



Glentress



KEY TO MAP			
	Woodland		Public road
	Parking (charge)		Forest road
	Easy-access facilities		Mountain bike trails
	Tourist information		Riding direction
	Toilets		Emergency post
	Picnic area		Post numbers
	Showers		Shelter
	Viewpoint		Wildlife centre
	Cafe/refreshments		Forest walks
	Bike hire		Tweed Valley multi user railway path
	Bike wash		Outdoor Adventure

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Glentress Peel



Glentress

Trail Information


The Lower Green Route

 Green: **Easy** - 2.2 miles / 3.5 km
30% singletrack. Allow 1/2 - 1 hours

An excellent beginner route through Glentress's oldest, tallest and most magnificent trees.

This trail starts and finishes at the **Glentress Peel Visitor Centre**. The route has gentle gradients and mellow bends that are a perfect introduction to mountain biking.

The Upper Green Route

 Green: **Easy** - 2.8 miles / 4.5 km
60% singletrack. Allow 1/2 - 1 hours

A fabulous trail that provides stunning views of Peebles, the Tweed Valley and the surrounding hills.

This purpose-built singletrack route starts from the **Buzzards Nest Car Park**, which is sign-posted from the forest entrance. It's a fair old pedal up to the car park from the bottom of the forest (only 2km, but lots of climbing) so driving up is advised unless you're feeling really fit!


The Glentress Blue Route

 Blue: **Moderate** - 10.0 miles / 16.0 km
80% singletrack. Allow 2 - 4 hours

A hidden gem that's big fun for all - from novices taking the next step up from green routes, to experienced riders. There are options

This route is split into a lower loop and upper loop – each 5 miles / 8km long. Start at the trailhead at **Glentress Peel** and climb as far as the **Buzzards Nest**. Then either descend on the bottom loop or continue on, to include the upper loop too. So many highlights, including Berm Baby Berm, Blue Velvet, Good Game. It's all good. If you've got a mixed ability party, this is a great choice for the whole team.


The Glentress Red Route

 Red: **Difficult** - 11.2 miles / 18.0 km
75% singletrack. Allow 1 1/2 - 3 hours

This world famous route is sure to put a huge grin on your face with its technical climbs, fabulous views, fast flowing descents, jumps and berms.

The Red Route delivers some of the best riding in the country, including the legendary 'Spooky Wood' - a stunning 1.5km singletrack descent with sweeping bermed bends. The route's best ridden from the trailhead at **Glentress Peel** and is recommended for experienced riders only.

The Glentress Black Route

 Black: **Severe** - 18.1 miles / 29.0 km
80% singletrack. Allow 3 - 5 hours

A long, technical ride that includes epic climbing and thrilling descents.

Packed with epic climbs and nail-biting descents that'll make you smile from ear to ear, the Black Route is a physically demanding ride.

Glentress Freeride Park

 Orange: **Extreme** - 0.9 miles / 1.4 km





Packed full of advanced level features, the Freeride Park is an ideal spot for riders looking to push their skill levels, style it up, learn new tricks or just hang out and ride with friends. It's located right next to the Buzzards Nest Car Park.

Check out the range of features big and small, which are perfect for practising your bike skills on. Whether you're a novice freerider or a seasoned pro, there are areas built to suit all levels of experience. Read the onsite info panels before you jump on your bike.

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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