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

<table>
<thead>
<tr>
<th>Grade</th>
<th>Suitable for:</th>
<th>Trail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green: Easy</td>
<td>Beginners in good health with basic bike skills.</td>
<td>Relatively flat &amp; wide.</td>
</tr>
<tr>
<td>Blue: Moderate</td>
<td>Riders in good health with basic off-road riding skills.</td>
<td>Some &quot;single-track&quot; sections &amp; small obstacles of root &amp; rock.</td>
</tr>
<tr>
<td>Red: Difficult</td>
<td>Proficient mountain bikers with good off-road riding skills &amp; fitness.</td>
<td>Challenging climbs, tricky descents &amp; technical features such as drop-offs and large rocks.</td>
</tr>
</tbody>
</table>

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

### 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 Break: 2km
  - Double D (optional line): 0.4km
  - Matador: 1.9km
  - Gold Run: 1.4km
  - Cresta Run: 1.5km

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

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

### Is This For You?
Find the right non singletrack trail grade for your abilities

#### Forest Roads & Bike Parks

<table>
<thead>
<tr>
<th>Grade</th>
<th>Suitable for:</th>
<th>Trail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forest Road &amp; Similar</td>
<td>Cyclists in good health. Map reading useful routes not always marked. Most bikes.</td>
<td>Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles &amp; other users.</td>
</tr>
<tr>
<td>Extreme: Downhill Trails Freeride areas</td>
<td>Extreme level riders with expert technical skills &amp; good fitness. Technical bike skills important. Jumping ability obligatory.</td>
<td>Extreme levels of exposure &amp; risk. Large features.</td>
</tr>
</tbody>
</table>

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