

# Mabie

**KEY TO MAP**

- Woodland
- Waymarker numbers
- Parking (charge)
- Toilets
- Easy-access facilities
- Tourist information
- Picnic area
- Emergency post
- Main road
- Minor road
- Forest road
- Mountain bike trails
- Riding direction
- Forest walks
- Bike wash
- Viewpoint

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15-9-16



Access to 7stanes Trailhead

Dumfries 4 miles

# Mabie

## Trail Information


### Big Views Loop

 Green: **Easy** - 5.0 miles / 8.0 km  
20% singletrack. Allow 1 - 2 hours

**Gentle slopes and sweeping scenery give you an easy enjoyable ride.**

Big Views by name, big views by nature - this trail offers excellent views of the Solway Firth and Nith estuary. You'll mainly find forest road on this route and the gradients are manageable, ensuring a pleasant ride.


### Woodland Loop

 Blue: **Moderate** - 6.3 miles / 10.0 km  
25% singletrack. Allow 1 - 2 hours

**The Woodhead Loop is slightly harder than the Big Views Loop and explores the far side of the forest using quiet forest roads and some easy singletrack.**

Explore the woods on forest roads and easy singletrack, this route is the perfect option for novices looking to build their confidence.

### The Phoenix Trail

 Red: **Difficult** - 11.9 miles / 19.2 km  
82% singletrack. Allow 1 - 2 hours





**A mixed cross-country route in stunning woodland on natural trails and singletrack.**

A fast, challenging ride in places with rocky obstacles and tight berms. The Phoenix Trail takes you cross country through majestic woodland on both natural trails and singletrack.

Check out these tables to find the **right trail grade** to suit **your abilities**.

## Is This For You?

Find the right cross-country singletrack trail grade for your abilities

Singletrack trails		
Grade	Suitable for:	Trail
 Green: <b>Easy</b>	Beginners in good health with basic bike skills. Most types of bikes.	Relatively flat & wide.
 Blue: <b>Moderate</b>	Riders in good health with basic off-road riding skills. Basic mountain bikes.	Some "single-track" sections & small obstacles of root & rock.
 Red: <b>Difficult</b>	Proficient mountain bikers with good off-road riding skills & fitness. Good mountain bikes.	Challenging climbs, tricky descents & technical features such as drop-offs and large rocks.
 Black: <b>Severe</b>	Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.	Greater challenge & difficulty. Expect large & unavoidable features.



Mountain biking is a potentially hazardous activity carrying a significant risk.

## Is This For You?

Find the right non singletrack trail grade for your abilities

Forest Roads & Bike Parks		
Grade	Suitable for:	Trail
Forest Road & Similar	Cyclists in good health. Map reading useful (routes not always marked). Most bikes.	Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.
 Extreme: Downhill trails Dirt jumps Freeride areas	Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory.	Extreme levels of exposure & risk. Large features.



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