


15-9-16



Newcastleton

Trail Information

Blue Route

 Blue: **Moderate** - 6.1 miles / 9.7 km
 40% singletrack. Allow 1 - 2 hours

Fun singletrack for all the family.

Perfect for beginners or families, this route offers a gentle introduction to mountain biking complete with stunning views, forest paths and some fun descents.

Red Route

 Red: **Difficult** - 14.6 miles / 23.4 km
 50% singletrack. Allow 1½ - 3 hours





Feel the power of this fast and furious route.

Fast and narrow singletrack guides you through the forest and around this adrenaline pumping route. There are plenty of special features to keep you on your toes and climbs to test your cardio fitness.

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: Easy	Beginners in good health with basic bike skills. Most types of bikes.	Relatively flat & wide.
 Blue: Moderate	Riders in good health with basic off-road riding skills. Basic mountain bikes.	Some "single-track" sections & small obstacles of root & rock.
 Red: Difficult	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: Severe	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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