One of the reasons mountain biking is so much fun is that the sport opens a new world to those who enjoy a trail on wheels. The combined fun and efficiency of a mountain bicycle, frequently referred to as “flow,” was typically only available when traveling in a downhill direction, with momentum provided by gravity. With an electric mountain bicycle, momentum can be generated when traveling uphill, too.
UPHILL FLOW

Developing a trail with good flow contributes to both the environmental and social sustainability of a trail. When user forces are countered by the trail, it reduces skidding and trail widening. Flow also controls user speeds and provides a desired experience, thus reducing social conflicts and illegal trail development.

Current mountain bicycle trail design and construction techniques typically only consider the benefit of flow in the descending direction. However, with an electric mountain bicycle the momentum that is critical to good flow can also be achieved in the ascending direction. Providing uphill flow can therefore expand the benefits associated with typical (descending) flow, reducing erosion and giving the rider a better trail experience.