way down to the bottom. Footage by Kenny Wehn and Steve Spencer” – CREDIT: [Hans Rev](#)*



[Home](#) > [Articles](#) > **Video – Hans Rey and Rob Warner try e-bike trials riding**



## VIDEO – HANS REY AND ROB WARNER TRY E-BIKE TRIALS RIDING

Two MTB legends test their technical skills to the limit – and have a right laugh doing so

Published: December 10, 2020 at 7:33 am



[Hans Rey](#) is the godfather of mountain bike trials. [Rob Warner](#) is an all-round MTB legend whose first love was motocross trials. Get the two together and throw e-bikes into the mix and you've got a whole new discipline! You can read our full feature in the [December issue of MBUK \(389\)](#), out now. Here's Hans's video from the day. Warning: NSFW, due to Warner's potty mouth.



E-bike trials session Hans Rey & Rob

# E-bike Trials



Watch later



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## HANS REY – MOUNTAIN BIKER, ADVENTURER, TRIALS RIDER, HALL OF FAME, FOUNDER OF 'WHEELS 4 LIFE' CHARITY

Posted by Anirudh Chandel | Apr 18, 2021 | Lifestyle | 0 ● | ★★★★★

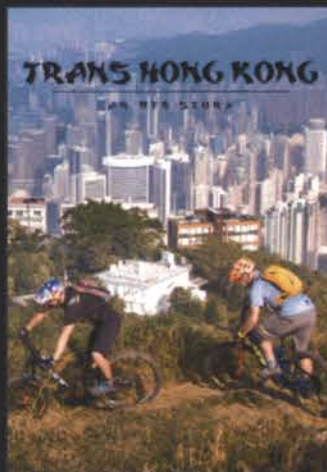
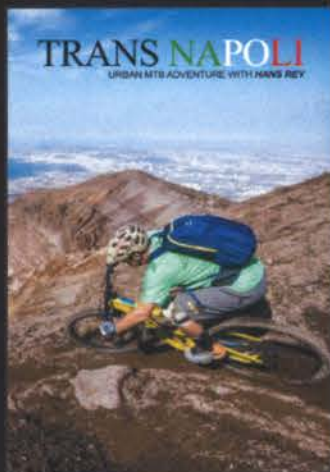


Hans Rey, multiple Trials National and World Champion, is one of the pioneers of Trials and Extreme



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## Videos Featuring Hans Rey



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ESPECIAIS VÍDEOS

# Como fuge Hans Rey à Covid-19? A pedalar nos desertos da Califórnia... e mais além!

Por **GORIDE TEAM** © 28 de Dezembro, 2020



Roadtrip with Hans Rey



Watch later



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## Resultados de la búsqueda para "Hans Rey"



VIDEOS / 3 meses atrás

**Hans Rey Tips & Tricks videos: cómo subir escaleras con la técnica más eficiente**

Protagonizado por el mejor y más experimentado en la materia, un imperdible video para aprender paso a paso como subir escaleras y terrenos técnicos en una...



VIDEOS / 3 meses atrás

**Hans Rey Tips & Tricks videos: cómo hacer el wheelie más sublime**

Protagonizado por el mejor y más experimentado en la materia, un imperdible video para aprender paso a paso como hacer a la perfección el truco de...



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**Hans Rey Tips & Tricks videos: cómo hacer el mejor bunnyhop con tu MTB**

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DEPORTE Y ENTRENAMIENTO / 5 meses atrás

**Hans Rey Tips & Tricks videos: cómo bajar escaleras**

Un video imperdible donde aprender del mejor de todos las técnicas más refinadas para bajar escaleras con elegancia y precisión. Para ver los subtítulos del video...



DEPORTE Y ENTRENAMIENTO / 1 año atrás

**Hans Rey en Tasmania: Un pueblo minero transformado en una meca del MTB**

En la segunda visita de Hans Rey al pueblo de Derby\*, en Tasmania (Australia), hoy convertido en uno de los destinos preferidos de los bikers de...



CICLOTURISMO / 2 años atrás

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/ 6 horas atrás

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DEPORTE Y  
ENTRENAMIENTO  
/ 8 horas atrás

Se corrió en Tucumán un Rally Trasmontaña al horno, quizás el más exigente de su historia

CICLOTURISMO  
/ 3 días atrás

Un día en bicicleta por el Valle del Manso, un retazo patagónico del paraíso



ACCESORIOS / 4 días atrás

#Vidriera con precio: Casco Rudy Project Venger Cross





VIDEO

## Hans Rey's Tips & Tricks: How To Bunnyhop Your Way To Success

# How To Bunnyhop Your Way To Success

By Hans Rey

Hans Rey's Tips & Tricks is a new how-to series by the man who taught and inspired generations of riders and who has even taught a monkey how to ride a bike. In this episode, he will teach you how to bunnyhop your mountain bike or eBike over obstacles.

You never know when you might have to jump a rattlesnake on the trails. Hans will break down this technique into individual steps and will share with you tips, secrets and shortcuts in order for you to learn from his experience in minutes.





RADAR

## Hans Rey's Quiver Collection

MARCH 16, 2021

MTB trials champ [Hans Rey](#) walks us through his collection of vintage frames in the latest video by [Sayer Danforth](#).

### VIDEOS

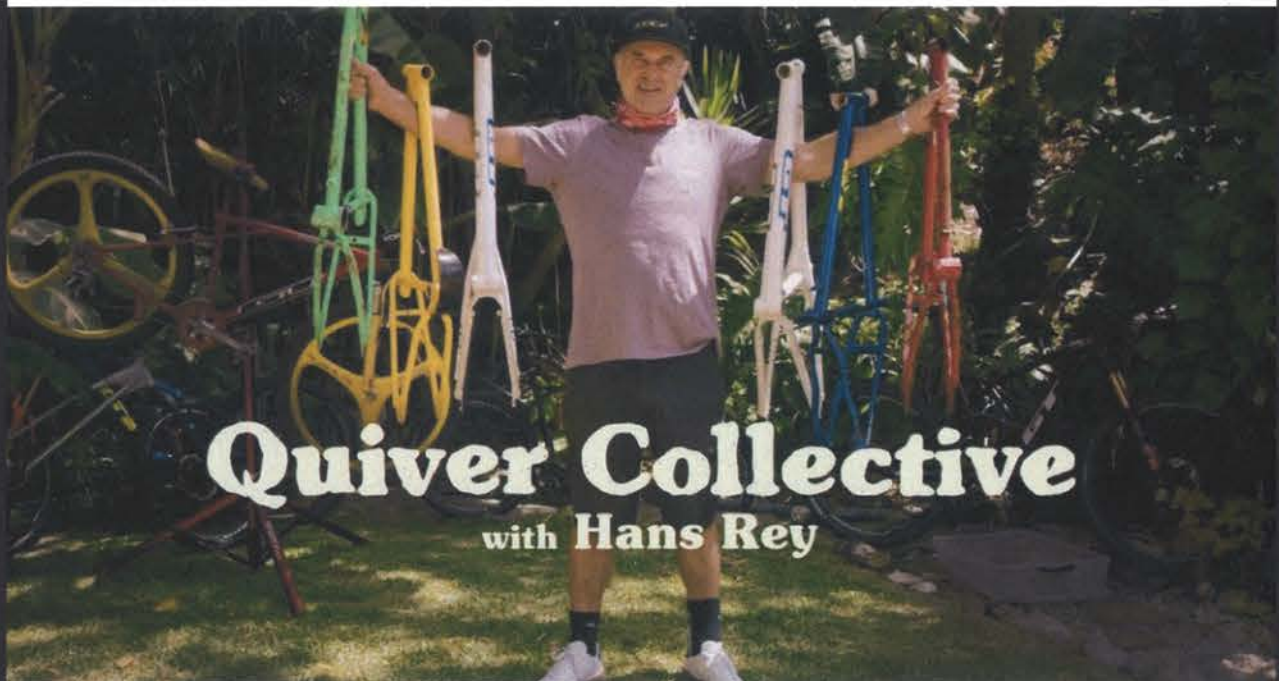
[#hans-rey](#), [#mtb](#), [#vintage](#)







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Reise in die Vergangenheit

## Hans „No Way“ Rey zeigt seine Bike-Klassiker



Johannes Herden ▼

🕒 21. März 2021 📁 Videos 💬 37

**Hans Rey ist eine echte Legende des Mountainbike-Sports. Der im Trialbereich groß gewordene GT-Fahrer entführt uns in fünf Minuten in seine Fahrradvergangenheit – indem er die alten Rahmenschätze und Bikes herauskramt und Geschichten dazu erzählt.**

## Quiver Collective: Hans Rey Shares the Bikes in His Garage [Video]

BY VIDEO SHARE MARCH 25, 2021



Quiver Collective is a series that invites the viewer to look into a collection we might not otherwise ever get to see. From professionals to enthusiasts these collections might be fit for a museum someday, but for now here is the visual archive. Join in as we go to private homes, garages, closets, backyards, vaults, even shoeboxes. These are the stories of the collectors of memories because it's important to them.







**SWISS CYCLES**



[Home](#) > [Video](#) > [Hans Rey Tries New St Helens MTB Trail | Mountain Biking in Tasmania](#)

# Hans Rey Tries New St Helens MTB Trail | Mountain Biking in Tasmania

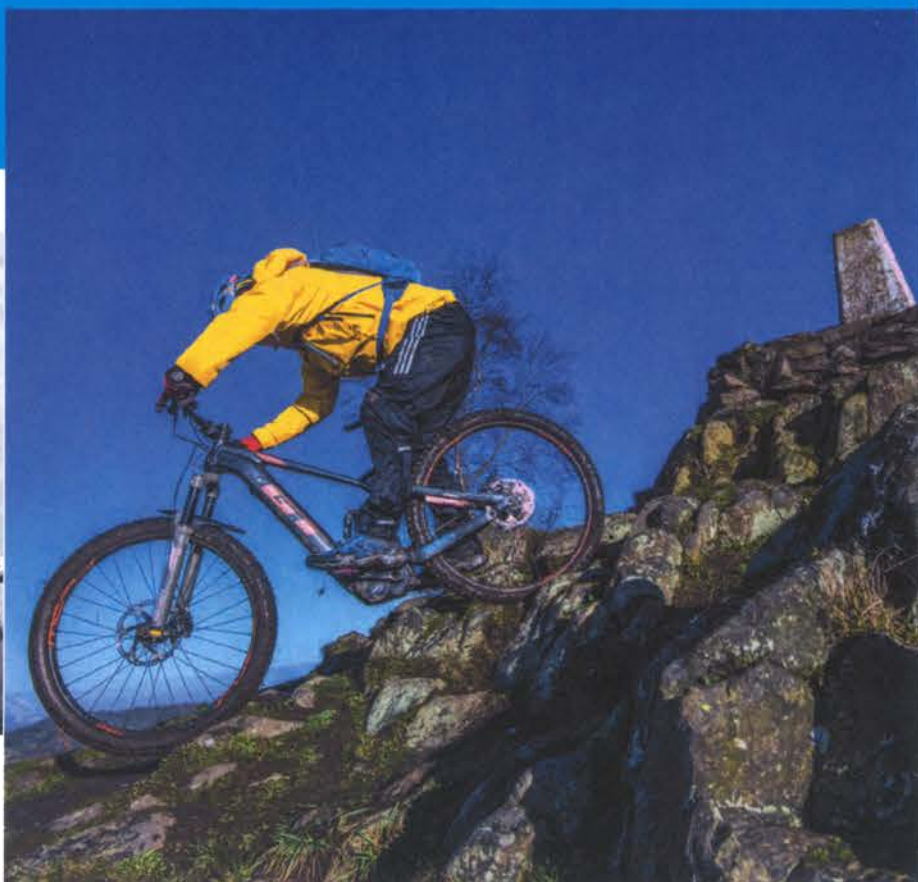
 Cycling Expert  12/05/2021  Video





Entretien avec :

**Hans Rey**  
Ex champion du monde de trial,  
pionnier du freeride



## Vers un nouveau format ?

Ex champion du monde de trial, pionnier du freeride basé en Californie, Hans Rey est désormais un aventurier du VTT et du VTAE. Il nous avait parlé il y a quelque temps de son idée de compétition VTAE appelée Skills (ou e-Skills). Voyons ce que Hans propose.

**eBlueRide : Peux-tu nous expliquer ce qu'est Skills ?**

Hans Rey : C'est un nouveau format de compétition VTAE qui combine toutes les compétences du vélo (enduro, XC, trial...). Sur un terrain naturel, les coureurs doivent négocier une boucle qui comporte des sections Skills où ils devront marquer des points (0, 2, 5 ou 10) en fonction de la distance parcourue dans chaque section avant d'échouer (pied à terre). Le coureur avec le score le plus élevé gagnera. Le temps n'est pas un facteur majeur dans cette épreuve, mais peut être utilisé dans certaines sections où il y aura une durée globale pour terminer toute la section.

Trois types de sections seront privilégiées :

- Progression : au plus loin ira le pilote, au plus il gagnera de points.
- Chronomètre : plus il sera rapide, puis il aura de points.
- Choix multiples : différentes lignes s'offriront à lui. Il faudra qu'il fasse le bon choix et termine sa ligne pour gagner les points en rapport avec son choix. Mieux vaut prendre 2 points sur une ligne facile, plutôt que de tenter la ligne extrême à 10 points et échouer ! Ce sera très stratégique !

**eBR : Qui pourra participer ? Et sous quelles conditions ? As-tu déjà des adeptes ?**

H.R. : Tous les types de pilotes et athlètes ! Car ici ce sont l'ensemble des aptitudes (Skills) sur un vélo qui seront nécessaires pour gagner. Il ne sera pas obligatoire d'être le meilleur descendeur ou meilleur trialiste pour remporter l'épreuve. L'idée n'est pas de mettre de très gros obstacles ou des franchissements dangereux. Le coureur sera

« LES VTAE DOIVENT TROUVER LEUR PROPRE IDENTITÉ ET DES FORMATS D'ÉVÉNEMENTS QUI REFLÈTENT LA PHILOSOPHIE DES MACHINES. »

autorisé à apporter des batteries de rechange pour la compétition mais sera tenu de les transporter sur tout le parcours (à l'exception de sections où la batterie peut être temporairement déposée). En fait celui qui voudra plus de puissance sera pénalisé par le poids de son sac durant toute l'épreuve ! Concernant les coureurs, de nombreux athlètes sont déjà au courant et beaucoup aiment l'idée !

**eBR : Pourquoi avoir imaginé une telle épreuve ?**

H.R. : Je pense que les disciplines traditionnelles ne sont pas nécessairement intéressantes ou bonnes pour les vélos électriques. Les VTAE doivent trouver leur propre identité et des formats d'événements qui reflètent la philosophie des machines. Le leitmotiv est : amusant et plus facile. Sincèrement, il n'y a rien d'amusant ou de facile dans une course XC avec des vélos électriques où les coureurs surpassent la capacité moteur. Actuellement, seul le format enduro est logique en VTAE. Pour revenir au XC, courir contre la montre sur un VTAE est un non-sens. Si un coureur pèse 20 kg de plus qu'un autre, il n'a aucune chance de gagner. Je pense que Skills donne du sens à la compétition VTAE, surtout en remplacement du XC.

**eBR : Quel est ton planning ? As-tu des contacts auprès de l'UCI par exemple ?**

H.R. : Je devais lancer l'événement en 2020, mais la Covid a fait le reste. Cette année, il faut que je trouve un organisateur qui souhaiterait organiser un événement test avec moi.

Concernant l'UCI, non pas vraiment. Je pense que les nouveaux sports peuvent mieux se développer et évoluer sans fédération. Laissez-les grandir naturellement et trouver leur identité. Tout comme cela s'est produit avec le VTT il y a 30 à 40 ans. Je pense aussi que la majorité des gens qui achètent des vélos électriques ne sont pas intéressés par les compétitions classiques. L'idée est de rouler et de s'amuser, le reste viendra naturellement.



**Hans Rey Tips & Tricks:** En este video, Hans nos enseña a subir escaleras y terrenos técnicos en una MTB tradicional y en una con asistencia eléctrica. Una gran lección para principiantes, pero también para ciclistas avanzados que quieran superar mejor los obstáculos en un sendero. Hans analiza la técnica y también nos muestra el enfoque diferente en una bicicleta eléctrica frente a una MTB normal. Tips & Tricks de **Hans Rey** es una serie de instrucciones del hombre que enseñó e inspiró a generaciones de ciclistas. [VIDEO](#)



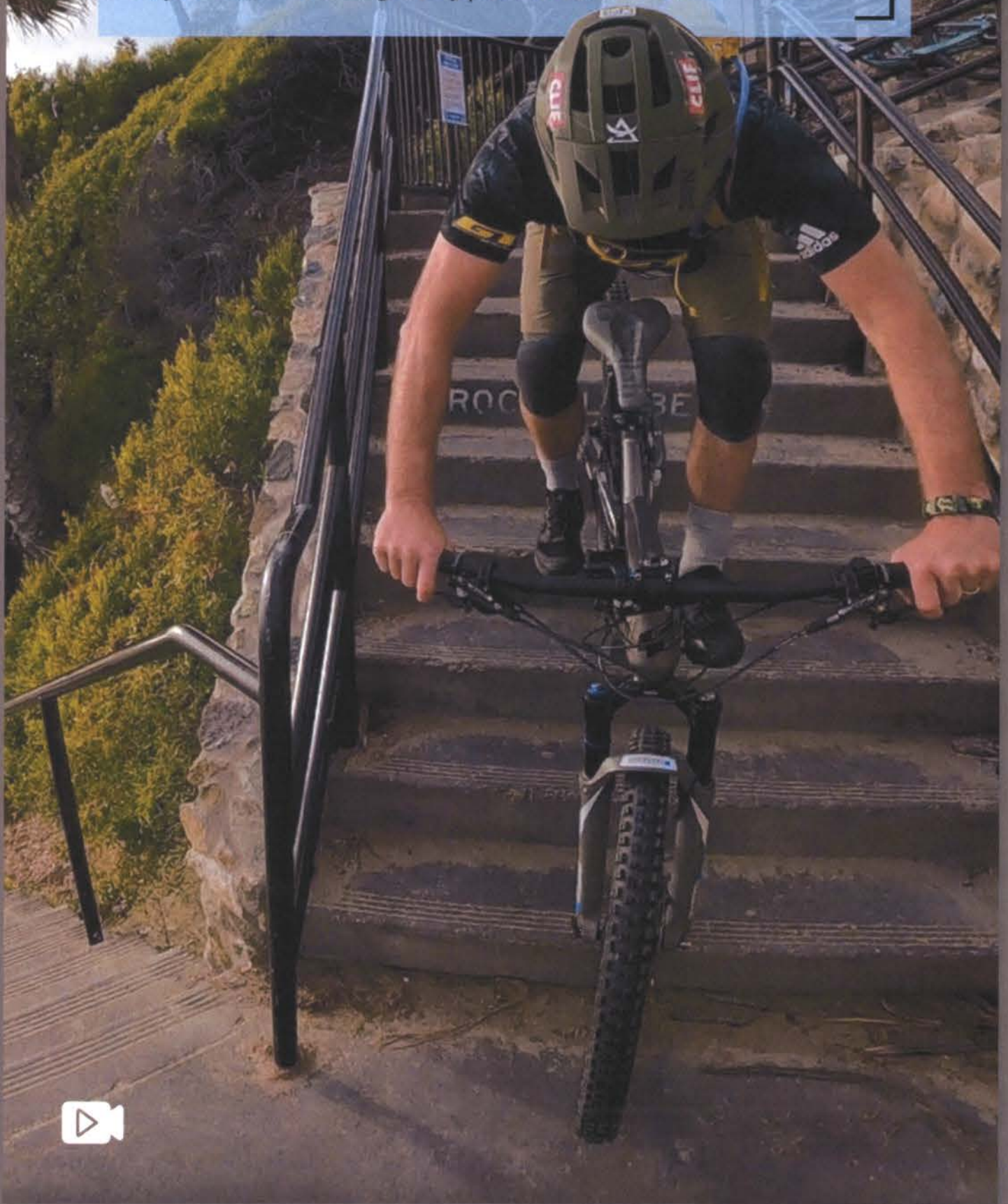


「 **Hans Rey Tips & Tricks:** cómo hacer el mejor bunnyhop con tu MTB. Protagonizado por el mejor y más experimentado en la materia, un video para aprender paso a paso como hacer uno de los recursos más utilizados en el ciclismo de montaña. [VIDEO](#) ←

」



「 **Hans Rey Tips & Tricks:** cómo bajar escaleras. Un video imperdible donde aprender del mejor de todos las técnicas más refinadas para bajar escaleras con elegancia y precisión. [VIDEO](#) ← 」





┌ **Hans Rey Tips & Tricks:** El wheelie, el truco de todos los trucos para hacer con tu bicicleta, que no solo es divertido para lucirte ante tus amigos sino muy pero muy útil en los senderos de montaña. La técnica refinada incluye múltiples movimientos simultáneos que dificultan su aprendizaje. **Hans Rey** te explica en un genial video cada paso y te regala valiosos tips para llevar tu wheelie a la excelencia. [VIDEO](#) └





# Really Good Wheelies with Hans Rey

Yes way. Learn the fine art of the pedalling on one tire from the trials maestro himself

by **Steve Thomas**

"It will open up line options you have out on the trail."



**T**he wheelie was something nearly all of us aspired to do in our younger days. Perhaps the seriousness of life and growing older kicked that ambition out of us. Somewhere along the line, the once-fun trail of life became somewhat straighter and a whole lot less fun, or at least it did for many of us. Then came Peter Sagan, a talented road racer with a mountain biker's soul. The pro not only set races alight with his victorious flair, but also reintroduced the cool of pedalling with his front wheel in the air to all of us.

Long before Sagan, there was Hans "No Way" Rey, a trials riding world champion turned mountain biking icon. He defined the art of the wheelie for many of us. Rey is still pulling wheelies with a sense of fun that we could all use a shot of at times. The move has a very practical element to it, too. It's at the very core of many technical trail skills, enabling you to pull off tricky manoeuvres with style. "Learning a wheelie is not only cool, it also helps you to become at one with your bike, which will improve your riding style and open up line options you have out on the trail," Rey says.

"To learn wheelies takes time and lots of practice," he adds. "That's why you find kids in every neighbourhood who can ride for miles and you also find pro riders who can't do them."

To wheelie as well as the young rider in your neighbourhood, follow these tips from Rey:

## Lower your saddle

"Try and sit on the tip of your seat with your saddle lowered," Rey says. "This will improve your balance point and alter your centre of gravity, even though it may at first feel slightly cramped. Practising and getting used to this is key."

## Start out cautiously with your finger on the rear brake


"It's best to lift your front wheel on a very gradual uphill slope to start with. Don't have your feet clipped in. Lean back and get your centre of gravity over your rear hub, actually moving your rear wheel from being behind you, to being underneath you."

"Always have a finger on your rear brake, which is your emergency insurance. When you pull your rear brake, your front wheel will come back down and may prevent you from flipping over backwards. That's how you also control your speed, so gently does it."

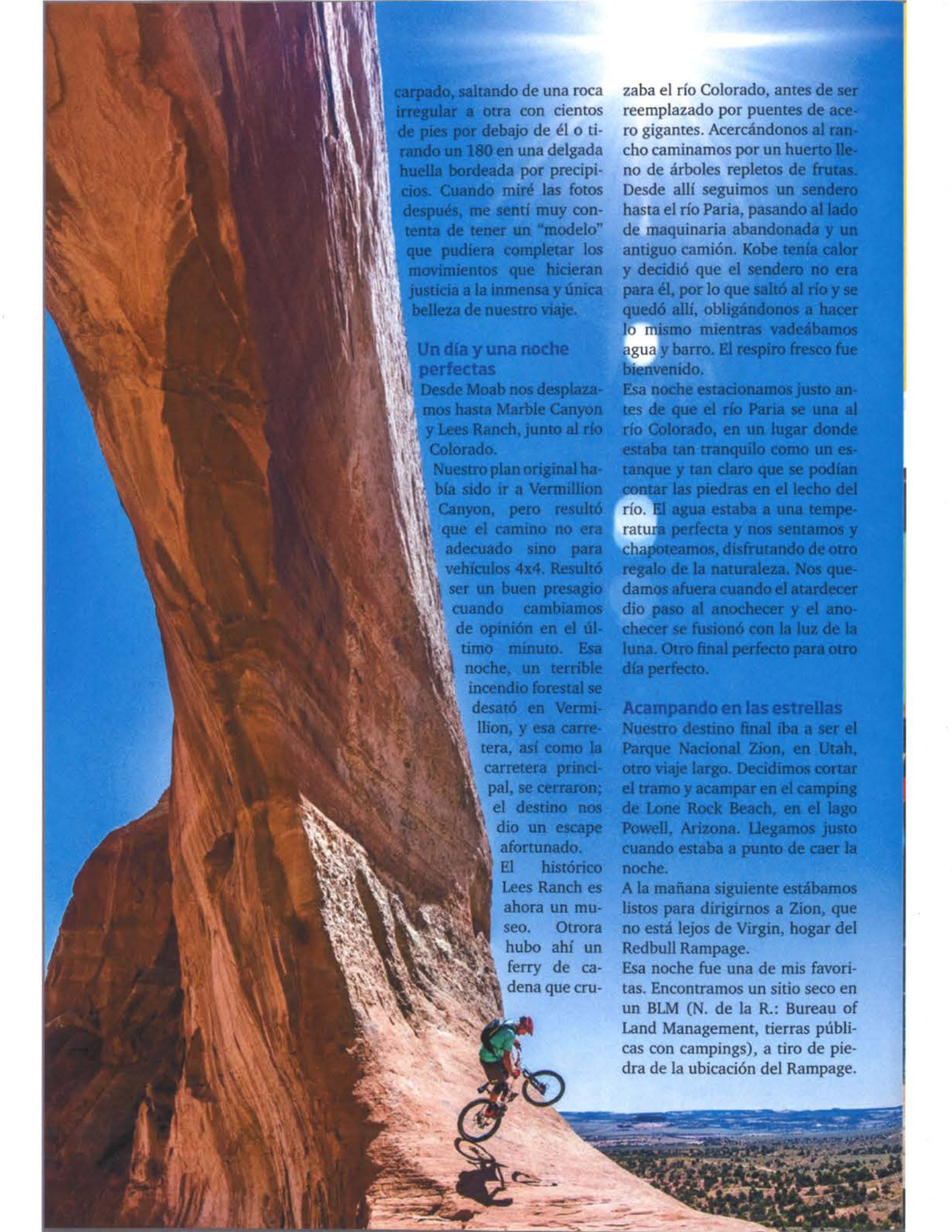
## Find balance

"Once you pull your front wheel up (while seated on your lowered saddle), you need to continue to pedal and immediately start correcting your balance. (There is a sideways aspect and a vertical – front and rear – balance.) It's best to correct these before it's really necessary to do so, which means you are constantly plus/minus around the balance point. Use your knees, your arms and your hips for the sideways balance control. Use your brakes and pedalling for your vertical balance."

## Persistence is key

"Keep practising and monitor your moves and failures to pinpoint where you can improve. Or, you can try it with a slightly different technique or approach, such as correcting your balance point early on in the move or being more sensitive on the brakes." 





carpado, saltando de una roca irregular a otra con cientos de pies por debajo de él o tirando un 180 en una delgada huella bordeada por precipicios. Cuando miré las fotos después, me sentí muy contenta de tener un "modelo" que pudiera completar los movimientos que hicieran justicia a la inmensa y única belleza de nuestro viaje.

### **Un día y una noche perfectas**

Desde Moab nos desplazamos hasta Marble Canyon y Lees Ranch, junto al río Colorado.

Nuestro plan original había sido ir a Vermillion Canyon, pero resultó que el camino no era adecuado sino para vehículos 4x4. Resultó ser un buen presagio cuando cambiamos de opinión en el último minuto. Esa noche, un terrible incendio forestal se desató en Vermillion, y esa carretera, así como la carretera principal, se cerraron; el destino nos dio un escape afortunado.

El histórico Lees Ranch es ahora un museo. Otrora hubo ahí un ferry de cadena que cru-

zaba el río Colorado, antes de ser reemplazado por puentes de acero gigantes. Acercándonos al rancho caminamos por un huerto lleno de árboles repletos de frutas. Desde allí seguimos un sendero hasta el río Paria, pasando al lado de maquinaria abandonada y un antiguo camión. Kobe tenía calor y decidió que el sendero no era para él, por lo que saltó al río y se quedó allí, obligándonos a hacer lo mismo mientras vadeábamos agua y barro. El respiro fresco fue bienvenido.

