**Trail Information**

**The Big Country Route**

Forest Road & Similar - 36.1 miles / 58.0 km
no singletrack. Allow 3 1/2 - 7 hours
Take a day long ride into the wild heart of Galloway Forest Park with magnificent views of the nearby lochs and hills.

Embark on an epic journey that encompasses staggering views of Galloway’s lochs and hills. This route takes you along minor public and forest roads, and while there’s no technical single-track, the Big Country route still offers a challenging ride with long climbs and sharp descents.

**The Glen**

- **Green: Easy** - 3.8 miles / 6.0 km
  - 35% singletrack. Allow 1 hour
  The Glen is a short leisurely trail around the picturesque Palnagashel Glen. Suitable for families looking for an unhurried pace.

Enjoy picturesque views of Palnagashel Glen, on this short but sweet route that meanders along the banks of Black Linn and through tall larch trees. There’s forest track and a section of gentle singletrack.

**The Green Torr**

- **Blue: Moderate** - 5.6 miles / 9.0 km
  - 35% singletrack. Allow 1 - 2 hours
  The Green Torr climbs gradually up through the forest to stunning views over Loch Trool.

This ride mainly features purpose built singletrack, and the lack of large rocks and tree roots make it welcoming to less experienced mountain bikers. The most challenging section is the steady 218 metre climb through forest to the Green Torr, after which you can enjoy the long final descent back down to the visitor centre.

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**Is This For You?**

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

<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. Most types of bikes.</td>
<td>Relatively flat &amp; wide.</td>
</tr>
<tr>
<td>Blue: Moderate</td>
<td>Riders in good health with basic off-road riding skills. Basic mountain bikes.</td>
<td>Same &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. Good mountain bikes.</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.

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**Is This For You?**

Find the right non singletrack trail grade for your abilities

<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>

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