

Scottish Mountain Bike Trails

9 ROUTE CARDS EXPLORING THE TRAILS OF THE KINGDOM OF FIFE

Fife



These maps have been created with thanks to the following organisations:



Scottish Mountain Bike Trails: Fife

GLENROTHES: ROUTE NO.1

BALBIRNIE PARK

Route Grading:

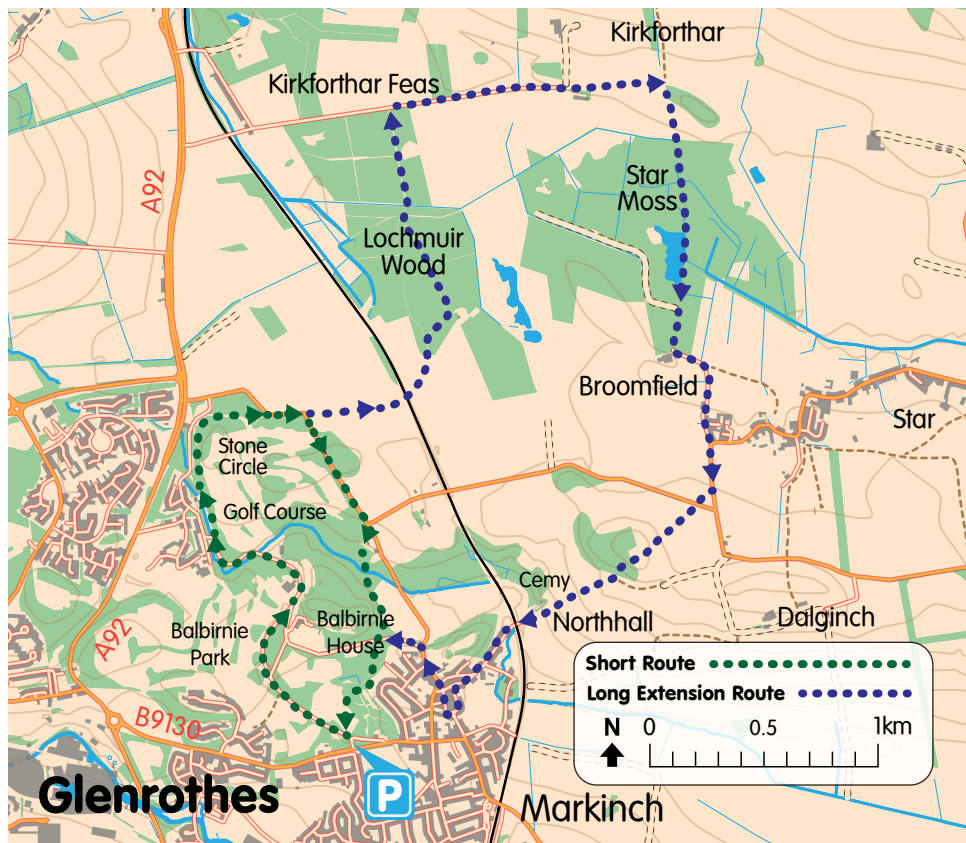


Easy (Green): Suitable for all types of Mountain Bike and most riders.



Intermediate (Blue): Riders in good health with basic off-road riding skills. Suitable for basic Mountain Bikes.

ROUTE No **01**



STARTING POINT(S)

Balbirnie Park Car Park, Balbirnie St, Markinch, Fife, KY7 6NE. OS Map Ref. NO 292 018

SUMMARY

A short loop around the woodland paths of Balbirnie Park with a longer optional extension ride taking you to the Star Moss SSI and some great views over the Firth of Forth.

MAX HEIGHT GAINED

133m

LENGTH

4.1km or 10.4kms with extension ride



Scottish Mountain Bike Trails: Fife BALBIRNIE PARK



For more information on this route and Mountain Biking in Fife scan the QR code or visit:
www.outdoorfife.com
www.DMBinS.com

ROUTE NO **01**

ROUTE DESCRIPTION

Take the estate road past Balbirnie House to the Golf Club. Go straight ahead through gate marked 'Woodland Walks' into trees. Continue onto gravel path until the Balbirnie Stone Circle. At the road, follow path into trees near 'Bridle Path' sign. Continue on faint path until you see the golf course (The extension route starts here).

Stay on path next to wall, following 'Bridle Path' signs taking care to avoid walkers on Woodland Walks. Cross stream at a small wooden bridge and go up a short hill, heading left at the top. Follow the gravel path until an opening and straight ahead at junction (The extension route finishes here).

Fork right shortly after junction and follow path to car park.

Balbirnie Park Loop Extension – marked on map



Looking East from Star Moss



DO THE RIDE THING

We love riding this route and to keep our good relationship with local landowners and other path users we ask you to follow the advice below:

- Let other path users know you are coming as early as possible.
- Please watch your speed, especially on blind corners and dips.
- Please take extra care near wildlife and leave the environment as you find it.
- Help land managers and others to work safely and effectively. See 'Route Specifics'.
- Check the weather forecast and ensure you have all the equipment you need for your route.
- If you are in any doubt please pop into one of our cycle centres for advice!
- The route description and quality of path may change over time so please remain flexible with your plans and be ready to use alternative routes. Correct at time of print Jan 2014.

ROUTE SPECIFICS

- Extension ride not suitable after extended wet periods as boggy in places.
- Extension ride features some short sections of public 'B' road, residential streets, and passes through working forests with possible grouse shooting operations Aug-Dec.
- Please check forest operations at www.forestry.gov.uk before riding route.

