Welcome to over 8km of feature packed mountain bike trails. Carron Valley biking attracts fans back again and again.

And if you want to catch your breath, there’s plenty more to do here. Check out the local wildlife, including red deer, red squirrels and even ospreys. You’ll find out more in the Carron Valley Forest leaflet.

How to get there
Carron Valley can be approached by the B818 via Denny from the East or Fintry from the West.

If you require this publication in an alternative format, please contact us on:

Tel: 0300 067 5000,
Email: diversity@forestry.gsi.gov.uk

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

**Is this for you?** There are no easy or moderate trails here - it's all difficult! You need a good level of skill.

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**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.

- **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.

- **Orange: 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.

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**MTB grading information**

**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.

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**The Red Route - 5miles/8km**

**Singletrack heaven and packed with variety.** To start...follow the waymarked track by the side of the reservoir. Soon you’re into great single track climbing, before heading out further on forest road.

Catch your breath at the top and admire the stunning views before the great Eas Dubh (Black Waterfall) descent, featuring a classic stone pitched staircase.

Take a short break, then fire round to the fast-flowing, sweeping single track of Cannonball.

**Up for an airy finish?** The Runway is a fast flowing freeride descent, packed with features: berms, jumps, stone drop-offs and table-tops. Good to roll ‘em slowish if it’s your first outing. **For an easier short-cut** back to the car park, watch out for a left junction at the end of Cannonball.

**For an easier bike ride, pick up our Carron Valley Forest Leaflet and explore the forest tracks.**

Main forest road junctions have **numbered posts** to help you find your way about, along with the leaflet’s map.