

# WELCOME

Enjoy our purpose built mountain bike trails at the heart of the Glenlivet Estate, with not only fantastic fun packed, flowing single track trail, but spectacular scenery and stunning views as you cycle. The blue trail is a great introduction to cross country riding, while the red trail provides challenges for the experienced. Historically this is illicit whisky distilling country where smuggling was rife so look out and be ready for anything!



## BIKE@GLENLIVET

### Early bird or Night Owl?

Do you ride after dawn or before dusk?

Deer stalking takes place on occasion throughout the year in these woodlands in the few hours after dawn or the few hours before dusk. When stalking is taking place signs will be displayed on the hub building and for your own safety some parts of the bike trails may be closed temporarily.



Call in to the Coffee Still Café after your ride to refuel.

Share your ride experiences and images with us on Facebook Glenlivet Mountain Bike Trails



## BIKE@GLENLIVET

Glenlivet Mountain Bike Trail Guide



THE CROWN ESTATE

### Find Us

Bike Glenlivet is located off the B9136 Road, 4½ miles from Tomintoul. Download detailed directions from our website. [www.glenlivetestate.co.uk](http://www.glenlivetestate.co.uk)

Lying between the Ladder Hills and Cromdale Hills in the Cairngorms National Park, the two broad straths of the rivers Avon and Livet form the 23,000 hectare Glenlivet Estate, part of The Crown Estate. High hills, sheltered glens, rushing burns, mixed woodlands, diverse wildlife and a sense of peace make Glenlivet a very special place. Much of the estate can be seen from the stunning Carn Daimh viewpoint at the top of the red route, and the wider estate can easily be explored by the following one of the six waymarked estate cycle trails.

### Emergency Information

#### In case of emergency - Dial 999

Give your location (see below) and number of nearest waymarker post

Grid Ref NJ158 227

Location Name - Glenlivet Bike Trails  
Kirkmichael, Tomintoul AB37 9AR

Nearest A&E Hospital - Ian Charles Hospital, Grantown on Spey (16 miles to East) or Stephen Hospital, Dufftown (17 miles to North)

Report any accidents to;  
Glenlivet Estate Office, Main Street,  
Tomintoul, AB37 9EX,  
01479 870070

Email: [Bike@glenlivetestate.co.uk](mailto:Bike@glenlivetestate.co.uk)



GREEN  
EASY

Suitable for beginner/novice cyclists. Basic Bike Skills required. Most bikes and hybrids. Some green routes can take trailers.

Trail & surface types are relatively flat and wide. The trail surface may be loose, uneven or muddy at times. May include short flowing single track style sections.

Gradients & technical trail features include mostly shallow climbs and descents. No challenging features. Suitable for most people in good health



BLUE  
MODERATE

Suitable for intermediate cyclist/mountain bikers with basic off-road riding skills. Mountain bikes or hybrids.

Trail & surface types are as 'Green' plus specially constructed single track. Trail Surface may include small obstacles of roots and rocks.

Gradients & technical trail features include mostly moderate gradients but may include short steep sections. Includes small TTF's. A good standard of fitness can help.



RED  
DIFFICULT

Suitable for proficient mountain bikers with good off-road riding skills. Suitable for better quality off-road mountain bikes.

Trail & surface types are steeper and tougher, mostly singletrack with technical sections. Expect very variable surface types. Gradients & technical trail features include a wide range of climbs and descents of a challenging nature. Expect boardwalks, berms, large rocks, medium steps, drop-offs, cambers, water crossings. A higher level of fitness and stamina.



BLACK  
SEVERE

Suitable for expert mountain bike users, used to physically demanding routes. Quality off-road mountain bikes.

Trail & surface types are as 'Red' but with an expectation of greater challenge and continuous difficulty. Can include any useable trail and may include exposed open hill sections. Gradients & technical trail features include large, committing and unavoidable TTF's. Sections will be challenging and variable. May also have 'downhill' style sections. Suitable for very active people used to prolonged effort.



BIKE PARKS  
EXTREME

Suitable for riders aspiring to athlete level of technical ability, incorporates everything from full on downhill riding to big-air jumps.

Trail & surface types. Severe constructed trails and/or natural features. All sections will be challenging. Includes extreme levels of exposure and/ or risk. Jumping ability obligatory. Gradients & technical trail features include a range of small, medium and large TTF's, including downhill trails, free ride sections and mandatory jumps. A good standard of fitness, but technical skills more important.

User advice: The Crown Estate encourages the reasonable and responsible use of the facilities provided and would like to remind trail users of the need to consider their skills and abilities before selecting a suitable course to ride. When you ride here please be aware you take responsibility for yourself and behave responsibly towards other users.



## Blue Trail

Distance: 9km (5½ miles)

The blue route is perfect for novice to intermediate mountain bikers, it's a fun packed friendly route. There are climbs but you'll be rewarded with great downhill sections of sweet, flowing trail, with some exciting features but not too technical.

After a twisting short ascent catch your breath and enjoy the *Gauger's Lookout* viewpoint before enjoying your reward of your first sweeping, downhill, single track descent. Get ready for the ups & downs of *Ankers Alley!* There is a bit of a climb after this but take it steady and enjoy the forest and the twisty single track ascents. It's worth the effort as it's now downhill, with an exhilarating finish through the *Copper Worm*, and the twists & turns and ups & downs of the *Barrel Run* will leave you smiling and wanting more.