CYCLE FRIENDLY BUSINESSES NEAR THIS TRAIL

BIKEWORKS

Recycled Bikes
Unit 4, Castleblair Business Park, Glenrothes,
KY7 5QR
01592 751500
www.fifebikeworks.org.uk

CARLTON COFFEE HOUSE

Coffee Shop & Bakery
6/8 Balbirnie St, Markinch, KY5 6DD
Tel. 01592 754 444

COLLECTIVE TRAINING

Guided Rides and Skills Coaching
Tel. 07823 338691
www.collectivetraining.co.uk
www.facebook.com/CollectiveTraining

LESLIE BIKE SHOP

Bike Sales, Clothes, Accessories & Repairs
Bankhead Industrial Estate, Glenrothes
Tel. 01592 770600
www.lesliebikeshop.co.uk

Scottish Mountain Bike Trails: Fife

WEST FIFE - KINCARDINE: ROUTE NO.2

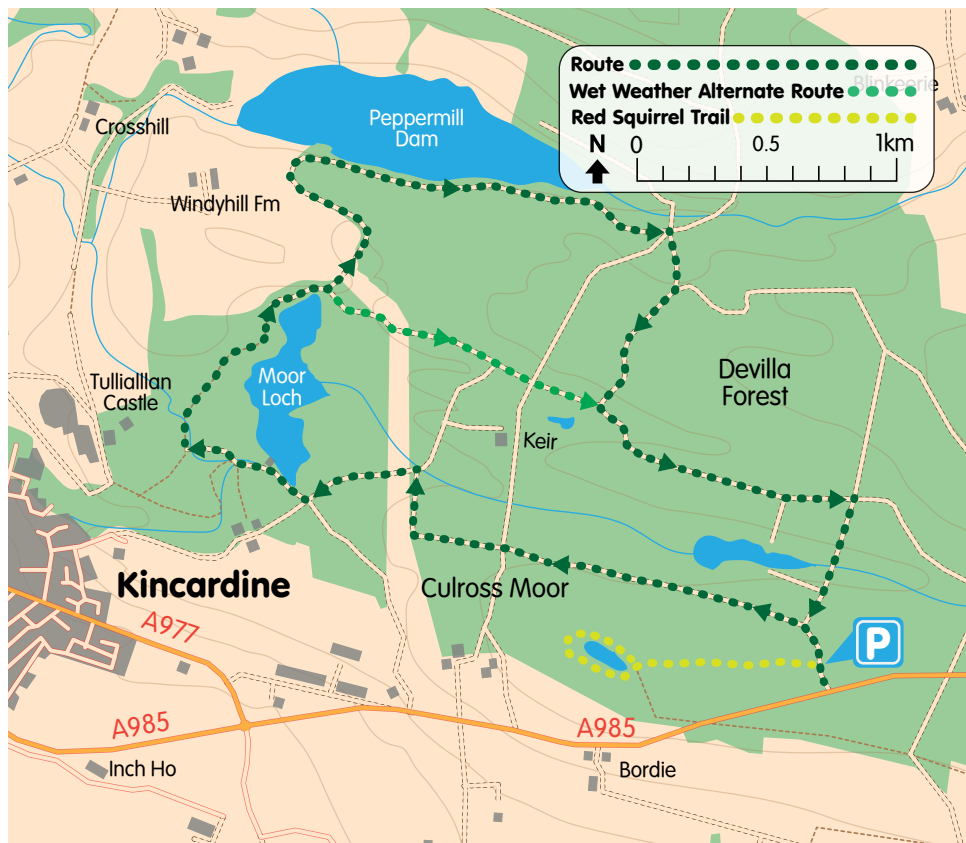
DEVILLA FOREST LOOP

Route Grading:



Easy (Green): Suitable for all types of Mountain Bike and most riders.

ROUTE No
02



STARTING POINT(S)

Main Forest Car Park off the A985, approx 3.5kms from Kincardine Town Centre. OS Map Ref. NS 964 871

SUMMARY

A pleasant and mostly flat ride on forest tracks through Scots Pine trees. An extra ride on the new Red Squirrel Trail is a fun addition with points of interest and interpretation panels.

MAX HEIGHT GAINED

24m

LENGTH

9.5km Loop, Optional Red Squirrel Trail 1.8 Kms



Moor Loch

Scottish Mountain Bike Trails: Fife DEVILLA FOREST LOOP



For more information on this route and Mountain Biking in Fife scan the QR code or visit:

www.outdoorfife.com
www.DMBinS.com

ROUTE No
02

ROUTE DESCRIPTION

From main car park follow the forest track. At first junction head left then straight ahead at X roads, soon following a right hand bend in the trail. Head left at next junction & under pylons. At X roads head right, then right at junction through gate and right again at next junction.

(Alternative access point here from Kincardine, via Tulliallan College)

Head left up hill on narrower forest track at north end of Moor Loch, soon passing under pylons. *This section can be boggy after periods of wet weather*. At next junction head Right on gravel path around Peppermill Dam. Straight ahead at junction (not on map) skirting the water. At large junction take the middle track straight ahead.

(Access to National Cycle Network No 76, West Fife Trail from here: head left at junction)

To return to car park, head straight ahead at next junction, then left at T junction and right at final X roads.

The Red Squirrel Trail is way-marked from the main car park.



