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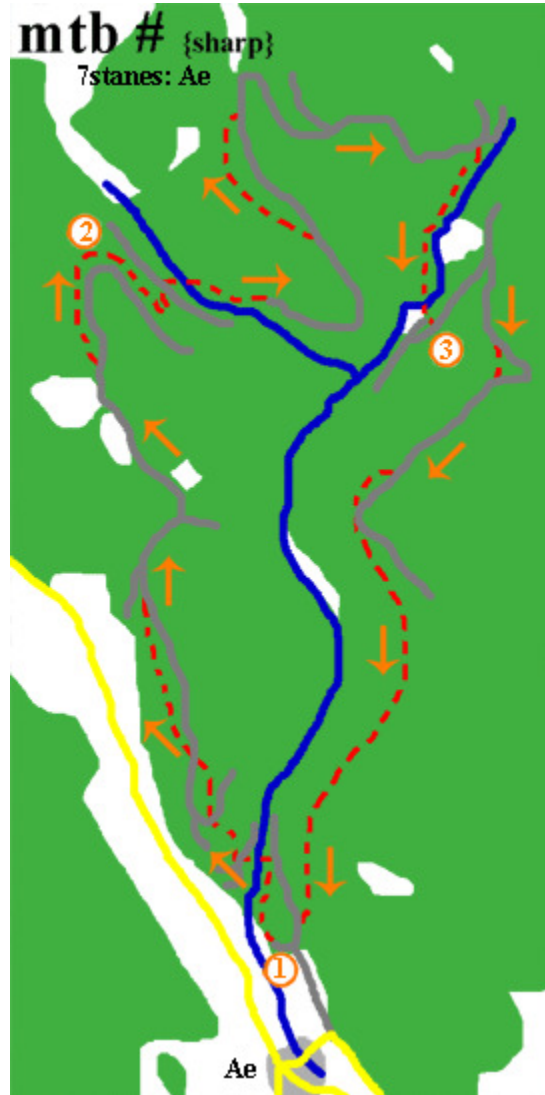
7stanes: Ae



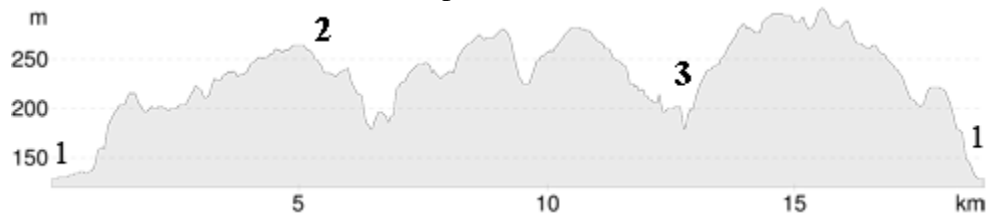
Fun: 5



Difficulty: Difficult



elevation profile (red route):



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Distance: 19km

Ascent: 610m

Allow: ~ 2 Hrs

Maps: OS Explorer 321, Landranger 78

Ae is about 20 minutes north of Dumfries; see the official site for directions. The route's all nicely way marked, so no need for guidelines there! Here's a quick summary:

- 1) Short warm up from the trail head to cross the river, where the single track climb up Rab's Slippy One begins - makes climbing practically enjoyable! Then it's a mix of forest track and fun single track to the beginning of the first major descent.
- 2) Fast descent with berms, rollers, table tops and drop offs. Some of the berms are a bit ropey in places so watch out. This kinda thing pretty much defines Ae, more of the same to come. Crossing the river, there's a steep single track climb to regain height, followed by some forest track and a section of single track complete with more rollers. More forest track takes you to the beginning of The Edge (better not fall off here) the single track of which then plunges into the trees and down to the river.
- 3) Climb on forest track to some single track through a deforested area. I didn't rate this track at all, and it's quite possible to avoid it by carrying on the forest track until the single track re-enters the trees. The Omega Man starts up here - a downhill style final descent (in fact the black downhill course joins it shortly) with a variety of different graded jumps and drops to try before heading back to the car park.

Overall Ae is a blast, and meant to be ridden hard and fast I reckon. My only gripe is that the single track doesn't feel very natural; it's obvious this place has been constructed, but perhaps this'll change with time.

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