



Glentrool

Mountain bike trails

Facilities



Parking (charged)



Visitor Centre



Toilets



Cafe



Walking trails

Glentrool parking meters accept coin only

Location

Nearest postcode: DG8 6SZ

How to get here

The turning for Glentrool Visitor Centre is signposted from the unclassified road that passes north from Glentrool village.

Mountain biking is a potentially hazardous activity carrying a significant risk.



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

Green: Easy



Single track grades

Suitable for: Beginners in good health with basic bike skills. Most types of bike.
Trail: Relatively flat & wide.

Blue: Moderate



Suitable for: Riders in good health with basic off-road riding skills. Basic mountain bikes.
Trail: Some "single-track" sections & small obstacles of root & rock.

Red: Difficult



Suitable for: Proficient mountain bikers with good off-road riding skills & fitness.
Good mountain bikes.
Trail: Challenging. Climbs, tricky descents & technical features such as drop-offs & large rocks.

Black: Severe



Suitable for: Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.
Trail: Greater challenge & difficulty. Expect large & unavoidable features.

Forest roads and bike parks

Extreme



Non - single track grades

Suitable for: Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory.
Trail: Extreme levels of exposure & risk, large features.

Forest road & similar

Suitable for: Cyclists in good health. Map reading useful (routes not always marked). Most bikes.
Trail: Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.



Trail Information

The Big Country Route

**Forest Road & Similar - 36 miles / 58km
no singletrack. Allow 3½ - 7 hours**

Take a day long ride into the wild heart of Galloway Forest Park with magnificent views of the nearby lochs and hills.

Embark on an epic journey that encompasses staggering views of Galloway's lochs and hills. This route takes you along minor public and forest roads, and while there's no technical singletrack, the Big Country route still offers a challenging ride with long climbs and sharp descents.

The Green Torr

 **Blue: Moderate - 5½ miles / 9km
35% singletrack. Allow 1 - 2 hours**

The Green Torr climbs gradually up through the forest to stunning views over Loch Trool.

This ride mainly features purpose built singletrack, and the lack of large rocks and tree roots make it welcoming to less experienced mountain bikers.

The most challenging section is the steady 218 metre climb through forest to the Green Torr, after which you can enjoy the long final descent back down to the visitor centre.

The Glen

 **Green: Easy - 3¾ miles / 6km
35% singletrack. Allow 1 hour**

The Glen is a short leisurely trail around the picturesque Palnagashel Glen. Suitable for families looking for an unhurried pace.

Enjoy picturesque views of Palnagashel Glen, on this short but sweet route that meanders along the banks of Black Linn and through tall larch trees. There's forest track and a section of gentle singletrack.

forestryandland.gov.scot/7stanes