Devilla Forest Track



Historical Information Panel

DO THE RIDE THING

We love riding this route and to keep our good relationship with local landowners and other path users we ask you to follow the advice below:

- Let other path users know you are coming as early as possible.
- Please watch your speed, especially on blind corners and dips.
- Please take extra care near wildlife and leave the environment as you find it.
- Help land managers and others to work safely and effectively. See 'Route Specifics'.
- Check the weather forecast and ensure you have all the equipment you need for your route.
- If you are in any doubt please pop into one of our cycle centres for advice!
- The route description and quality of path may change over time so please remain flexible with your plans and be ready to use alternative routes. Correct at time of print Jan 2014.

ROUTE SPECIFICS

- Access to Peppermill Dam section can be boggy after periods of wet weather, alternative route shown on map.
- This is a working forest.
- Please check forest operations at www.forestry.gov.uk before riding route.

CYCLE FRIENDLY BUSINESSES NEAR THIS TRAIL

THE BIKE SHOP SCOTLAND

Bike Sales, Clothes, Accessories, Maintenance
29 Malcolm St, Dunfermline, KY11 4TS
Tel. 01383 621999
www.bikescot.co.uk

COLLECTIVE TRAINING

Guided Rides and Skills Coaching
Tel. 07823 338691
www.collectivetraining.co.uk
www.facebook.com/CollectiveTraining

CULROSS POTTERY & GALLERY

Pottery and Cafe
Sandhaven, Culross, KY12 8JG
Tel. 01383 882176
www.culrosspottery.com

HARDIE BIKES

Cycle Shop
86c Main St, Cairneyhill, KY12 8QU
Tel. 01383 889088
www.hardie-bikes.com

Scottish Mountain Bike Trails: Fife

EAST NEUK: ROUTE NO.3

CRAIL TO KINGSBARNs

Route Grading:



Easy (Green): Suitable for all types of Mountain Bike and most riders.

ROUTE No
03



STARTING POINT(S)

Marketgate North Car Park, Crail KY10 3TH
OS Map Ref. NO 613 078

SUMMARY

Low level route along a former railway linking two pretty towns in the East Neuk area of Fife.

MAX HEIGHT GAINED

30m

LENGTH

6.6 km one way



Scottish Mountain Bike Trails: Fife

CRAIL TO KINGSBARNES



For more information on this route and Mountain Biking in Fife scan the QR code or visit:

www.outdoorfife.com
www.DMBinS.com

ROUTE No **03**

ROUTE DESCRIPTION

From the Marketgate Car Park, head East away from the shops. Turn left onto track beside Balcomie Links Hotel, signed Balcomie Caravan site. Pass caravan site, forking Left at end onto farm track. Continue between fields and skirting final field to arrive at A917, cross with care onto B9171 and continue for approx 500m.

Turn right onto farm track signed Core Path 69. Continue on this track through gates and fields before reaching junction with Core Path 70 to Kingsbarnes. Upon reaching Kingsbarnes village, turn left to the village square. From here you can go on to the very popular and picturesque Kingsbarnes beach.



Fishing Boats in Crail Harbour

DO THE RIDE THING

We love riding this route and to keep our good relationship with local landowners and other path users we ask you to follow the advice below:

- Let other path users know you are coming as early as possible.
- Please watch your speed, especially on blind corners and dips.
- Please take extra care near wildlife and leave the environment as you find it.
- Help land managers and others to work safely and effectively. See 'Route Specifics'.
- Check the weather forecast and ensure you have all the equipment you need for your route.
- If you are in any doubt please pop into one of our cycle centres for advice!
- The route description and quality of path may change over time so please remain flexible with your plans and be ready to use alternative routes. Correct at time of print Jan 2014.

ROUTE SPECIFICS

- Note there are short, linking sections on public B roads and residential streets.
- Please be aware that this route passes through open farmland, please respect livestock and leave any gates as you find them.

CYCLE FRIENDLY BUSINESSES NEAR THIS TRAIL

COLLECTIVE TRAINING

Guided Rides and Skills Coaching
Tel. **07823 338691**
www.collectivetraining.co.uk
www.facebook.com/CollectiveTraining

EAST NEUK OUTDOORS

Bike Activities/Trail
Cellardyke Park, Anstruther, KY10 3AX
Tel. **01333 311929**
www.eastneukoutdoors.co.uk

ELIE WATERSPORTS

Bike Hire & Biking Activities/Trail
The Harbour, Elie, KY9 1BY
Tel. **01333 330962**
www.eliewatersports.com

SPOKES ST ANDREWS

Bike Sales & Hire
South St, St Andrews, KY16 9QR
Tel. **01334 477835**
www.spokescycles.net

Scottish Mountain Bike Trails: Fife

GLENROTHES: ROUTE NO.4

GLENROTHES CIRCULAR

Route Grading:



Intermediate (Blue): Riders in good health with basic off-road riding skills. Suitable for basic Mountain Bikes.

ROUTE No
04



STARTING POINT(S)

Lomond Centre , Woodside Way, Glenrothes KY7 5RA
OS Map Ref. NO 286 008

SUMMARY

A loop circuiting the outskirts of Glenrothes, linking up many short sections of singletrack and multiuse trail. Can be split into North & South loops using Bobligen Way cycle path.

MAX HEIGHT GAINED

140m

LENGTH

29.5 kms



Scottish Mountain Bike Trails: Fife

GLENROTHES CIRCULAR



For more information on this route and Mountain Biking in Fife scan the QR code or visit:

www.outdoorfife.com
www.DMBinS.com

ROUTE No **04**

ROUTE DESCRIPTION

This route illustrated is best followed using a map. Although there is often a feeling of relative remoteness in some sections, in reality you are never far from the town centre and the route can be shortened as required, or ridden in sections rather than starting and finishing at the Lomond Centre as illustrated.

