



Carron Valley Mountain Bike Trails

Forth Valley

Facilities



Parking



Toilets



Picnic area



Viewpoint



Walking trails



Mountain biking

There is a charge to park at some of our sites, please refer to our website for details.

Location

Nearest postcode: FK6 5JL

How to get here:

Carron Valley is on the south side of the B818 between Denny and Fintry. The main car park is at the east end of Carron Valley Reservoir.

Off-road cycling is a hazardous activity carrying some inherent risks. Please consider your skills, abilities and fitness carefully, and always make sure your bike and helmet are safe to use.



Follow all signage, cycle safely, enjoy yourself and come back soon.

Cycle route grading - Is this for you? Find the right grade for your abilities

Green: Easy ●

Expect: Relatively flat, wide and smooth trails. Gentle climbs, descents, rollers and berms, with easy to avoid features such as rocks and potholes. Surface might be loose, uneven or muddy at times.

Blue: Moderate ■

Expect: A mixture of climbs and descents with moderate gradients, technical features like tree roots and rock steps; jumps and berms. Rollable features at controlled speed. Variable surfaces.

Red: Difficult ▲

Expect: A mixture of steep climbs, descents and/or avoidable features. Larger jumps, berms and rollable features at controlled speed. Technical features such as tree roots, drop-offs and large rocks. Very variable surfaces.

Black: Severe ◆

Expect: Long and steep climbs, descents and jumps. Numerous hazards including drop-offs and severe features. Rapid rate of surface change. Commitment required.

Double-black: Extreme ◆◆

Expect: Very fast and steep descents. Large drop-offs, jumps and unavoidable obstacles that require high levels of skill and commitment. Extreme level of exposure or risk. Rapid rate of surface change.

Forest road & tracks

Expect: Gradients can be steep or variable. Surfaces may be uneven, loose or potholed. Navigation skills are useful (routes not always waymarked). Look out for other users, vehicles and forestry work.



Trail Information

The Red Route —

 **Red: Difficult | 5 miles | 8.0 km**

Singletrack heaven and packed with variety. Remember to catch your breath at the top and admire the stunning views before the great Eas Dubh (Black Waterfall) descent and sweeping Cannonball Run.

Up for an airy finish? The Runway is a fast flowing freeride descent, packed with features: berms, jumps, stone drop-offs and table-tops.

Find the
map for
this trail on
page 3



Map of Carron Valley