### Mountain Bike Essentials

#### Don't rely on others

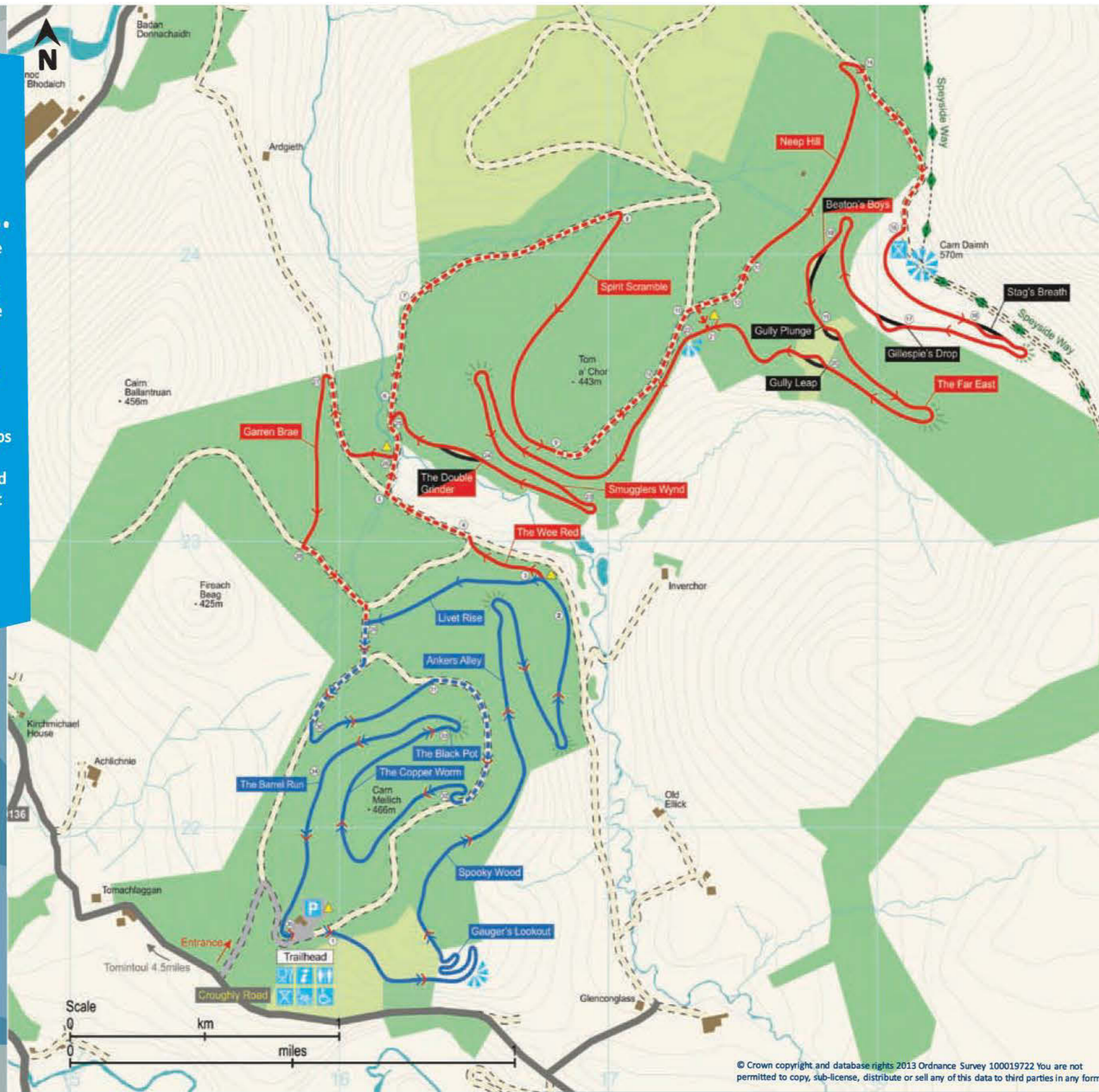
- can you get home safely?
- carry the right equipment and know how to use it.

#### For your own safety

- always wear the right safety clothes - at least a helmet and gloves.
- only cycle within your abilities
- only tackle jumps and other challenges if you are sure you can do them - have a look first.
- train properly, especially for difficult and technical routes.

#### On and off the road

- expect the unexpected - watch out for other visitors
- for your own and others' safety always follow warning signs and any advice you are given.
- if a vehicle is loading timber, stop and wait for the driver to let you pass safely.



Key to map:

- Buildings
- Woodland
- Open woodland
- Blue trail
- Red trail
- Direction of ride
- Forestry track
- Public Road
- Contours line (10m intervals)
- Waymarker point
- Emergency Information
- Viewing point
- Café
- Information
- Toilets
- Picnic area
- Bicycle hire
- Disabled access
- Parking



## Red Trail Distance: 22km (14 miles)

The red route offers thrills a plenty for the experienced rider. Head out on the blue trail before forking off along the *Wee Red* for a taste of what's to come. Its a leg warming ascent from here on, to the summit of Carn Daimh. Take a break and enjoy the spectacular panoramic views, before starting on the Glenlivet descent. It's downhill from here as you enjoy over 6km of single track with adventure a plenty as you leap through *Beaton's Boys* and tackle the *Gully* before heading through *Smugglers Wynd* and powering through the *Double Grinder*. ( N.B. All black grade features can be by-passed). Re-join the blue to enjoy the thrills of the twists and turns of the *Barrel Run* for a finish to remember.

You may encounter other forest users such as walkers, horse riders and timber lorries on some sections of the bike trails, particularly the forest tracks. Please take extra care on these sections and be courteous to other forest users. Remember - slower cyclists in front of you have the right of way, make yourself known before passing in a safe manner.

When you ride here please be aware you take responsibility for yourself and please ensure children are adequately supervised.

Happy Riding...