Sections of trail to the North of the town through Formonthills Community Wood, are managed by Woodland Trust Scotland and are newly surfaced multi use trails. Other sections to the South of the town, and some riverside sections are more involving singletrack that can get muddy after periods of wet weather.

Enjoying some singletrack



DO THE RIDE THING

We love riding this route and to keep our good relationship with local landowners and other path users we ask you to follow the advice below:

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- Please watch your speed, especially on blind corners and dips.
- Please take extra care near wildlife and leave the environment as you find it.
- Help land managers and others to work safely and effectively. See 'Route Specifics'.
- Check the weather forecast and ensure you have all the equipment you need for your route.
- If you are in any doubt please pop into one of our cycle centres for advice!
- The route description and quality of path may change over time so please remain flexible with your plans and be ready to use alternative routes. Correct at time of print Jan 2014.

ROUTE SPECIFICS

- Some short sections of public road and farmland.
- Please take care, use cycle ways where possible and leave any gates as you find them.
- Please note this ride uses some short sections of busy road and as such is not suitable for inexperienced or young riders.

CYCLE FRIENDLY BUSINESSES NEAR THIS TRAIL

BIKEWORKS

Recycled Bikes
Unit 4, Castleblair Business Park, Glenrothes,
KY7 5QR
01592 751500
www.fifebikeworks.org.uk

CARLTON COFFEE HOUSE

Coffee Shop & Bakery
6/8 Balbirnie St, Markinch, KY5 6DD
Tel. 01592 754 444

COLLECTIVE TRAINING

Guided Rides and Skills Coaching
Tel. 07823 338691
www.collectivetraining.co.uk
www.facebook.com/CollectiveTraining

LESLIE BIKE SHOP

Bike Sales, Clothes, Accessories & Repairs
Bankhead Industrial Estate, Glenrothes
Tel. 01592 770600
www.lesliebikeshop.co.uk



Scottish Mountain Bike Trails: Fife

KIRKCALDY: ROUTE NO.5

DUNNIKIER PARK

Route Grading:

Easy (Green): Suitable for all types of Mountain Bike and most riders.

ROUTE No 05



STARTING POINT(S)

Dunnikier Park, Kirkcaldy, Fife KY1 3LP
OS Map Ref. NT 277 938

SUMMARY

Short route with gentle gradient through pleasant woodland around Dunnikier Park. Middleden MtB trails are just across the road too, with a variety of trails for all abilities.

MAX HEIGHT GAINED

30m

LENGTH

5km



Young MTB racer from Middleden MTB Club

DISCLAIMER: Details current Nov 2013. Whilst Collective Training, DMBInS, Outdoor Fife and Fife Council have made every effort to ensure the accuracy of this information, they cannot be held responsible for any changes that may take place on the routes, errors in the route cards, nor for any accidents or injuries sustained whilst following the routes. Cyclists and walkers must take personal responsibility for their own safety. Contains Ordnance Survey data © Crown copyright and database 2013

Scottish Mountain Bike Trails: Fife DUNNIKIER PARK



For more information on this route and Mountain Biking in Fife scan the QR code or visit:

www.outdoorfife.com
www.DMBinS.com

ROUTE NO
05

ROUTE DESCRIPTION

Leaving car park, take pavement in front of school, turning right at Rosemount ave, head straight ahead into trees on well surfaced path. Continue up gentle hill straight ahead. At left bend, head right then immediately left following Core Path arrows into Dunnikier wood on forest path in trees.

At junction follow path right, in woods between motorway way and golf course. Skirt edge of golf course, following path to the right. Follow path left at junctions, eventually leaving the park and arriving back at the cycleway. Follow this to return to the car park.

For the Middleden Mtb Trails, cross the road and head into Middleden Wood, directly opposite the School. There are several trails here ranging from easy Green graded routes to more challenging Blue and Red routes with technical features, jumps and water splashes. All built and maintained by the Middleden Mtb Club, full details are online.



Young MTB racer from Middleden MTB Club

DO THE RIDE THING

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- Please watch your speed, especially on blind corners and dips.
- Please take extra care near wildlife and leave the environment as you find it.
- Help land managers and others to work safely and effectively. See 'Route Specifics'.
- Check the weather forecast and ensure you have all the equipment you need for your route.
- If you are in any doubt please pop into one of our cycle centres for advice!
- The route description and quality of path may change over time so please remain flexible with your plans and be ready to use alternative routes. Correct at time of print Jan 2014.

ROUTE SPECIFICS

- Park next to the football pitches next to the School, at the entrance to Dunnikier Park.
- Short sections of public residential road and access road for Dunnikier House Hotel.
- For more information on Middleden MTB Club trails please visit:
www.middledenmtb.co.uk

CYCLE FRIENDLY BUSINESSES NEAR THIS TRAIL

COCHRANE'S KITCHEN

Tea Room
**West Bridge Mill, Bridge St,
Kirkcaldy, KY1 1TE**
Tel. 01592 501693
www.cochraneskitchen.co.uk

COLLECTIVE TRAINING

Guided Rides and Skills Coaching
Tel. 07823 338691
www.collectivetraining.co.uk
www.facebook.com/CollectiveTraining

DAVE'S BIKE SHED

Bike Sales & Repairs, maintenance, mentoring
23 Morayvale, Aberdour, KY3 0XE
Tel. 01383 860199
www.davesbikeshed.co.uk

