

Safety info

- If you're new to mountain-biking or this is your first visit to Balblair, **start with the blue trails** - **Whoopy Doo** or the **Ceilidh Trail** - they're easier than the **Fish Tail**.
- There are only **blue and black grade trails here** - no **red** inbetween. There's a **BIG** difference between Moderate (Blue) and Severe (Black). **Always ride within your capabilities.**
- **Make sure you always wear a helmet and gloves** (for the black trails you should consider knee and elbow protection).
- **The trails are designed to be ridden one way only** - follow the direction of the arrows shown on the map inside... have a great ride!



MTB grading information

Is this for you? Find the right grade for your abilities

Singletrack grades

● Green: Easy

Suitable for: Beginners in good health with basic bike skills. Most types of bike.

Trail: Relatively flat & wide.

■ Blue: Moderate

Suitable for: Riders in good health with basic off-road riding skills. Basic mountain bikes.

Trail: Some "single-track" sections & small obstacles of root & rock.

▲ Red: Difficult

Suitable for: Proficient mountain bikers with good off-road riding skills & fitness. Good mountain bikes.

Trail: Challenging. Climbs, tricky descents & technical features such as drop-offs & large rocks.

◆ Black: Severe

Suitable for: Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.

Trail: Greater challenge & difficulty. Expect large & unavoidable features.

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



Non-singletrack grades

Extreme

Suitable for: Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory.

Trail: Extreme levels of exposure & risk, large features.

Forest road & similar

Suitable for: Cyclists in good health. Map reading useful (routes not always marked). Most bikes.

Trail: Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.



Forestry and Land Scotland

Coilltearachd agus Fearann Alba



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Kyle of Sutherland Balblair Mountain Bike Trails

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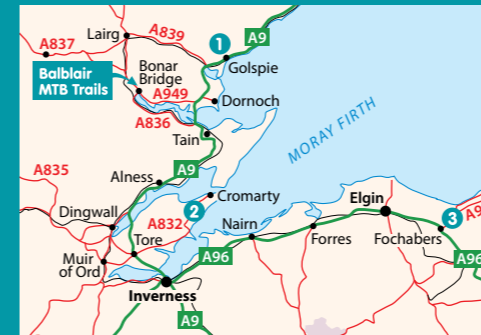
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Follow us on



For more ideas of great days out in the forest, visit our website:

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Enjoyed Balblair? Try these other MTB Trails...

1. Highland Wildcat Trails, Golspie

Take on the longest descent in the UK from the summit of Ben Bhraggie: www.highlandwildcat.com

2. Learnie Red Rocks

The bike jewel of the Black Isle, north of Inverness. Trails of great character and varied too - flowing to technical.

3. Moray Monster Trails

Work up an appetite on the skills trails before tackling the Gully Monster at these trails near Fochabers.

For information on public transport services contact: Traveline Scotland, 0871 2002233 or www.travelinescotland.com

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Kyle of Sutherland Balblair Mountain Bike Trails

Discover **stunning views** over the Kyle of Sutherland from these **swooping blue** and **technical black** trails...

Blue-grade Trails

(total length 5 km including forest roads)

Whoopy Doo (450 m singletrack) - Soar through the trees on this twisting trail.

Fish Tail (650 m singletrack) - A fast, flowing downhill at the high end of the blue grade - check out the tight 'fish tail' early on.

Ceilidh Trail (850 m singletrack) - Dance your own jig along this delightful flowing trail to finish.



Ceilidh Trail

Black-grade Trails

(total length 10.5 km including forest roads)

Rock Hard (1 km singletrack) - Get ready for rock slab heaven. Lots of technical natural rock features - for experienced mountain bikers only.

Candy Mountain (800 m singletrack) - More sweet natural rock and fast-flowing boardwalk.

