Trail Information

Ae Valley Route
- Green: Easy - 5.6 miles / 9.0 km
- 40% singletrack. Allow 1 - 1 1/2 hours
Perfect for families, this trail takes you to a beautiful viewpoint overlooking the Water of Ae.
A great place to try out mountain biking for the first time, and perfect for families. There are sections of easy singletrack and forest road and only one brief sharp climb. You’ll be rewarded with lovely views over the Water of Ae.

Larch View Route
- Blue: Moderate - 8.4 miles / 13.5 km
- 25% singletrack. Allow 1 - 2 hours
Suitable for those families looking to take in a little bit more of the forest.
Delve a little deeper into the forest, on this moderate route consisting of forest road and singletrack. Enjoy good views of the Water of Ae coupled with a fun ride.

Ae Line Trail
- Red: Difficult - 15.0 miles / 24.0 km
- 75% singletrack. Allow 1 1/2 - 3 hours
A rocky ride through the countryside. The highlight of the route is the final descent with its multiplicity of jumps.
This cross-country trail is peppered with jumps, drop-offs and tabletops that are sure to put a smile on your face. Take the trail slowly if you want a gentler ride, or the more experience mountain biker can tackle some of the big air possibilities.

Ae Line Trail sections
- Black: Severe - 100% singletrack.

The Shredder
- Orange: Extreme - 0.7 miles / 1.0 km
- 100% singletrack.

Ae Downhill
- Orange: Extreme - 1.0 miles / 1.6 km
- 100% singletrack

Check out these tables to find the right trail grade to suit your abilities.

<table>
<thead>
<tr>
<th>Singletrack trails</th>
<th>Suitable for:</th>
<th>Trail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green: Easy</td>
<td>Beginners in good health with basic bike skills. Most types of bikes.</td>
<td>Relatively flat &amp; wide.</td>
</tr>
<tr>
<td>Blue: Moderate</td>
<td>Riders in good health with basic off-road riding skills. Basic mountain bikes.</td>
<td>Some &quot;single-track&quot; sections &amp; small obstacles of root &amp; rock.</td>
</tr>
<tr>
<td>Red: Difficult</td>
<td>Proficient mountain bikers with good off-road riding skills. Good mountain bikes.</td>
<td>Challenging climbs, tricky descents &amp; technical features such as drop-offs and large rocks.</td>
</tr>
</tbody>
</table>

Is This For You?
Find the right cross-country singletrack trail grade for your abilities

Forest Roads & Bike Parks

<table>
<thead>
<tr>
<th>Grade</th>
<th>Suitable for:</th>
<th>Trail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forest Road &amp; Similar</td>
<td>Cyclists in good health. Map reading useful (routes not always marked). Most bikes.</td>
<td>Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles &amp; other users.</td>
</tr>
<tr>
<td>Extreme: Downhill trails</td>
<td>Extreme level riders with expert technical skills &amp; good fitness. Technical bike skills important. Jumping ability obligatory.</td>
<td>Extreme levels of exposure &amp; risk. Large features.</td>
</tr>
</tbody>
</table>

Mountain biking is a potentially hazardous activity carrying a significant risk.