MTB FLO

Everything Cycling
Cullaloe Cres, Aberdour, Fife, KY3 0XW
Tel. 01383 860968
www.mtbflo.com

SPOKES CYCLES

Bike Sales & Hire
425 High St, Kirkcaldy, Fife KY1 2SG
www.spokescycles.net

Scottish Mountain Bike Trails: Fife

LOCHGELLY: ROUTE NO.6

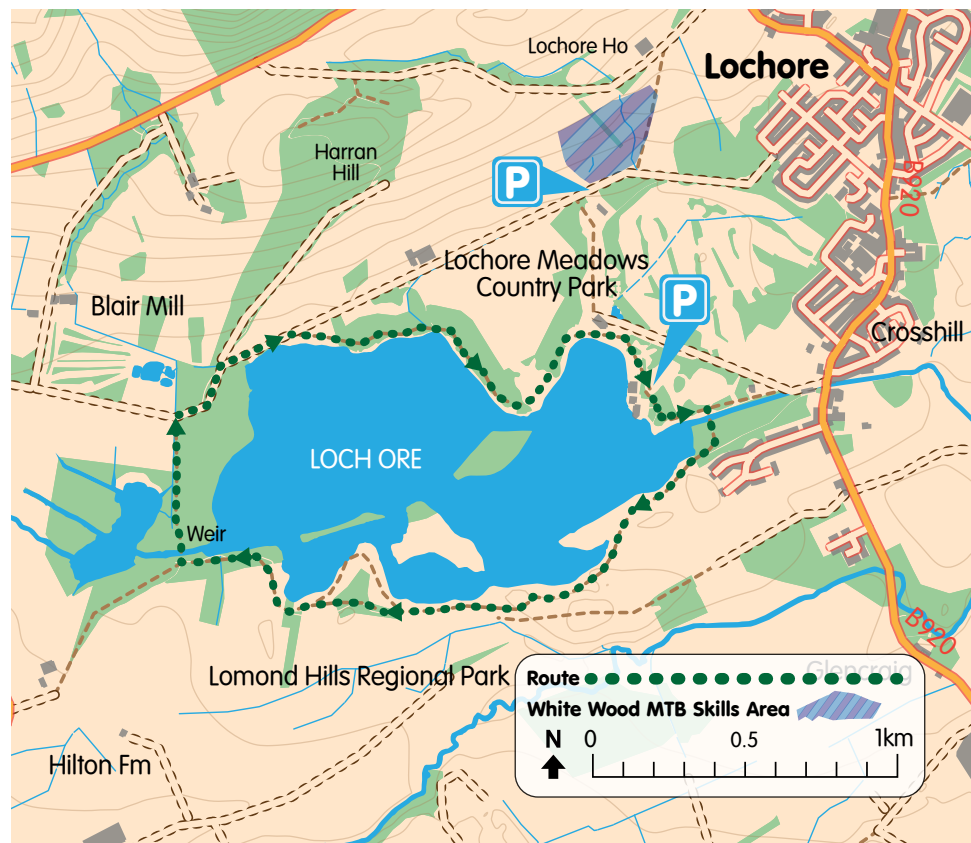
LOCHORE MEADOWS COUNTRY PARK

Route Grading:



Easy (Green): Suitable for all types of Mountain Bike and most riders.

ROUTE No
06



STARTING POINT(S)

Lochore Meadows Country Park Outdoor Education Centre KY5 8BA. OS Map Ref. NT 171 959

SUMMARY

A well surfaced, gently undulating path around Lochore with other purpose built mountain bike trails leaving from the same location (information/maps available locally).

MAX HEIGHT GAINED

5m

LENGTH

5.3km max



Trail beside Lochore

Scottish Mountain Bike Trails: Fife

LOCHORE MEADOWS COUNTRY PARK



For more information on this route and Mountain Biking in Fife scan the QR code or visit:

www.outdoorfife.com

www.DMBinS.com

ROUTE NO
06

ROUTE DESCRIPTION

From car park, head through gate opposite Outdoor Education Centre (green buildings) into grassy field. Follow asphalt path through bushes and skirting water. Head right across bridge into trees, and right again at the T junction.

Through 1st gate into a field on a well surfaced path beside the loch. Straight ahead at junction in trees after 1st double gate. Then through a further 2 gates before reaching junction with interpretation panel. Here, choose straight ahead for a diversion to the bird hide, or right to continue loop across bridge onto asphalt path.

At T junction after gate, head right onto Fife cycleway. *Attention, vehicle access to Loch*. Through gate and right onto loch side path again to return to the car park.

For the White Woods Bike Park, follow signed single track trail from the Outdoor Education Centre, past a skills loop and eventually through the forest to the White Wood. Here you will find a variety of graded trails and technical features, as well as jump lines of varying difficulty.



Young MTB racer from Meedies Bike Club

DO THE RIDE THING

We love riding this route and to keep our good relationship with local landowners and other path users we ask you to follow the advice below:

- Let other path users know you are coming as early as possible.
- Please watch your speed, especially on blind corners and dips.
- Please take extra care near wildlife and leave the environment as you find it.
- Help land managers and others to work safely and effectively. See 'Route Specifics'.
- Check the weather forecast and ensure you have all the equipment you need for your route.
- If you are in any doubt please pop into one of our cycle centres for advice!
- The route description and quality of path may change over time so please remain flexible with your plans and be ready to use alternative routes. Correct at time of print Jan 2014.
- Please respect wildlife and livestock - leave any gates as you find them.

