

TRAIL MAP

Welcome

Our Bike Park has been designed for beginner to advanced level riders, offering a range of flow style mountain biking trails. Our trails provide the perfect introduction to gravity mountain biking, and the ideal environment to progress your skills to the next level.

See our trail grading 'Is this for you?' section and our trail descriptions for more information on the specific trails before riding. Do not ride trails that are beyond your current level of ability.

To ensure the safety and enjoyment for all users, CMSL operate the Bike Park as a managed facility and therefore during operating hours access rights are not exercisable. To access the Bike Park, please purchase a ticket from the Ticket Office in the Base Station, or online at cairngormmountain.co.uk. You can use your own bike, or hire one of our bikes from Bike Hire on Level 3 of the Day Lodge. CMSL are not responsible for any incidents that occur on site out with operating hours, please contact the emergency services on 999.

BIKE PARK RULES

Safety

- Helmets must be worn at all times. Gloves, knee and elbow pads are recommended.
- Bikes must be well maintained, with functioning brakes, and suitable for the chosen trails.
- Follow and abide by all Bike Park signage and staff instructions.
- Children must be supervised at all times by their responsible adult.
- Dogs are not permitted in any area of the Bike Park.
- Use of drones is not permitted without prior authorisation from Cairngorm Mountain.
- Use trails in the correct direction. Do not push back up the trails.

Respect

- Respect other riders. Only pass when safe to do so.
- Do not stop on the trail. Pull off the trail in a safe place.
- Stick to the designated bike trails in order to protect the environment.
- No unauthorised trail building or modifications.

Scan QR code below for further information and downloadable map



cairngormmountain.co.uk/mountain-biking

EMERGENCY INFORMATION

THIS LOCATION
Cairngorm Mountain, Ski Area,
Aviemore PH22 1RB

GRID REFERENCE
NH 98962 05911

WHAT THREE WORDS
///jumps.afternoon.briks

IN CASE OF EMERGENCY
Contact a member of staff
If not phone 01479 861261
Out of hours phone 999

REPORT INCIDENTS OR ISSUES
Contact a member of staff
If not phone 01479 861261

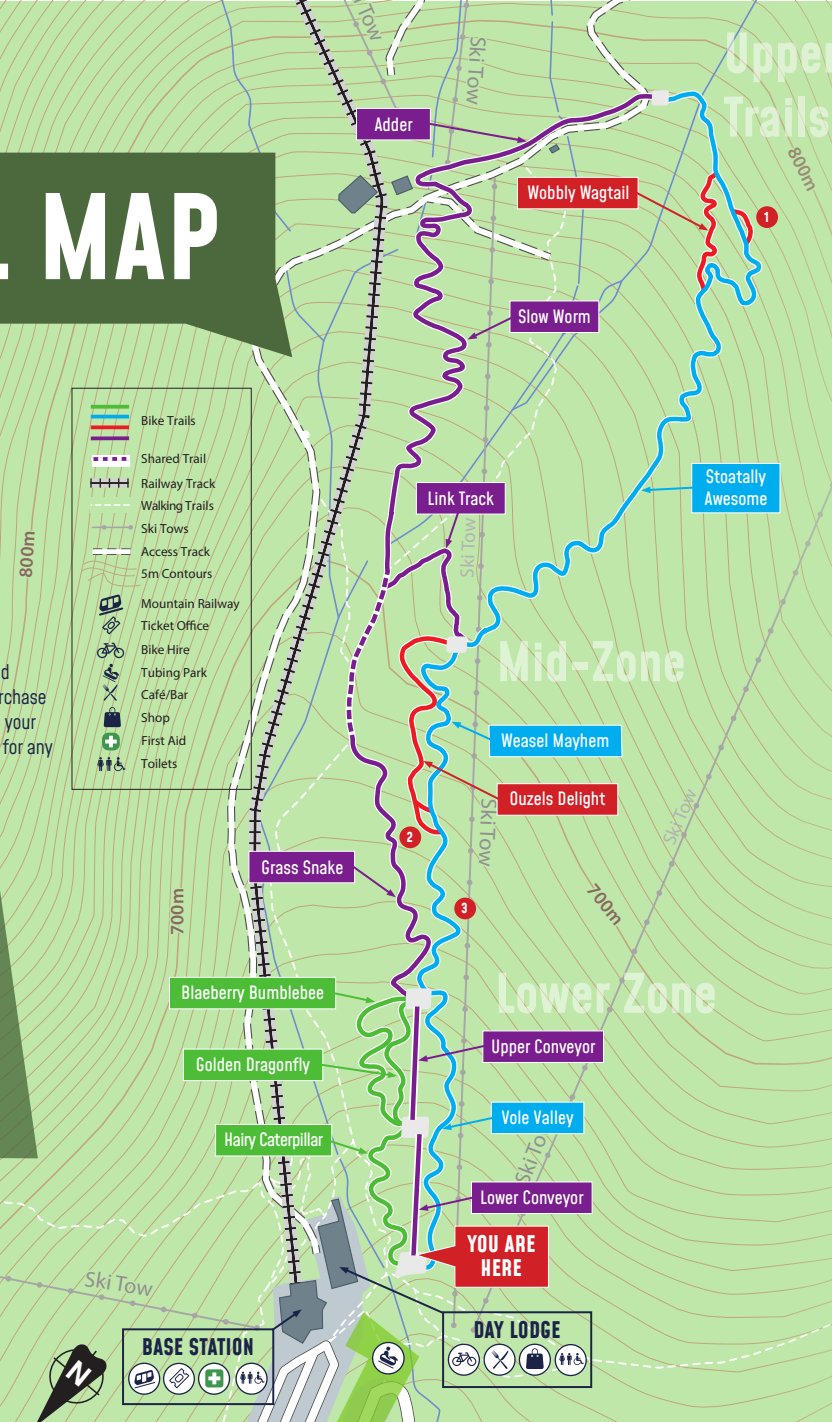
NEAREST HOSPITAL
Badenoch and Strathspey
Community Hospital, Cairnview Road,
Silverglades, Aviemore PH22 1AJ



BASE STATION



DAY LODGE



Is this for you?