Esa noche estacionamos justo antes de que el río Paria se una al río Colorado, en un lugar donde estaba tan tranquilo como un estanque y tan claro que se podían contar las piedras en el lecho del río. El agua estaba a una temperatura perfecta y nos sentamos y chapoteamos, disfrutando de otro regalo de la naturaleza. Nos quedamos afuera cuando el atardecer dio paso al anochecer y el anochecer se fusionó con la luz de la luna. Otro final perfecto para otro día perfecto.

### **Acampando en las estrellas**

Nuestro destino final iba a ser el Parque Nacional Zion, en Utah, otro viaje largo. Decidimos cortar el tramo y acampar en el camping de Lone Rock Beach, en el lago Powell, Arizona. Llegamos justo cuando estaba a punto de caer la noche.

A la mañana siguiente estábamos listos para dirigirnos a Zion, que no está lejos de Virgin, hogar del Redbull Rampage.

Esa noche fue una de mis favoritas. Encontramos un sitio seco en un BLM (N. de la R.: Bureau of Land Management, tierras públicas con campings), a tiro de piedra de la ubicación del Rampage.



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DANIEL BEAR

**ESCAPING  
COVID-19**  
HANS „NO WAY“ REY

**RIDER  
PROFILE**  
MORGANE CHARRE  
SAM REYNOLDS

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# ESCAPANDO DA COVID-19



texto e fotos  
CARMEN FREEMAN-REY

ERA 11 DE MARÇO DE 2020, HANS E EU ESTÁVAMOS A BORDO DE UMA AERONAVE NO AEROPORTO DE LOS ANGELES. SEGUINDO PARA LONDRES, O PLANO ERA PASSAR UM TEMPO NO REINO UNIDO. AS PORTAS DO AVIÃO ESTAVAM FECHADAS E OS PASSAGEIROS JÁ TINHAM COLOCADO O CINTO DE SEGURANÇA QUANDO O COMANDANTE ANUNCIOU A PROIBIÇÃO DE PESSOAS PROVENIENTES DA EUROPA INGRESSAREM NOS EUA.





Era 11 de março de 2020, Hans e eu estávamos a bordo de uma aeronave no aeroporto de Los Angeles, seguindo para Londres. O plano era passar um tempo no Reino Unido. As portas do avião estavam fechadas e os passageiros já tinham colocado o cinto de segurança quando o comandante anunciou a proibição de pessoas provenientes da Europa ingressarem nos EUA.

Rumores ansiosos surgiram de muitos passageiros, pois a permissão para desembarcar foi dada às pessoas que quisessem. Tínhamos que tomar uma decisão rápido: permanecer a bordo ou sair. Optamos por sair, uma decisão que acabou sendo acertada.

Na sexta-feira, a Califórnia fechou os bares. Logo seguiram os restaurantes, escritórios, escolas e viagens não essenciais. Praias foram fechadas, bem como parques locais, trilhas e parques nacionais. Dois dias antes, Hans e eu conversamos sobre alugar um motor home e viajar a trabalho, uma "road trip". O plano era visitar alguns estados e tirar algumas fotos de belas paisagens ao longo do caminho. Bem, esse plano não funcionou, ainda não.

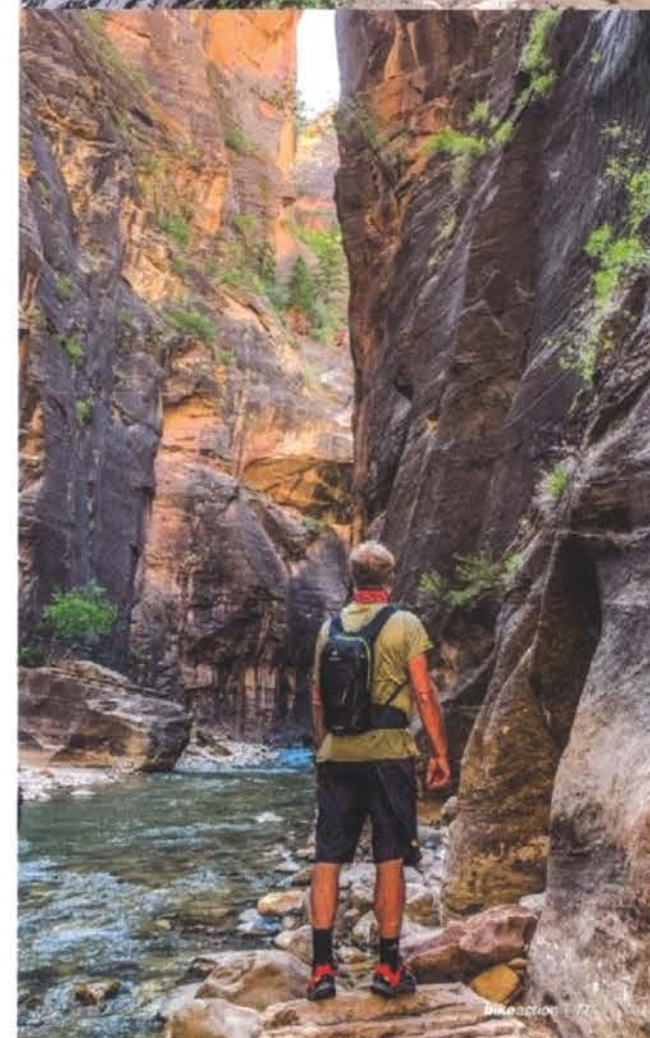
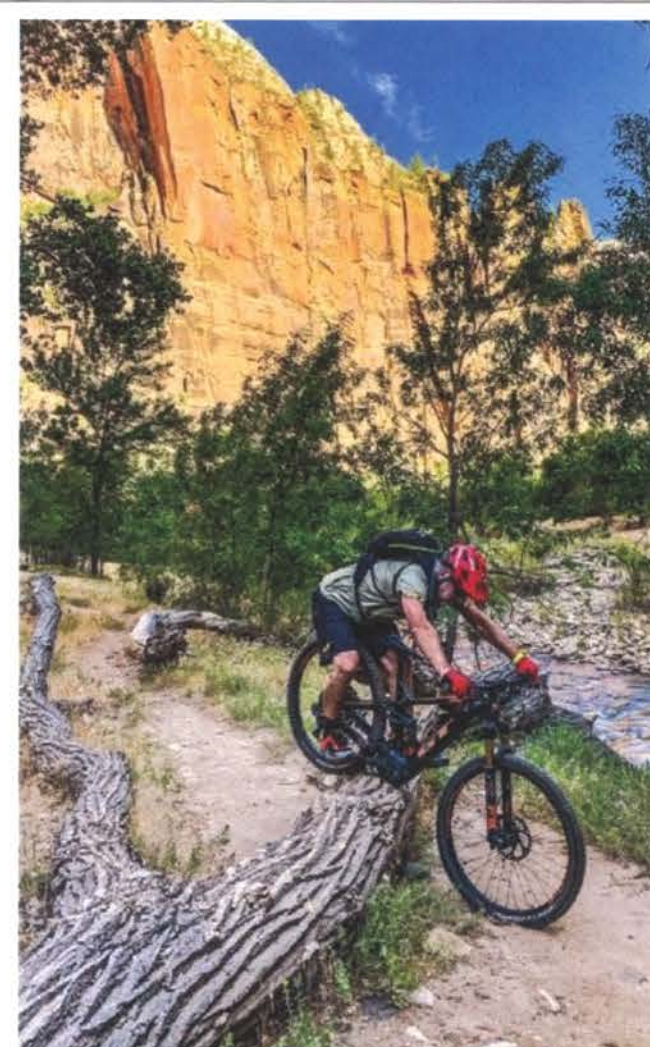
Avançando no tempo, depois de várias semanas seguindo a "ordem para ficar em casa", estávamos ficando loucos. Então, quando as restrições das viagens foram suspensas, achamos que era hora de mudar de cenário. As praias pareciam mais lotadas do que nunca e as trilhas estavam movimentadas como nunca tínhamos visto. Havia pouca chance dessas pessoas cumprirem o distanciamento social. Foi quando decidimos ir para o oeste selvagem.

Nossa rota nos levaria da Califórnia a Nevada, depois Utah, Colorado, Arizona e Utah novamente. Iríamos pedalar, caminhar em parques nacionais e visitar alguns amigos, com o cenário em constante mudança e vistas de cair o queixo. Sinto que valorizamos a sensação de liberdade, a estrada e a mudança da paisagem depois de ficarmos confinados por tanto tempo.

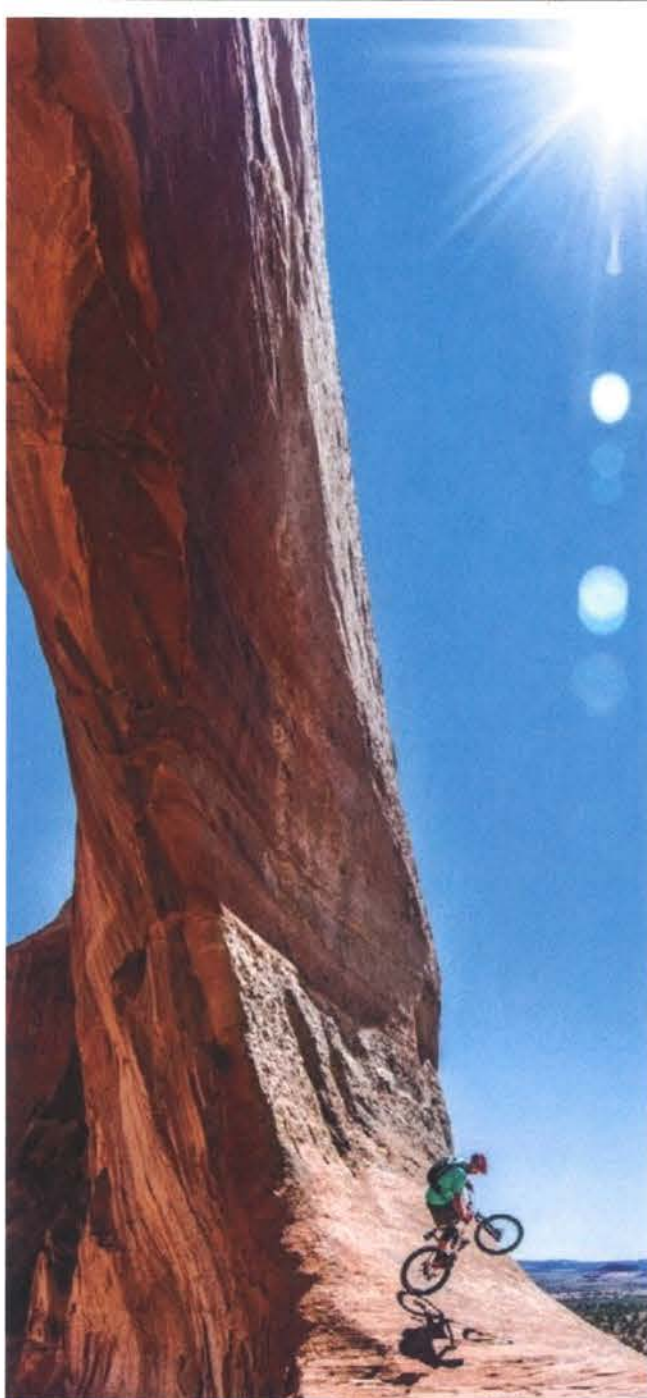
Ao longo do caminho, descobrimos que enfrentaríamos temperaturas extremas, de 36,6° C, sob sol escaldante, a abaixo de 0° C, com neve. Kobe, nosso cachorro da raça Terrier West Highland, que tem genes escoceses e ama a neve, não gosta muito de temperaturas altas, mas felizmente raramente ficamos longe de alguma fonte natural de água, fosse um riacho, rio ou lago.

Carregamos o motor home. Bicicletas, equipamentos, comida e cerveja e vinho eram suficientes para afundar o Titanic. Partimos para o primeiro destino, Las Vegas (Nevada). Uma rápida parada noturna e estávamos na estrada novamente em direção a Monument Valley (Utah).

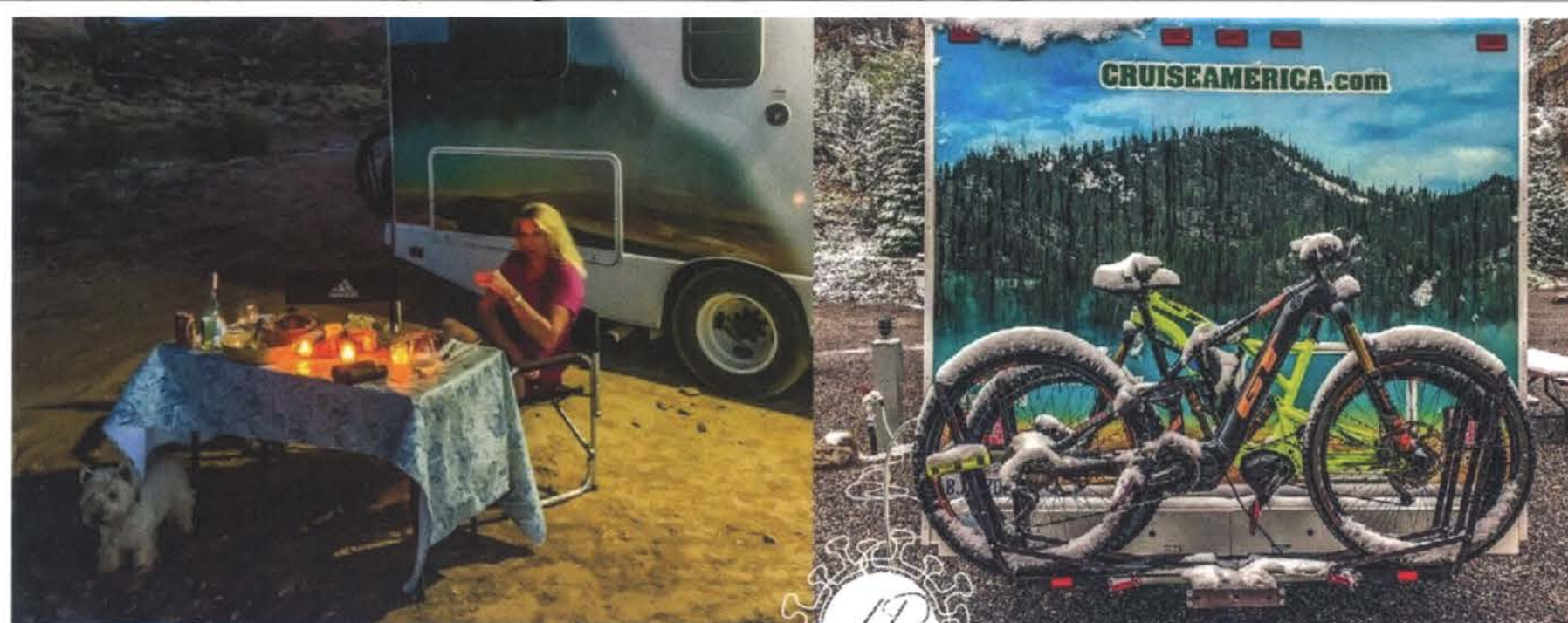
Foi uma viagem bem longa, mas conseguimos chegar no primeiro local de parada antes do pôr do sol nos magníficos monólitos que se projetavam no horizonte. O sol desapareceu e foi substituído por uma lua laranja deslumbrante que lavou a paisagem com um rosa profundo. A visão era deslumbrante, mas estava muito quente.







Também era o aniversário de Hans e comemoramos a data sob as estrelas com um jantar perfeito em um ambiente perfeito. O dia seguinte começou com uma parada em Gooseneck Bends, uma série de rochas em forma de ferradura esculpidas pelo rio Colorado. Ficamos na beira de um desfiladeiro que caía abruptamente. Decidimos tirar algumas fotos e, então, Hans pegou sua GT Force. Honestamente, fiquei apavorada quando ele pedalou muito perto da borda. Um pedal em falso e "game over". Enquanto ele se aproximava cada vez mais e saltava de uma saliência para outra, tudo o que pude fazer foi ajustar a câmera, fechar os olhos e clicar, pois não suportei ver toda a ação. Como a "ordem para permanecer em casa" havia acabado de ser suspensa, muitos parques nacionais não estavam totalmente abertos. Mas fizemos com o motor home uma volta pelo Valley of the Gods, mas o "loop" foi imperfeito. Alguns nos alertaram para voltar, mas seguimos em zigue-zague, desviando dos obstáculos no caminho mal cuidado. Hans decidiu pegar sua bicicleta e pedalar um pouco. Estávamos muito tempo sentados e ele estava louco para girar as rodas, mesmo que por pouco tempo. O cenário era majestoso, bem aberto, com montes de arenito erguidos como dedos ao nosso redor. Em seguida fomos encontrar o nosso velho amigo e companheiro Bill Freeman. Bill é um excelente fotógrafo e já trabalhou com Hans muitas vezes ao longo dos anos. Ele se mudou da Califórnia para Mancos, no Colorado, havia alguns anos, e aqui, no final de uma longa estrada de terra, construiu no topo de uma colina uma casa com um enorme deck, que proporciona uma vista incrível das montanhas e de Mesa Verde. Depois de um churrasco no deck e um incrível show de relâmpagos, hora de dormir com um plano para o dia seguinte. Hans e Bill percorreram trilhas em Ramparts, enquanto eu levei a Jasmine, a cadela do Bill, e o Kobe para uma caminhada na mesma rota. A caminhada e o pedal foram numa trilha impressionante, começando no topo de Mesa e circulando para baixo antes de subir novamente. Quilômetros de floresta de Aspen cortados por riachos cintilantes e cheios de curva. Folhas delicadas manchadas à luz do sol e troncos altos e esguios balançavam ao vento. Alguns obstáculos surgiram com a tempestade da noite anterior, como muitas árvores caídas, algumas cruzando a trilha. Mas nenhum problema para Hans e Bill, que simplesmente os ultrapassaram. Eles se divertiram muito e Bill tirou ótimas fotos ao longo do caminho. Mais um dia e outro passeio, desta vez no renomado complexo de trilhas Phil's World, perto de Cortez. Hans e Bill combinaram de se encontrar com um par de bikers locais e o cão Honzo. Hans ficou incrivelmente impressionado com o Honzo – com o seu comportamento e a linha que percorria, se mantendo fora do caminho – e descobriu como ganhar tempo reduzindo o caminho, seguindo em linha reta nos zigue-zagues. As trilhas tinham algo para a maioria dos níveis de habilidade de ciclistas, desde rochosas e soltas, íngremes e técnicas e até trilhas suaves e fluidas.







Depois de duas noites com o Bill, chegou a hora de seguir para Telluride, ainda no Colorado. Esta antiga cidade mineira é agora um famoso destino de esqui nas Montanhas Rochosas. Durante o "confinamento" devido à covid, Telluride se isolou do resto do mundo, algo que foi fácil para os locais, pois estão no final do vale. A estrada havia sido novamente aberta para visitantes alguns dias antes.

Nosso dia terminou no Sunshine Campground, onde dormimos como ursos hibernando. Acordamos num dia gloriosamente ensolarado. Seguiram-se dois divertidos passeios, sendo o primeiro na trilha Bear Creek, uma ampla trilha multiuso paralela ao rio na maior parte do caminho, junto a prados e pequenas cachoeiras. O pedal exigiu alguma concentração, já que o solo era uma massa de rochas soltas do tamanho de uma mão fechada e lajes molhadas e lisas.

O próximo foi um pedal em zigue-zague pesado até Trico Peak e Ingram Falls. As cachoeiras são realmente espetaculares e acabamos bem encharcados. O passeio de volta para a cidade nos ofereceu outra vista incrível. Para mim, um dos destaques do dia foi dominar a minha fobia de pedalar em rios. Consegui não cair da bicicleta. Claro que Hans pode passar ali em uma roda – costumo dizer que ele coloca hélio no pneu dianteiro.

De lá nós seguimos para o próximo vale, onde o sol foi substituído pela neve. Nosso destino era a histórica e adoravelmente preservada Ouray, que acabou sendo a cidade mais pitoresca em toda a viagem. No dia seguinte, o sol queimou através da névoa e proporcionou uma cobertura de neve ao longo das cristas horizontais de Red Mesas, uma cena particularmente bonita contra o céu agora azul brilhante.

Estávamos voltando para Utah, desta vez para Moab e visitar Greg Herbold, conhecido pela maioria como HB, ex-campeão mundial de downhill e que chama Slickrock de sua casa. Hans e HB são conhecidos por seus papéis cômicos no clássico filme de MTB "Tread", que foi parcialmente filmado nesse local em 1993.

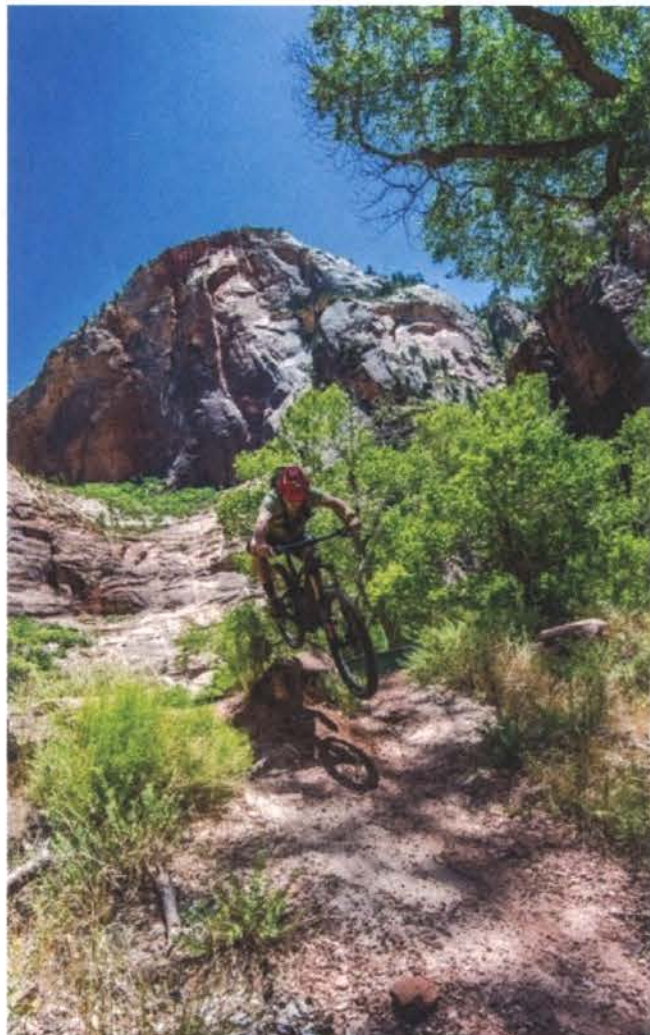
Mundialmente famosa, Slickrock é uma trilha em rocha sólida, com o caminho marcado por pontos de tinta. É para os corajosos, com subidas íngremes e quedas repentinas e expostas, requerendo habilidade e também resistência. Hans pegou sua (e-bike) GT E-Force, pensando que uma pequena ajuda lhe faria economizar energia, a ser gasta nos desafios divertidos extras. Mas a rocha não é nem um pouco escorregadia, na verdade é muito aderente.

Naquela manhã nós visitamos o Parque Nacional dos Arcos e caminhamos até Delicate Arch. Pedalar ali é proibido, mas passear pelo parque foi muito especial, com vistas de tirar o fôlego, uma após outra. E não acreditei quanta tração o terreno proporciona, a ponto de permitir você seguir em uma inclinação quase vertical, uma característica que foi extremamente útil no dia seguinte.

Nos despedimos de HB e de sua esposa Deborah e seguimos para o Arco do Wilson. Este enorme arco natural dou-







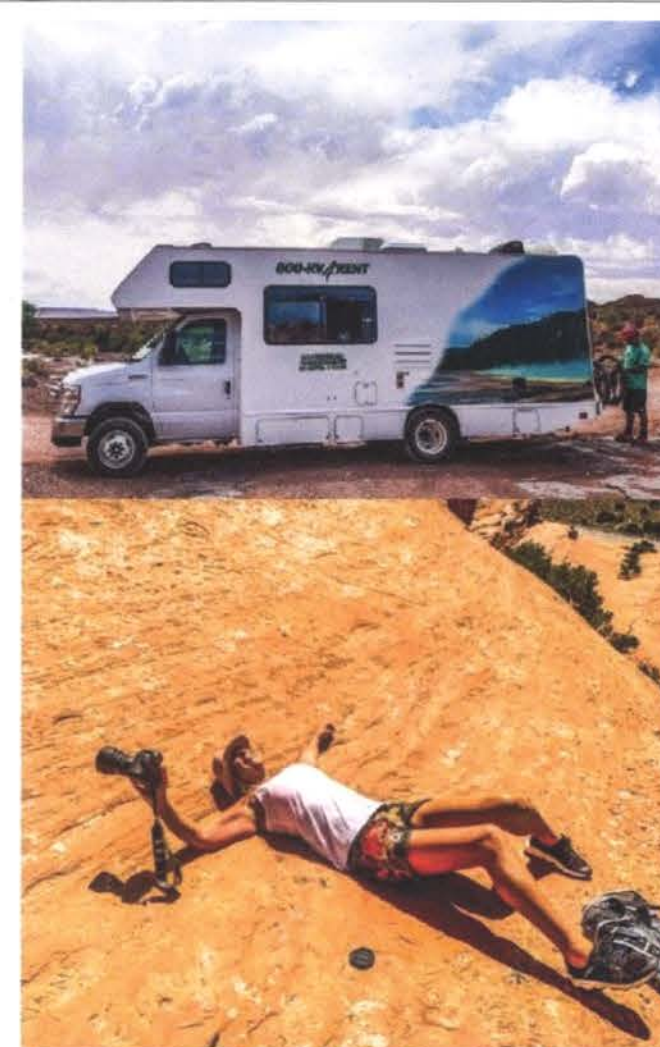
rado não fica no parque, e Hans decidiu pegar sua bicicleta de trial para um momento no Instagram. Seguimos por uma subida incrivelmente íngreme, eu lutando um pouco com o peso dos meus equipamentos, que me puxava para trás. O espetáculo valeu muito a pena e eu tirei algumas das minhas fotos favoritas. Quando eu estava deitada de costas, ou cambaleando em alguma beirada tentando manter o equilíbrio, ficava muito grata com a aderência da pedra. Hans nunca para de me surpreender em uma bicicleta, ele é destemido e nada parece perturbá-lo, seja pedalando na borda de um precipício, pulando de uma rocha irregular a outra com centenas de metros abaixo dele ou fazendo 180's em um espaço magro acima de um vale. Ao olhar depois para as fotos, fiquei muito feliz por ter um "modelo" que realizou movimentos que fizeram jus à beleza imensa e única. De Moab para Marble Canyon e Lees Ranch, que fica ao lado do rio Colorado. Nosso plano original era ir para Vermillion Canyon, mas a estrada era adequada somente para veículos 4x4. Acabou sendo um bom presságio quando mudamos de ideia no último minuto. Naquela noite, um terrível incêndio atingiu Vermillion, e aquela estrada, bem como a rodovia principal, foram fechadas. O destino nos ofereceu uma escapada feliz. O histórico Lees Ranch é agora um museu – já foi o local de saídas de balsas que cruzavam o rio Colorado, antes da construção de pontes de aço gigantes. Aproximando-nos do rancho, caminhamos por um pomar repleto de frutas. De lá seguimos uma trilha até o rio Paria, passando por maquinários abandonados e um caminhão antigo. Kobe estava com calor e decidiu que a trilha não era para ele, então pulou no rio e lá ficou, nos forçando a fazer o mesmo enquanto caminhamos na água e lama. Foi um alívio. Naquela noite, estacionamos um pouco antes do rio Paria se juntar ao rio Colorado, um lugar calmo, como numa lagoa com moinho. Estava tão claro que dava para contar as pedras no leito do rio. Com a temperatura da água perfeita, sentamos e saboreamos mais um presente da natureza. O sol deu lugar ao crepúsculo, que fundiu-se com o luar. Outro final perfeito de outro dia perfeito. Nosso destino final era o Parque Nacional de Zion, em Utah. Mais uma longa viagem. Decidimos parar em Lone Rock Beach, em Lake Powell (Arizona). Chegamos quando a noite estava quase começando. Na manhã seguinte, estávamos prontos para seguir para Zion, onde acontece o Redbull Rampage, que não fica distante de Virgin. A noite foi uma das minhas favoritas. Encontramos um local seco e alto, a poucos passos do local do Rampage. Mais uma vez, pudemos estacionar em qualquer lugar e, embora houvesse outras pessoas lá, elas estavam tão distantes que nos sentimos totalmente isolados. Felicidade! Eu queria ficar em um lugar deserto, com zero de poluição luminosa, e isso eu consegui. Foi inspirador, o céu estava coberto de estrelas e







planetas brilhantes que criaram um manto de luzes que pareciam tão próximas que quase podíamos tocá-las. Pela manhã, fomos para Zion. No caminho deixamos Kobe com outro velho amigo da Califórnia, Steve Peterson. Ele e sua esposa Linda têm uma casa absolutamente deslumbrante na margem do rio Virgin e seu terraço dá vista para o pico mais alto do Parque Nacional de Zion. É difícil descrever em palavras a beleza absoluta da luz, uma vez que se fixou nas rochas vermelhas e irradiou um brilho rosa por toda parte. Fomos para o parque em nossas e-bikes, Hans na GT E-Force e eu na E-Verb, pois nos foi recomendado ser esta a melhor maneira de ver o parque. As e-bikes foram ideais. Nosso dia foi cheio, com uma caminhada até Emerald Pools e depois The Narrows, um desfiladeiro de fendas estreitas, numa caminhada desafiadora pelo rio Virgin. Achávamos que a caminhada seria ao longo do rio e não dentro dele. Felizmente, encontramos dois galhos que ajudaram em nosso equilíbrio enquanto caminhamos sobre pedras escorregadias e com a água às vezes na cintura. Foi muito divertido e, novamente, ficamos muito contentes com as refrescantes águas frias quando a temperatura atingiu 35° C. Naquela noite, estacionamos nosso motor home na casa de Steve e curtimos outro pôr do sol em outro lindo local. Hans sempre quis conhecer as trilhas Grafton ao redor de Zion, mas nunca teve oportunidade. Agora ele pedalou e nada melhor do que acompanhado de um guia local. Ele e Steve partiram depois de tomarem a difícil decisão sobre qual volta fazer, entre tantas escolhas. Decidiram ir de Wire Mesa a Grafton, com alguns laços laterais extras ao longo do caminho. Hans descreveu Wire Mesa como um singletrack técnico e divertido, em rocha lisa e areia em alguns lugares. Não é indicado para iniciantes, pois exige habilidade e experiência, mas não tanto como em Gooseberry Mesa. Grafton foi semelhante, mas com trechos bastante rochosos, a maioria de nível moderado, mas com algumas seções difíceis. Quando Hans voltou, posso dizer que nunca o tinha visto tão exausto depois de uma pedalada. Ele tropeçou no motor home, tinha o rosto sujo e estava desidratado e com as pernas bambas. Ele disse que estava perto do colapso. Minha solução rápida para essas circunstâncias é Coca-Cola. Ele colocou uma bolsa de gelo na nuca e, depois mais água e macarrão, começou a se sentir melhor. Mas não o suficiente para dirigir. Comigo na direção, partimos de volta para a Califórnia. Foi uma viagem de trabalho, mas também uma pausa muito necessária após termos ficado isolados em casa com as tensões que a pandemia trouxe ao mundo. Sentimos que ficamos a mais de um milhão de quilômetros de distância de tudo isso enquanto pegamos a estrada, permitindo que a paisagem nos engolissem. **b**





# CONTENTS

VOLUME 36, NUMBER 3  
MARCH 2021

## BIKE TESTS

- 22 Canyon Sender**  
The ultimate downhill race bike
- 38 Orbea Occam**  
A perfectly blended machine
- 52 Canfield Balance**  
An enduro shred sled

## PRODUCT FIELD TESTS

- 43 ODI Meets Dynaplug**  
Integrated tire-plug design
- 47 Giro Source Helmet**  
Just what a rider needs
- 48 Protection Shootout**  
The best flexible pads
- 57 Azonic Switchback Pedals**  
Mixing flats with clips
- 68 Rotor 1x13 Super Light Kit**  
Add another gear

## FEATURES

- 30 Adventure With Hans Rey**  
Riding in the Wild West
- 44 Trail Starts Here**  
How and when to manual
- 58 How to Salvage Your Ride**  
The best bike hacks for trail-side problems
- 62 A Walk Down Memory Lane**  
Mike Bell tells all
- 70 Fast, Focused and French**  
Is Nicolas Vouilloz the GOAT?

