



Newcastleton - woodland trail



Challenging heights at Kirroughtree



7 STANES CHALLENGE 2011

10th—17th April

- 7 day challenge £890
- 7 nights accommodation in Kirkwood Holiday Cottages
- 3 square meals a day—including hearty packed lunch—home made, farm cooking too
- Daily transport for you and your bike to & from the 7 stanes & uplift where you need it (you choose route/level)
- Fellow MBT enthusiasts to share the day's adventure with
- A certificate to say you made it!

www.7StanesChallenge.co.uk

Kirkwood Lockerbie Scotland DG11 1DH

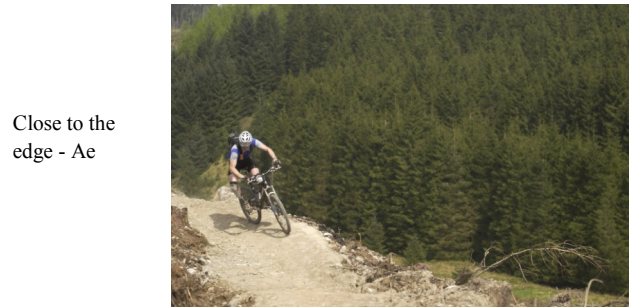
Phone: 01576 510200

Email: biking@realfarms.co.uk

**Accommodation,
meals &
transport to &
from each stane**



**ALL included in
the price!**



Close to the
edge - Ae



Heading Downhill
Innerleithen

The 'Heart Stone' at Dalbeattie



'Talking Head' at Ae



Trailing along at Glentress



Kona Dark Side (Mabie)



7 Stanes Challenge.....Have you got what it takes??

Over the course of the week you'll ride each of the 7 stanes from Glentroll in the west to Newcastleton in the east. (You can choose the level of trail suited to you -see right page for more details)

Glentroll - start gently on the Big Country Route, 58km of green & blue graded trails with testing climbs leading to magnificent views.

Kirroughtree –home to some of the best single track in the country including the red graded Twister, a 17km physically demanding loop with some real technical challenges.

Dalbeattie - don't be deceived by its relaxed feel & costal setting - the rough terrain is home to the Slab, the Terrible Twins & the Volunteer Ridge.

Mabie –fly round the Phoenix, a classic trail with testing climbs, fast descents, berms & water splashes. Or the Kona Dark Side 3.8km orange bike park graded trail with elevated wooden sections & loads of granite outcrops –one for the experts!

Ae - 13.5km of green & blue graded trail, the red graded Ae Line –Scottish Power Renewables Trail, an aggressive freestyle ride & The Shredder, an orange bike park graded downhill ride.

Glentress & Innerleithen –they share a stane & an awesome reputation for having some of the best mountain biking around including some great downhill, freeride & the red graded XC route.

Newcastleton –it's got the lot including a 16km red route with fast, narrow singletrack crossing bridges & boardwalks.

7 Day Challenge £890

Sun 10th April Arrive at Kirkwood after 4pm

Settle in & meet other 7 stanes challengers

Dinner - 7.30 pm

Mon -Sat

Breakfast

Biking at stane of the day (2 close stanes probably on Wed)

Evening Meal

Sun 17th April Depart around 10am

Typical day:

8am - full cooked breakfast &/or cereals etc

8.30am - from food provided, make your own packed lunch (rolls with cold meats, salads, pate etc, fruits, cakes, biscuits)

9am - depart for stane - journey from 1/2 hour to 1 1/2 hours, depending on which location

3 - 6 hours biking at the stane

6pm - return to Kirkwood

7pm - evening meal e.g. cottage pie (using Kirkwood beef) followed by pudding

Remember: Drinks are not included in the price (just about everything else is though!)

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E-mail biking@realfarms.co.uk
www.RealFarmHolidays.co.uk

Location:

Kirkwood is a mixed farm situated by the River Annan in the heart of the rolling hills of Dumfriesshire. It is located almost in the centre of the UK – only 10 minutes off the main M6/74 Glasgow-London motorway. London is 5 hrs away, Manchester 3 hrs, Carlisle 20 miles. There is a mainline train station at Lockerbie, just 4 miles away, but your own transport is recommended.



More details:

The 7Stanes are situated in Dumfries & Galloway and the Borders. They are world class mountain bike trails ranging from easy (green) & moderate (blue) to difficult (red) & black (severe). There is also the orange bike parks for real adrenaline junkies!

Accommodation is in Kirkwood cottages, near Lockerbie (central to all the trails). The cottages are VisitScotland graded (2 & 3 star), set in the tranquil surroundings of Kirkwood Estate. Cottage facilities include: secure car parking, lockable bike storage, laundry & drying facilities, outside bike wash, games room with full sized snooker table, darts & table tennis.

You will have your own bedroom but may share the cottage with other 7 stanes challengers. Whilst normally self-catering, for the 7 Stanes Challenge **all meals** (full breakfasts, packed lunches, evening meals) **are included in the price**.

Sadly we must remind you that the weather can never be guaranteed & once booked/paid, no refunds are given under any circumstances and we recommend that you purchase a suitable holiday insurance policy to cover you for any unseen eventualities. We also recommend you purchase suitable insurance for you & your bike/gear as we cannot accept liability for any injuries or damages & any biking activities are undertaken at your own risk.

Thank you to the Forestry Commission for allowing us to use some of their brilliant photos for this brochure