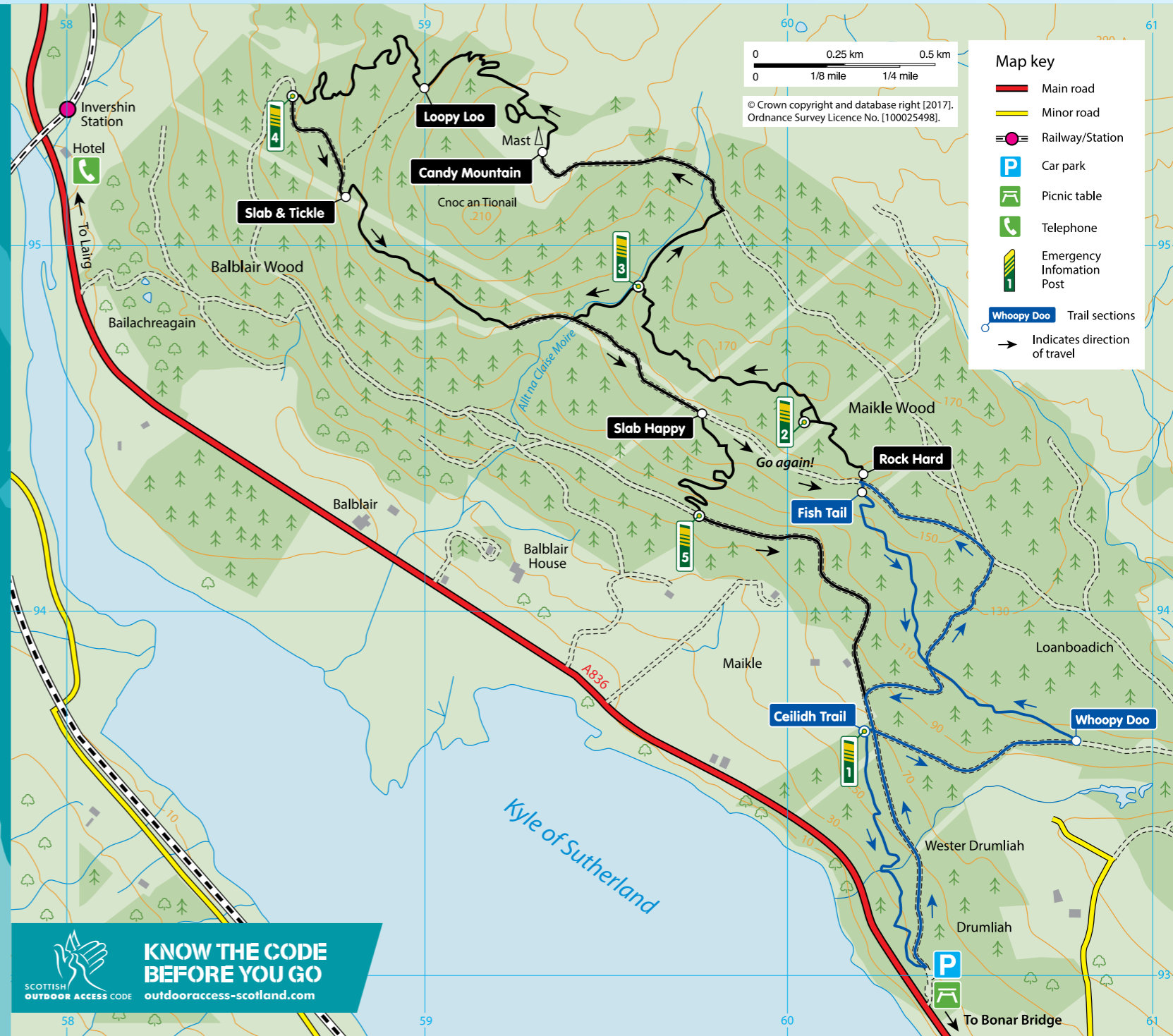
Loopy Loo (800 m singletrack) - Keep going along the twisting natural path and rock features.

Slab & Tickle (750 m singletrack) - A short sharp uphill sets you off on the next section.

Slab Happy (700 m singletrack) - More technical rock and tree roots. Tight, technical downhill.



Rock Hard



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