## TECHNICAL

- 76 Inside the Pros' Bikes**  
Greg Minnaar's recipe for success

## DEPARTMENTS

- 4 Table of Contents**  
Now you see it
- 8 B's Buzz**  
The worst mistakes
- 10 Zap's Column**  
Heroes and legends
- 12 Hard Tales**  
Mountain bikers vs. roadies
- 14 Trail Mix**  
Show us where you ride
- 18 Ask MBA**  
The Tinker mix-up
- 20 Trailgrams**  
They really like us
- 75 Quick Releases**  
Cool stuff you didn't know you wanted
- 82 Down the Trail**  
Remember 26-inch wheels?

## ON THE COVER

The Canyon Sender (top) and the Orbea Occam are the latest bikes from Germany and Spain, respectively.  
Photos by John "I wish I could ride these bikes every day" Kar

**On this page:**  
Hans Rey checks out a trail near Telluride, Colorado.  
Photo by Carmen Freeman-Rey

**MOUNTAINBIKE**  
ACTION

WARNING: Much of the action depicted in this magazine is potentially dangerous. Virtually all of the riders seen in our photos are experienced experts or professionals. Do not attempt to duplicate any stunts that are beyond your own capabilities. Always use discretion and wear the appropriate safety gear.



# Escape From Crazyville

Road-tripping in the Wild West

Story and photos by Carmen Freeman-Rey

It was March 11, 2020. Hans and I had just boarded a flight from LAX to London/Heathrow with a plan to spend time in the UK. The plane doors were locked and passengers belted in when the captain announced news of a travel ban for people coming from Europe into the U.S. At this point it didn't include the UK, but for how long?

There were anxious rumblings from many passengers on board, as permission to disembark was given to those people who wanted to abort the trip. We had to make a decision fast, to stay on board or go. We chose to get off the plane.

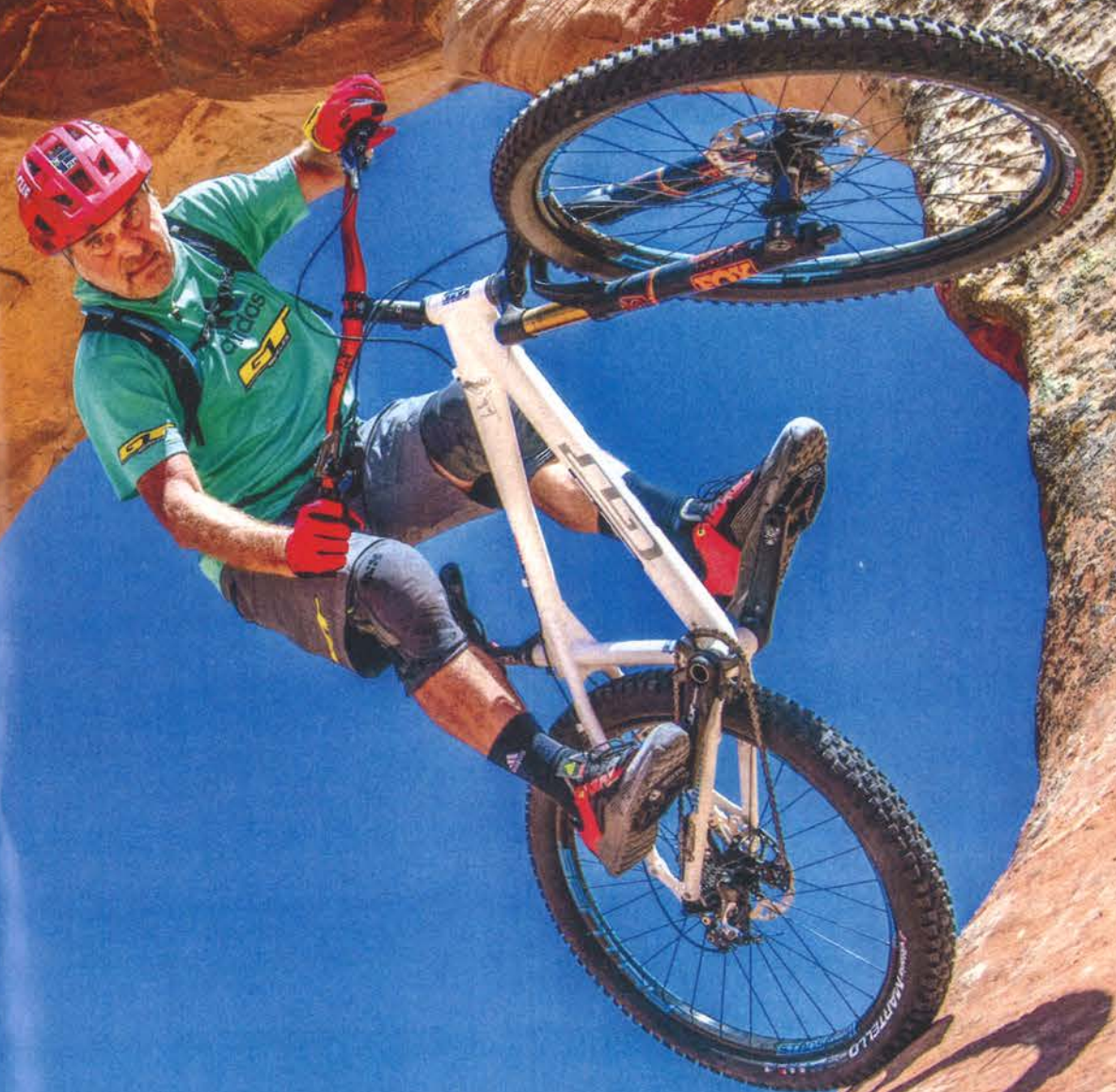
It turned out to be the right decision. By Friday, the ban had been extended to Great Britain. By Sunday, California was ordered to shut down bars. Soon, restaurants, offices, schools and non-essential travel would follow. Beaches were closed, as well as local parks, trails and national parks. Two days before, Hans and I had discussed renting an RV and doing a working road trip. The plan was to visit some states with beautiful scenery and do some shoots along the way. Well, that plan didn't work out, either—at least not yet.

After several weeks of the "stay-at-home order," we were going a bit stir-crazy, so when travel restrictions were lifted, we thought it was time for a change of scenery to get away from "Crazyville." The beaches seemed more packed than ever, and the trails were the busiest we had ever seen them. There was little chance of socially distancing outdoors, so we decided to head to the Wild West.

Our route would take us from California to Nevada, then to Utah, Colorado, Arizona and Utah again. We rode bikes, hiked national parks and visited friends in an ever-changing landscape with jaw-dropping vistas.

We appreciated this sense of freedom, open road and change of scenery even more after being confined for so long.

Along the way, we experienced extremes in temperature—from 98 degrees with searing sunshine to subzero with snow. Kobe, our West Highland terrier having Scottish genes, loved the snow. He wasn't so keen on the high heat, though. Fortunately, we were rarely far from a natural water source, whether it be a stream, river or lake.



Hans puts in a mountain bike trials session at Wilson Arch outside of Moab.



## DESTINATIONS

The best way to see and explore Mount Zion National Park is on e-bikes. Even though the singletrack trails are not open for bikes, it beats being stuck in a car.



## HEADING OUT

Loaded with bikes, gear, food, and enough beer and wine to sink the Titanic, we set off for our first destination, Las Vegas. After a quick overnight pit stop, we were on the road again, headed to Monument Valley, Utah.

It was quite a long drive, but we managed to reach our first camp before the sun set on the magnificent monoliths poking up from the horizon. As the sun disappeared, it was replaced with the most stunning orange moon. The landscape was washed in deep pink—a beautiful sight—but it was so hot.

It was also Hans' birthday, so we celebrated under the stars with a perfect dinner in a perfect setting.

The following day started with a stop at Gooseneck Bends, a series of horseshoe-shaped rocks carved by the San Juan River. We stood on the edge of the canyon, which fell away steeply in front of us. We decided to take some shots, so Hans unhitched his GT Force from the back of the van.

Honestly, I was terrified, as he rode so close to the edge. One false pedal and it

would be game over. As he rode closer and closer and jumped from one protruding rock slab to another, all I could do was set my camera up, close my eyes and click. I couldn't bear to watch him.

Because the stay-at-home order had only just been lifted, many of the national parks were not fully open, but we were able to drive the Valley of the Gods loop, which was a bit sketchy in an RV. Some warned us to turn back, but we made it safely along the rutted, exposed switchbacks.

Hans decided to get his bike out and ride a few lines. We had spent a long time sitting, and he was itching to spin his wheels, if only for a short time. The backdrop was majestic and so wide open, with sandstone buttes rising like fingers around us.

## ON TO COLORADO

Next, we headed to our old friend and fellow "(Laguna) Rad" Bill Freeman's abode. He lives in Mancos, Colorado. Bill is an excellent photographer and has worked with Hans many times over the years. He relocated from California a few years ago, and here at the end of a long dirt road he

built himself a house at the top of a hill with a huge deck that gave him the most incredible view of the mountains and Mesa Verde.

After a BBQ on the deck and an incredible lightning show, it was time for sleep with a plan to ride the next day.

Hans and Bill rode the trails at Ramparts while I took Kobe and Bill's dog, Jasmine, for a hike on the same route. The hike-a-bike was along a stunning trail, starting from the top of a mesa and circling down before heading back up again. Miles of aspen tree forest were cut through by clear sparkling streams that meandered along with the switchbacks. The delicate leaves were dappled in the sunlight, as the tall, slim trunks swayed in the wind. There were a few obstacles, thanks to the storm the night before; many trees had fallen and quite a few lay across the trail. No problem for Hans and Bill; they just popped over them. They had a blast, and Bill took some great shots along the way.

Another day and another ride, and this time it was the renowned Phil's World Trail System near Cortez. Hans and Bill had arranged to meet up with a couple of

local riders and trail dog Honzo. Hans was incredibly impressed with Honzo, the way he kept up and kept out of the way and figured out how to make up time by cutting the course and taking a straight line at the switchbacks. The trails had something for most levels of riders—from rocky and loose to steep and technical to smooth dirt with flow.

After two nights with Bill, it was time to head to Telluride, Colorado. This former mining town is now a famous ski destination in the Rocky Mountains. During the COVID shutdown, Telluride closed itself off from the rest of the physical world; it was easy to do since it is at the end of the valley. The town had opened to visitors again a few days before our arrival.

Our day ended at the Sunshine Campground. We slept like hibernating bears and woke up to a gloriously sunny day. Two fun rides followed. The first was up Bear Creek Trail, a wide multi-use track that ran parallel to the river most of the way, along with meadows and minor waterfalls. The riding required some concentration, since the ground was a mass of fist-sized loose rocks and wet, slick slabs.

The next ride was a switchback-heavy trail heading towards Trico Peak and Ingram Falls. The falls were really spectacular; we ended up pretty soaked through. The ride back down to town offered us another incredible view. For me, one of the highlights of the day was mastering my phobia of riding through rivers. I did it several times and managed not to fall off my bike. Of course, Hans can wheelie through rivers. I complain that he has helium in his front tire.

What log? Hans loves it when the trails and nature throw some obstacles at him.



Taking a ride along the edge of the canyon overlooking the San Juan River at Goosenecks State Park, near Monument Valley in Southern Utah.





## DESTINATIONS

From there, we headed to the next valley over, and there the sunshine was replaced with snow. Our destination was Ouray, which turned out to be the quaintest and loveliest historically preserved town on our whole trip. The next day, the sun burnt through the fog and gave us white snow caps along the horizontal ridges of the red mesas. The scene was particularly pretty against the now-bright blue sky.

## HEADING TO MOAB

We were headed back to Utah again, this time Moab, for a visit with Greg Herbold, known to most as "HB." HB is a former downhill world champion, and he calls Slickrock his home trail. Hans and HB are known for their comedic roles in the classic MTB movie *Tread* that was partly filmed here in '93. Slickrock is world famous—a trail on solid rock, the way marked by dots of paint. It is not for the fainthearted. With steep, sudden dips and exposure, it requires skills as well as stamina. Hans took his e-bike, a GT E-Force. Since e-bikes are allowed there, he figured a little help on the endurance side would leave more energy for extra fun challenges. It's a bit of an oxymoron, but the rock isn't slick at all; it's actually super grippy.

That morning we had visited Arches National Park and hiked out to Delicate Arch. Here, riding is absolutely forbidden, but the drive through the park was one breathtaking view after another, and the hike was pretty special. I couldn't believe just how much traction the terrain had. You could walk at an almost vertical pitch, which I found extremely useful the next day.

A steep descent on the Ramparts Trails near Mancos, Colorado.

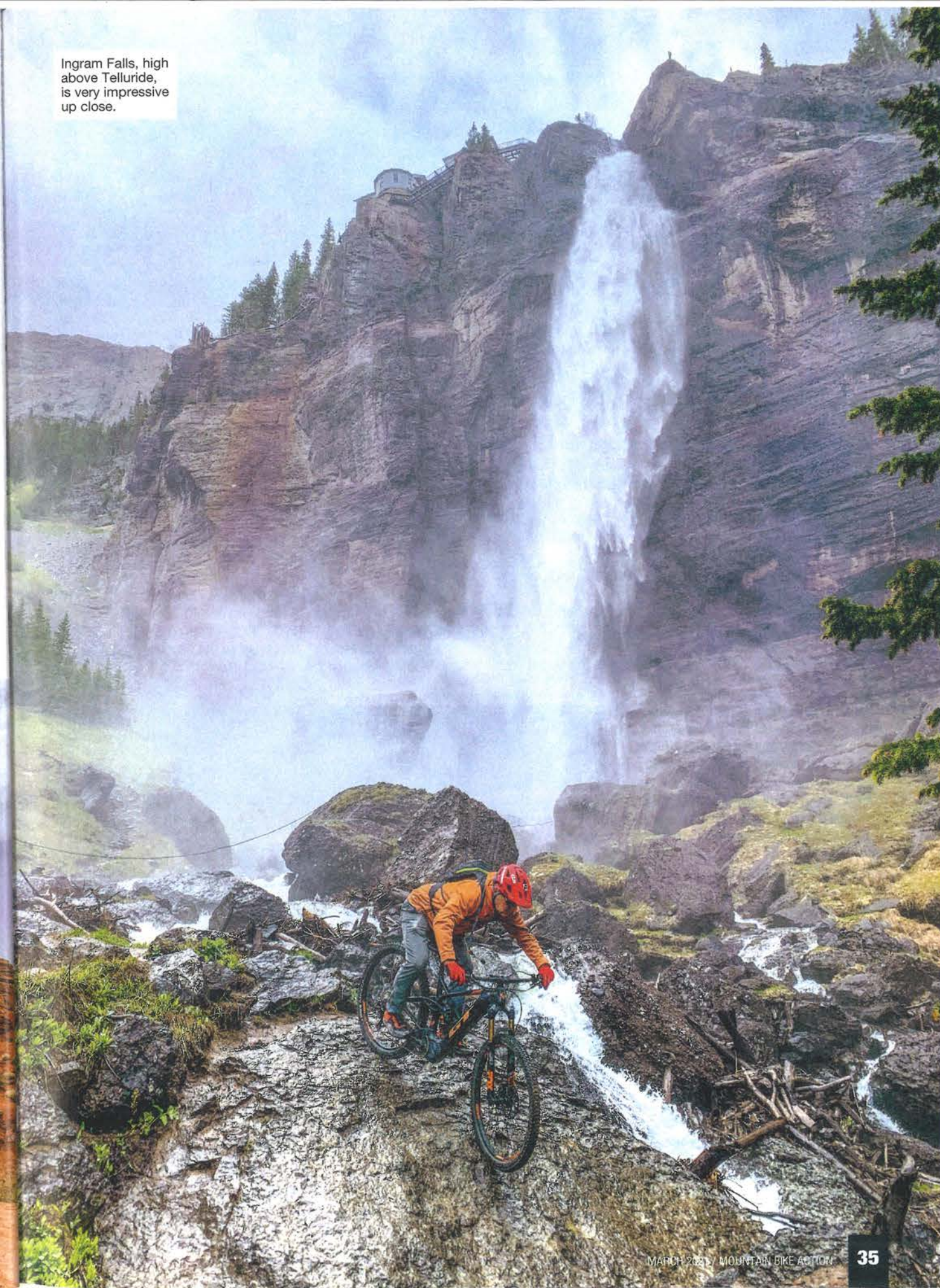
Photo by Bill Freeman



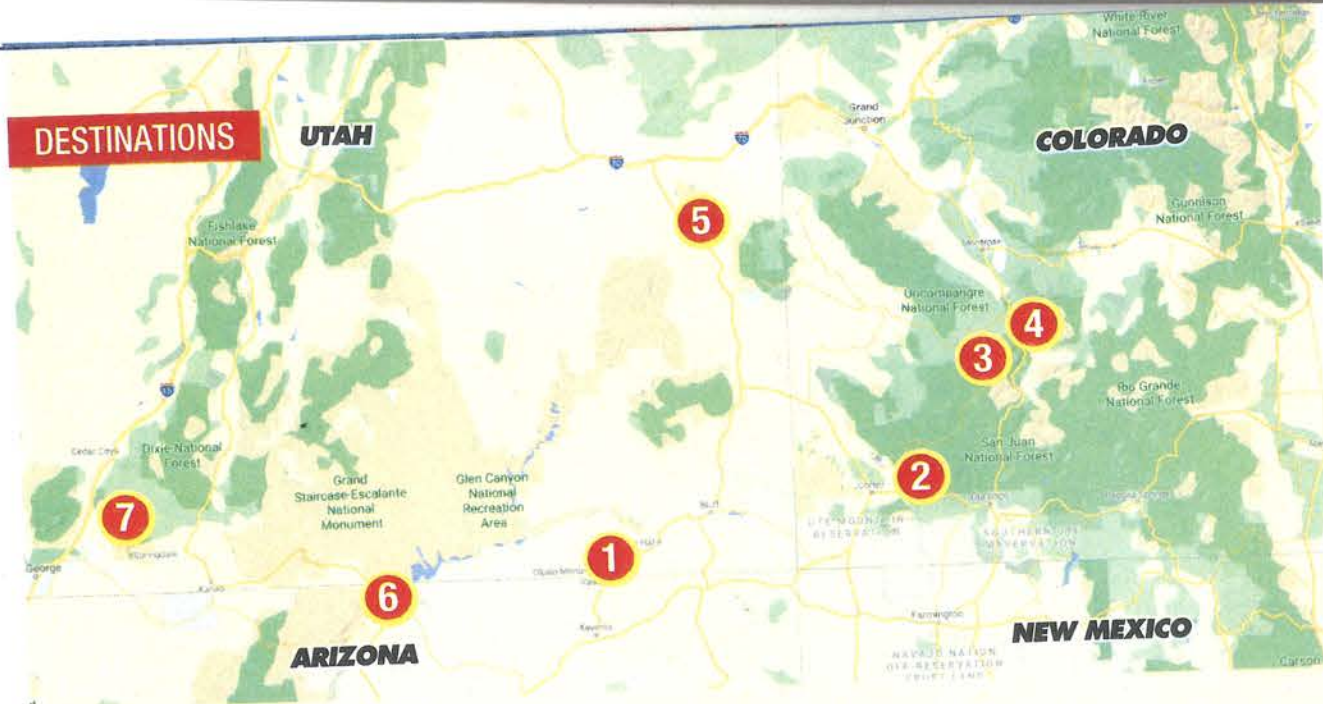
Arizona singletrack in the Wild West.



Ingram Falls, high above Telluride, is very impressive up close.







### TRIP DETAILS & TRAVEL TIPS

- 1. Monument Valley, Utah:** We stayed at the KOA Journey camper park: <https://koa.com/campgrounds/monument-valley/>
- 2. Mancos/Dolores, Colorado:** We camped in a friend's driveway. We got food once at Loops Coffee House—cool cafe for sandwiches, breakfast burritos and coffee.
- 3. Telluride, Colorado:** We stayed at Sunshine Campground a few miles outside of town. Food: Smuggler Union Brewery—nice lunch place.
- 4. Ouray, Colorado:** Riverside Resort Campground—walking distance to town. Very cool, located at a river. Quite a few restaurant and cafe options.
- 5. Moab, Utah:** We parked at Greg Herbold's place. Had pizza

We said goodbye to HB and his wife Deborah and drove out to Wilson's Arch. This huge golden natural arch is not in the park, and so Hans decided it was time to pop out the trials bike for an Instagram moment. We hiked up the incredibly steep grade, me struggling a little under the weight of my camera pack, which pulled me backwards.

The spectacle was so worth it, and I took some of my all-time favorite shots there. When I was lying on my back, or teetering on the edge and trying to keep my balance, I was so grateful for the grip of the rock.

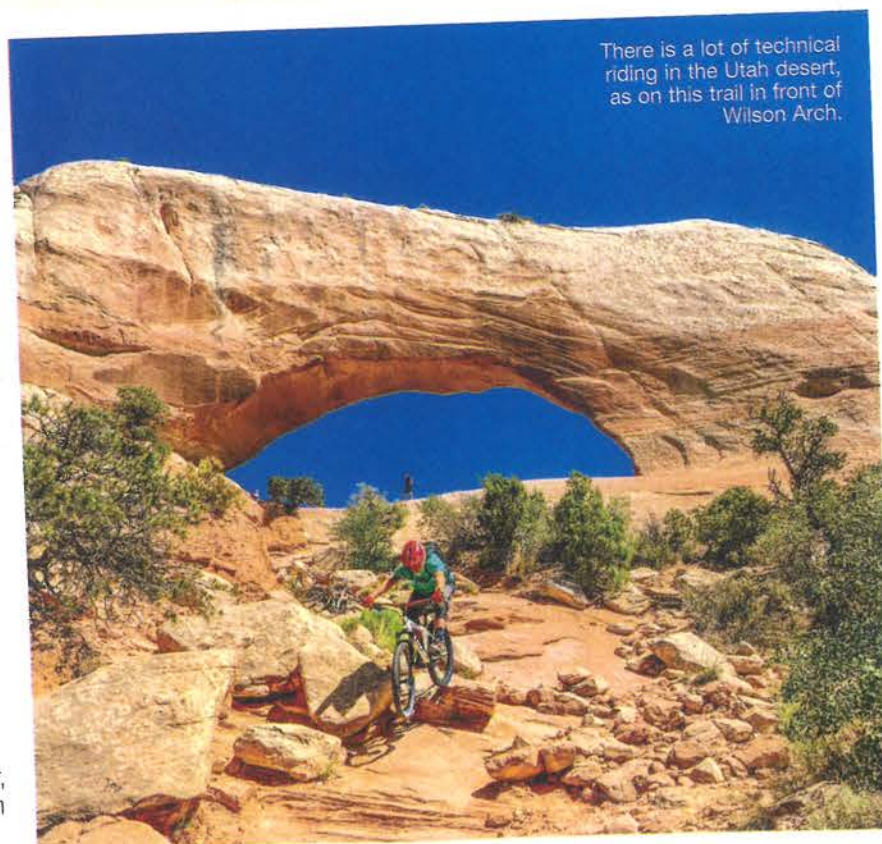
Hans never ceases to amaze me on a bike. He is fearless, and nothing seems to faze him, whether riding on a precipitous edge, hopping from one jagged rock to another with hundreds of feet below him, or pulling 180s on a skinny spine high above the valley below. When I looked at the photos afterwards, I was very pleased that I had a "model" who could pull the moves that did justice to the immense, unique beauty on our road trip.

From Moab to Marble Canyon and Lees Ranch, which lies beside the San Juan River, our original plan had been to go to Vermillion

takeout. Lots of food options. Don't forget the famous burger joint, Milt's, from the movie *Tread*—it's a must-go—and, of course, all the legendary bike shops, such as Rim Cyclery, Chili Pepper Bike shop, etc.

**6. Lake Powell, Arizona:** Lone Rock Beach, giant beach/state park where people camp out with views of the lake. Nice to go for a swim.

**7. Zion National Park/Virgin, Utah:** We stayed out in the desert near the Rampage site and also at a friend's house. Tip: Visit Zion National Park with your bike, not car. Bikes are not allowed on the hiking trails, but they are the best way to get around and to avoid traffic, especially e-bikes.



There is a lot of technical riding in the Utah desert, as on this trail in front of Wilson Arch.

Canyon, but as it turned out, the road was unsuitable for anything but a 4x4. It turned out to be fortuitous, because that night a terrible brushfire raged in Vermillion, and that road as well as the main highway were closed; fate gave us a lucky escape.

Historic Lees Ranch is now a museum. It was once the site of a chain ferry that crossed the San Juan River before being replaced by giant steel bridges. Approaching the ranch, we walked through an orchard full of trees overgrown with fruit. From there, we followed a trail to the Paria River, passing abandoned machinery and an ancient truck. Kobe was hot and decided that the trail wasn't for him, so he jumped into the river and stayed there, forcing us to do the same as we waded through water and mud. The reprieve from the heat was welcome.