This is a gravity bike park, the trail grading reflects this style of trails and therefore the grades are not directly comparable with a cross-country trail centre.



Green Beginner
Our green grade trails are suitable for beginner riders, with a good level of bike handling skills. Generally, smooth and wide trails. You can expect mellow berms and rollers. All features on our green trails are rollable.



Blue Intermediate
Our blue grade trails are suitable for intermediate riders, with a reasonable level of experience and skills. Generally, smooth and wide trails. You can expect large berms and optional jumps. All features on our blue trails are rollable, but may be steep in sections.



Red Advanced
Our red grade trails are suitable for advanced riders, with a high level of experience and skills. Generally, smooth and wide trails. You can expect large berms, drops and big jumps. Some of the features on our red trails are not rollable and therefore jumping skills will be required. Please look before you leap!

Climbs

↑ Conveyors - 200m

Your ride begins from the bottom of our Lower Conveyor. Stand beside your bike, hold on tight, and let us do the hard work! Hop off at the top to ride the Hairy Caterpillar, or hop onto the Upper Conveyor to continue to all other trails.

↑ Grass Snake - 400m

It's time to do some pedalling... the Grass Snake is the first climb trail, leading you to the Mid-Zone and Upper Trails. Winding its way between the fences, through the grass, and onto a short section of shared path. Watch out for walkers in both directions.

↑ Slow Worm - 540m

So you have decided to continue to the Upper Trails. As the name suggests, the Slow Worm will likely have you in the lowest gear as you slowly wind your way up. Look out on the left... you may just get overtaken by a Hare or an Eagle!

↑ Adder - 220m

Almost there... the final climb section to the Upper Trails, and you will be glad to hear the Adder is a quick dash across to the top. Take a break and enjoy the spectacular views, before letting gravity take care of the rest.

↑ Link Track - 300m

So you don't fancy climbing all the way to the top? or maybe you just want to session the Mid-Zone jumps? No worries, the Link Track has you covered. A short section of climb trail will take you straight to the top of the Mid-Zone.

Flow Trails

● Blaeberry Bumblebee - 180m

The easiest of all our trails, the Blaeberry Bumblebee is the perfect starting point for beginners. Starting at the top of the Upper Conveyor, this trail provides mellow back-to-back berms and rollers to test your cornering and braking skills. Exit to the bottom of the Upper Conveyor for another lap, or continue onto the Hairy Caterpillar.

● Hairy Caterpillar - 160m

Once you have mastered the Blaeberry Bumblebee, it's time to try the Hairy Caterpillar. Starting at the top of the Lower Conveyor, or continuing on from the Blaeberry Bumblebee, this trail winds its way back to the bottom through some steeper and faster berms.

● Golden Dragonfly - 120m

Starting at the top of the Upper Conveyor, the Golden Dragonfly is the fastest of the green trails. A selection of faster back-to-back berms and double rollers will test your skills before progressing onto the blue trails.

■ Vole Valley - 250m

Mastered the green trails? Now it's time to try a blue. Starting at the top of the Upper Conveyor, or following on from Weasel Mayhem, Vole Valley will not disappoint. A non-stop run of berms and jumps will keep you coming up again and again. All features are designed to be rollable and progressive, so take it easy first time and build your confidence before going big!

■ Weasel Mayhem - 350m

Located in the Mid-Zone, Weasel Mayhem follows on from Stoatally Awesome. Carved into our borrow pit, this run of back-to-back fast berms will have you bouncing from wall to wall before spitting you back out into the Lower Zone. Look out for The Woodpecker Wall Ride 3 just before entering the Lower Zone... how high can you go?

■ Stoatally Awesome - 760m

Starting from the very top, Stoatally Awesome is our main section of blue trail, and is well worth the climb. Huge back-to-back berms, twisty steep corkers and a variety of jumps will be sure to keep you entertained as you blast your way down to the Mid-Zone. Look out for The Hipper Dipper 1 on the left, an optional red grade hip jump.

▲ Wobbly Wagtail - 110m

Comfortable with the blue trails? Try mixing it up with a section of red. Located near the top of Stoatally Awesome, diving right onto Wobbly Wagtail will provide an alternative option for more advanced riders. Featuring rock drops and tighter faster berms, this section will keep you on your toes!

▲ Ouzels Delight - 200m

Located in the Mid-Zone, Ouzels Delight runs alongside Weasel Mayhem (look out for the secret transfer...!). This section of trail is our main jump line, providing a great selection of fast and challenging jumps for advanced riders. Finishing with The Black Grouse 2 a huge left hip jump, this provides the ultimate test for advanced riders. To avoid this jump just cut back onto Weasel Mayhem.