



# Glentress

## Mountain bike trails

### Facilities



Parking



Accessible facilities



Toilets



Cafe



Bike hire



Picnic area



Go Ape



Wildlife hide



Shower



Viewpoint

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

### Location

**Nearest postcode:** EH45 8NB

#### How to get here

The turn-off for Glentress is well signposted on the north side of the A72 between Peebles and Innerleithen.

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

All trails are accessed by following the shared, Multi-user Trail first, which is marked with a brown line on the map.

### Skills Area

#### Mini mountain bike zone

**Green:** Easy   **Blue:** Moderate   **Red:** Difficult

Designed to mirror the wider mountain biking experience at Glentress and enable riders to try features like berms and rollers to develop their skills.

There are Green (Easy), Blue (Moderate) and Red (Difficult) graded areas plus a Mini mountain bike zone for our youngest visitors to test out their skills. Perfect for balance bikes and beginners of all ages.

### Taster Trails

**Blue:** Moderate   **Red:** Difficult   **Black:** Severe

Develop your skills on our Taster Trails before heading out on the main mountain bike routes. You can find them at the far end of the Multi-user Trail loop, to the east of the Gateway building.

### Lower Green Route

**Easy** | 2¼ miles | 3.5km  
Allow ½ - 1 hour

An excellent introduction to mountain biking. The route heads out on the Multi-user Trail into the forest before passing through some of Glentress's oldest, tallest and most magnificent trees. After The Admiral return back to the Glentress Gateway on the Multi-user Trail then Apple Peel to finish.

### Glentress Blue Route

**Moderate** | 10 miles | 16km  
Allow 2 - 4 hours

The Blue Route is big fun for all – from novices taking the next step up from green routes to experienced riders. This route can be split into various loops.

Start at the trailhead at Glentress Gateway and climb as far as the Buzzard's Nest. Then either descend the bottom loop or continue to include the upper loop too. So many highlights, including Berm Baby Berm, Blue Velvet and Good Game. Add on the newer descents – Harry's Blue and Turn and Burn – for a thrilling flow trail finish. If you've got a mixed ability party, this is a great choice for the whole team

### Glentress Red Route

**Difficult** | 11¼ miles | 18km  
Allow 1½ - 3 hours

This world famous route is for experienced riders and it's sure to put a huge grin on your face. It has everything - big climbs, fabulous views, fast flowing descents and a fantastic blend of trail styles.

There are various options of finish; choose The Pie Run (shortcut) or Matrix and Lombard Street for the classic, more natural feeling Red Route return via Magic Mushroom and Falla Brae. Or choose Twitcher and Smells Like Tweed Spirit for an incredible bike park style flow trail finale.

### Glentress Black Route

**Severe** | 18 miles | 29km  
Allow 3 - 5 hours

A long, technical ride for expert riders that takes you into the wilds of Glentress with epic climbs and thrilling descents. Return via the more natural Double X, Head Over Heels and Wormhole trails to link up with the end of the classic Red Route or via Twitcher and Castle Black for a thrilling, full on bike park style flow trail finish.