ROUTE SPECIFICS

- This route passes through open farmland in places and a Nature Reserve.
- Please respect wildlife and livestock - leave any gates as you find them.

CYCLE FRIENDLY BUSINESSES NEAR THIS TRAIL

COLLECTIVE TRAINING

Guided Rides and Skills Coaching

Tel. 07823 338691

www.collectivetraining.co.uk

www.facebook.com/CollectiveTraining

LOCH LEVEN CYCLES

Cycle shop

Tel. 01577 862839

www.lochlevencycles.co.uk

LOCHORE MEADOWS OUTDOOR EDUCATION CENTRE

Lochore Meadows Country Park, KY5 8BA

Tel. 01592 583388

www.fifedirect.org.uk/outdooreducation

MEEDIES BIKE CLUB

Club Rides and Racing

www.meediesbikeclub.co.uk



Scottish Mountain Bike Trails: Fife

PITMEDDEN FOREST: ROUTE NO.7

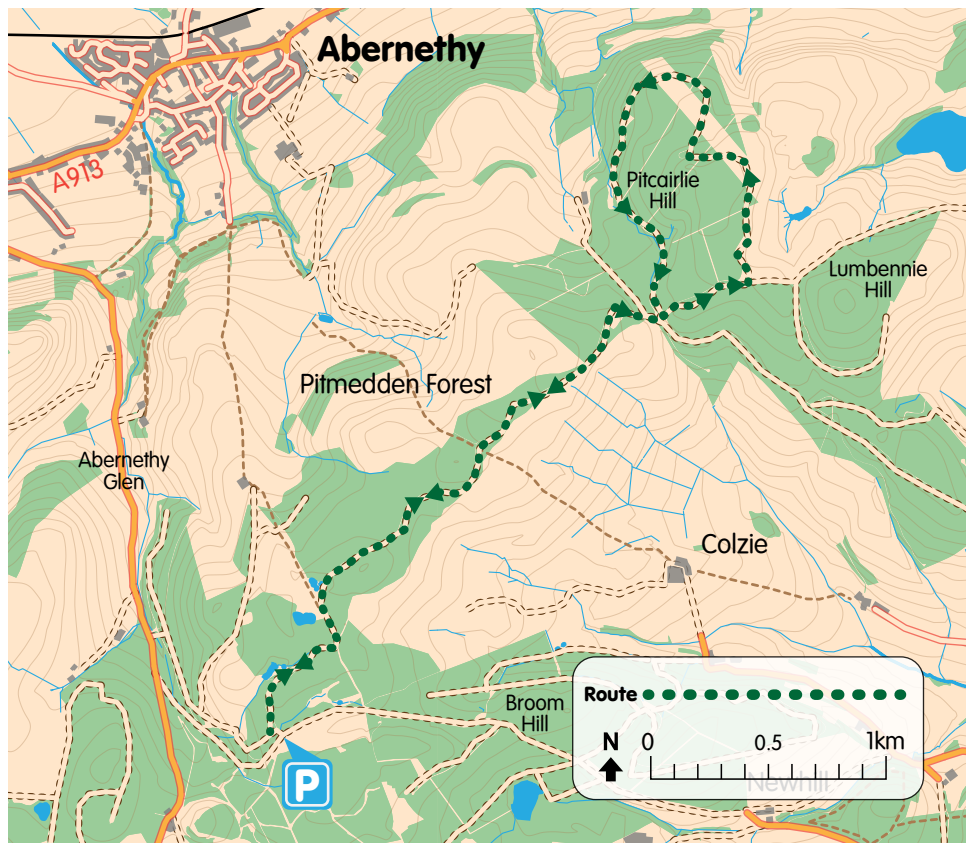
PITCAIRLIE HILL

Route Grading:



Easy (Green): Suitable for all types of Mountain Bike and most riders.

ROUTE No
07



STARTING POINT(S)

Pitmedden Forest Track between Auchtermuchty and Glenfoot. OS Map Ref. NO 193 137

SUMMARY

An undulating route on forest tracks with spectacular views across Fife, the River Tay, Perthshire and Tayside. A great choice on a clear day with plenty of other informal routes to explore within a popular forest for mountain bikers.

MAX HEIGHT GAINED

65m

LENGTH

19km



Views over East Fife and the Lomond Hills

Scottish Mountain Bike Trails: Fife PITCAIRLIE HILL



For more information on this route and Mountain Biking in Fife scan the QR code or visit:
www.outdoorfife.com
www.DMBinS.com

ROUTE No **07**

ROUTE DESCRIPTION

The start point can be accessed from the North via Glenfoot, or the South via Auchtermuchty, parking is available in lay-bys at the side of the main forest track.

From start point head north through the gate on forest track, up a short hill and follow main track for 2.8 undulating kms. Spectacular views to the South and East over Fife and towards the North Sea along this stretch.

At a left corner heading downhill, go straight ahead through gate and immediately straight ahead at junction, up-hill. Take 1st junction left to start skirting Pitcairlie Hill, initially up-hill before a fun winding descent skirts the hill and brings you back to the junction. Take a moment to stop for a drink on the descent and admire the views over the Tay from the bench! Return through the gate and retrace your route to the start.