That night we parked just before the Paria River joins the San Juan River at a place where it was as calm as a mill pond and so clear you could count the stones on the riverbed. The water was a perfect temperature, so we sat and splashed around, enjoying another gift from nature. We sat outside as sunset gave way to dusk and dusk merged into moonlight. Another perfect ending to another perfect day.

### ON TO ZION

Our final destination was Zion National Park, Utah, which was another long drive.



Hans blasts down a steep chute along the Ramparts trails near Mancos, Colorado, on a ride with his pal, photographer Bill Freeman.

Photo: Bill Freeman



Wheelie fun at Zion National Park. "We left our bikes at the trail head and went for some fascinating hikes," says Hans.

We decided to break up the journey and camp out at Lone Rock Beach campsite on Lake Powell, Arizona. We arrived just as night was about to fall.

The next morning we were ready to head on to Zion, which is not far from Virgin, home to the Red Bull Rampage.

That night was one of my favorites. We found a dry site on BML land on top of a mesa, a stone's throw from the Rampage location. Again, we could park anywhere, and although there were other people there, they were so far away that we felt as though we were totally alone. Bliss. I had wanted to camp somewhere in the wilderness with zero light pollution to diminish the stars, and this was it. It was awe-inspiring; the sky was littered with the brightest stars and planets, creating a blanket of lights that seemed so close you could almost touch them.

In the morning, we headed to Zion. On the way, we dropped Kobe off with another old friend and fellow Rad from California, Steve Peterson. He and his wife Linda have an absolutely stunning home on the banks of the Virgin River with a view from their terrace of the highest peak in Zion National Park. It is hard to describe in words the absolute beauty of the light as it set on those red rocks and cast a rose-colored glow all around.

We headed to the park on our e-bikes, Hans on the GT E-Force and I on the E-Verb. It was recommended to us as the best way to see the park. It was ideal.

Our day was full, with a hike up to Emerald Pools and then the Narrows, a slot canyon, which was a challenging trek through the Virgin River the whole way. We thought that the hike would be alongside the river and not actually in it. Luckily, we found two driftwood sticks, which aided our balance as we waded on slippery

rocks in waters sometimes waist-deep. It was so much fun, and again, we were so glad for the refreshing cool waters as the temperature hit 95 degrees.

That night we parked our camper at Steve's house and enjoyed another sunset in another beautiful location.

Hans has always wanted to ride the Grafton trails around Zion but never had the opportunity. Now he did, and what better way than with a local as a guide. He and Steve set off after making the difficult decision about which loop to ride when there were so many to choose from.

In the end, they decided on Wire Mesa to Grafton, with a few extra side loops along the way. Hans described Wire Mesa as a fun, technical singletrack with slickrock and, in places, sand. It isn't for beginners, requiring skills and experience, but it was not as difficult as Gooseberry Mesa. Grafton was similar but with quite rocky sections in places, mostly moderate, but also with some difficult sections.

When Hans returned, I can honestly say that I have never seen him so exhausted after a ride. He stumbled into the RV, his face black with dirt, dizzy, dehydrated and wobbly-legged. He said he was so close to bonking. My quick fix in these circumstances is Coca-Cola. This he took, along with an ice pack on the back of his neck, followed by more water and pasta. He started to feel more human again, but not human enough to drive. He left that to me as we set off again for the home run back to California.

It was a working road trip, but also a much-needed break from being closeted at home and the tensions that a pandemic brings to the world. We felt a million miles away from all of that as we traveled the wide-open road and allowed the landscape to swallow us.



## FEATURE

Tire-pressure gauges: It's rare that the gauges on floor pumps are accurate. Get a good digital or mechanical gauge from a trusted company like Topeak, Accu-Gauge or SKS. For mountain biking, get a gauge that has a Presta head and reads lower pressures accurately. With a mechanical gauge, it doesn't make sense to get a gauge that reads up to 200 psi when you need to accurately read tire pressures from 0–30 psi.

**Be prepared:** Flats happen. It's good to carry what you need. Pivot offers a tube strap to easily mount a spare tube, levers and other tools to the frame. We also have our Pivot Dock system that fits any bike with water-bottle cage mounts. One of our most popular tools is the Ninja CO<sub>2</sub> that includes two 16-gram CO<sub>2</sub> canisters and the inflator.

### Choosing The Right Tires For Your Rides

Tips from Hans Rey, world traveler extraordinaire

The right tire setup depends on quite a few factors: riding style, terrain, your goals and expectations from your tires: Do you want to be fast, do you want your bike to be as light as possible, do you want to have the best performance, do you want it to be puncture safe and durable, do you want high performance, etc.? And the list goes on).

I personally like tires with aggressive knob patterns for better traction, braking and climbing. Bigger, more aggressive tires cushion my ride (it's a form of suspension). They also tend to be more durable and puncture-proof. I am not trying to save weight when it comes to tires; on the contrary, performance and reliability are most important. I use tubeless tires; therefore, I hardly ever have to worry about flats. The right air pressure can make a huge difference. Plus or minus 5 psi can make a very big difference, and there is a fine line between too much and too little air. Air pressure depends on many factors: the kind of tire you use (does it have a strong or two-ply sidewall?), the weight of the rider, and the width of the rim (you don't want a tire to roll or burp). It takes some experience and testing. I highly recommend experimenting with your pressure. Most people run too much pressure and therefore lose performance and traction.

If you ride in proper mud, you need mud tires with spiky knobs. If you race XC, you want fast-rolling/lightweight tires. If you're more of a freeride/DH rider, you want bigger, more durable and stronger tires.

There are also many different rubber compounds that can enhance performance and have an effect on the life of the tire.



A former world champion in mountain bike trials, Hans Rey is our sport's unofficial world ambassador, riding mountain bikes all over the planet.

Photo: Samuel Confortola

## FEATURE

# The Future of Mountain Biking

New trends that are changing our sport

**“W**hat's new?” That's one of those questions that people always ask each other, especially in the bike business. We've all seen how quickly new ideas can catch on in the world of mountain bikes. Innovations in geometry, suspension, wheels and components can alter the off-road bicycle landscape from one year to the next. Remember how quickly mountain bikes switched from 26- to 27.5- and 29-inch wheels a few years ago? That was a major change that hit most people by surprise when it happened. What are the trends that are developing right now? We asked some people in the mountain bike industry to share their predictions of the trends we'll be seeing in the next few years. Read on to see what they have to say.

### Hans Rey, GT:

- Here is a little mini trend. I call it #HalfWayRey.
- I've been riding with one clipless pedal and one flat pedal. For me, this works perfectly for my style of riding: technical and steep. Especially for riding technical uphill sections, a rider has the best of both worlds.
- I clip in with my leading foot. I call it my “chocolate foot” or forward foot. My back foot is the one on the flat pedal, which makes it easier to dab or regain balance and allows me to put my foot down at the very last second instead of having to clip out first.
- As I said, this works great for riders who ride technical terrain or for beginners who want to get used to clipless. I wouldn't necessarily recommend it for hardcore XC riders, but it might work well for enduro and DH.



Mountain bike world traveler, Hans Rey. Check out those pedals!





▲ The author, trying to keep it cool on a high banked corner.

◀ Hans Rey would always find a unique obstacle to show off the capabilities of his Zaskar in the early days of Mountain Bike Action.

## I GOT A UNICORN

My introduction to the Zaskar happened when I was riding with my friend Bill Baker, who had a '20 carbon Zaskar. He let me take it for a spin up the hill. I was impressed with the acceleration and instant power transfer compared to the \$12,000 full-suspension XC bike I was testing at the time. I was torn between getting a hardtail or full-suspension for XC racing and immediately realized the hardtail was something I wanted to start using.

Naturally, being a test rider, I'm aware of geometries, different fork offsets and the difference a slammed stem can make. Even tire pressure or a mid-sole cleat is noticeable, but I got a different feeling from this bike. There were a number of reasons the Zaskar stuck out to me, including its lightweight and rigid frame. The handling and acceleration were exceptional for XC racing. That, paired with my favorite lightweight components, put it on my list of favorite bikes.

I dare to equate it to the day Jimi Hendrix first played a Stratocaster. There was a certain magic, along with that sometimes ill-advised "I might need a new bike" notion that cyclists don't always fight hard enough. It was a perfect fit for me, though. Many of us know how easy it is to claim we need a new bike, but the feeling was strong after my initial ride. I asked how I could get one of these Zaskar frames, and Bill claimed GT had to special order it for him, because the Zaskar wasn't available in

America. He mentioned that he still had his previous frame, which was identical to the new one and still in great shape, but no word on if he could sell it to me. Twenty-four hours went by, and like some sort of pseudo Santa Claus, Bill called and said I could use his older Zaskar frame if I wanted to build it up. He claimed that the frames we had were the only two in America that GT gave anyone.

## THE MISSING ZASKAR

The fact that I had one of only two current carbon Zaskars seemed pretty cool, but it also made me wonder why the bike wasn't available in the U.S. According to GT product manager Patrick Kaye, the XC hasn't been as relevant in the U.S. as it has been in Europe for the past few years. He said that they have a Czech distributor with an XC team that uses the Zaskar in its UCI World Cup races, but that's it. "Without GT having a factory World Cup cross-country race team, it's a bit of a harder push to gain traction without that marketing approach behind it," Patrick claimed. He went on to mention that certain markets that were able to have a race team were able to leverage the bike better in their regions. We talked about hardtail cross-country bikes being a dying breed in the World Cup races, creating a limited market for them.



## SOUNDCHECK DIE ALL-TIME-HITS VON Hans Rey

Der in Laguna Beach sesshaft gewordene Trial-Pionier kennt viele Rockstars höchstpersönlich. So trifft er sich z. B. zu Trailrides mit dem Bassisten von *Rage against the Machine*. Entspricht diese Art von Musik auch seinem Geschmack? Wir batzen Hans um seine Lieblings-Playlist.

- 1 NO SHELTER** RAGE AGAINST THE MACHINE  
„Ich bin ein Fan der Band. Den Song mochte ich von Beginn an.“
- 2 SUPPER'S READY** GENESIS  
„Ich mag alle Genesis Songs, diesen hier ganz besonders.“
- 3 HOTEL CALIFORNIA** EAGLES  
„Ein echter Klassiker. Für mich steht er für das Kalifornien der 70er.“
- 4 SABOTAGE** BEASTY BOYS  
„Für mich ist das die beste Live-Band. Die Typen strotzen vor Energie.“
- 5 IN YOUR HONOR** FOO FIGHTERS  
„Fast alle Band-Mitglieder biken – diesen Song mag ich besonders.“
- 6 VERTIGO** U2  
„Zeitlos und immer wieder cool zu hören.“
- 7 WHAT I GOT** SUBLIME  
„Mit diesem Lied liebäugelte ich damals für einen Video-Part.“
- 8 NEVER GIVE UP** COMMON SENSE  
„Das ist meine Lieblings-Band aus Laguna Beach – einfach super!“
- 9 MOTHERSHIP** LED ZEPPELIN  
„Das Album braucht keine Erklärung – ein Klassiker.“
- 10 GIVE IT AWAY** RED HOT CHILI PEPPERS  
„Mir gefällt die Einstellung der Jungs. Der Song knallt.“



DIE KOMPLETTE PLAYLIST findet Ihr auf unserem Spotify-Account: BIKEMAG. Spotify gibt es als Kostenlos-Version im App Store und als Bezahl-Version ohne Werbeunterbrechungen.

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Bike-Magazin



**411R**  
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# HANS REY

FATHER OF EXTREME TRIALS, STILL ON IT!

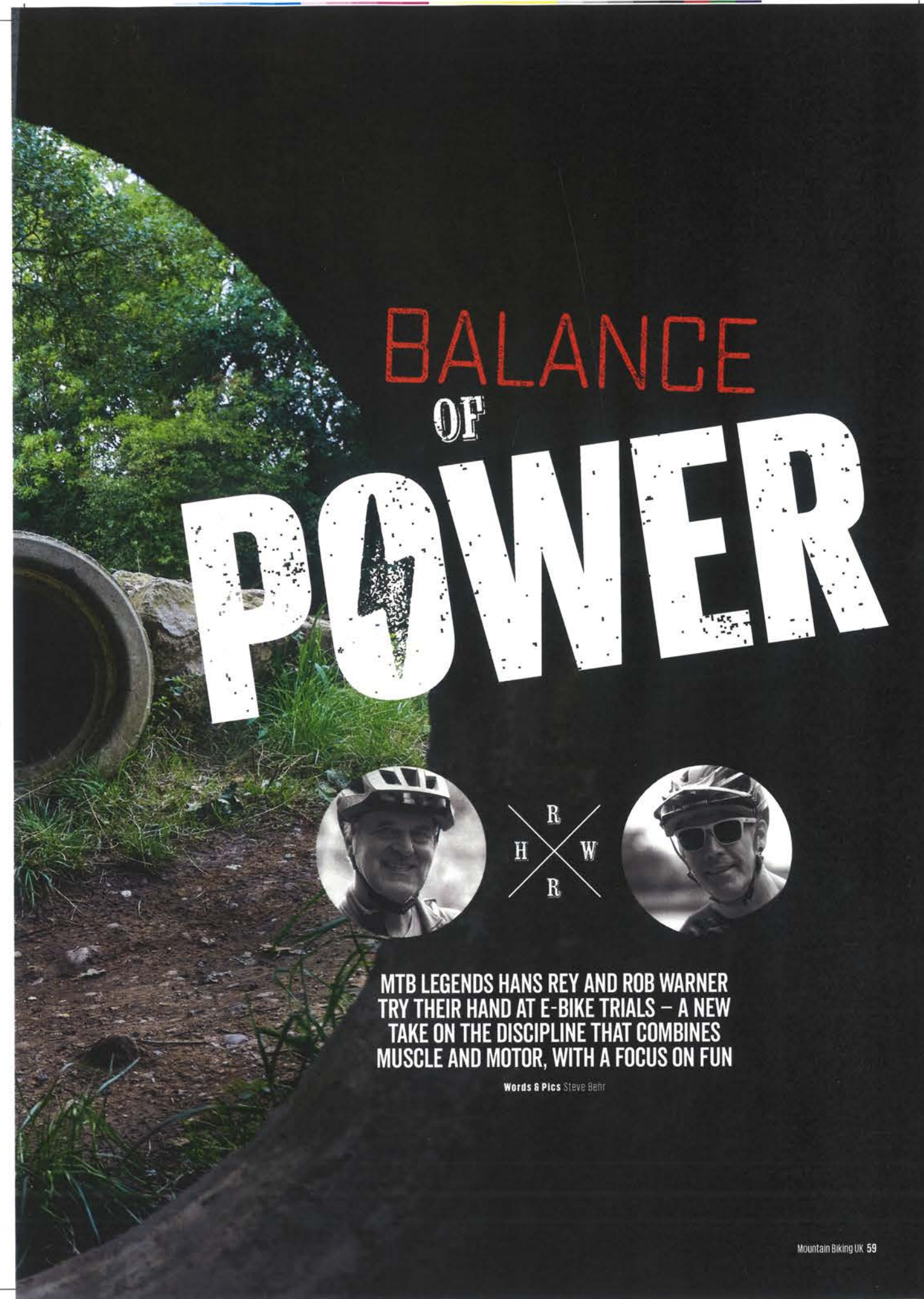
**Pre-internet, Hans** 'No Way' Rey was the most famous MTBer in the world. A trials and adventure riding pioneer, he paved the way for many, including early British stunt rider Jez Avery. Growing up in Europe, where he competed in 20in trials, Hans moved to California in the late '80s, switched to MTBing and set the standard for extreme riding. He showed it was possible to make a living from bikes outside of competition and became an innovator in the emerging world of MTB video. A devoted member of the Laguna Rads crew, Hans also heads his own Adventure Team. The only permanent member, he invites other athletes to join him on each of his trips, many of which have appeared in this magazine. He also runs the Wheels for Life charity, providing bikes for people in developing countries.











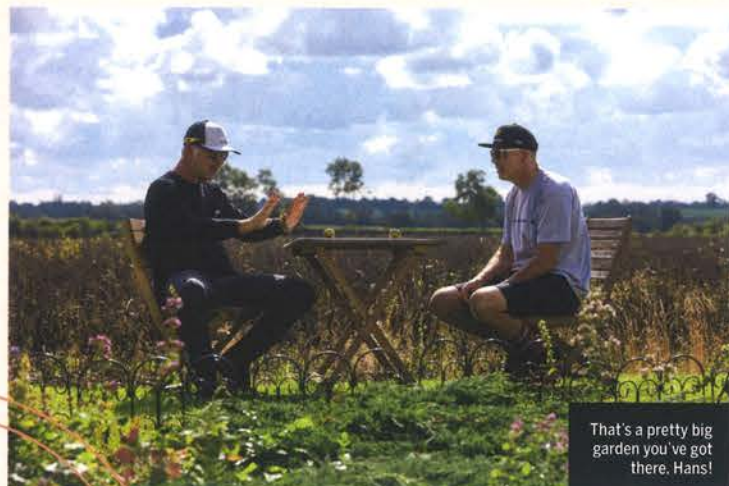
# BALANCE OF POWER



MTB LEGENDS HANS REY AND ROB WARNER  
TRY THEIR HAND AT E-BIKE TRIALS – A NEW  
TAKE ON THE DISCIPLINE THAT COMBINES  
MUSCLE AND MOTOR, WITH A FOCUS ON FUN

Words & Pics Steve Behr





That's a pretty big garden you've got there, Hans!

## "I'VE ALWAYS BEEN A MASSIVE HANS REY FAN," ROB WARNER TELLS ME ON OUR WAY TO VISIT HANS FOR A DAY OF E-BIKING.

"He was a big influence on me when I started out. I've always wanted to just go trials riding with him. We did compete a bit back in the day, but he was way better than me. I reckon on the e-bike I could possibly give him a good run for his money!" Rob laughs. We're heading to Hans' 'No Way' Rey's Midlands base, where he lives for part of the year with his English wife Carmen. It also happens to be conveniently located not far from a perfect trials spot.

Hans is the godfather of mountain bike trials. His demos, videos and magazine features paved the way for others to make a career in

mountain biking that didn't rely on winning competitions. Hans was the original master and is still a class act. Although most of his riding these days is done on a trail bike rather than a trials bike, he still has a huge soft spot for mountain bike trials, as does Rob Warner. Although best known these days for his commentary at the World Cup races (and a World Cup downhill winner himself), Rob's first love was, and probably still is, motocross trials.

### Up and at 'em

It was Rob's idea to get together with Hans on e-bikes and ride some old-school trials sections. "It'll be more like riding on motocross bikes, which will give me a better chance of keeping up with Hans," Rob said breezily, without actually having tried it before. Hans, though, was totally up for it. Rob had no idea how it was really going to go, this 'trials on an e-bike' thing, but he figured if it didn't work, he'd at least have a nice day out hanging with Hans.

Of course, Hans has tried it before, and knows exactly how it's going to work – really well, as it turns out. He's even developed a specific bike set-up just for this type of riding – with a flat pedal on the right and a clipless one on the left. Of course, that means wearing different shoes, and the combination of shoes and pedals certainly looks a bit strange. "I'm usually 'No Way Rey' but today I'm 'Half-Way Rey'!" Hans jokes, as we turn up at the Leicestershire riding spot and pedal along a bridleway to the first playground of the day.

It's a compact area with a mixture of natural rock obstacles, old manmade structures and some concrete pipes, which have been embedded into a steepish hillside to make a series of rounded steps. "It's a lot more like old-school trials – more rolling than hopping on the back wheel," explains Hans, as they

take off across the first section of rocks – Hans on his GT E-Force and Rob on his Vitus E-Escarpe. The bikes have 150mm and 140mm of travel respectively, and it does look a lot more like mountain biking over tricky terrain than modern trials riding. The power of the e-bikes makes it easier to roll over things, especially with their bigger wheels, while their weight definitely discourages hopping on the back wheel.

Rob clears a tricky section of rocks but has a harder time with the pipes on the hillside. "Put it in Trail mode," advises Hans. "It's more even than Boost for some of these sections." Rob does just that and makes it over easily. Modern trials riders would be hopping sideways up it for sure, but the lads just ride straight up with no problems. They set up sections through a series of obstacles, laughing and encouraging each other as they get it dialed. "It's kind of similar to riding an MX bike over this stuff," says Rob, "but you still need to provide the power, and it's not always easy to have your feet in the right position at the right time to do that."

### Pipe dreams

Next, they move over to an area that Hans refers to as 'the waterfall' – a collection of rocks set into a steep bank, almost like giant cobblestones. It's next to a lake and, apparently, they do sometimes pipe water down it, making an actual waterfall. It's bone dry today, though. Hans has practised this before and makes it

## E-BIKE TRIALS

Rob nails 'the waterfall' with expert tuition from Hans



Spot the difference? Clue: there's two...



Come on lads, you've got motors after all!



Hans the man makes a big rooty drop-off look easy

### HANS REY'S TOP TIPS FOR E-BIKE TRIALS

**Keep pressures low**  
I often ride this sort of stuff with pretty low tyre pressures. It really gives you traction to run a big tyre with strong sidewalls at low pressure, tubeless, and perhaps with a foam insert as well.

**Use different modes**  
The Shimano motor I have on the GT makes it feel like a normal bike – acceleration is very natural and the new version has great software that allows a lot of adjustability

via an app. Boost may be too powerful at times so Trail can be a better option for some sections.

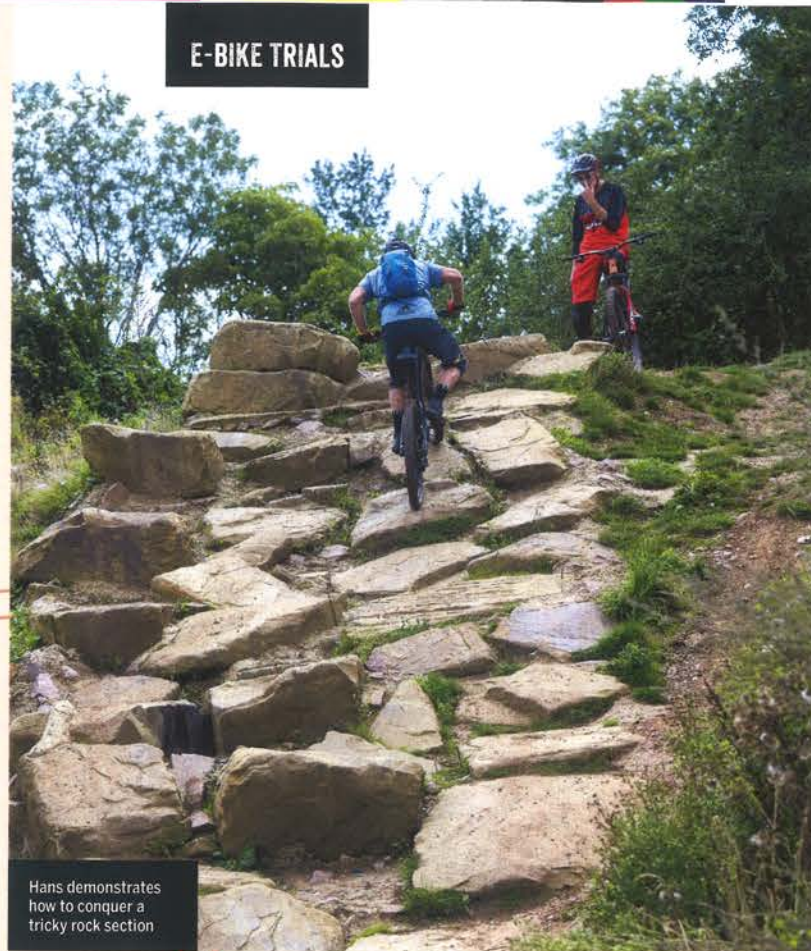
**Try the Half-Way Rey**  
My asymmetric set-up of one flat pedal and one clipless pedal works really well. Clip in whichever foot you like to have in front when your pedals are level. I call it my 'chocolate foot'. I use a proper flat-pedal shoe too – you ideally want one with a less stiff sole than the clipless shoe.

**Balance it out**  
E-bike trials combines motocross and mountain bike skills, so you need to learn to manage the balance between the power of the e-bike's motor and your own muscle.

**Ride with friends**  
Work out different sections with multiple line choices, and challenge your mates to an impromptu skills comp. A little friendly competition can help you raise your game, and it's fun!



## E-BIKE TRIALS



Hans demonstrates how to conquer a tricky rock section



**HANS'S BIKE**  
GT E-FORCE



**ROB'S BIKE**  
VITUS E-ESCARPE VRS

W  
R



Rob is the perfect pupil today, with none of his usual backchat!



How long before elbow bumps can be replaced by high fives?

too knackered to keep doing it safely. We make our way back to the van via a classic stream section that they can't resist. Splashing into it, powering through then hopping out on a clear bit of the bank, they go at it head to head, drenching themselves and my camera too, and laughing as they go.

### Chewing the fat

Back in Hans's garden, he cracks open a few beers for us. "It was fun to see the combination of motocross and bicycle skills. It was really cool how Rob got on with it right away, because it takes a different type of finesse and feel – you've got to pick the right speed, right gear, right motor level," says Hans. "It's a whole new challenge, especially for old dogs like us!" Rob replies with his trademark cheeky

grin. "I think I just about matched you. Hans – no way, half-way or all the way!" "Yep, except for that drop-off," laughs Hans, taking off his non-matching shoes.

"That was f\*\*\*ing great!" exclaims Rob in the van on the way home. "It felt like something anyone could do, unlike extreme bike trials, where you might as well take the wheels out. It seemed weird, for me, to go and do trials on a mountain bike, but that was one of the most fun days I've had on my e-bike! It's a real balancing act, to find grip but not loop out. You have to learn to use the power – it's not as easy as you think! Once I got into it, I realised it makes your skills better for the trails too, you just want to ride everything. But the best bit was riding with Hans." ☘



Some familiar trials moves by the original master

look easy. It takes Rob a few attempts but he gets it sorted too, and they're both up and down it after each other, pushing for faster, smoother lines. It's not as effortless as riding an MX bike would be, but way smoother than a hoppy trials bike. It just looks more like mountain biking, which I guess is exactly what it is. Mountain biking, that is, performed by two very skilled riders. They turn their attention to the steep trail they'd ridden down to get to

the bottom of the waterfall. "I reckon I could ride up there," says Hans. "No way," shouts Rob, "but maybe today it'll be half-way!" In fact, with a bit of effort and some help from his bike's Boost setting, Hans makes it all the way, as does Rob behind him.

"I think I'll carry on using this pedal set-up for hardcore technical riding," says Hans. "There's an advantage to being both clipped in and not clipped in. For me it's the best of both worlds." The guys' next challenge is some drops off a typical trials obstacle – a concrete pipe. Hans then ups the ante with a big rooty drop-off, which Rob isn't keen on. Hans picks his line into it, rides off and back up around a tree. It's a difficult section but he makes it look easy. "Fair play, Hans!" says Rob, sitting this one out.

Hans then details his plans for a new type of mountain bike event, based on this type of riding. "I call it 'skills'," he says. "For me, e-bike racing is going in the wrong direction. XC e-bike races are a joke – they're harder and less fun, whereas the point of e-bikes is that they're supposed

to make things easier and more fun. E-enduro racing is OK, but events where you really test your skills are probably the way to go."

### Competition Hans-style

"You'd compete against yourself but still compare yourself to others, a bit like in golf!" he enthuses. "I'd bring riders from freeride, trials, dirt jumping and downhill. There'd be all these famous names at an invitational event and you could see who's better. We'd build challenging sections and you'd see how far you get. Points would be awarded for the distance you managed to cover, rather than deducted like in regular trials competitions. And you'd have different line choices, with harder ones getting fewer points, and none at all if you didn't complete the whole thing."

