

# 7 stanes

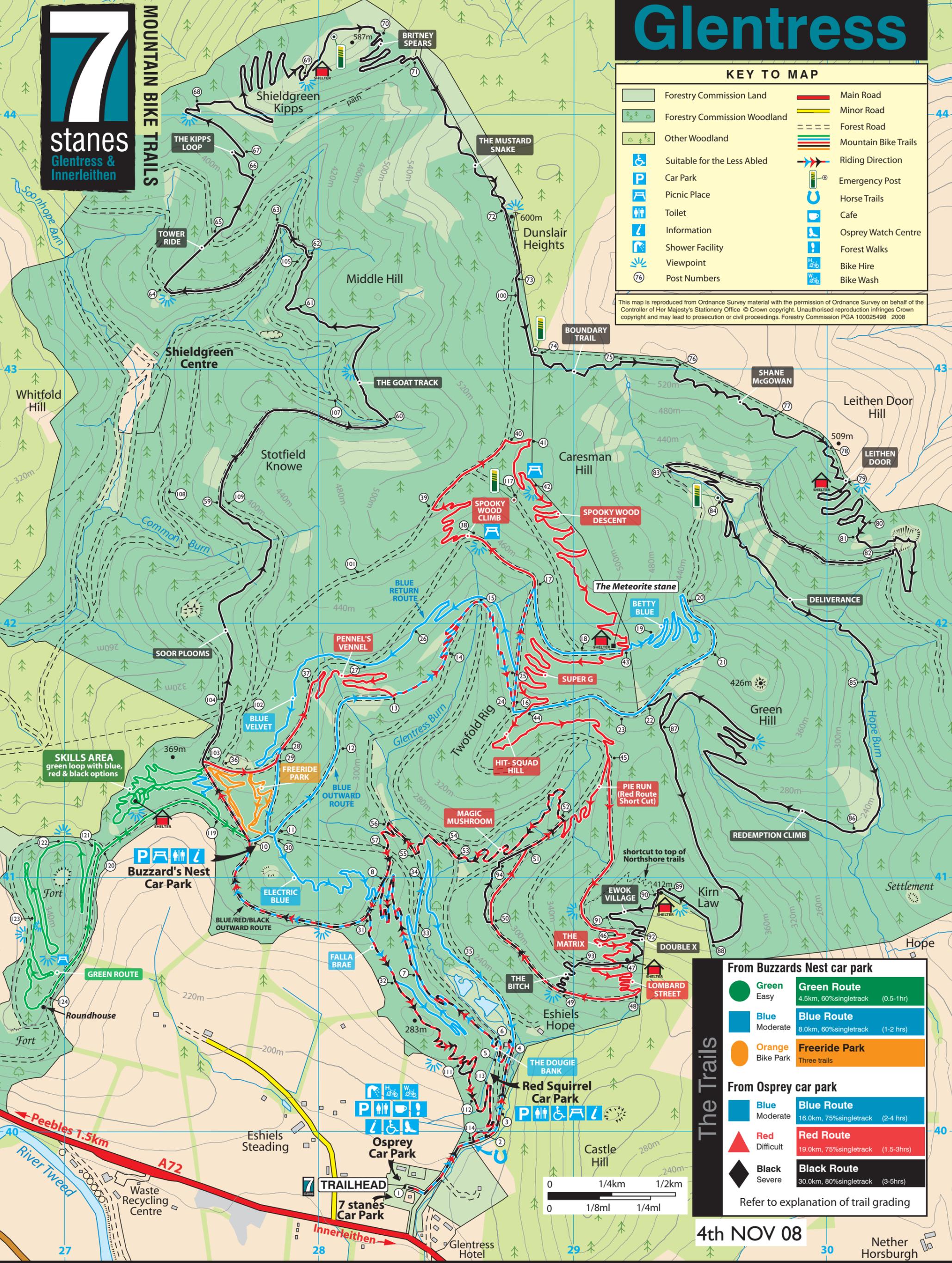
Glentress & Innerleithen

## MOUNTAIN BIKE TRAILS

# Glentress

KEY TO MAP			
	Forestry Commission Land		Main Road
	Forestry Commission Woodland		Minor Road
	Other Woodland		Forest Road
	Suitable for the Less Able		Mountain Bike Trails
	Car Park		Riding Direction
	Picnic Place		Emergency Post
	Toilet		Horse Trails
	Information		Cafe
	Shower Facility		Osprey Watch Centre
	Viewpoint		Forest Walks
	Post Numbers		Bike Hire
			Bike Wash