DO THE RIDE THING

We love riding this route and to keep our good relationship with local landowners and other path users we ask you to follow the advice below:

- Let other path users know you are coming as early as possible.
- Please watch your speed, especially on blind corners and dips.
- Please take extra care near wildlife and leave the environment as you find it.
- Help land managers and others to work safely and effectively. See 'Route Specifics'.
- Check the weather forecast and ensure you have all the equipment you need for your route.
- If you are in any doubt please pop into one of our cycle centres for advice!
- The route description and quality of path may change over time so please remain flexible with your plans and be ready to use alternative routes. Correct at time of print Jan 2014.

ROUTE SPECIFICS

- This is a working forest.
- Please use 'check before you go' information on forest operations at www.forestry.gov.uk/scotland before riding route.

CYCLE FRIENDLY BUSINESSES NEAR THIS TRAIL

COLLECTIVE TRAINING

Guided Rides and Skills Coaching
Tel. 07823 338691
www.collectivetraining.co.uk
www.facebook.com/CollectiveTraining

EAST PORT GARAGE

Garage & Cafe
Cupar Rd, Newburgh, KY14 6HA
Tel. 01337 840379

JAMESFIELD FARMSHOP

Farmshop & Cafe Restaurant
Jamesfield Farm, Newburgh, KY14 6EW
Tel. 01738 850498

LESLIE BIKE SHOP

Bike Sales, Clothes, Accessories & Repairs
Bankhead Industrial Estate, Glenrothes
Tel. 01592 770600
www.lesliebikeshop.co.uk

Scottish Mountain Bike Trails: Fife

NEWBURGH: ROUTE NO.8

RIVER TAY FIFE COASTAL PATH

Route Grading:



Difficult (Red): Proficient Mountain Bikers with good off-road riding skills & fitness. Suitable for good Mountain Bikes.

ROUTE No
08



STARTING POINT(S)

Cupar Rd, Newburgh KY14 6HA
OS Map Ref. NO 240 182

SUMMARY

A fantastic ride with stunning views above the River Tay, accessing Norman's Law, one of Fife's highest hills and the Eastern most peak in the Ochil Fault. Some challenging climbs and exposed hill sides make this suitable for more experienced riders.

MAX HEIGHT GAINED

225m

LENGTH

9.5km max



Views over the River Tay

Scottish Mountain Bike Trails: Fife RIVER TAY FIFE COASTAL PATH



For more information on this route and Mountain Biking in Fife scan the QR code or visit:

www.outdoorfife.com
www.DMBinS.com

ROUTE No **08**

ROUTE DESCRIPTION

Free car parking is available at the East end of Newburgh, opposite the petrol station. The Cafe in the petrol station is a Fife Coastal Path 'Welcome Port' where you can buy supplies and use the toilets.

Leaving the car park, cross the main road, onto Abbey Rd. At Parkhill farm, turn right onto way-marked Coastal Path (CP) by pond, across 2 fields up-hill to bottom edge of woods. Head left onto farm track, uphill. Continue across open fields on well defined grass track, following CP way-marking posts through gates. At narrow patch of trees, head left on singletrack, right at junction onto farm track uphill & along the edge of a field.

Head left through gate, into narrow grass path between fields, then tree plantations following CP signs.

Follow farm track down hill & left at signed junction. Continue into field following grass path skirting the edge, uphill. Rejoin farm track at cottages and follow signs to Ayton Woods, climbing steeply uphill to the shoulder of Normans Law. At left hairpin, a track on the right signed Norman Wood allows most direct (walking) route to summit.

Return via same route, or extend by continuing around Norman's Law and follow either CP signs onto public roads, or footpaths to Luthrie & Brunton, or Ayton.



Views over the River Tay

DO THE RIDE THING

We love riding this route and to keep our good relationship with local landowners and other path users we ask you to follow the advice below:

- Let other path users know you are coming as early as possible.
- Please watch your speed, especially on blind corners and dips.
- Please take extra care near wildlife and leave the environment as you find it.
- Help land managers and others to work safely and effectively. See 'Route Specifics'.
- Check the weather forecast and ensure you have all the equipment you need for your route.
- If you are in any doubt please pop into one of our cycle centres for advice!
- The route description and quality of path may change over time so plans remain flexible with your plans and be ready to use alternative routes. Correct at time of print Jan 2014.

ROUTE SPECIFICS

- This route crosses exposed hill sides and open farmland so please ensure you are properly prepared, respect livestock and leave any gates as you find them.
- There are sections of private working forest, follow any local diversions in place.

CYCLE FRIENDLY BUSINESSES NEAR THIS TRAIL

COLLECTIVE TRAINING

Guided Rides and Skills Coaching
Tel. **07823 338691**
www.collectivetraining.co.uk
www.facebook.com/CollectiveTraining

EAST PORT GARAGE

Garage & Cafe
Cupar Rd, Newburgh, KY14 6HA
Tel. **01337 840379**

ELMWOOD GOLF COURSE

Golf Course, Clubhouse Bar & Restaurant
Stratheden, Cupar, KY15 5RS
01334 658782
www.elmwoodgolf.co.uk

JAMESFIELD FARMSHOP

Farmshop & Cafe Restaurant
Jamesfield Farm, Newburgh, KY14 6EW
Tel. **01738 850498**