Hans illustrates his point with another clean run over the big rooty drop. Rob loves the idea, but not quite enough to make him attempt it. They make their way to some classic trials concrete pipes and push each other to do more stylish circuits till they're

### OLD-SCHOOL VERSUS NEW-SCHOOL TRIALS

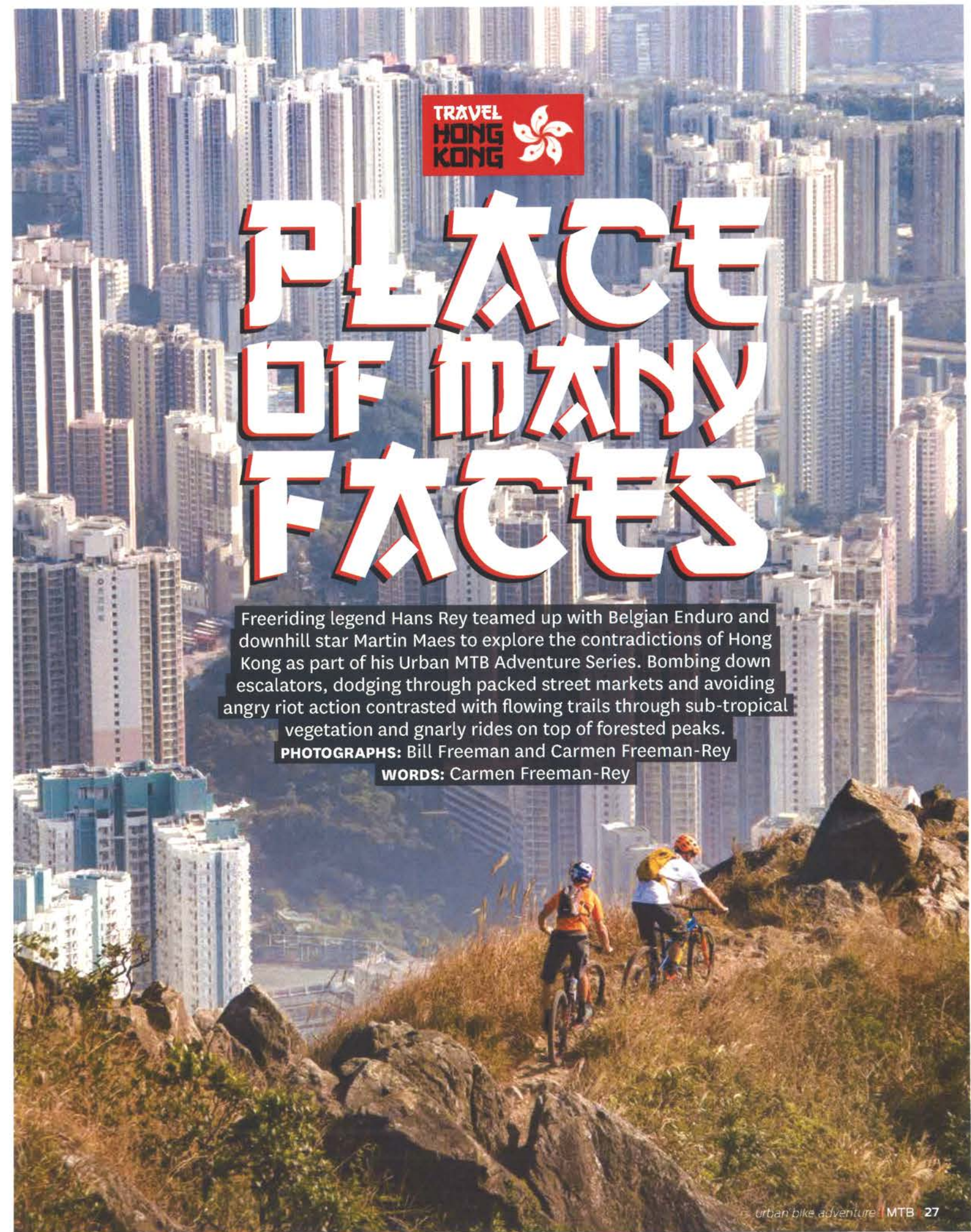
E-bike trials, as practised by Hans and Rob, is more like bike trials used to be in the late '70s and early '80s, before modern hopping techniques became popular. Back then, trials competition sections were designed to be pedalled through

non-stop, because once you came to a stop it would be hard to get going again. Similarly, with e-bikes it's better to keep moving to utilise the blend of muscle and power available.

As bike trials evolved in the '80s and '90s, hopping

became the fashion and competition sections were adapted accordingly. But as Hans points out, there was something pure and simple about riding non-stop – skills, finesse and proper timing were more important than big or dangerous moves.





TRAVEL  
HONG KONG



# PLACE OF MANY FACES

Freeriding legend Hans Rey teamed up with Belgian Enduro and downhill star Martin Maes to explore the contradictions of Hong Kong as part of his Urban MTB Adventure Series. Bombing down escalators, dodging through packed street markets and avoiding angry riot action contrasted with flowing trails through sub-tropical vegetation and gnarly rides on top of forested peaks.

**PHOTOGRAPHS:** Bill Freeman and Carmen Freeman-Rey

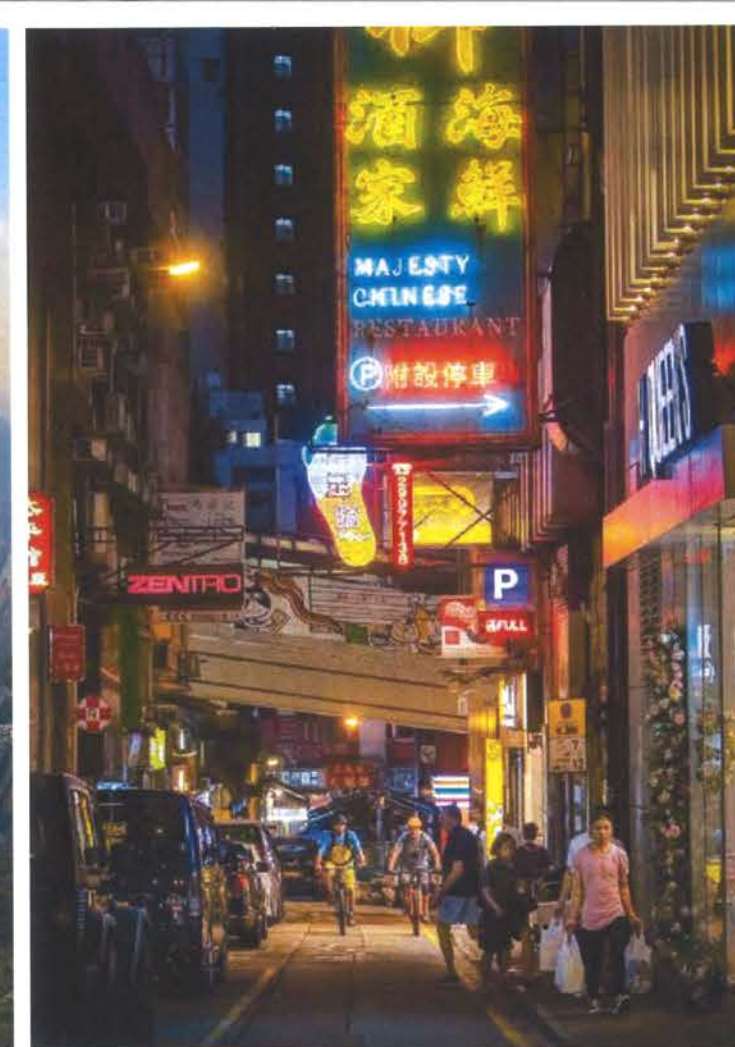
**WORDS:** Carmen Freeman-Rey





## NO WAY REY

Freeride and trials pioneer, Hans 'No Way' Rey has been an icon of mountain biking for more than three decades. He was Trials World Champion in 1989, 1990, 1992, 1993 – and was inducted into the Mountain Bike Hall of Fame in 1999. The showman, stuntman and adventurer has ridden in over 70 countries and has become a spokesperson and ambassador for the sport. His Urban MTB Adventure Series aims to explore the contrast between large cities and their green edges. He and his wife Carmen also manage *Wheels 4 Life*, a non-profit that aims to provide people in developing countries with bikes for transportation.



There are not many places as instantly recognisable as Hong Kong, with its iconic skyscrapers rising tall against an emerald green sea. But Hong Kong is much more than the island from which it derives its name. There are sprawling masses of habitation, most stretching high into the sky, and then there are outlying islands that offer up, for the most part, a different, more peaceful way of life. It is a land of opposites, and never more so than in the midst of the political protests of late 2019.

After months of planning, our international team touched down in Hong Kong in November, as the political discord ramped up a notch. We'd questioned the wisdom of continuing with this instalment in our Urban MTB Adventure Series – the third after Trans Angeles and Trans Napoli – which aims to explore the contrast between nature and large urban areas. However, scrapping our plans was not really an option, so we set off understanding that there could be potential roadblocks along the way and we would have to be adaptable to altering our schedule if and when events unfolded.

## DAY 1 NEW TERRITORIES

The first day of our Trans Hong Kong Urban MTB Adventure saw us in the New Territories region, north of Kowloon and near the border with mainland China. Despite the rapid urbanisation of this region – about 50% of Hong Kong's 7.5million population live in the New Territories – there are still large areas of green, forested spaces, and plenty of purpose-built MTB trails.

An energetic Hans, eager to hop on his bike after our long flight, was joined by Tiger So – a local ripper who grew up watching Hans' videos. He races on a local level and runs a bike repair shop from his small apartment. Together they'd be sampling the trails in the area, some specifically for mountain bikers and others in dual use.

First up was Tai Mo Shan Country Park, and a ride up the highest peak in Hong Kong, at 957m. From there they headed north and then swung to the west, traversing the New Territories and edging closer to mainland China on the Ho Pui Contour Trail. The riding was super fun, not too technical and not too steep, and only requiring intermediate skills for the most part, suiting many levels of rider. They rode through miles of sub-tropical vegetation, featuring canopies of exotic looking plants, bamboo groves, streams and waterfalls. The temperature was perfect, with a very tolerable level of humidity and the sky a clear, azure blue.

Hans and Tiger continued on towards the west coast finishing their journey on Tin Fu Tsai, or the Tin Man trail. We discovered that there is quite a mountain biking scene in Hong Kong and this is possibly its most popular trail, descending on a super flowy run with packed dirt and bedded rocks to help you glide over the areas that might be a bit wet and boggy.

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## DAY 2 KOWLOON

While our first day had unfolded in rural and peaceful surrounds, day two was set to be a true urban adventure. Hans was joined by Belgium's Martin Maes, one of the world's top Enduro and downhill racers, and together they'd be traversing the streets and neighbourhoods of Kowloon.

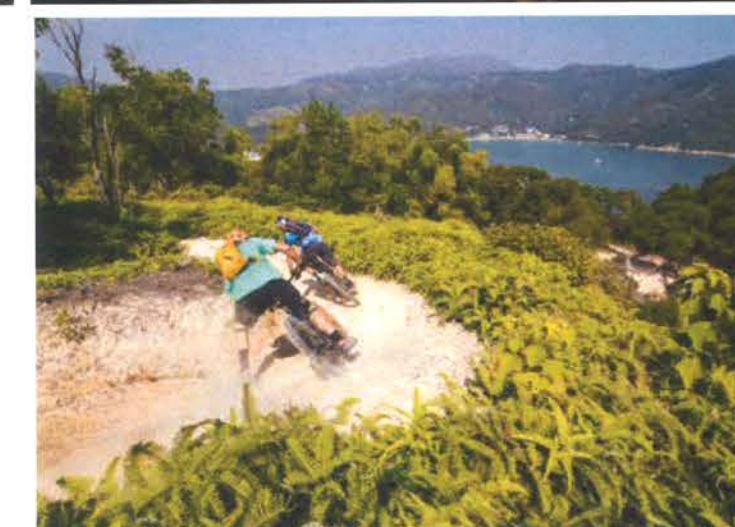
This densely populated metropolis was once home to Hong Kong's international airport, the planes flying so low over the tightly packed

tower blocks that you could see into people's apartments. The roads were a maze of shops and street markets that came especially alive at night. Now the airport has been moved, parts of Kowloon give Central a run for its money. The banks, insurance companies and designer brands have moved in, and the harbour and seafront area has been transformed with glitzy glass-clad buildings that reflect the super yachts bobbing on the water.

The day started with Hans and Martin hiking their bikes up Kowloon Peak to Suicide Cliff, one of the most iconic viewpoints in Hong Kong. Called Suicide Cliff because the climb to get to it is so treacherous, it towers above the metropolis and offers a 360-degree view that encompasses Tai Mo Shan, Victoria Harbour, Kowloon, Hong Kong Island, Lantau Island and Shenzhen (in mainland China).

The narrow trail up was not only overgrown, the tropical plants were, in places, taller than Hans and Martin. It was an exhausting and difficult hike up to the saddle, where riding was again possible. We met a number of tourists and locals along the trail, but no one else was insane enough to be on a bike. Everyone was intrigued to see Hans and Martin riding along the rocky, incredibly technical ridge, passing Kowloon Peak radio towers and going down the death-defying exposed plunge to Suicide Cliff. Hans was riding his GT Force, a tough all mountain bike, with big travel. Martin was on a GT Sensor, more of an all trail mountain bike; it has a little less suspension but is lighter on those climbs and has 29in wheels that provide extra roll and speed.

We knew from photos that the view would be spectacular, but nothing had quite prepared us for the jaw-dropping wow factor. As we crested the final peak that looked down onto Suicide Cliff, we all felt an adrenaline rush. The cliff juts out dramatically and is accessed







WE MET A NUMBER OF TOURISTS AND LOCALS  
ALONG THE KOWLOON PEAK TRAIL, BUT NO ONE  
ELSE WAS INSANE ENOUGH TO BE ON A BIKE





precariously via a narrow exposed trail littered with loose rocks. The number one selfie spot for the Instagram generation, it offers a far-reaching perspective of the diversity of Hong Kong: from the densely packed skyscrapers and traffic-packed streets of Kowloon and Central, through the port loaded with cargo ships and shipping containers, to the beautiful greenery of the scattered islands spread out like emeralds in the South China Sea.

We descended Kowloon Peak on our bikes, the dirt trail giving way to stairs and tarmac as we made our way into the narrow streets of north Kowloon, clogged with markets and neon signs advertising things we couldn't understand. A tucked-away bakery offered a welcome midday snack before we snaked our way past 40-floor-high apartment blocks, through the crazy traffic, as we continued downhill to Victoria Harbour. In places we rode the subway stairs to go underground, or took escalators up to the bridges that allowed us safe passage from block to block. Eventually we made it to Victoria Harbour and its spectacular views across to Hong Kong Island. Hans and I had been here before, but it was Martin's first visit, and he was impressed, exclaiming that "this is the most amazing city I have ever seen".

As the sun set on another day, the mirrored buildings reflected the high rises, water, yachts and junks – all ablaze with a golden glow. When it sunk below the structures on Hong Kong Island and day turned to night, the skyscrapers lit up with dazzling, vibrant colours of every hue. The night sky offered us an iridescent almost-full moon and Hong Kong gave us a city of saturated lights.

It was time to switch up the pace again and head back into the bright streets of Kowloon where, if anything, the energy level had ratcheted up.

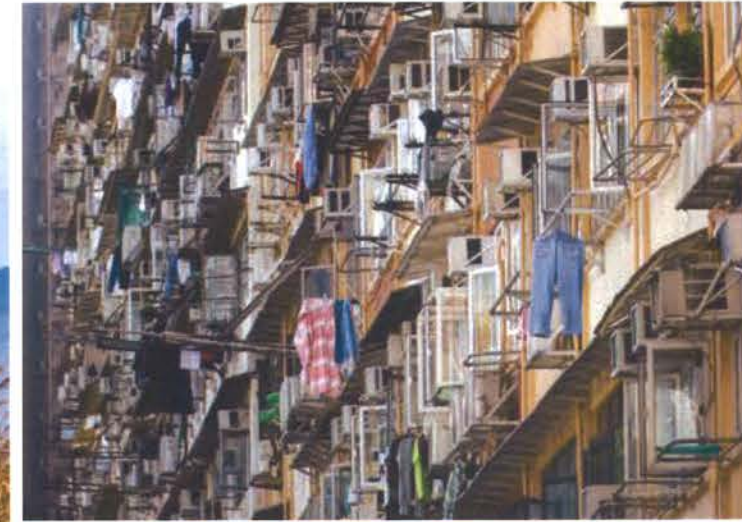
This truly is a city that never sleeps. We headed into the more salubrious shopping district in Kowloon, short cutting through alleyways and charging down avenues. A bike is a fun way to see the city and, although the volume of traffic was crazy, it never actually felt dangerous. Hans and Martin managed to get a ticking off for riding through an Adidas mega store, but I think the staff liked it really.

We headed to one of the city's large indoor food markets for our supper. These may be somewhat utilitarian in appearance, with harsh fluorescent lighting and basic communal seating, but ohhhh.....the food! It is so delicious that they have no need to dress it up with fancy décor. We ate and ate; one dish after another arrived as we shared family style. Bellies full it was time to head to bed and rest up for our next day, which would find us riding the epitome of Hong Kong contradictions.

## DAY 3 LANTAU

It was time to hit some dirt trails again, so we packed our bikes into a GoGoVan and headed for the island of Lantau, south west of Hong Kong and connected to the mainland via a causeway. Lantau is home to Disneyland Hong Kong, the new(ish) international airport, the Ngong Ping 360 gondola and Tian Tan, one of the largest bronze Buddhas in the world.

It also has some world-class MTB trails, built with some collaboration from the International Mountain Bicycling Association (IMBA) and under oversight from DirTraction and other local bike associations. The trails are extensive, crisscrossing the island and covering quite a distance. There is also a newly built bike park featuring a beautiful







# HONG KONG



asphalt pump track. It was a pleasure watching Martin Maes ride, he has a style that floats and skims along the trails and he is so at ease and fluid on the bike.

The highlight of the day was the 18km Chi Ma Wan trail, which has recently been extended. At the end of it, we got to wash off the dust with a late-afternoon swim in the South China Sea.

## DAY 4 HONG KONG ISLAND

During breakfast, we saw on TV that the protests were escalating, especially in Central where we were headed to explore the urban jungle that is Hong Kong Island. We'd have to be very careful and avoid the hotspots.

We met up with Nick Dover, our British ex-pat 'fixer' beside the Bruce Lee statue on the famous Avenue of Stars, then boarded the famous Star Ferry for the trip across Victoria Harbour to Hong Kong Island. Nick had us install an app that showed in real time where the protest flare-up points were so that we could stay out of trouble.

After disembarking we made our way through the busy streets and up the steep walkways leading to the famous Victoria Peak, which stands at 552m high. The Peak is home to some of the most exclusive and valuable real estate in the world. It is cooler up there, very private and the views over Hong Kong's Central District, Kowloon and the South China Sea are spectacular. The mountain is incredibly steep and the most popular option to get up to the top is to use the Peak Tram, a funicular that has been in operation since the late 1800s and services approximately 11000 people a day. Having taken in the megawatt views from the top, it was time to drop back down to the city, through the peak's parks and remote alleys, hammering a few more staircases along the way.

We headed to Hollywood Road and Soho via a street food

market, filled with every colourful fruit and vegetable imaginable, and where the seafood was so fresh some of the langoustines flapping about landed at our feet.

Hollywood Road is the second oldest street in Hong Kong – built before the famous Hollywood in California – and is known for its eclectic shops, antiques and art galleries. As we rode through the streets, the stark contrasts that are Hong Kong were glaringly apparent. One moment we were amongst billionaire properties looking down on a sea of skyscrapers, the next we were navigating crowds haggling over the price of fish heads in tight streets lit with neon signs.

From Hollywood, we pedalled on to the Soho District, which is famous for its escalator system. This acts in a similar way to a funicular railway, taking pedestrians up very steep streets with exit points at each intersection. It used to be the longest escalator system in the world. Soho once consisted of mostly residential flats and offices, but over time shops, bars and restaurants have moved in, creating a lively buzz, especially at night.

After stopping for dinner, we decided to head back to the hotel – but we could hear the cacophony of clanging and raised voices coming from the streets ahead. Suddenly a swathe of people, many masked or clutching umbrellas, turned and ran in our direction, yelling at us to run as the acrid stink of teargas reached

our nostrils and the sting hit our eyes and throats. We were on the real and shocking frontline of the November 2019 protests. As we rode away from the action, we saw broken glass and evidence of smashed shop fronts, and heard the relentless screech of sirens. Around a few corners and it was as if nothing was amiss, with people going about their normal evening routines, jogging the streets and eating in cafés.

## DAY 5 LAMMA ISLAND

For the final day of our Trans Hong Kong Urban MTB Adventure, we took the MTR to Aberdeen Harbour, on southwest Hong Kong Island, and hired a local fisherman to take us in a traditional sampan across to Picnic Bay on Lamma Island. It was an eventful crossing as we came close to a huge cargo ship and trusted that our skipper knew exactly what he was doing.

Lamma Island couldn't have been more different from the Central Hong Kong. In the bay, colourful houses and cafés perched on stilts at the edge of emerald waters scattered with pontoons and small fishing boats. The island is car free – the only way to get around is on bicycle or on foot – and it has a gentle pace, with a laid-back hippie vibe that is popular with ex-pats, who use the regular ferry service to get to work on Hong Kong Island.





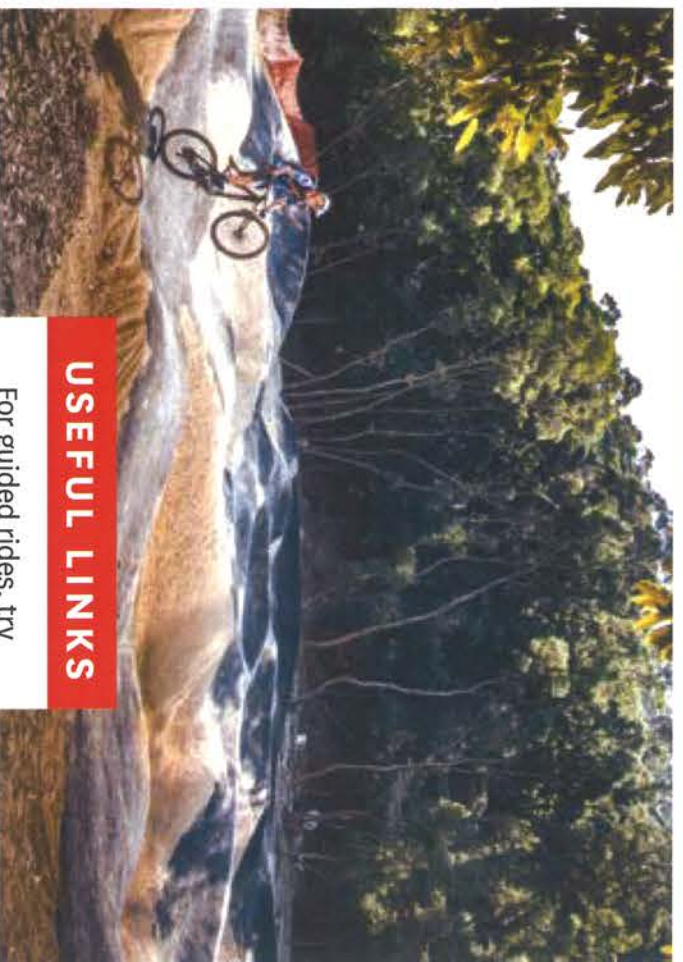


Hans and Martin were greeted by Andy Chan, a Lamma local, who was going to be our trail guide for the day. The trails on Lamma are not as groomed or professionally built as Tin Man or those on Lantau, but they were lovingly created by local dirt-riding enthusiasts and are Hong Kong's original mountain bike trails.

The trails meander across the island, sometimes intersecting the footpaths. Once out of the jungle landscape, they open up to views of the stunning crystalline waters and pass through villages that are mostly just a smattering of houses. Hans and Martin picked up extra riders along the way; the locals were excited to mountain bike with these pros as they rode the dirt towards Sha Po Old Village.

This is the thing with the conurbation of Hong Kong; there are towns and districts that once upon a time were truly separate, but over time they have merged ever closer together so that their physical borders are hard to define. But each has its own character, and most honour the old and welcome the new. We discovered that no matter where you are in Hong Kong, you are never far from nature and unspoiled landscapes that are there waiting to be enjoyed.

As the light began to fade, we watched the ferry come into dock at Sha Po. A swarm of people in business suits disembarked, grabbed their bikes from the racks and pedalled of home. We were due to make the 20-minute crossing to head back to our hotel. But first it was time to take a moment, grab a beer, cheers another great Trans Urban Adventure and watch the blood orange sun lazily descend on the horizon, before melting into the South China Sea and leaving us with a golden glow. ☼



## USEFUL LINKS

For guided rides, try  
Mountain Bike Hong Kong  
🌐 [www.mtbhk.com](http://www.mtbhk.com)  
For more on the new  
Lantau bike park, see  
🌐 [www.dirttraction.com](http://www.dirttraction.com)



Hans with Belgian  
pro Martin Maes and  
Lamma Island local  
Andy Chan



EXCLUSIVO BICICLUB

HANS & CARMEN REY

# Escapando del coronavirus... en bici

Durante la pandemia, Hans Rey y su esposa Carmen se embarcaron en una motorhome para emprender un viaje de 14 días por los Estados Unidos, "cargados con suficiente vino y cerveza como para hundir el Titanic", visitando amigos (Greg Herbold, entre otros), parques nacionales y senderos de clase mundial, montando MTBs tradicionales y ebikes. Una fiesta de la bicicleta en medio de la pandemia, una manera grandiosa de sobrellevar la locura urbana de aquellas semanas.

Texto y fotos: Carmen Rey

**E**l miércoles 11 de marzo de 2020 Hans y yo estábamos ya a bordo de un vuelo a punto de partir desde Los Angeles a Londres Heathrow, con planes para pasar un tiempo en el Reino Unido. Las puertas del avión estaban cerradas y los pasajeros con los cinturones abrochados, todo listo para rodar, cuando el capitán anunció la noticia de una prohibición de viaje para las personas que venían de Europa a los Estados Unidos. En este punto no se incluía el Reino Unido, pero ¿por cuánto tiempo?

Hubo rumores ansiosos de muchos pasajeros a bordo, ya que se les dio permiso para desembarcar a las personas que quisiesen hacerlo. Tuvimos que tomar una decisión rápida: permanecer a bordo o bajarnos, y decidimos bajarnos. Resultó ser la decisión correcta.

El viernes siguiente la prohibición se había extendido a Gran Bretaña y el domingo se ordenó en California, donde vivimos, cerrar los bares. Pronto sería el turno de restaurantes, oficinas, escuelas y viajes no esenciales. Se cerraron las playas, los parques locales, los senderos y los parques nacionales. Dos días antes, Hans y yo habíamos hablado de alquilar una casa rodante y hacer un viaje por ruta. El plan era visitar algunos estados con hermosos paisajes y hacer algunas sesiones fotográficas en el camino. Bueno, ese plan no había funcionado. Al menos no todavía. Pasaba el tiempo y después de varias semanas de la orden de "quedarse en casa" nos estábamos volviendo un poco locos, así que cuando se levantaron las restricciones de viaje, pensamos que era hora de cambiar de escenario y alejarnos de "crazyville" (N. de la R.: loca ciudad). Las playas parecían más llenas que nunca y los



senderos más concurridos de lo que jamás habíamos visto; había pocas posibilidades de distanciamiento social al aire libre, por lo que decidimos dirigirnos hacia el salvaje oeste.

Nuestra ruta nos llevaría desde California a Nevada, luego a Utah, Colorado, Arizona y nuevamente Utah. Pedaleamos, caminamos por los parques nacionales y visitamos a algunos amigos en un paisaje en constante cambio y con vistas asombrosas.

Después de haber estado confinados tanto tiempo, siento que apreciamos aún más esa sensación de libertad, camino abierto y cambio de escenarios.

### El cumple de Hans

En el camino experimentaríamos temperaturas extremas de 98°F (37°C), con un sol abrasador en un extremo y bajo cero con nieve en el otro. Kobe, nuestro west highland terrier, con genes escoceses que amaban la nieve, no estaba tan interesado en el calor intenso, pero afortunadamente rara vez estuvimos lejos de alguna

fuente de agua natural, ya sea un arroyo, un río o un lago.

Cargados con bicicletas, equipo, comida y suficiente cerveza y vino como para hundir el Titanic, partimos hacia nuestro primer destino, Las Vegas. Una rápida parada en boxes durante la noche y ya estábamos en la carretera nuevamente, ahora en dirección a Monument Valley, Utah.

Fue un viaje bastante largo, pero logramos llegar a nuestro primer campamento antes de la puesta de sol sobre los magníficos monolitos que asomaban desde el horizonte. Cuando el sol desapareció, fue reemplazado por la luna naranja más impresionante aun y el paisaje se bañó en un rosa intenso. Una vista imponente, pero hacía mucho calor.

También era el cumpleaños de Hans, así que lo celebramos bajo las estrellas con una cena perfecta en un escenario perfecto.

### Gooseneck Bends y Valley of the Gods

El día siguiente comenzó con una parada en Gooseneck Bends, una

serie de rocas en forma de herradura talladas por el río Colorado. Nos detuvimos en el borde del cañón, que descendía abruptamente frente a nosotros. Decidimos tomar algunas fotos, así que Hans desenganchó su GT Force de la parte trasera de la camioneta. Honestamente, estaba aterrizada cuando se acercó tanto al borde; una pedaleada en falso y se acabaría el juego. Mientras se acercaba más y más y saltaba de una losa de roca que sobresalía a otra, todo lo que podía hacer era configurar mi cámara, cerrar los ojos y hacer clic. No podía soportar mirarlo.