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### The Trails

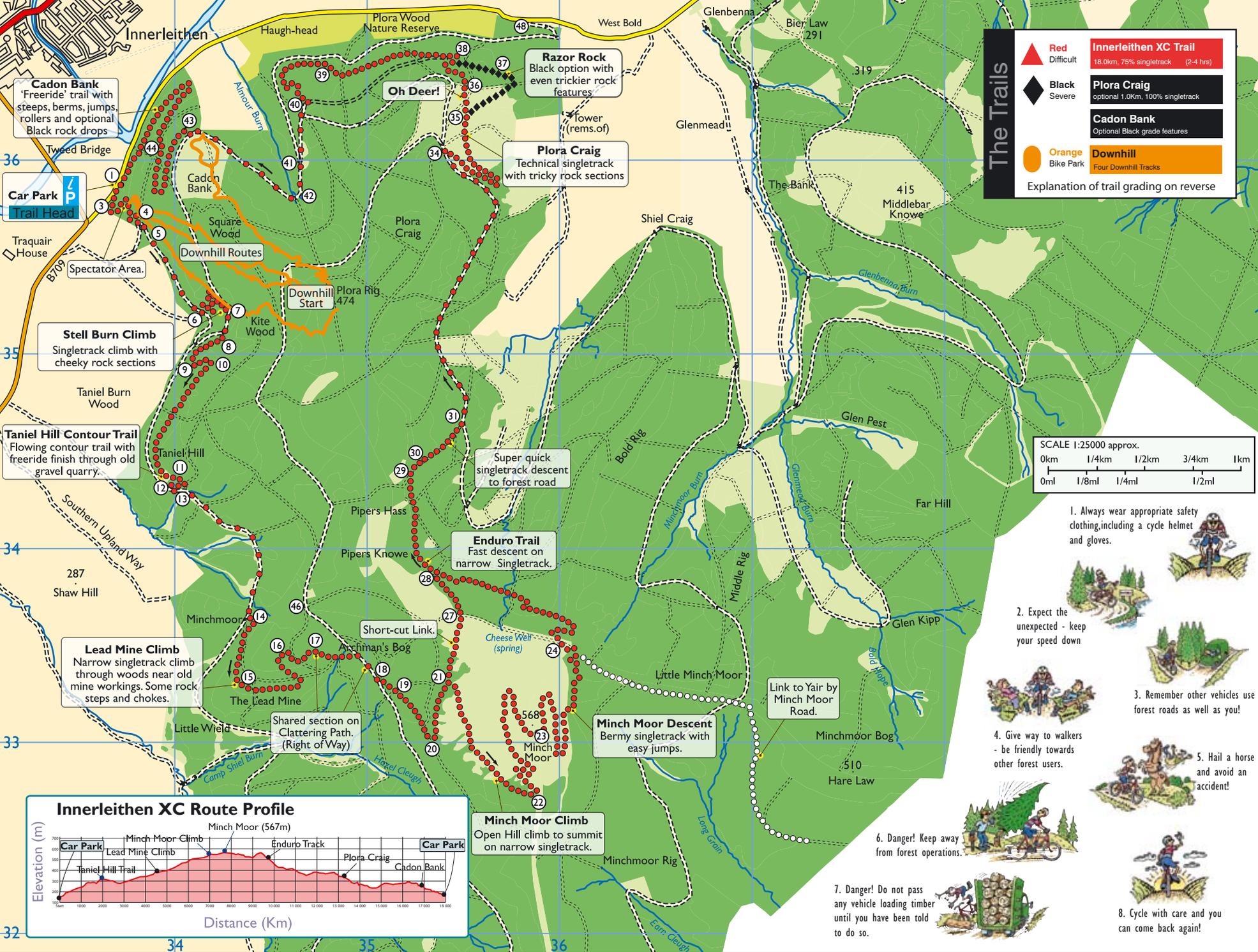
From Buzzards Nest car park	
	<b>Green Route</b> Easy 4.5km, 60%singletrack (0.5-1hr)
	<b>Blue Route</b> Moderate 8.0km, 60%singletrack (1-2 hrs)
	<b>Freeride Park</b> Three trails
From Osprey car park	
	<b>Blue Route</b> Moderate 16.0km, 75%singletrack (2-4 hrs)
	<b>Red Route</b> Difficult 19.0km, 75%singletrack (1.5-3hrs)
	<b>Black Route</b> Severe 30.0km, 80%singletrack (3-5hrs)

Refer to explanation of trail grading



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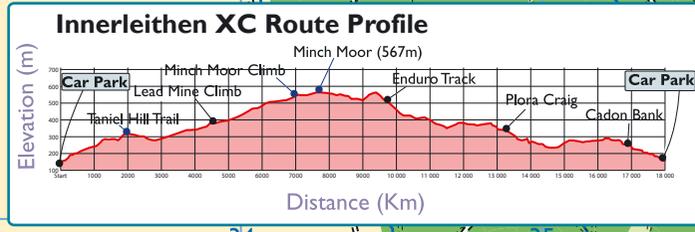
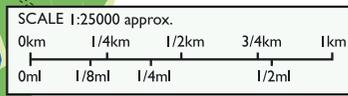
# Innerleithen



**The Trails**

- Red** Difficult  
**Innerleithen XC Trail**  
18.0km, 75% singletrack (2-4 hrs)
- Black** Severe  
**Plora Craig**  
optional 1.0km, 100% singletrack
- Cadon Bank**  
Optional Black grade features
- Orange** Bike Park  
**Downhill**  
Four Downhill Tracks

Explanation of trail grading on reverse



1. Always wear appropriate safety clothing, including a cycle helmet and gloves.
2. Expect the unexpected - keep your speed down
3. Remember other vehicles use forest roads as well as you!
4. Give way to walkers - be friendly towards other forest users.
5. Hail a horse and avoid an accident!
6. Danger! Keep away from forest operations.
7. Danger! Do not pass any vehicle loading timber until you have been told to do so.
8. Cycle with care and you can come back again!