



Dalbeattie

Mountain bike trails

Facilities

- Parking
- Accessible facilities
- Picnic area
- Viewpoint
- Wildlife hide
- Walking trails

There are public toilets, shops and plenty of places to eat and drink at nearby Dalbeattie.

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

Location

Nearest postcode: DG5 4QU

How to get here

Dalbeattie lies between Dumfries and Castle Douglas at the junction of the A711 and the A710. From Dumfries, take the A710 towards Colvend and look for signs to Town Wood car park on your left after about ½ mile (1km).

For the mountain bike trails, head for the 7stanes Dalbeattie car park. This is also on the A710 about 1/4 mile (1/2km) beyond Town Wood.

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

Ironhash Trail

 **Easy** | 7¼ miles | 11.5km
5% singletrack | Allow 1½ - 2 hours


The Ironhash trail provides an easy ride deep into the heart of the forest, mainly on forest roads. It's ideal for getting a flavour of mountain biking.

Enjoy an easy ride into the heart of the woods, followed by a short uphill climb to impressive views over Dalbeattie. Perfect for beginners or children.

Blue Taster Loop

 **Moderate** | 2½ miles | 4km
75% singletrack | Allow ½ hour

Moyle Hill Trail

 **Moderate** | 8¾ miles | 14km
35% singletrack | Allow 2 - 3 hours

Get ready to rock and roll, on this fun trail which delivers some cracking views. An ideal introduction to 7stanes singletrack and the granite rock that Dalbeattie is famed for. There are sections with rocks and roots, plus some steady uphill climbs – all rewarded with beautiful views of the Urr estuary.

Red Taster Loop

 **Difficult** | 2½ miles | 4km
90% singletrack | Allow ½ - 3 hours

Hardrock Trail

 **Difficult** | 15½ miles | 25.0km
65% singletrack | Allow 1½ - 3 hours

Step it up a gear on this challenging route with its rougher and rockier surface.

Take a ride on miles of singletrack and be prepared for some challenging features along the way. There are optional black-graded sections if you feel like testing your technical ability. The Slab is the star of the show – this fabled section of steer granite lies at a steep angle and offers a thrilling experience.

Hardrock Trail sections

 **Severe** | 100% singletrack