Debido a que la orden de permanecer en casa recién acababa de levantarse, muchos de los parques nacionales no estaban aun completamente abiertos. Pero pudimos conducir el circuito del Valle de los Dioses, un poco incómodo en una casa rodante, al punto que algunos nos advirtieron que no nos internáramos en él, pero igual lo hicimos, dando algunos tumbos sobre sus curvas y baches. Hans decidió sacar su bicicleta y

hacer algunos recorridos. Habíamos pasado mucho tiempo sentados y estaba ansioso por hacer girar sus ruedas, aunque solo fuera por un corto tiempo. El telón de fondo era majestuoso y muy abierto, con colinas de arenisca que se elevaban como dedos a nuestro alrededor.

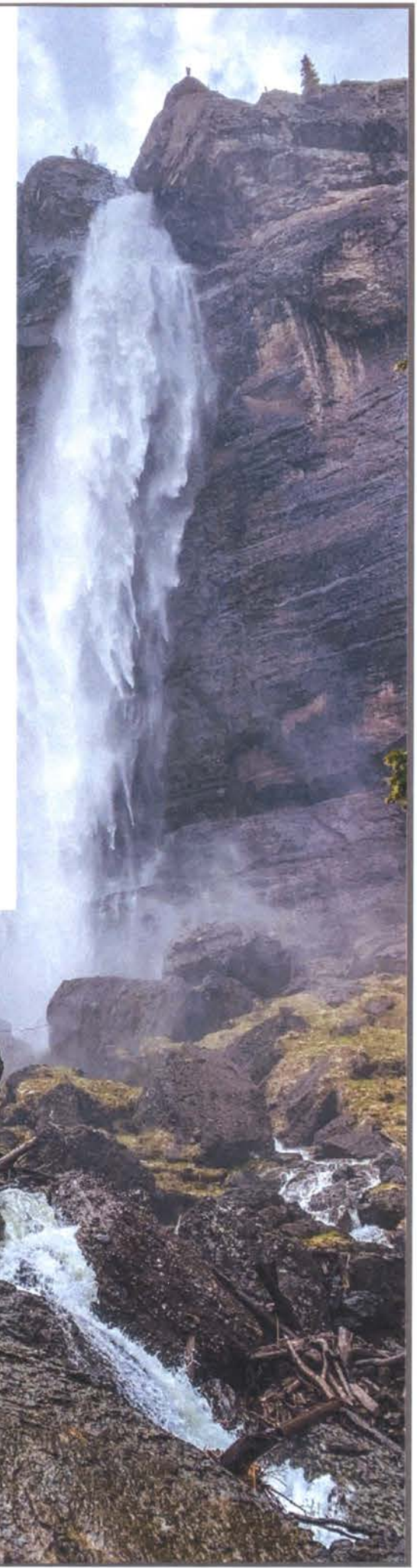
### El amigo Bill

Luego nos dirigimos a lo de nuestro viejo amigo y compañero Bill Freeman, que vive en Mancos, Colorado. Bill es un excelente fotógrafo y ha trabajado con Hans muchas veces a lo largo de los años. Se mudó de California hace unos años y aquí, al final de un largo camino de tierra, se construyó una casa en la cima de una colina con una enorme terraza que ofrece una vista increíble de las montañas y Mesa Verde.

Después de una barbacoa en la terraza y un increíble espectáculo de luces de tormenta, llegó el momento de dormir, ya con un plan para un paseo en bicis al día siguiente.

Hans y Bill recorrieron los sen-

deros de Ramparts mientras yo llevaba a nuestra Kobe y la perra de Bill, Jasmine, a dar un paseo por la misma ruta. La caminata/bicicleteada fue por un sendero impresionante, comenzando desde una cima y dando vueltas hacia abajo antes de volver a subir. Miles de bosques de árboles de Aspen atravesados por arroyos claros y brillantes que serpenteaban junto con las curvas. Delicadas hojas moteadas por la luz del sol y los altos y delgados troncos meciéndose con el viento. Hubo algunos obstáculos debido a la tormenta de la noche anterior: muchos árboles se habían caído y varios yacían a los lados del camino o sobre el mismo. No era problema para Hans y Bill, simplemente los pasaron por encima. Se divirtieron mucho y Bill tomó algunas fotos geniales en el camino. Otro día y otro paseo, esta vez el famoso sistema de senderos Phil's World, cerca de Cortez. Hans y Bill habían acordado encontrarse con un par de bikers locales y el perro montañés Honzo. Hans estuvo increíblemente impresio-







nado con Honzo, la forma en que mantuvo el ritmo y se movió fuera del camino y cómo lograba ganar tiempo cortando camino y tomando la línea recta en las curvas. Los senderos tenían algo para la mayoría de niveles de ciclistas, desde rocosos y sueltos, empinados y técnicos, hasta de tierra suave con flow.

#### **Día glorioso en Telluride y un paseo por Ouray**

Después de dos noches con Bill, había llegado el momento de dirigirse a Telluride, Colorado. Esta antigua ciudad minera es ahora un famoso destino de esquí de las Rocky Mountains. Durante el cierre por el COVID, Telluride se cerró del resto del mundo físico; para ellos fue fácil, ya que están al final del valle. Pero unos días antes habían vuelto a abrir la carretera.

Nuestro día terminó en Sunshine Campground. Dormimos como osos hibernando y nos despertamos con un día gloriosamente soleado. Siguiéron dos paseos divertidos, el primero por Bear Creek Trail, una pista ancha de usos múltiples, que corría paralela al río la mayor parte del camino, junto con prados y pequeñas cascadas. La conducción requirió cierta concentración, ya que el suelo era una masa de rocas sueltas y puntiagudas de buen tamaño y losas húmedas y resbaladizas. El siguiente fue un pesado viaje hacia Trico Peak e Ingram Falls. Las cataratas fueron realmente espectaculares, terminamos bastante empapados.

El viaje de regreso a la ciudad nos ofreció otra vista increíble. Para mí, uno de los platos fuertes del día fue dominar mi fobia a pedalear por los ríos. Lo hice varias veces y logré no caerme de la bici. Por supuesto que Hans puede ha-

cer wheelies mientras pedalea en un río. Siempre me quejo de que tiene helio en su neumático delantero...

Desde allí nos dirigimos al siguiente valle, donde la luz del sol fue reemplazada por nieve. Nuestro destino fue Ouray, que resultó ser la ciudad históricamente más pintoresca y hermosamente preservada de todo nuestro viaje. Al día siguiente, el sol atravesó la niebla y nos mostró casquetes de nieve blanca a lo largo de las crestas horizontales de las mesetas rojas. Una vista particularmente bonita contra el cielo azul, ahora brillante.

#### **Con Greg Herbold en su propio sendero**

Nos dirigíamos de nuevo a Utah, esta vez a Moab, incluyendo una visita a Greg Herbold, conocido por la mayoría como HB. HB es un ex campeón del mundo de descenso y afirma que el Slickrock Bike Trail es el sendero de su casa.

Hans y HB fueron muy conocidos por sus papeles cómicos en la clásica película de MTB Tread, que se filmó en parte aquí en el año 93. Slickrock es mundialmente

famoso, un sendero sobre roca sólida, marcado con puntos de pintura. No es para los débiles de corazón. Con sus pendientes, caídas repentinas y sorpresas, requiere habilidades y resistencia. Hans tomó su bicicleta eléctrica, la GT E-Force, ya que las bicicletas eléctricas están permitidas allí. Pensaron que un poco de ayuda a la resistencia dejaría más energía para desafíos divertidos adicionales. Es un poco un oxímoron lo que voy a decir, pero en Slickrock (N. de la R.: que significa roca resbaladiza) la roca justamente no es resbaladiza en absoluto; en realidad es súper adherente.

Esa mañana habíamos visitado el Parque Nacional Arches y caminamos hasta Delicate Arch, donde está absolutamente prohibido andar en bicicleta, pero conducir por los caminos del parque nos ofreció vistas que cortaban el aliento una tras otra y la caminata fue bastante especial. No podía creer cuánta tracción tenía el terreno; se podía caminar casi en vertical, lo que me resultó extremadamente útil al día siguiente.

#### **El arco dorado**

Nos despedimos de HB y su esposa Deborah y nos dirigimos al Wilson's Arch. Este enorme arco natural dorado no está en el parque, por lo que Hans decidió que era hora de sacar la bicicleta de trial para un momento de Instagram. Subimos una cuesta increíblemente empinada, yo luchando un poco bajo el peso de mi equipo de cámara, que me empujaba hacia atrás.

El espectáculo valió la pena, al punto que siento haber tomado allí algunas de mis tomas favoritas de todos los tiempos. Y cuando estaba acostada de espaldas o tambaleándome en el borde y tratando de mantener el equilibrio para disparar, me sentía muy agradecida por el agarre que me ofrecían esas rocas.

Hans nunca deja de sorprenderme en una bicicleta; carece de miedo y nada parece perturbarlo, ya sea montando en un borde es-







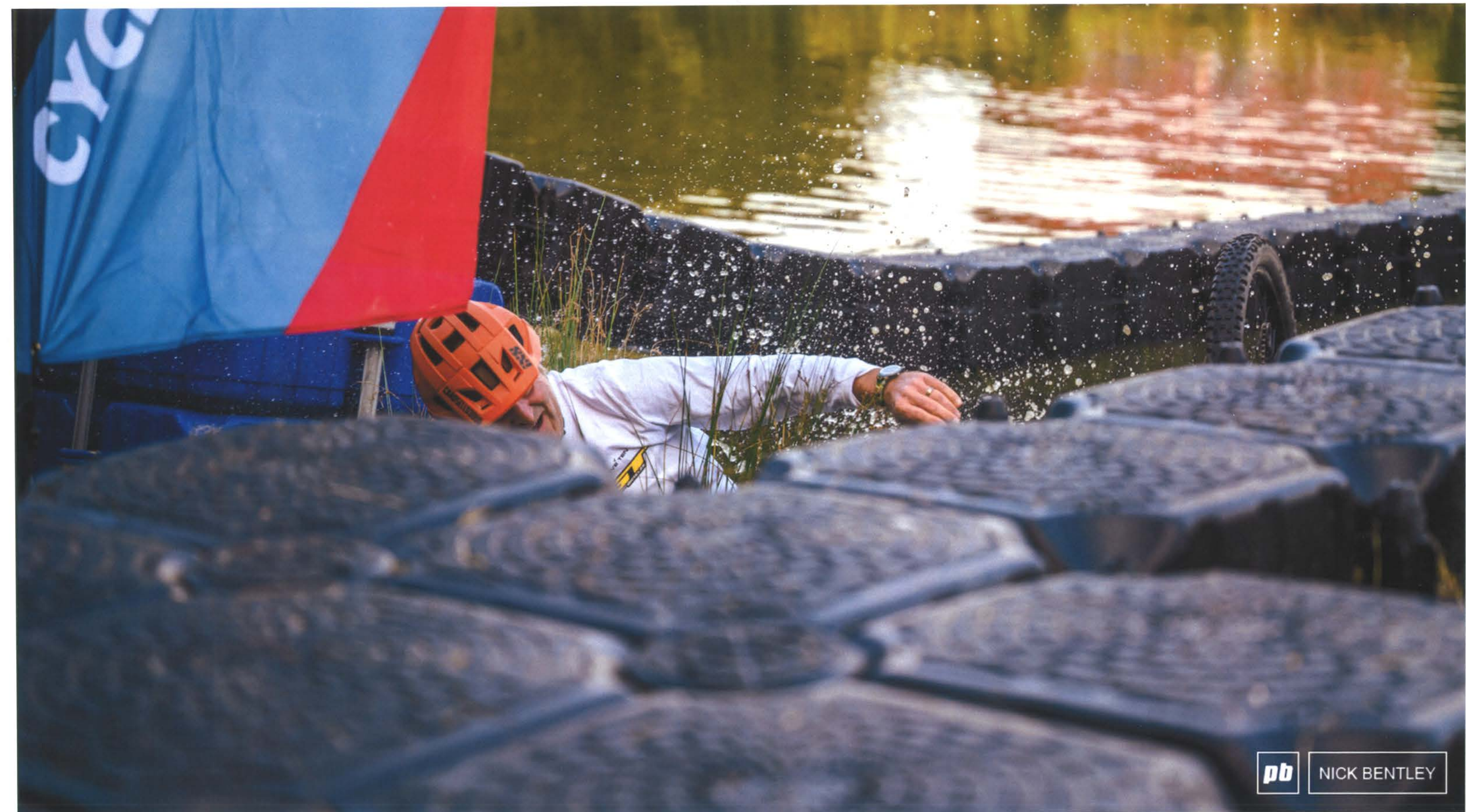
pb

NICK BENTLEY

Open "<https://www.pinkbike.com/photo/21211009/>" in a new tab

*Hans using every last bit of his experience to keep his big 29er GT dry*





NICK BENTLEY

*Hans Ray creating yet more mountain bike history in developing the Lake Ride move known as the Hans Ray, which was getting within one foot of completing the track only to fall off at the very last moment*

Open "<https://www.pinkbike.com/photo/21211015/>" in a new tab









**Hans Rey** is at **Eastnor Castle**.  
Published by Hansjorg Rey ·  
August 29 at 6:18 AM · Ledbury ·

I was the Guinea Pig at the infamous Lake Ride  
@malvernsclassic ...  
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0:15 / 0:34



**Hans Rey** ✓

Published by Instagram ·  
October 15 at 9:51 AM ·



Good Times last night meeting a bunch of friends and old school BMXers to watch a special screening ...

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🇮🇹 **Italy, Urban Downhill 2021** 🇮🇹





NEWS  
#HANS REY

# Fuga dal Covid



News



Marco Toniolo, 21/11/2020



Hans Rey e sua moglie Carmen sono scappati dal Covid, lo scorso giugno, andando in giro per la natura dello Utah e del Colorado. Posti stupendi!



## PHOTO OF THE DAY





# NAVIGATING THE EVER- CHANGING E-MOUNTAIN BIKING LANDSCAPE

Because we're all in this together

Nothing makes you feel like a real-life superhero more than an e-mountain bike. And, as a great superhero once said, "With great power comes great responsibility." This statement applies here and now with us as well. As an e-mountain bike rider, you can be the segment's greatest advocate or worst enemy. As the saying goes, "One bad apple can spoil the whole bunch."

We are not here to single out e-bikes as the source of all the etiquette problems that occur on the trails. And, we realize that *Mountain Bike Action* readers are among the most aware and educated riders out there, so we may be preaching to the choir; however, if we can reach just one or two riders, or bring a friend of a friend up to speed on things, we all win in the long run. Let us not forget we are all just people out there, and the way we act and treat each other has less to do with the kind of bike we ride and more to do with what kind of person we decide to be.

## WHAT IS AN E-MOUNTAIN BIKE?

The e-bike classification system was developed by the bicycle industry to better define e-bikes and laws pertaining to them. Three classes were created based on maximum assist speed, motor wattage and operation. A Class 1 e-mountain bike provides assist only when pedaling and has a maximum allowed assist speed of 20 miles per hour. Its electric motor is limited to 750 watts (about 1 horsepower) of maximum power. Class 2 is identical but can propel itself via a throttle or pedal assist. Class 3 is pedal assist only and also has a 750-watt max but has an assist-speed cutoff of 28 miles per hour.

Most major mountain bike manufacturers have focused on producing only Class 1 e-mountain bikes. That is all that we review and cover here in the pages of *Mountain Bike Action*. Simple, right? Well, it is until you start digging into the regulations, and that's where things can be a little confusing. Speaking of confusion, not all states have officially adopted the three-class system.



In Europe e-bikes share the trails in harmony with mountain bikes.

## FEDERAL LAW

From the beginning, the U.S. Forest Service and BLM have treated e-mountain bikes, regardless of class, as motorized OHVs (off-highway vehicles). It was the logical thing to do in the beginning. Then Secretary of the Interior order #3376 came along, and it caused some confusion. "While confusing, the Secretarial Order #3376 simply directed the land management agencies within the Department of the Interior to develop regulations to expand the use of e-bikes," says Todd Kells, IMBA's Director of Government Affairs.

Some wording in order #3376 suggests that Class 1, 2 and 3 e-bikes have to be treated the same way as bicycles everywhere on its public lands. Because of that, we hear some e-mountain

bike riders saying that it allows them to ride any trail on federal land. That's simply not the case. "Order #3376 does not mean that anyone can ride their electric bicycle on any public land managed by the National Park Service, Bureau of Land Management, U.S. Fish and Wildlife Service or the Bureau of Reclamation," says Ash Lavell, PeopleForBikes Electric Bicycle Policy and Campaign Director. "These rules simply give local land managers within these agencies the authority to allow electric bicycles on non-motorized trails."

Things are changing. We have seen regions in the USFS that have adopted e-mountain bike use on multi-use trails. Lake Tahoe

**"As trail users, we really are all in this together."**

has recently allowed Class 1 electric bicycles on 35 miles of its trails in the Truckee trail network. These are motorized trails that allow Class 1 electric bicycles as the only motorized vehicles, in addition to

other non-motorized activities such as biking, hiking and equestrian use. And, we are seeing similar trails in the Mammoth Lakes area that are signed e-bike legal where motorcycles are not allowed.

Leased land within the USFS seems to play by its own rules, too. Big Bear Mountain Resort and the Mammoth Mountain Bike Park, for instance, lease land from the USFS and allow e-mountain bikes on their trails.





## IMPROVE YOUR BALANCE SKILLS

"Balance is perhaps the most fundamental skill in mountain biking," says Hans Rey. "Learning it is essential for low-speed technical situations. Here are a few basic exercises you should be able to do: 1. Locate an extremely slight slope. Point the nose of your bike downhill and roll along as slowly as possible. 2. Find a long, painted line on a flat surface and slowly trace the line with

your tires. 3. Practice a figure-eight, rolling in a continually tighter and slower formation. 4. Pedal carefully along the length of a low curb or beam. The trick is to concentrate on where you want to go, not where you don't," advises Hans. "If you look over the edge of a drop, you'll end up there. It helps me if I look 3 to 5 feet ahead of where I am."

As a former trials world champion, Hans Rey offers his tips for improving your balance skills on a bike, demonstrated here in Hong Kong in 2019, shortly before the COVID-19 pandemic hit China.

Photo by Bill Freeman

## CARRY MORE WATER THAN YOU THINK YOU WILL NEED

Take extra water on a ride, especially when it's hot. Medical experts say that our bodies can lose up to 4 liters of water per hour through breathing and perspiration, but we can only absorb 1 liter of water per hour from our digestive systems when we're drinking it. Make sure you're well hydrated before the start of a ride, and remember to drink water every 15 minutes or so—and even more often if you're thirsty. If you don't have enough water on a hot day, you can get heat stroke and possibly even die, so don't take any chances. But, be careful about drinking too much water on a hot day without taking in some salt, too. Exercising in hot weather lowers the level of salt in our bodies when we drink too much plain water, so add some salt to your water on a hot day to prevent hyponatremia.

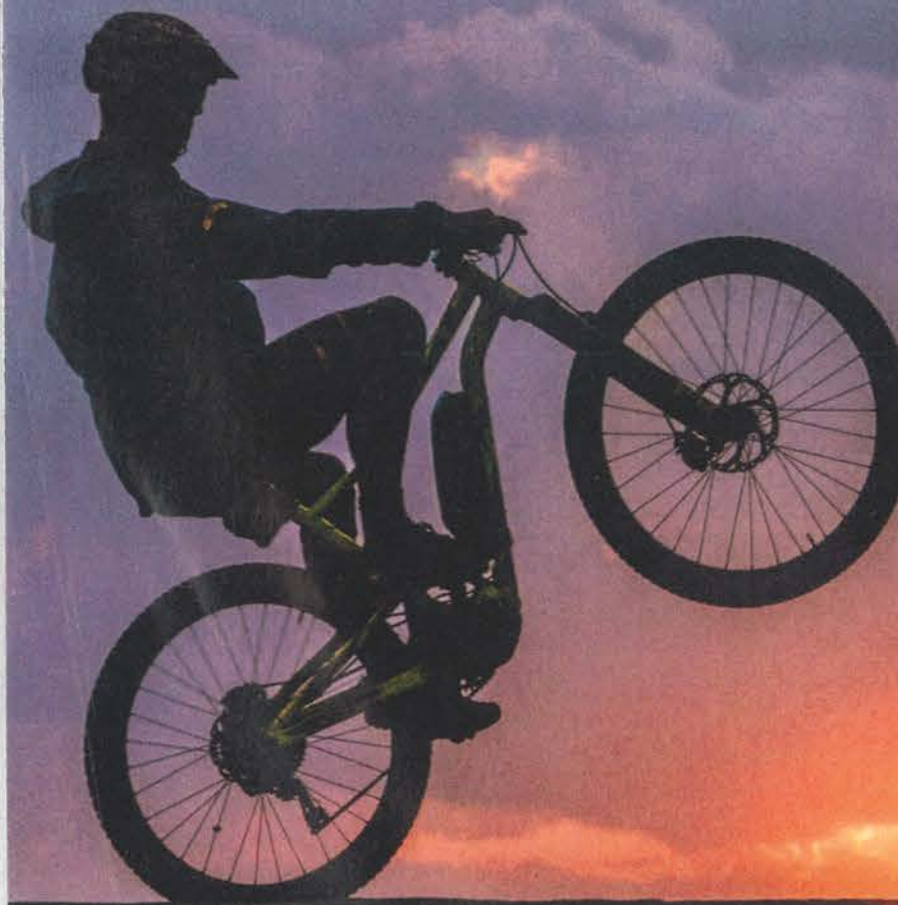
## MASTER BRAKING

Toby Henderson (a former pro downhill, MBA test rider and the founder of Box components) shared this tip with our staff years ago: Keep one finger on your front brake lever and two on the rear brake lever. First off, this helps you remember which lever controls each brake. Second, the different amounts of pressure can help keep you from locking up the front brake and sending yourself over the bars. Third, the different amounts of pressure can help you modulate the power to your brakes. As mentioned, this helps you remember which brake is which, and that is extremely helpful if you try a friend's bike that has the lever positions reversed, a setup known as "moto-style" that is often used by riders who ride motocross bikes on the side, where the right lever controls the front brake.



Although Toby Henderson (shown here) and many pros keep one finger on each brake, Toby says that most riders would do better to keep one finger on the front brake lever and two on the rear for better braking control.

## { IN CLOSING }



If you're going to ride off into the sunset, do it with style. Hans Rey knows this.

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82 [www.electricbikeaction.com](http://www.electricbikeaction.com)

**MOUNTAIN BIKE ACTION**



MARS-AVRIL 2021 - N° 265

# Vélo Tout Terrain

LE MAGAZINE  
100% VTT

TEST LONGUE DURÉE

NOUS AVONS TESTÉ **BOX - TRP**  
**4 TRANSMISSIONS SHIMANO - SRAM**  
**Quelle est la meilleure ?**

DÉCOUVERTE

Rendez-vous sur  
l'île de Madère

PRATIQUE

Bien entretenir  
sa transmission

SANTÉ

Comment renforcer  
ses épaules

LES ESSAIS

**MERIDA NINETY-SIX RC 9000**

N° 265 - MENSUEL - ISSN 1296-8129

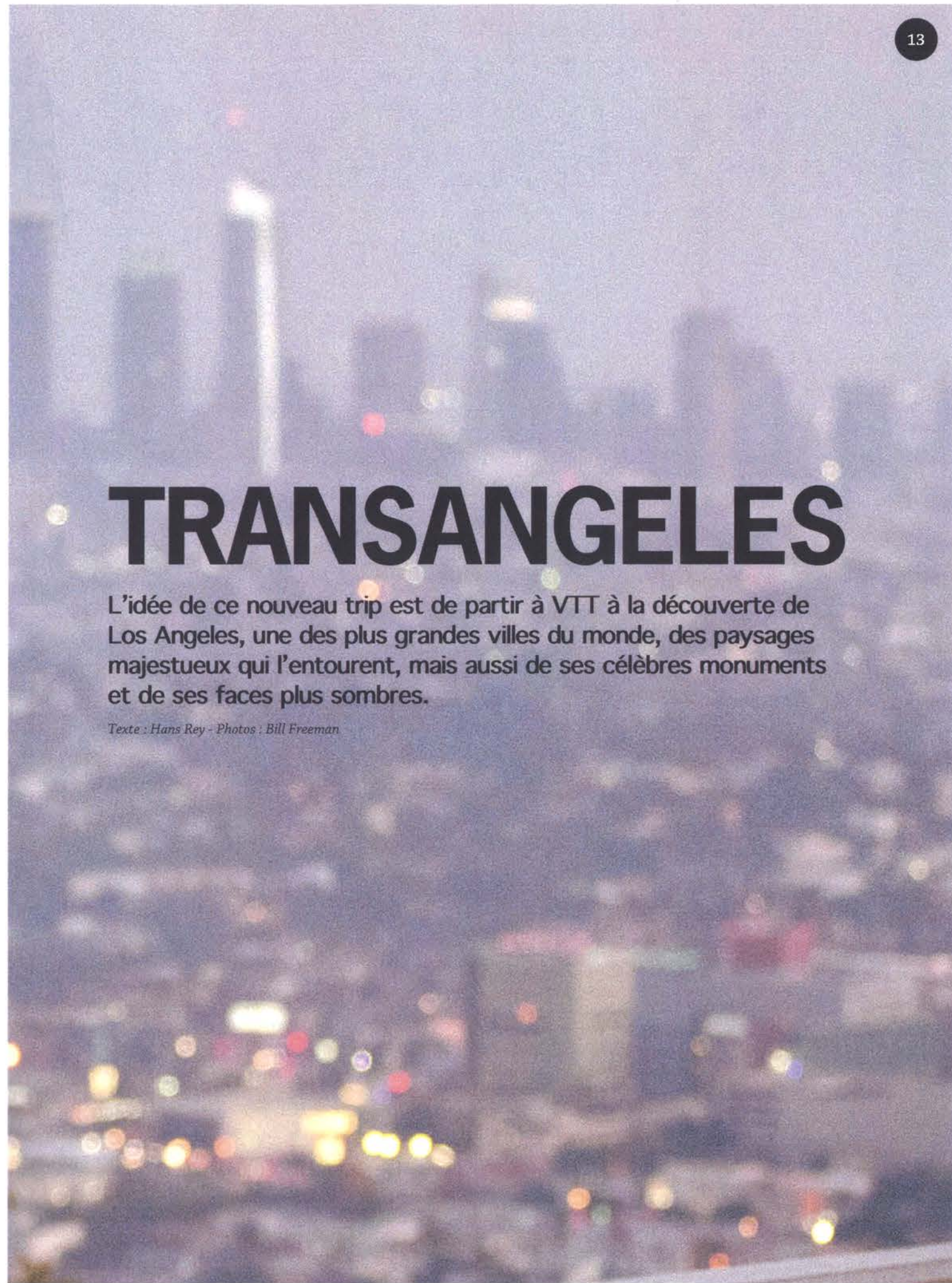




# TRANSANGELES

L'idée de ce nouveau trip est de partir à VTT à la découverte de Los Angeles, une des plus grandes villes du monde, des paysages majestueux qui l'entourent, mais aussi de ses célèbres monuments et de ses faces plus sombres.

*Texte : Hans Rey - Photos : Bill Freeman*



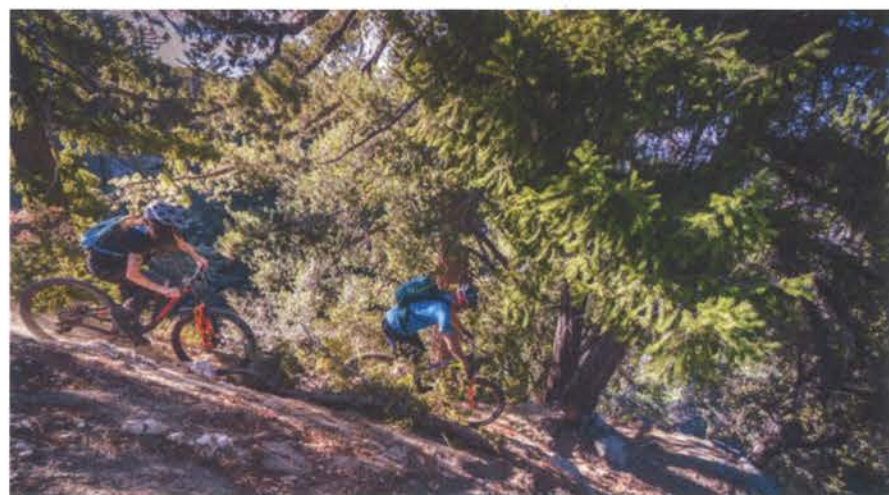


**J'habite dans le sud de la Californie depuis plus de trente ans. Pourtant, je n'ai jamais vraiment pris le temps de partir à la découverte des paysages qui entourent la ville de Los Angeles.**

Après avoir posé mes crampons dans plus de soixante-dix pays, j'ai ressenti le besoin de rouler près de chez moi, de découvrir mon environnement proche. Pour cette "aventure", j'ai demandé à Missy Giove et Timmy Commerford de m'accompagner. Pour les moins de vingt ans, ces noms n'évoquent peut-être rien, et pourtant, il s'agit là de deux légendes du VTT. Missy Giove est l'une des plus grandes gloires que le VTT ait connu. Son look, son attitude et son style de course ont largement contribué à donner une image rock et fun à ce sport avec ses tatouages colorés qui recouvrent son corps et sa capacité à balancer plus de 100 mots à la minute. Derrière son esprit potache et à sa naïveté bienfaisante se cache une femme forte, très intelligente et combative. C'est aussi une femme intrépide, accro à la vitesse et parfois imprudente et tant pis si cela doit se terminer sur un lit d'hôpital avec de multiples fractures. Une attitude qui peut expliquer qu'elle se soit parfois retrouvée dans des situations de vie délicates. De son côté, Timmy est un pote de longue date et un vététiste inconditionnel. Mais c'est aussi le bassiste de groupes comme Rage Against the Machine, Prophets of Rage et Audioslave. Il a grandi à Los Angeles et sa passion pour le VTT dépasse parfois de très loin celle de quelques pilotes professionnels rencontrés au fil des années.

