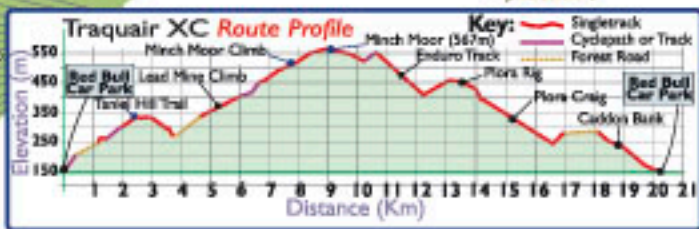


Green Easy	None on site
Gradients - Shallow Surface - Compacted surface 2-3m wide Suitable for - Occasional cyclists and families	
Blue Moderate	None on site
Gradients - Moderate with some steep sections that may have to be walked Surface - Compacted surface 2-3m wide mainly up to 10% on rough tracks under 2m wide Suitable for - Novice mountain bikers and families	
Red Difficult	Traquair XC Trail 19.2km allow 2.4 hrs
Gradients - steep Surface - Width below 1m wide with a range of surfaces including rough narrow tracks Suitable for - Good mountain bikers	
Black Severe	Some sections of XC Trail
Gradients - Steep with drop offs Surface - Mostly on rough narrow tracks Suitable for - Expert mountain bikers	

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. Halt 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.



Tweed Valley Innerleithen

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