Scottish Mountain Bike Trails: Fife

TAY ESTUARY: ROUTE NO.9

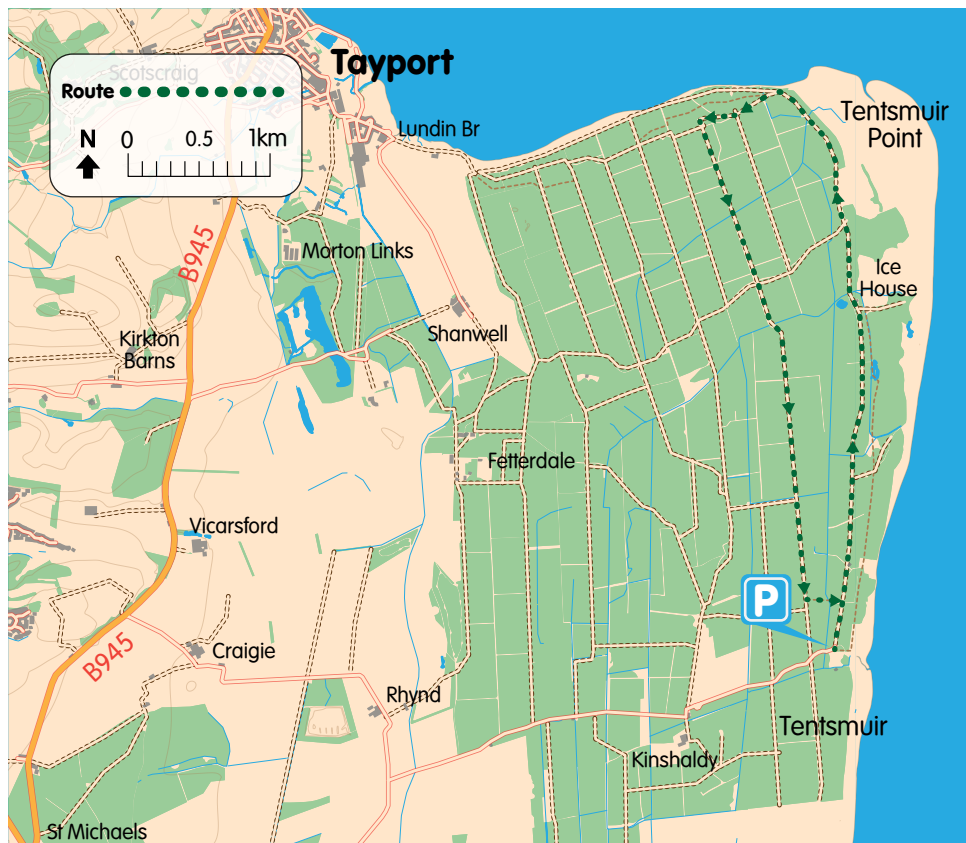
TENTSMUIR FOREST

Route Grading:



Easy (Green): Suitable for all types of Mountain Bike and most riders.

ROUTE No
09



STARTING POINT(S)

Follow signs for Kinshaldy Beach from B945 Leuchars to Tayport Road, KY16 ODR. OS Map Ref. NO 498 242

SUMMARY

A flat forest popular with families. An extensive forest track network and access to Kinshaldy Beach as well as BBQ sites, toilets and playground.

MAX HEIGHT GAINED

4m

LENGTH

8.8km



Family Fun in Tentsmuir Forest

Scottish Mountain Bike Trails: Fife TENTSMUIR FOREST



For more information on this route and Mountain Biking in Fife scan the QR code or visit:
www.outdoorfife.com
www.DMBinS.com

ROUTE No **09**

ROUTE DESCRIPTION

Car parking is £2 all day, correct change required. Please note: The gate is locked overnight and visitors should check the closing time on the entrance board to prevent being locked in.

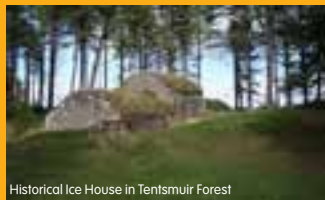
From the car park, follow the main forest track through the gate and continue on this, ignoring any junctions for approx 4 kms. You'll pass various interest points such as the Ice House and March Stone with interpretation panels, as well as access to the Tentsmuir Point Nature Reserve.

At the point, the track curves left and this is a good detour to the beach for views of the Tay Estuary and beyond into Angus.

At the first major junction after the point, (second on map) head left on a surfaced forest track and follow this line of Beech trees back towards the car park. At junction marker 2, follow the sign left to return to the car park near the gate.



River Tay Estuary



Historical Ice House in Tentsmuir Forest

DO THE RIDE THING

We love riding this route and to keep our good relationship with local landowners and other path users we ask you to follow the advice below:

- Let other path users know you are coming as early as possible.
- Please watch your speed, especially on blind corners and dips.
- Please take extra care near wildlife and leave the environment as you find it.
- Help land managers and others to work safely and effectively. See 'Route Specifics'.
- Check the weather forecast and ensure you have all the equipment you need for your route.
- If you are in any doubt please pop into one of our cycle centres for advice!
- The route description and quality of path may change over time so please remain flexible with your plans and be ready to use alternative routes. Correct at time of print Jan 2014.

ROUTE SPECIFICS

- This is a working forest, please follow diversions as advised.
- Please use 'check before you go' information on forest operations at www.forestry.gov.uk/scotland before riding route.

CYCLE FRIENDLY BUSINESSES NEAR THIS TRAIL

COLLECTIVE TRAINING

Guided Rides and Skills Coaching
Tel. **07823 338691**
www.collectivetraining.co.uk
www.facebook.com/CollectiveTraining

MANNA COFFEE SHOP

13 Cupar Rd, Newport on Tay, DD6 8AF
01382 542781

SPOKES ST ANDREWS

Bike Sales & Hire
South St, St Andrews, KY16 9QR
Tel. **01334 477835**
www.spokescycles.net