### Un virée entre potes

Le rendez-vous est fixé au sommet du mont Wilson (1 741 m), à l'est de L.A. dans les montagnes de San Gabriel. Nous mettons le cap à l'ouest en direction de l'île de Catalina dans l'océan Pacifique. En ce qui concerne les étapes urbaines, nous allons alterner entre les VTT musculaires et VTAE. Pour faciliter la logistique de ces étapes, nous avons la chance de disposer d'un van généreusement prêté par Stans. Cela a grandement facilité nos déplacements dans cette jungle urbaine cosmopolite

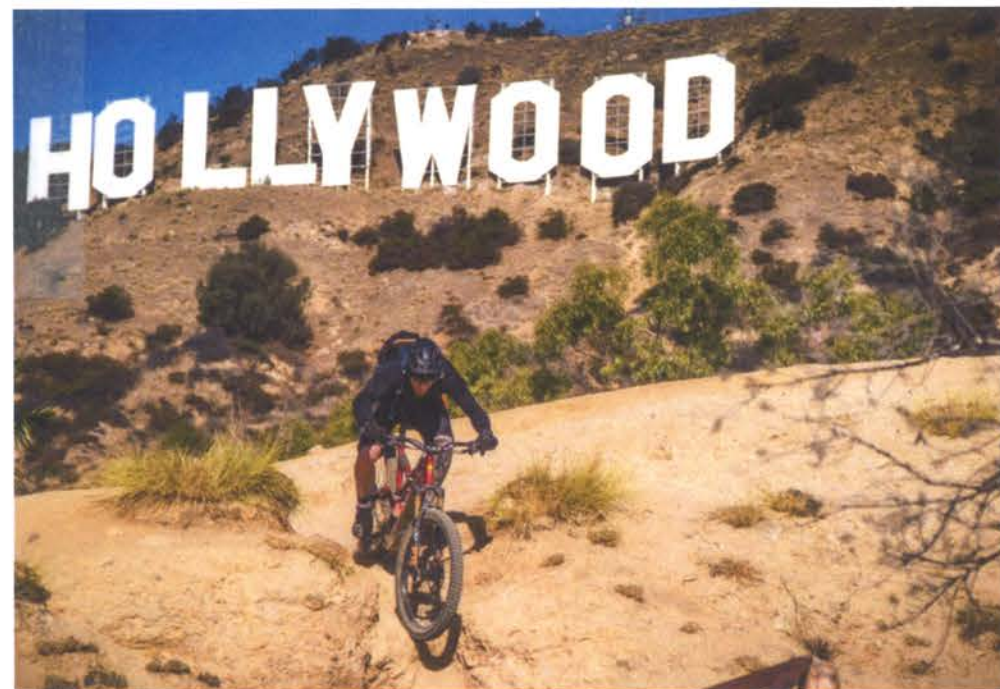


automobiles. Et dire qu'il y a moins de 150 ans en lieu et place de cette agitation on trouvait une nature sauvage comme on en trouve encore un peu dans les environs... Une grande partie d'Hollywood était alors recouverte d'orangeries jusqu'à ce que de grands champs pétrolifères soient découverts et que l'industrie du cinéma s'installe à Tinseltown. Durant les cinq jours de ce périple, Cédric Tassan de Vtopo et le photographe Bill Freeman se sont joints à nous le temps d'une ou deux journées.

### Du Mont Wilson à Pasadena

Si je devais élire mon parcours préféré, ce serait sans nul doute celui de Chantry Flat, près de Mount Wilson, surtout lorsqu'on a la chance d'y rouler avec Missy Giove qui a pris sa retraite sportive depuis une bonne dizaine d'années. Mais l'ancienne championne du monde (1994) et vainqueur de la Coupe du monde de descente

sur le vélo même lorsqu'elle utilise un VTT qui ne lui appartient pas. En effet, aujourd'hui, Missy n'a plus de VTT et c'est avec un plaisir extrême que je lui en ai prêté un pendant ce séjour. Au départ de l'observatoire de Mont Wilson, nous avons un formidable point de vue sur toute l'étendue de la traversée qui nous attend avant de rejoindre Catalina Island. Mais lorsqu'on se retourne, on découvre une nature composée tout simplement de forêts, crêtes de montagne, canyon, rivières, cascades... Il est très facile de se perdre ici pour celui qui ne connaît pas le lieu ! De plus, il convient de se montrer très prudent pour ne pas se laisser surprendre par un serpent, un ours, ou par une branche de chêne vénéneux... Chez moi, le simple contact d'une feuille ou d'une branche provoque immédiatement une éruption cutanée urticante capable de démanger durant des jours au point de rendre fou. De leur côté, les sentiers peuvent être très techniques et



### Les coins et recoins de L.A.

Après une bonne journée de ride, nous passons la nuit à Pasadena d'où nous partons le lendemain pour la deuxième journée au guidon de VTAE. Nous sommes rejoints par Timmy C et Tony Z, un ami de Laguna qui a pris en charge l'organisation de nos étapes urbaines grâce à sa grande connaissance de tous les quartiers, parcs, escaliers et raccourcis... Il nous a donc déniché des quartiers méconnus, des bâtiments d'exception et quelques petits sentiers cachés entre deux zones. L'occasion de voir se succéder les quartiers pauvres et riches, les zones ultra urbanisées et celles où la nature parvient encore à faire sa loi...

Les VTAE sont les véhicules idéaux pour ce type d'expérience. Mais n'allez pas vous imaginer que c'était une balade de fainéants ! Nous avons avalé plus de 1 200 mètres de dénivelé positif dans la journée avec des escaliers et des montées vraiment très raides. A peine partis, Timmy effectue un gros saut de marches au niveau de l'hôtel de ville. Pas très prudent pour un gars qui gagne sa vie en jouant de la basse ! Heureusement, tout se passe bien et je suis bien content de ne pas avoir à annoncer à ses camarades musiciens que les tournées sont annulées... Il faut dire que Timmy est un pilote expérimenté qui pratique le VTT depuis plus de 25 ans et, à chaque fois qu'il part en tournée, il embarque son vélo. Il a participé à la Leadville 100 et à la course cycliste d'ultra fond baptisée Race Across America. Ce qu'il apprécie le plus, ce sont les défis techniques, principalement en montagne, et il peut passer des heures à

Depuis quelque temps, il s'intéresse également au VTAE. Pour lui, ce dernier n'est pas destiné à remplacer le VTT traditionnel. En revanche, il favorise de nouvelles expériences, de nouvelles pratiques. Pour Missy, ce trip fut l'occasion de découvrir la pratique du VTAE. Et le moins que l'on puisse dire, c'est qu'elle ne s'est pas laissée impressionner par cette machine motorisée. Il ne lui a pas fallu bien longtemps pour faire parler son talent sur le GT eVerb. J'en profite pour remercier GT Bicycles, Fox, Clif, Stans et Shimano grâce à qui nous avons pu équiper et transporter tous les membres de l'équipe pour rapporter de belles images !

### Une chute me rappelle que je n'ai plus 20 ans !

Peu de temps après avoir quitté la ville de Pasadena, nous avons rejoint les rives de l'Arroyo Seco puis nous avons traversé plusieurs quartiers





jusqu'au mont Washington, où nous avons mangé un burrito. En nous rapprochant du centre de L.A., nous avons découvert un magnifique sentier sur les hauteurs de l'autoroute Interstate 5. De Radio Hill, nous sommes descendus à China Town, en passant par des zones peuplées de sans-abris vivant dans des cartons ou sous des bâches. Quelle désolation de découvrir l'ampleur de la pauvreté dans cette ville glamour. En bordure des autoroutes, sous les ponts, dans les parcs et dans certaines zones comme Skid Row, on découvre des abris de fortune par dizaines. Pour de nombreux habitants de ces quartiers, leur vie tient bien rangée dans des caddies "empruntés" dans les supermarchés. Ils vivent dans l'ombre des gratte-ciel modernes qui dominent la ville. Sur notre itinéraire, nous découvrons de nombreux sites repères comme la statue de Bruce Lee à China Town, mais aussi l'Hôtel

Bonaventure et le World Trade Center. Nous n'avons pas pu résister au plaisir de dévaler l'escalier situé devant le Walt Disney Concert Hall ou de laisser des traces de dérapage (avec nos pneus arrière) sur Skid Row. Néanmoins, une chute m'a rappelé que je n'avais plus 20 ans et que je n'étais pas sur mon vélo de trial ! Heureusement, plus de peur que de mal : quelques ecchymoses, une bonne douleur bien vive, mais pas de fracture...

### De Hollywood à Venice Beach

Pour cette troisième journée, le départ s'effectue à l'observatoire Griffith d'où on profite d'une vue imprenable sur la ville. Objectif du jour : rallier sur nos VTAE, la célèbre jetée de Santa Monica. Avant d'en arriver là, nous sommes montés jusqu'au célèbre panneau Hollywood avant de dévaler les marches du célèbre Théâtre



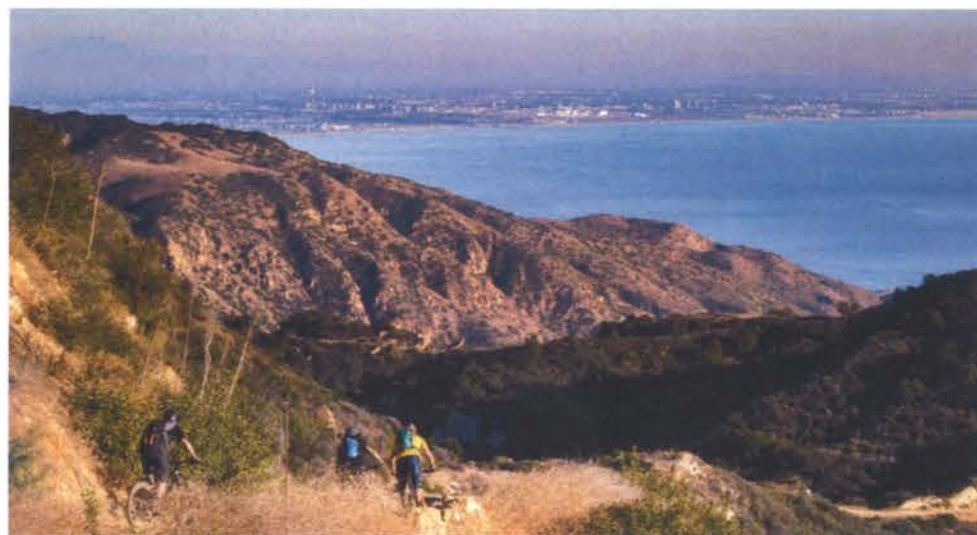
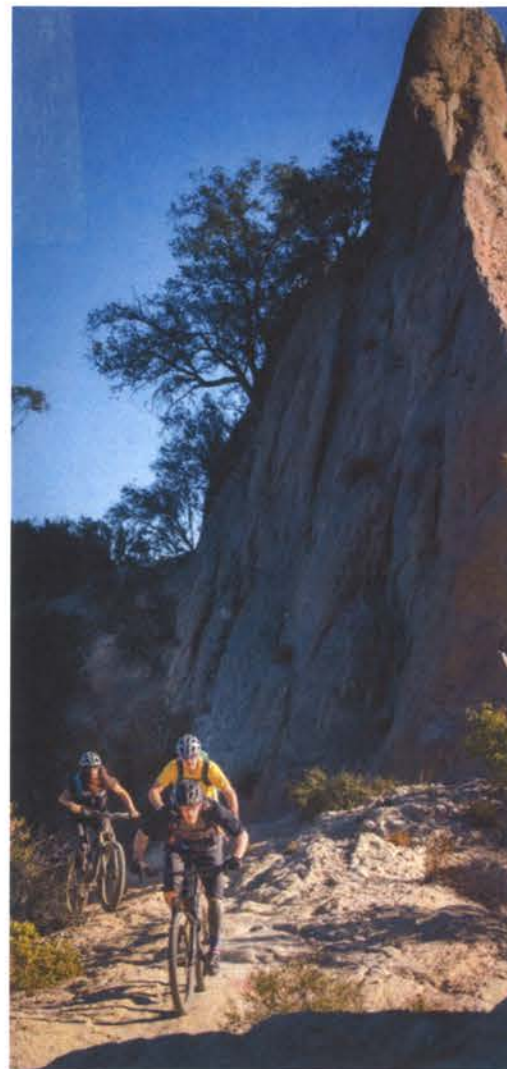
Hollywood Bowl et de slalomer au milieu des 2 500 étoiles incrustées sur les trottoirs d'Hollywood boulevard. Nous sommes ensuite montés jusqu'à Mulholland, avant d'emprunter les sentiers du Franklin Canyon Park pour finir au cœur du célèbre quartier de Beverly Hills. Nous avons rejoint Rodéo Drive et roulé jusqu'aux plages de Santa Monica au milieu des Lamborghinis et autres Rolls Royce. Arrivés sur la célèbre promenade qui longe la plage de Venice Beach, on est saisi par le tumulte qui règne durant le week-end : artistes, musiciens, touristes, bodybuilder, danseurs... se mêlent, s'exhibent, s'observent...

### Retour sur les sentiers

De retour sur nos VTT musculaires pour la quatrième étape de notre périple, nous nous élançons sur le Backbone Trails qui traverse les montagnes au-dessus de Malibu. De Yerba Buena, nous avons pédalé le long de l'université de Pepperdine avant de rejoindre de superbes sentiers dans l'arrière-pays alternant canyons, vallées et lignes de crête avec de superbes points de vue sur l'océan. Malgré le fort vent et les risques d'incendie élevés, nous avons eu de la chance de pouvoir mener à bien ce périple. Missy roulait sur un de mes anciens GT Sensor alors que je montais un GT Force. De son côté, Timmy roulait sur son enduro. Ce fut une belle et longue journée de VTT qui a donné lieu à bien des fous rires. Et quelle apothéose en fin de journée avec une dernière descente le long d'une crête en lame de couteau, nous amenant toujours plus près de l'océan à chaque virage !

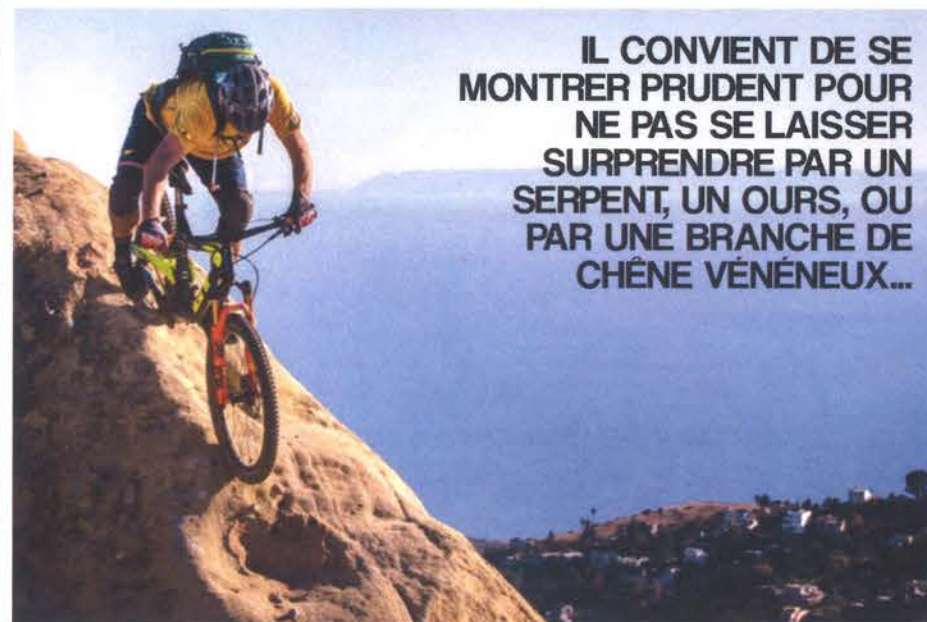
### Catalina Island

Pour la dernière journée, départ aux aurores de la marina où nous retrouvons un de mes amis, propriétaire d'un magnifique bateau, pour rejoindre l'île de Santa Catalina. L'île



une faune abondante, notamment des renards et des bisons souvent mis en avant lorsque de nombreux westerns étaient tournés ici. Il y a deux petites villes, situées de chaque côté de l'île, un petit aéroport, un port et presque pas de voitures. Après une promenade en bateau d'une heure et demie sur notre yacht de luxe,

l'ancre dans la petite colonie de Two Harbors. L'île de Catalina étant préservée, son accès est très réglementé. Nous devons acheter une autorisation pour circuler avec nos VTAE avec interdiction de sortir des chemins coupe-feu. Impossible donc d'aller rouler sur les belles collines de l'île. Heureusement, il y a tout plein



**IL CONVIENT DE SE MONTRER PRUDENT POUR NE PAS SE LAISSER SURPRENDRE PAR UN SERPENT, UN OURS, OU PAR UNE BRANCHE DE CHÊNE VÉNÉNEUX...**

passés à proximité de jolies fermes et avons rencontré d'autres vététistes venus eux aussi découvrir les beautés de Catalina. Maugréants à notre passage et critiquant nos VTAE, je n'ai pu résister au plaisir de leur faire essayer mon VTT. L'occasion pour eux de changer leur perception sur le VTT électrique. Il est maintenant temps pour nous d'entamer notre dernière descente en direction de la ville historique d'Avalon. Cette dernière fut pendant de très longues années la propriété de la famille Wrigley qui en a cédé une grande partie à la Catalina Island Conservancy association qui a pour but d'assurer la protection de ce superbe territoire. Il faut dire qu'avec ses hôtels, ses restaurants et son ancien casino du début du XX<sup>e</sup> siècle, Avalon est une destination touristique très populaire. Elle offre un dépaysement total alors qu'elle ne se trouve qu'à 40 km de la ville de Los Angeles. Pour tout vous dire, par temps clair, j'aperçois l'île de la fenêtre de ma chambre !





# THE ULTIMATE E-BIKE ADVENTURE

Hans Rey and friends get hell-dropped into the New Zealand wilderness

Words Hans Rey Pics Carmon Rey

A

n e-bike lets you ride longer and further on steeper terrain than you could with a regular mountain bike. But what if you want to venture even deeper into the backcountry than a bit of motor assistance and a spare battery in your backpack allows? You jump in a helicopter, of course, for the ultimate e-MTB adventure!

That's just what trials legend Hans Rey did, with a little help from old friend Henry van Asch, who helped make bungee jumping a global phenomenon and now owns Heli Bike NZ ([www.helibikenz.com](http://www.helibikenz.com)), and with his photographer wife Carmen and Aussie MTB pioneer and World Trail director Glen Jacobs (<https://world-trail.com>) in tow.

Hans explains: "We've all done traditional multi-day adventures

ULTIMATE ADVENTURE



Hitting wild, unriden descents like this with fresh legs is a rare treat

carrying tents, sleeping bags, food, etc. and they're always lots of fun. But the helicopter allowed us to be dropped off at pretty much any point and then pedal back home. The harsh grass in the high-alpine terrain and the rock and snow fields would have hardly been rideable on a regular bike, let alone fun, but our e-bikes made it possible to keep some momentum in the rough.

breathtaking views and hardly any signs of civilization in sight.

"On the first day, we came across ghost towns from the days of the gold and copper rush. Some of the old mining trails make great biking trails some 140 years later! The next day, we were dropped on top

THE HARSH GRASS IN THE HIGH-ALPINE TERRAIN AND THE ROCK AND SNOW FIELDS WOULD HAVE HARDLY BEEN RIDABLE ON A REGULAR BIKE, LET ALONE FUN, BUT OUR E-BIKES MADE IT POSSIBLE

A workout was still guaranteed, because we had to conserve battery power in case we got lost and had to backtrack."

The crew went on three different outings from Queenstown with the helicopter, scouting the terrain from the air to find the best trails and the valleys that wouldn't lead to a dead end or unpassable river. "Once on the ground," says Hans, "we rode along endless ridges with

of a mountain with no trails in sight and had to pick our lines through rough rock sections, spire fields and patches of snow. There was a special treat for our last day – Henry called the operator of Coronet Peak ski resort, which was closed, and we got permission to fly to the top and put the first tracks on the freshly-groomed flow trails, which snake down the mountainside with one roller, jump or berm after the other.

"It was definitely an extravagant experience to get to participate in such a special trip, and a great way to catch up with some good old mates too."



"Get to da choppa!" The crew live out their Arnie fantasies



Living the dream: Hans (left), Glen (centre) and Henry (right)



# HANS REY: EVOLUTION OF A MOUNTAIN BIKER

*HANS REY IS ONE MOUNTAIN BIKER WHO TRULY DESERVES THE TITLE OF LEGEND. STEVE THOMAS TAGS ALONG WITH HIM FOR A COUPLE OF DAYS TO TALK ABOUT HIS EVOLUTION AND LONGEVITY.*

WORDS AND PICS: STEVE THOMAS





**He's often been** termed as the most famous mountain biker of all time, and sure enough Hans Rey is a worthy contender for that title.

The German born, Swiss-stamped, California resident has been a key figure in our sport since the pre-suspension days, and is just as prominent now as he was back in the 1980's. As a former trials World Champion, Hans set sail for the USA back in the 80's hoping to find fame and fortune plying his legendary skills to the emerging mountain bike scene.

Three decades on and his unique style and approach have made him a true superstar of the sport. Unlike many of such status Hans is still a likeable, helpful and approachable guy, which undoubtedly makes up a huge part of why he's somehow defied the odds and stood the test of time.

Over a few beers, trails, curries and scones we chatted about how at 50 plus years old he still manages more (magazine) covers than an Elvis tribute act and Nino Schurter, and how he

continues to match and outpace many of his counterparts in an ever-changing world.

**Steve Thomas: What kind of riding and how much of it do you do these days?**

**Hans Rey:** I still ride all of the time, about five days a week. I mix it up between different disciplines and styles.

Mainly I ride trail bikes. I also try to ride once a week on some trials. Depending on the season and where I am, I ride bike parks and road bikes too.

In the past couple of years I've also really embraced e-bikes; they are so much fun and a different way to enjoy two wheels.

**ST: Tell us more about your e-bike experiences - what's it like on the body, trail and soul?**

**HR:** I think e-bikes are refreshing and very welcome to my life. They provide new possibilities, options and challenges: things that I could never ride before. Plus, it makes it possible to ride with riders of different skill and fitness levels.

It's also nice for when you don't want a full workout, and when you want to go further than you are usually capable of. I think it's all good and they can co-exist with regular bikes - it will just take a while for them to find their place and identity.

I'm only a supporter of pedal assist (class 1), not a fan of throttles and fast e-bikes.

**ST: Over the years how have you managed to keep it fun - or is it still fun? And is there any divide between work and play?**

**HR:** I try to keep it fun, and I have the luxury to generally put my own schedule and plans together. Lately I've been excited about my Urban Adventures; I did one in Los Angeles and one in Naples. The concept is to combine the incredible nature and world-class trails that surround some of these big cities and also traverse the urban jungle in contrast, with its famous landmarks as well as remote neighbourhoods, cultures, the people and history.

The job I have is on many levels a dream job, but it takes a lot more work than people realise

Below and Right: Hans Rey has made a living travelling all over the world to some spectacular locations.



"Social media has added a lot to the workload of the job. I think social media is important and it's a great tool to communicate with like-minded folks, but I also think it's completely overrated."

or imagine. Besides travelling and riding, I have a full-time office job as a marketing person, PR person, producer, manager, agent, charity executive, entertainer, etc....

Work never ends, but I enjoy my work and I love riding bikes - so no complaints.

**ST: How have you seen and dealt with your evolution as a rider/showman/figure?**

**HR:** I keep embracing new trends and I keep throwing wood on the fire.

There are different stages throughout such a long professional career, and priorities can shift. At the end of the day one still needs to give the sponsors a good return for their investments. The wheels need to keep spinning.

**ST: The sport has changed dramatically over the years; we (oldies) often hark back to the golden days - but were they really that golden? How do you see things have changed?**

**HR:** We know it as the Golden Era - or the 'Boom' time, when mountain biking first exploded. I think the main difference was that nobody had expectations and the scene was confined to racing.

Racing got the undivided attention from the industry and media - it took a few years for people to understand that there was a lot more to mountain biking than racing. Not only different disciplines and sub-cultures, but also different ways and reasons and ways to enjoy and use a mountain bike.

**ST: Trails vs natural, which mean what to you and what's your mix rate of riding them?**

**HR:** I have embraced purpose-built trails (especially good flow trails) a lot in recent years. But that doesn't mean I'm over natural trails and riding.

After riding natural trails for over 30 years, I welcome purpose-built trails. They add a lot to the sport and the way it's perceived. Mountain bikes are very popular and that has

a lot to do with the fact that we have more and more places where one can properly enjoy riding. That is one of the beautiful things about mountain biking that we have so many different places and trails which all have their unique features, it's not like a tennis court or half-pipe which are always the same (more or less). It is a good time to be a mountain biker.

**ST: Kilimanjaro and Danny MacAskill; how epic was it? How much did it mean to you? And, what is it like when an old school rider like you meets and works with a guy like Danny?**

**HR:** Danny and I have done quite a few projects and trips together. We have friendship and mutual respect for each other.

Kilimanjaro was a big undertaking, and it was harder than we thought. I was happy to conquer the two highest mountains in Africa, and back-to-back on a bike - at the age of 50.

The fact that we always ride/carry our own bikes and (30L backpacks) on my trips, made the challenge 3-4 times harder than just





**Left:** Having made his way to the US at the start of the mountain bike 'boom', Hans has seen it all.

**Below:** While he likes to mix it up, natural trails remain a firm favourite.

**Opposite Page:** With his racing days long behind him, Hans has lead the way in mountain biking's digital revolution.

"After riding natural trails for over 30 years, I welcome purpose-built trails. They add a lot to the sport and the way it's perceived."



walking up the mountain as a hiker (without carrying much weight).

We were at the limit - it wasn't all about being young and fit, as Danny found out; experience and preparations for such expeditions are key. One has to be prepared mentally and physically, have the right equipment, nutrition and to travel at the right pace, and to be determined.

**ST: How do you keep relevant and retain your sponsors in such a fast moving and social media driven age? And do you manage to do as well as ever on the returns?**

**HR:** I keep on working on new projects and ideas that are relevant and valuable to sponsors. My media coverage is still as strong as it has been - my trips get lots of exposure in all sorts of media outlets from TV to print, Netflix and of course online. My income hasn't changed much over the years, but it is hard work to keep it going, especially nowadays.

Social media has added a lot to the workload of the job. I think social media is important and it's a great tool to communicate with like-minded folks, but I also think it's completely overrated. There are a big section of riders who only have a voice on social media, but there are many other ways (and often stronger ways) to create exposure and make impressions.

I still believe in traditional media, and also real one on one contact. I also have a problem with what I call "social doping" - people with fake followers or people who buy likes and impressions, and often the sponsors don't even care - as long as it looks and sounds impressive. At the end of the day, the guys with their fake followers steal money from the real riders and stars; just like the doped racers have stolen prize money and sponsorship opportunities from pure riders.

**ST: What was the driving force behind the urban adventures, and how have they been received, and where are they leading?**

**HR:** I really like them and embrace them - it's such a cool way to see a city but also a new way to adventure.

I've been to over 70 countries and many remote places, and I've been growing a bit tired of it. Plus everybody and their brother call every little ride an "adventure" - it gets a bit old.

**ST: You were heading to the UK early on in the pandemic and got off the flight - can you tell us about it?**

**HR:** Yes, we were on a plane in mid-March to fly from Los Angeles to our place in England. The doors were already closed when the EU travel ban announcement was made by the White House. We decided to get off the plane and stay home in Laguna, since we couldn't afford to be stuck unprepared in England indefinitely.

