Trail Information

Bargary Wood
- Green: Easy - 3.8 miles / 6.0 km
  - 10% singletrack. Allow 1/2 - 1 hour
- Take an easy ride through the scenic Bargaly Glen.
  The perfect route for first timers or children. Enjoy a relaxing ride through the mixed woodland of Bargaly Glen along farm tracks and quiet public roads.

Larg Hill
- Blue: Moderate - 6.3 miles / 10.0 km
  - 50% singletrack. Allow 1 - 2 hours
- Great if you are looking for something with a bit of added excitement. Offers some beautiful views and the option of the Doon Hill extension.
  Ideal for beginners or kids who are confident on their bikes, this winding route is mainly singletrack with a couple of small rock drops thrown in for good measure.

Doon Hill extension
- Blue: Moderate - 2.5 miles / 4.0 km
  - 10% singletrack. Allow 1/2 hour

The Twister
- Red: Difficult - 10.6 miles / 17.0 km
  - 85% singletrack. Allow 1 - 2 hours
- A technically testing and physically demanding trail.
  True to its name, The Twister route offers a winding trail with real challenges waiting after every twist and turn. It's a physically demanding ride, with plenty of rock steps, drop-offs and other technical obstacles to keep you on your toes.

Black Craigs
- Black: Severe - 8.7 miles / 14.0 km
  - 75% singletrack. Allow 1 - 2 hours
- Black Craigs combines fast flowing singletrack and rocky technical features to test your skills. A highlight is McMoab, with its huge slabs and ridges of exposed granite linked by boulder causeways.
  From the fast flowing single track to the testing rocky technical challenges, on the Black Craigs you'll find plenty of exposed granite and features to get your adrenaline pumping.
  To reach the start of Black Craigs, follow the red-graded Twister trail to its half-way point.
(Combined length 19.3 miles / 31 km)

Is This For You?
Find the right cross-country singletrack trail grade for your abilities

<table>
<thead>
<tr>
<th>Singletrack trails</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>Some “single-track” 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. Good mountain bikes.</td>
<td>Challenging climbs, tricky descents &amp; technical features such as drop-offs and large rocks.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Forest Roads &amp; Bike Parks</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, dirt jumps, 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.