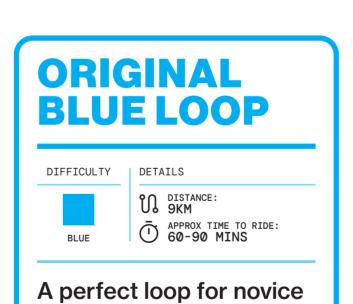


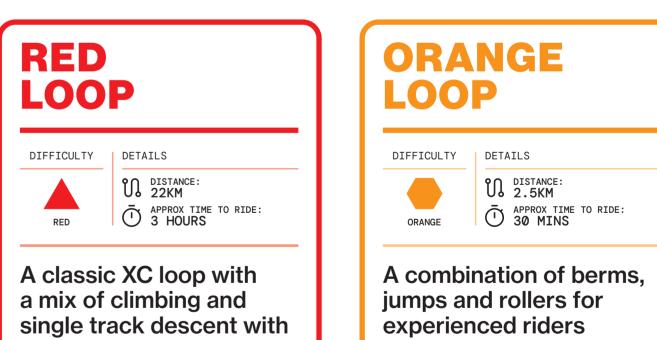
## TRAIL LOOP GUIDE





to intermediate riders





## **MAPKEY**

——— PUMP TRACK SKILLS AREA BLUE SKILLS AREA RED BLUE TRAIL

---- BLUE CLIMB ---- RED TRAIL ----- RED CLIMB ----- BLACK TRAIL

---- ORANGE TRAIL ——— FIRE ROAD ROAD

>>>>>> TRAIL DIRECTION

RIVER WOODLAND

※ SUMMIT

POST NUMBERS △ EMERGENCY INFO

CAFE/REFRESHMENTS

PARKING O BIKE WASH INFORMATION TOILETS

smooth trails, Climbs and descents are mostly shallow gradients and may include mellow rollers and berms with easily avoidable features such as rocks and potholes. The trail surface might be loose, uneven or muddy at times.



**TRAIL GRADING** 

Relatively flat, wide and

A mixture of climbs and descents of typically moderate gradients. Technical features like tree roots and rock steps, jumps and berms. Rollable features with controlled speed. Expect variable trail surfaces.



A mixture of steep climbs and descents and/or avoidable features, larger rollable features with controlled speed, jumps and berms, and technical features such as tree roots, drop-offs & large rocks. Expect very variable trail surfaces.



Commitment required: long steep climbs, descents, jumps, numerous hazards including drop-offs, sharp corners and difficult features. Expect a rapid rate of surface change.



A combination of jumps, rollers and berms. A high level of skill and commitment is required to clear the jumps. Any gap jumps are clearly signed. Consistent trail surface.



with hand tools, removing the surface layer of vegetation short sections of technical, often steep, downhill trail. Expect a variety of terrain from mud to roots. Conditions will be significantly affected by the weather.

## **EMERGENCY INFO**

In case of emergency, dial 999. If you need to contact the emergency services, give your location and the number of the nearest waymarker post.

Our Grid Reference at the cafe is: NJ 158 226

Our address is: Glenlivet Bike Trails, Kirkmichael, Tomintoul, **AB37 9AR** 

The nearest hospital (A&E), 35 miles north: Dr Gray's Hospital, Elgin, IV30 1SN Tel: 0345 456 6000

## **SUPPORTED BY**





optional black features







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