**ST: How restricting was lockdown in the US for you? We hear you took a biking road trip?**

**HR:** My wife Carmen and I have taken this situation very seriously, we have had little contact with others, and on the trip I basically rode by myself.

We always work from home and are used to spending time together. It wasn't that hard for us, especially since we are lucky to live at a very nice place. I was also lucky that I had done three big media projects before the lockdown, so I had lots of materials to distribute.

I haven't really missed a beat (other than travelling), my media exposure is as big as ever. Plus, I created a lot of content from my house during lockdown (before everybody else started doing it) and I started to tap into my archives - creating my "Visual Podcast Series" and building my YouTube Channel. I'm lucky I'm in a lot better situation than racers.

Once things started to loosen up, we rented an RV and did a Colorado & Utah road trip - visiting friends (such as Greg Herbold), some cool places and some National Parks. It comes in handy when you are married to a photographer.

**ST: How was the trip back to Europe, with the ever-changing situation - and how were riders and regions adapting?**



**HR:** We finally flew to England in mid-July; we had to self-isolate in our cottage for two weeks in the countryside. Afterwards I drove to Livigno in Italy, where I work with the Carosello 3000 Mountain Park.

Things are different in every country. Some take it more seriously than others, and the rules and regulations can change by the day.

**ST: How has Covid impacted you and your life so far, and what do you foresee in the next couple of years for the mountain biking world?**

**HR:** It has been a change of pace - frankly I've been enjoying it so far and it has only affected me to a degree. I know the financial consequences of this virus will have its ripple effect in the months to come and will affect all of us. Things will be different and will have to learn to adapt to the new ways.

I'm worried that things will get worse, especially in the US, before they get better.

Mountain biking is a great way to cope with this situation and to keep your sanity. We are lucky we have this going for us - one can still travel, it just might be different ways and destinations.

**ST: Your last Urban Adventure was TransHongKong, at a time when the protests were in full flow - how do you feel about how things have gone there in recent months?**

**HR:** We went to Hong Kong in November 2019, and we found ourselves a few times in the midst of the protests, as much as we tried to avoid them and not get political in our story/film.

It is sad to see what's happening there, this city will likely never be the same again as we knew it.

**ST: How do your older adventures (in analogue/film) compare to the new stuff - what goes on behind the scenes? Where do the concepts come from, who pieces things together, how much work is involved, what is the crew and set up behind the scenes - and how has digital and social media changed this?**

**HR:** Yes, a lot of things have changed. I could probably film a higher quality film on my iPhone or GoPro than we could 25 years ago with the best cameras and cameramen available.

It is also much easier to research any destination online. Before the internet I would rely on Lonely Planet guidebooks, and in some cases would order rare books online and try to gain information by reading between the lines. Some things were easier - or rather you could get away with more back then (without a permit, etc...).

The concept is still the same; I try to think of projects that inspire me and that I want to do. I combine this with interesting places, co-riders and current trends. I also find creative ways to generate the exposure and reach of these films and stories.

Social media has changed a lot, and many great projects are short-lived and quickly forgotten. It also amazes me the kind of budgets that get spent on some films that only ever get seen online (and could be done, in most cases, 10 times cheaper).

Most sponsors are particularly keen on constant social media postings and content. This is just another job an athlete as to take on in order to get sponsored. 🤖





# Les nouveautés 2021

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P. 4

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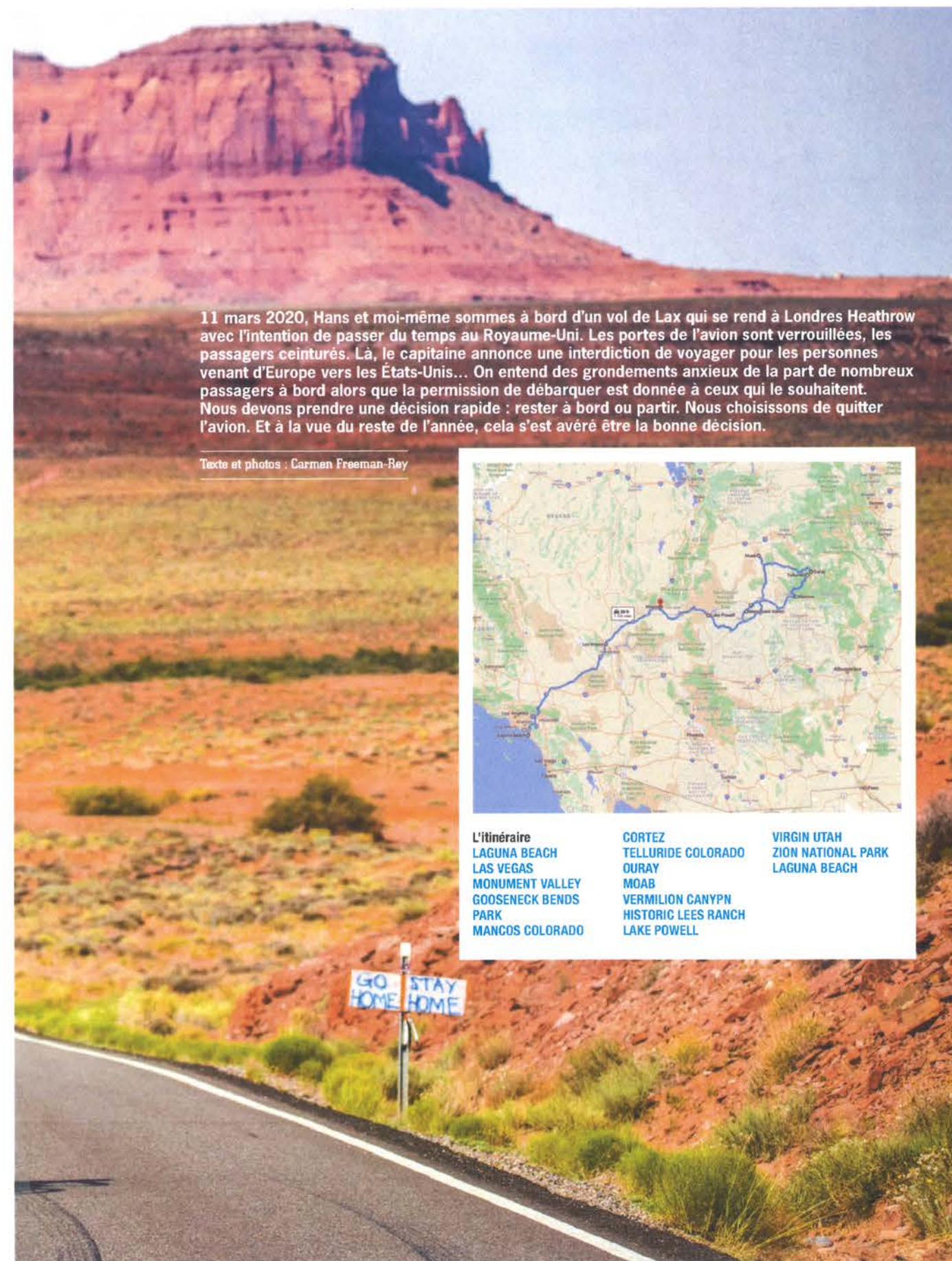
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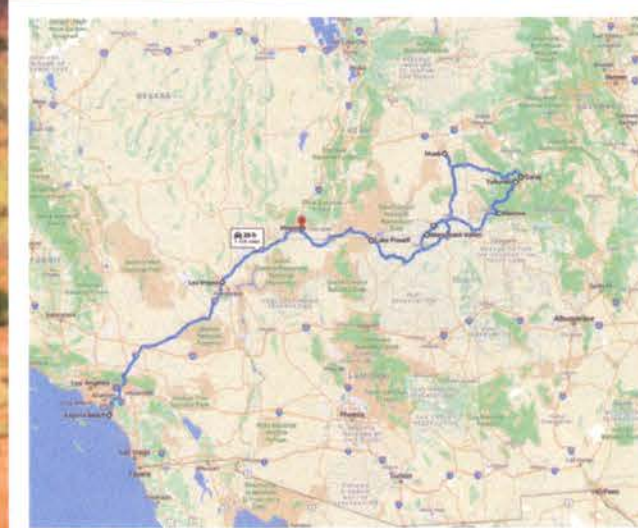


# ÉCHAPPER À LA COVID-19



11 mars 2020, Hans et moi-même sommes à bord d'un vol de Lax qui se rend à Londres Heathrow avec l'intention de passer du temps au Royaume-Uni. Les portes de l'avion sont verrouillées, les passagers ceinturés. Là, le capitaine annonce une interdiction de voyager pour les personnes venant d'Europe vers les États-Unis... On entend des grondements anxieux de la part de nombreux passagers à bord alors que la permission de débarquer est donnée à ceux qui le souhaitent. Nous devons prendre une décision rapide : rester à bord ou partir. Nous choisissons de quitter l'avion. Et à la vue du reste de l'année, cela s'est avéré être la bonne décision.

Texte et photos : Carmen Freeman-Rey



L'itinéraire  
LAGUNA BEACH  
LAS VEGAS  
MONUMENT VALLEY  
GOOSENECK BENDS  
PARK  
MANCOS COLORADO

CORTEZ  
TELLURIDE COLORADO  
OURAY  
MOAB  
VERMILION CANYON  
HISTORIC LEES RANCH  
LAKE POWELL

VIRGIN UTAH  
ZION NATIONAL PARK  
LAGUNA BEACH



**V**endredi, l'interdiction de se rendre à l'étranger est étendue à la Grande-Bretagne. Dimanche, la Californie reçoit l'ordre de fermer les bars. Bientôt, les restaurants, les bureaux, les écoles et les voyages non essentiels suivent. Les plages sont fermées ainsi que les parcs locaux, les sentiers et les parcs nationaux. Après plusieurs semaines de confinement, nous devenons un peu fous... Quand les restrictions de voyage sautent, nous pensons qu'il est temps de changer de décor. A bord d'un camping-car de location, notre route nous mènera de la Californie au Nevada, puis à l'Utah, au Colorado, à l'Arizona. J'ai le sentiment que nous allons encore plus apprécier ce sentiment de liberté, de route ouverte et de dépaysement après avoir été confinés pendant si longtemps.

### Las Vegas et Monument Valley

Chargés de vélos, d'équipements, de nourriture et de suffisamment de bière et de vin pour tenir un siège, nous partons pour notre première destination, Las Vegas et Monument Valley UT. La route est assez longue, mais nous réussissons à atteindre notre premier camp avant le coucher du soleil sur les magnifiques monolithes surgissant de l'horizon. Un spectacle époustouflant. C'est aussi l'anniversaire de Hans Rey que nous célébrons sous les étoiles avec un dîner parfait dans un cadre parfait. Le jour suivant, nous nous arrêtons à Gooseneck Bends, une série de roches en forme de fer à cheval creusées par le fleuve Colorado. Nous nous tenons au bord du canyon. C'est parti pour une séance photos périlleuse. Honnêtement, je suis terrifiée alors qu'il roule si près du bord, un mauvais coup de pédale et ce serait fini ! Après plusieurs



Dans le Colorado, le paysage est magnifique : des kilomètres de forêt de pins coupés par des ruisseaux étincelants clairs qui serpentent le long des lacets... Des feuilles délicates se teintent au soleil tandis que les hauts troncs minces se balancent dans le vent...

tours de roue et stops dans le désert, nous nous dirigeons vers notre vieil ami Rad, la demeure de Bill Freeman. Il vit à Mancos, Colorado. Bill est un excellent photographe et a travaillé avec Hans à plusieurs reprises au fil des ans. Il a déménagé de Californie il y a quelques années, et ici, au bout d'un long chemin de terre, il s'est construit une maison au sommet d'une colline avec une immense terrasse qui offre une vue des plus incroyables sur les montagnes et Mesa Verde. Hans et Bill s'élancent pour un long ride sur un sentier magnifique, partant du haut d'une mesa (plateau caractéristique des paysages arides formé par les restes d'une coulée volcanique) et descendant avant de remonter. Le paysage est magnifique : des kilomètres de forêt de pins Aspen coupés par des ruisseaux étincelants clairs qui serpentent le long des lacets. Les feuilles délicates

se teintent au soleil tandis que les hauts troncs minces se balancent dans le vent. Il y a quelques obstacles à cause de la tempête de la nuit précédente, de nombreux arbres sont à terre. Pas de problème pour Hans et Bill qui enchaînent les sauts et les bunny up ! Nous restons finalement plusieurs jours chez Bill à arpenter les trails locaux. Mais il est temps de se diriger vers Telluride CO. Cette ancienne ville minière est maintenant une célèbre destination de ski dans les montagnes rocheuses. Pendant le confinement, Telluride s'est fermée du reste du monde ; c'était facile pour eux de le faire puisqu'ils sont au fond d'une vallée.

### Du soleil à la neige

Après une bonne nuit de sommeil, il fait grand beau ce matin. Nous consacrons notre découverte des lieux par le Bear Creek Trail. C'est un joli sentier, parallèle à la rivière avec des prairies et des cascades magnifiques. Le sol rocheux et parfois instable demande de rester concentré. Nous poursuivons vers Trico Peak et Ingram Falls. Les chutes d'eau sont vraiment spectaculaires, nous sommes trempés par les éclaboussures, le trajet de retour en ville nous offre des paysages incroyables. Par contre, il faut traverser des gués impressionnants, une véritable épreuve pour moi, là où Hans passe complètement à l'aise. De là, nous nous sommes dirigés vers la vallée suivante et ici, le soleil a été remplacé par de la neige. Nous prenons la direction d'une autre vallée, celle d'Ouray. Elle s'avère être la ville la plus pitto-

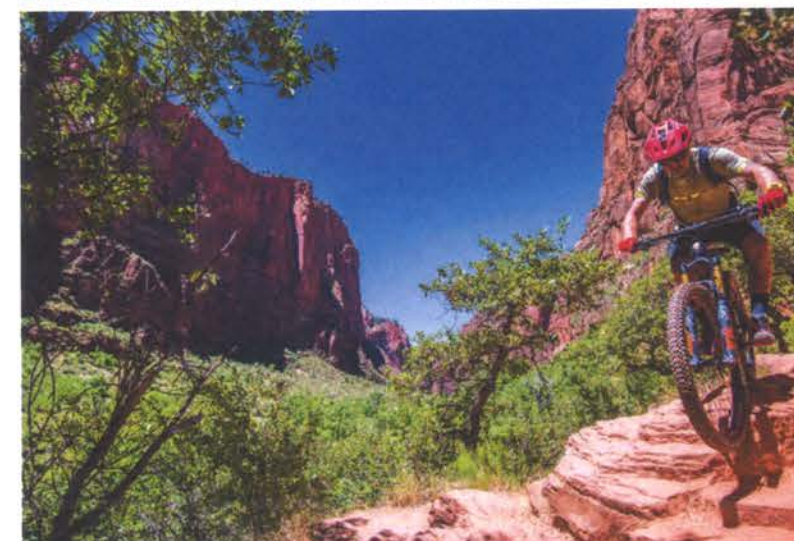




resque et la plus belle historiquement préservée de tout notre voyage. Au lever du jour, le spectacle de ces calottes blanches sur ces rochers rouges est fantastique. Nous continuons vers l'Utah et la mythique Moab. Nous avons rendez-vous avec Greg Herbold. Greg est un ancien champion du monde de descente, et Slick Rock, c'est son jardin. Cet itinéraire est mondialement connu, il court sur des rochers lisses. Il suffit de suivre les traces de peinture et de faire confiance au grip des pneus. Ce qui n'est pas toujours facile ! Hans a pris son vélo électrique, le GT E-Force. Ici, les vélos à assistance électrique y sont autorisés. Les passages sont magnifiques, le VTAE sur ce terrain est un formidable engin. Après Slick Rock, nous visitons le parc national des Arches et poussons jusqu'à Delicate Arch : la découverte se fait à pied, car le vélo est ici interdit.



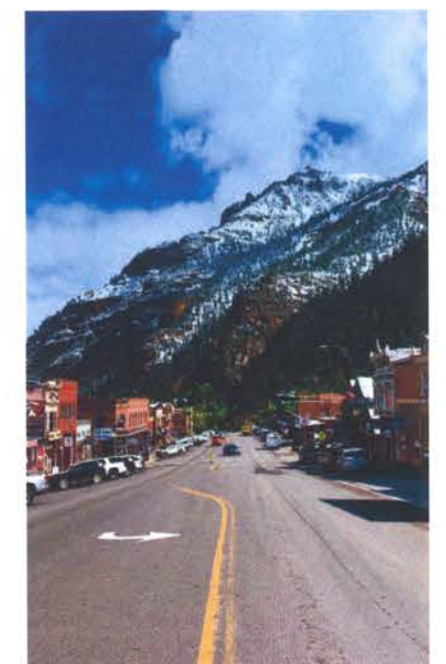
« Hans Rey ne cesse de m'étonner sur un vélo. Il est intrépide et rien ne semble le déranger, que ce soit sur un bord escarpé, sautant d'un rocher déchiqueté à un autre avec des dizaines de mètres sous lui... »



### A Zion, nous sommes à deux pas de la mythique arène du freeride, la Red Bull Rampage !

En sortant de Moab, nous nous arrêtons à Wilson's Arch. Cet énorme arc naturel doré n'est pas dans le parc et Hans a donc décidé qu'il était temps de sortir le vélo de trial pour s'amuser un peu. Hans ne cesse de m'étonner sur un vélo. Il est intrépide et rien ne semble le déranger, que ce soit sur un bord escarpé, sautant d'un rocher déchiqueté à un autre avec des dizaines de mètres sous lui.

Nous poursuivons notre route, passons Lees Ranch, maintenant devenu un musée, mais autrefois le site était connu pour son ferry à chaîne qui traversait d'une rive à l'autre le fleuve Colorado. Les températures grimpent et chaque stop au bord d'une rivière donne lieu à un rafraîchissement bienvenu. Après une nuit au bord du lac Powell en Arizona,





nous nous sommes dirigés vers Zion, qui n'est pas loin de Virgin, où se trouve la Redbull Rampage. Nous avons passé une nuit incroyable à deux pas de cette arène mythique du freeride. Loin de la pollution lumineuse des villes, le spectacle des étoiles est saisissant. Direction Zion, où nous rechargeons nos vélos électriques pour nous déplacer dans le parc. C'est un moyen idéal de se balader plutôt que d'utiliser les bus. Le lieu est de toute beauté, ce canyon creusé par la rivière, renferme des sites magnifiques comme Emerald Pools et les Narrows, un canyon très étroit. Après avoir laissé les vélos, nous entrons dans cette faille où nous suivons le lit de la rivière, de l'eau jusqu'aux genoux. Ici les randonneurs partent comme ça pendant deux jours ! Pour la nuit, nous rendons visite notre vieil ami Steve Peterson et sa femme Linda.

Le lendemain Hans et Steve décident de parcourir les sentiers de Grafton, autour de Zion. Le terrain est technique et fun, sur de la roche lisse, parfois du sable. Ce n'est clairement pas pour les débutants ! Nous décidons de rentrer chez nous en Californie. Cette pause nous a fait du bien, nous avions besoin de couper de l'actualité stressante et de cette pandémie. Nous avons un terrain de jeu tellement incroyable ici ! ■



A Zion, nous rechargeons nos vélos électriques pour nous déplacer dans le parc. Le lieu est de toute beauté, ce canyon creusé par la rivière, renferme des sites magnifiques comme Emerald Pools et les Narrows, un canyon très étroit.





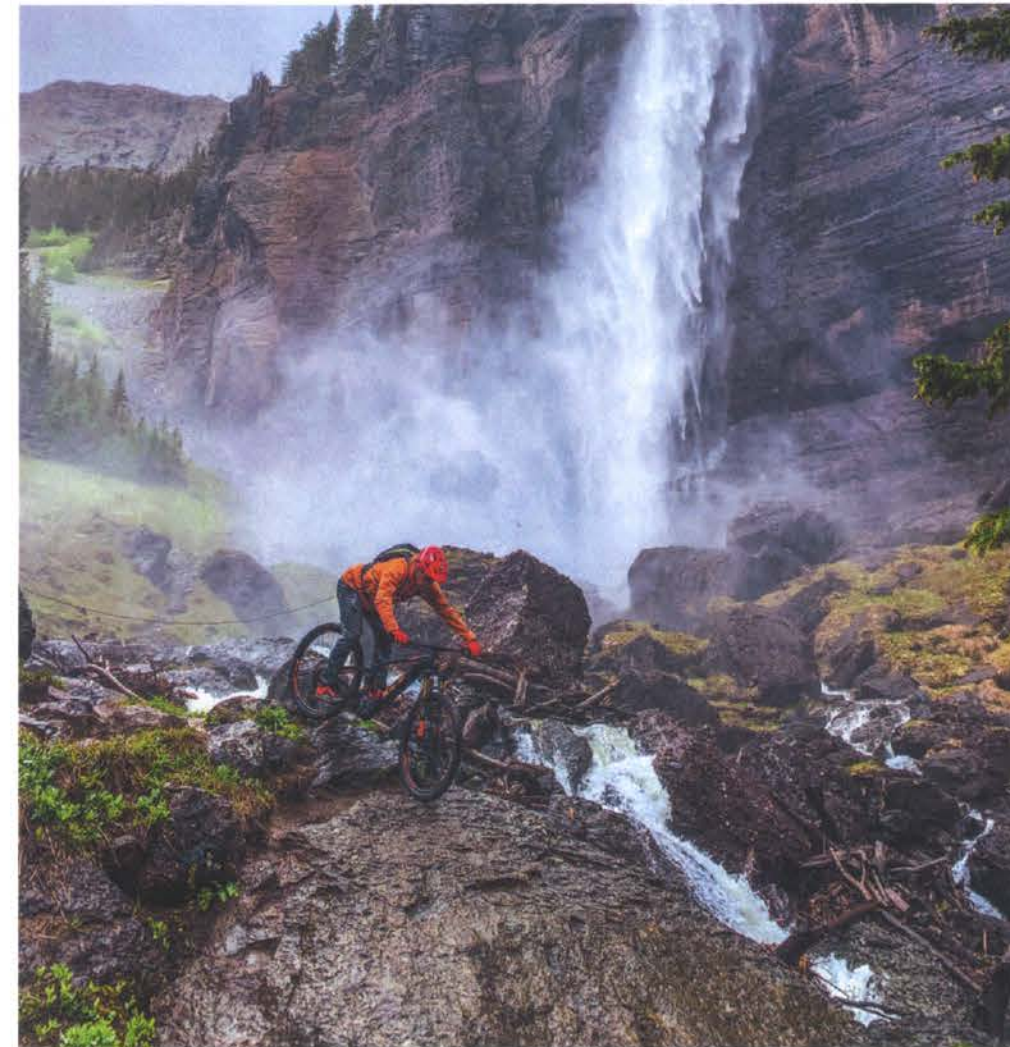


Zeit, Abschied zu nehmen – Telluride in Colorado sollte unser nächster Halt werden. Die alte Minenstadt empfing uns mit strahlendem Sonnenschein und Fun Rides am Bear Creek Trail entlang des Flusses – obwohl durchaus Konzentration gefragt war aufgrund des abwechslungsreichen und rutschigen Untergrunds. Die Ingram Falls durchweichten uns, wofür wir aber mit den fantastischen Ausblicken mehr als belohnt wurden. Mein Highlight des Tages aber war, dass ich endlich meine Furcht überwinden konnte, mit dem Bike durch Flüsse zu fahren – yippee! Nur ein Tal weiter, in Ouray, fanden wir uns im Schnee wieder. Das wunderschön erhaltene Städtchen präsentierte sich mit schneebedeckten Berggipfeln am Horizont, die sich malerisch gegen den blauen Himmel abhoben. Unsere Reiseroute führte zurück nach Utah, diesmal nach Moab, wo wir Greg Herbold genannt HB, besuchen wollten. HB nennt Slick Rock sein Heimatort – weltbekannt für den Trail, der einfach mit Farbmarkierungen auf die Felsen gezeichnet wurde. Gefordert sind hier nicht nur technisches Können und eine ordentliche Portion Mut, sondern auch Ausdauer – das E-Bike erleichtert zumindest den Ausdaueranteil ein wenig. "Slick Rock" ist übrigens ein Oxymoron – der Untergrund hat dermaßen viel Grip, dass man fast senkrechte Wände raufgehen kann. Herausgefunden hatte ich das am Morgen bei einer Wanderung durch den Arches National Park. Hier ist Fahrradfahren strengstens verboten, für den Fußmarsch wird man dafür am laufenden Band mit atemberaubenden Panoramen belohnt. Von HB und seiner Frau Deborah fuhren wir direkt hinaus zum Wilson's Arch, einem riesigen, natürlichen Bogen, der nicht im Nationalpark lag. Biken erlaubt! Hans holt das Trial Bike raus und wir klettern den unglaublich steilen Hang rauf. Mein Kamerarucksack zieht ständig nach hinten – anstrengend! Das Spek-

20



## Escaping Covid-19



Nur wenige Tage später fährt auch Kalifornien das öffentliche Leben runter – wir hatten die richtige Entscheidung getroffen. Statt unseres Übersee-Trips wollten wir per Wohnmobil einen Working Roadtrip unternehmen – fällt jetzt auch erstmal ins Wasser, stattdessen heißt es für uns zuhause bleiben... Einige Wochen und erste Lockerungen in Kalifornien später: Die Strände und Trails sind dermaßen überfüllt, dass Social Distancing beinahe ein Ding der Unmöglichkeit ist. Wir entscheiden, dem Irrsinn zu entfliehen und machen uns mit dem Womo auf in Richtung Wilder Westen. Wir wollen biken, wandern und Freunde besuchen, und das alles mit der sich konstant verändernden, atemberaubenden Landschaft krönen. Das Gefühl von Freiheit sollte umso süßer schmecken nach den langen Wochen des Lock-downs... Bikes, Ausrüstung, Essen, ausreichend Bier und Wein, um die Titanic zu versenken und West Highland Terrier Kobe werden verladen und auf geht's ins Monument Valley nach Utah. Eine lange Autofahrt später erreichen wir unseren ersten Stopp kurz vor Sonnenuntergang. Kaum ist die Sonne verschwunden taucht der orangefarbene Mond die Landschaft in pinkes Licht. Es war Hans' Geburtstag und wir feiern unter dem grandiosen Himmelszelt. Am nächsten Tag stoppen wir an den "Gooseneck

Bends", den hufeisenförmigen Felsformationen und Canyons, die der Colorado River über viele tausend Jahre in die Landschaft geätzt hat – unsere erste Shooting Location. Ich kann kaum atmen, so sehr versetzt mich Hans' sprichwörtlicher Ritt auf der Rasierklinge in Angst und Schrecken. Immer noch näher wagt er sich an den Abgrund. Als er auch noch damit beginnt, von Felsen zu Felsen zu springen, kann ich nur mehr mit geschlossenen Augen auf den Auslöser drücken.

Nächster Stopp unserer Reise sollte ein Besuch bei unserem langjährigen Wegbegleiter Bill Freeman sein, der sich in Mancos niedergelassen und als Fotograf mit Hans schon viele Male gearbeitet hatte. Ein BBQ und einen von Blitzern taghell erleuchteten Nachthimmel später war es Zeit, schlafen zu gehen – Hans und Bill wollten am kommenden Morgen biken. Während die beiden auf den Trails ihren Spaß hatten, erkundete ich die Gegend mit Kobe und Bills Hündin Jasmin. Das sollte aber nur das Aufwärmen sein, denn am nächsten Tag standen die bekannten "Phil's World Trails" bei Cortez am Programm. Hans und Bill trafen sich mit dem Local Honzo, der Hans ziemlich beeindruckte mit der Art und Weise, wie er an den beiden dranbleib und mithielt. Die Trails selbst bieten alles: Steile, anspruchsvolle steile und technische Passagen genauso wie smoothie Dirtlines mit viel Flow. Es war





# Escaping Covid-19

Foto: Carmen Freeman-Rey & Bill Freeman  
Text: Carmen Freeman-Rey

11. März 2020: Hans und ich sitzen bereits angeschallt im Flugzeug von Los Angeles nach London Heathrow, die Türen sind geschlossen und wir warten darauf, dass es los geht. Dann die Durchsage des Kapitäns, dass soeben vonseiten der USA ein Einreiseverbot für aus Europa kommende Personen ausgesprochen wurde. Das Vereinigte Königreich ist davon zwar ausgenommen, aber wie lange noch? Alle Passagiere an Bord, die unter diesen Voraussetzungen nicht nach London fliegen wollten, dürften das Flugzeug jetzt verlassen. Die Entscheidung musste schnell fallen – gehen oder bleiben? Hans und ich steigen aus.