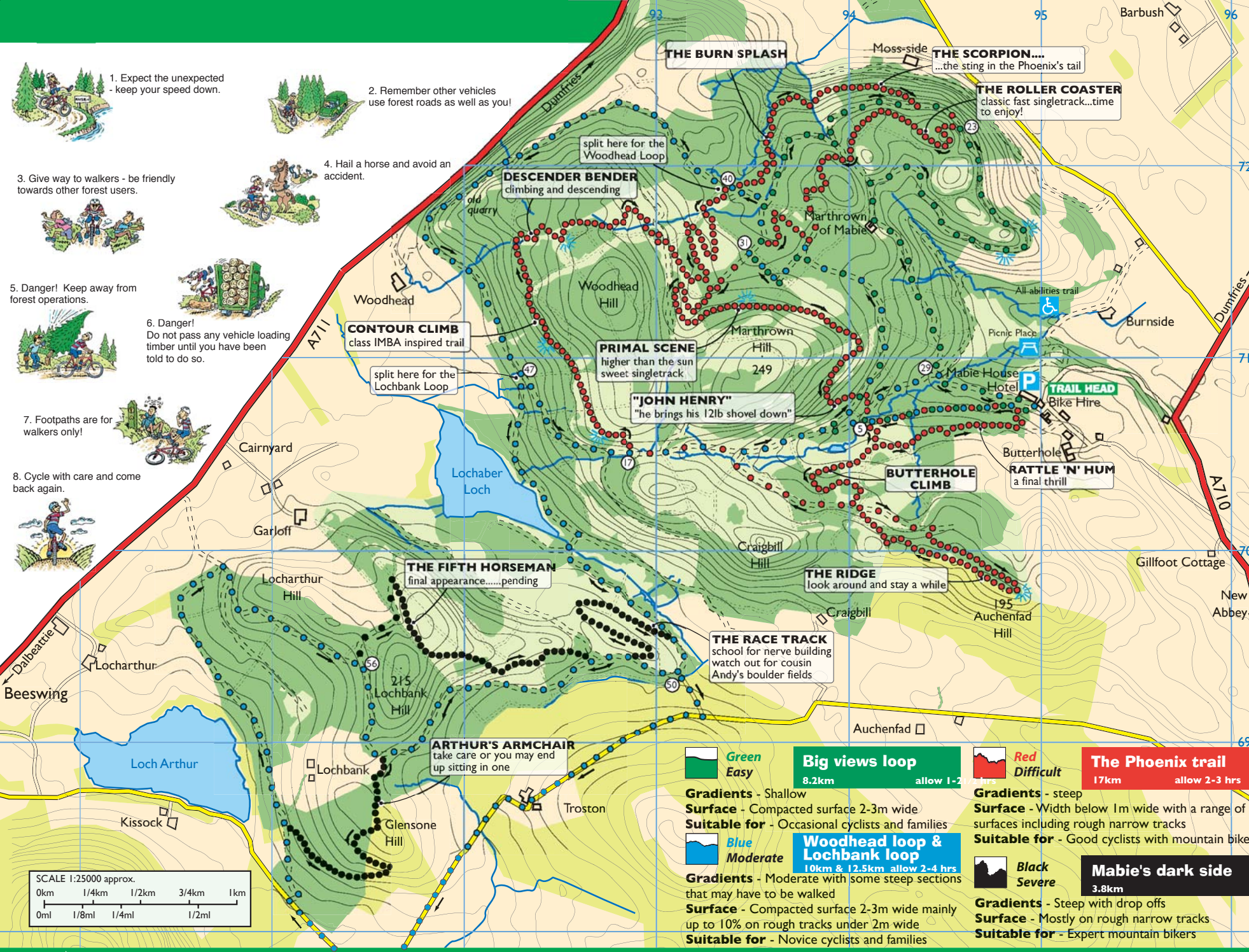


Mabie

www.7stanes.gov.uk



1. Expect the unexpected - keep your speed down.
2. Remember other vehicles use forest roads as well as you!
3. Give way to walkers - be friendly towards other forest users.
4. Hail a horse and avoid an accident.
5. Danger! Keep away from forest operations.
6. Danger! Do not pass any vehicle loading timber until you have been told to do so.
7. Footpaths are for walkers only!
8. Cycle with care and come back again.



CONTOUR CLIMB
class IMBA inspired trail

PRIMAL SCENE
higher than the sun
sweet singletrack

"JOHN HENRY"
"he brings his 12lb shovel down"

BUTTERHOLE CLIMB

RATTLE 'N' HUM
a final thrill

THE FIFTH HORSEMAN
final appearance.....pending

THE RIDGE
look around and stay a while

THE RACE TRACK
school for nerve building
watch out for cousin
Andy's boulder fields

ARTHUR'S ARMCHAIR
take care or you may end
up sitting in one

Green Easy

Big views loop
8.2km allow 1-2 hrs

Red Difficult

The Phoenix trail
17km allow 2-3 hrs

Gradients - Shallow
Surface - Compacted surface 2-3m wide
Suitable for - Occasional cyclists and families

Blue Moderate

Woodhead loop & Lochbank loop
10km & 12.5km allow 2-4 hrs

Gradients - steep
Surface - Width below 1m wide with a range of surfaces including rough narrow tracks
Suitable for - Good cyclists with mountain bikes

Black Severe

Mabie's dark side
3.8km

Gradients - Moderate with some steep sections that may have to be walked
Surface - Compacted surface 2-3m wide mainly up to 10% on rough tracks under 2m wide
Suitable for - Novice cyclists and families

Gradients - Steep with drop offs
Surface - Mostly on rough narrow tracks
Suitable for - Expert mountain bikers

