



Innerleithen

Mountain bike trails

Facilities



Parking



Picnic area



Walking trails



Viewpoint

There is a charge to park at some of our sites please refer to our website for details.

The nearest public toilets and places to eat are in Innerleithen.

Uplift service available at www.adrenalineuplift.co.uk

Location

Nearest postcode: EH44 6PW

How to get here

From the main road through Innerleithen village, look for the road sign for '7stanes Trails' next to St James' Church. The car park is ½ mile along this road on the left.

Off-road cycling is a hazardous activity carrying some inherent risks. Please consider your skills, abilities and fitness carefully, and always make sure your bike and helmet are safe to use.



Cycle route grading - Is this for you? Find the right grade for your abilities

Green: Easy ●

Expect: Relatively flat, wide and smooth trails. Gentle climbs, descents, rollers and berms, with easy to avoid features such as rocks and potholes. Surface might be loose, uneven or muddy at times.

Blue: Moderate ■

Expect: A mixture of climbs and descents with moderate gradients, technical features like tree roots and rock steps; jumps and berms. Rollable features at controlled speed. Variable surfaces.

Red: Difficult ▲

Expect: A mixture of steep climbs, descents and/or avoidable features. Larger jumps, berms and rollable features at controlled speed. Technical features such as tree roots, drop-offs and large rocks. Very variable surfaces.

Black: Severe ◆

Expect: Long and steep climbs, descents and jumps. Numerous hazards including drop-offs and severe features. Rapid rate of surface change. Commitment required.

Double-black: Extreme ◆◆

Expect: Very fast and steep descents. Large drop-offs, jumps and unavoidable obstacles that require high levels of skill and commitment. Extreme level of exposure or risk. Rapid rate of surface change.

Forest road & tracks

Expect: Gradients can be steep or variable. Surfaces may be uneven, loose or potholed. Navigation skills are useful (routes not always waymarked). Look out for other users, vehicles and forestry work.



Trail Information

Innerleithen XC



Difficult | 11¾ miles | 19km
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 XC sections



Severe | ½ mile | 0.9 km
100% singletrack

Innerleithen Downhill



Black | Severe 
Make or Brake: 2km (closed)
Double D: 0.4km (closed)
Gold Run: 1.4km
Cresta Run: 1.5km



Double Black | Extreme 
Matador: 1.9km

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.



Map of Innerleithen

