

# Innerleithen

## KEY TO MAP

	Woodland		Main road
	Waymarker numbers		Secondary road
	Parking (charge)		Minor road
	Picnic area		Forest road
	Tourist information		Mountain bike trails
	Emergency post		Riding direction

Contains Ordnance Survey data © Crown copyright and database right 2011.


15-9-16



# Innerleithen

## Trail Information


### Innerleithen XC

 Red: **Difficult** - 11.9 miles / 19.0 km  
 75% singletrack. Allow 2 - 4 hours

Not for the faint hearted, this route includes a leg-burning climb, some thrilling singletrack descents and optional black graded features.

You're on single track right out of the car park, with a switchback climb through the forest and a lung-busting climb to the summit of Minch Moor ahead of you. It's back to singletrack on the way down, with jumps, drop-offs and optional black-grade features.

### Innerleithen Downhill


 Orange: **Extreme**  
**Make or Brake:** 2km  
**Double D (optional line):** 0.4km  
**Matador:** 1.9km  
**Gold Run:** 1.4km  
**Cresta Run:** 1.5km

Some of the best downhill routes in the country.

The mix of 'natural' and machine-built routes drops steeply through the forest from the summit of Plora Rig.

All routes are graded 'extreme', with small, medium and large features. Full face helmet, gloves, body armour and a downhill specific bike are strongly recommended for all trails.





### Innerleithen XC sections

 Black: **Severe** - 0.6 mile / 0.9 km  
 100% 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.



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