

Scottish Mountain Bike Trails: Fife

GLENROTHES: ROUTE NO.1

BALBIRNIE PARK

Route Grading:

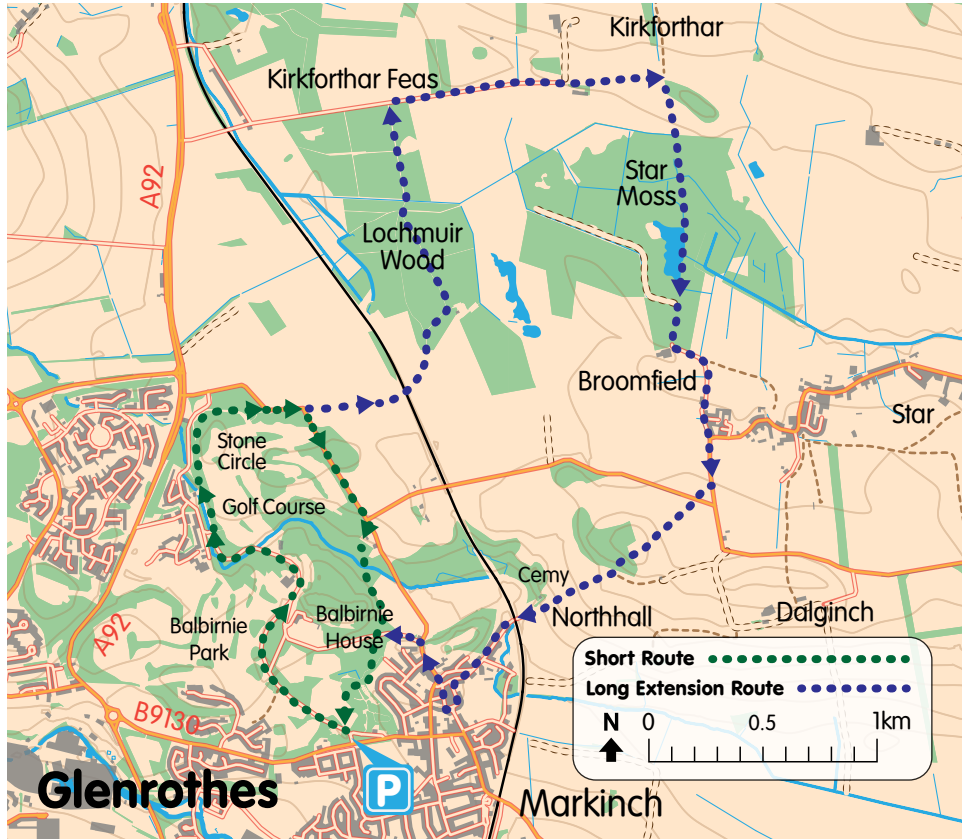


Easy (Green): Suitable for all types of Mountain Bike and most riders.



Intermediate (Blue): Riders in good health with basic off-road riding skills. Suitable for basic Mountain Bikes.

ROUTE No 01



STARTING POINT(S)

Balbirnie Park Car Park, Balbirnie St, Markinch, Fife, KY7 6NE. OS Map Ref. NO 292 018

SUMMARY

A short loop around the woodland paths of Balbirnie Park with a longer optional extension ride taking you to the Star Moss SSSI and some great views over the Firth of Forth.

MAX HEIGHT GAINED

133m

LENGTH

4.1km or 10.4kms with extension ride



Balbirnie House Hotel

Scottish Mountain Bike Trails: Fife BALBIRNIE PARK



For more information on this route and Mountain Biking in Fife scan the QR code or visit:

www.outdoorfife.com
www.DMBinS.com

ROUTE NO
01

ROUTE DESCRIPTION

Take the estate road past Balbirnie House to the Golf Club. Go straight ahead through gate marked 'Woodland Walks' into trees. Continue onto gravel path until the Balbirnie Stone Circle. At the road, follow path into trees near 'Bridle Path' sign. Continue on faint path until you see the golf course (The extension route starts here).

Stay on path next to wall, following 'Bridle Path' signs taking care to avoid walkers on Woodland Walks. Cross stream at a small wooden bridge and go up a short hill, heading left at the top. Follow the gravel path until an opening and straight ahead at junction (The extension route finishes here).

Fork right shortly after junction and follow path to car park.

Balbirnie Park Loop Extension – marked on map



Looking East from Star Moss



DO THE RIDE THING

We love riding this route and to keep our good relationship with local landowners and other path users we ask you to follow the advice below:

- Let other path users know you are coming as early as possible.
- Please watch your speed, especially on blind corners and dips.
- Please take extra care near wildlife and leave the environment as you find it.
- Help land managers and others to work safely and effectively. See 'Route Specifics'.
- Check the weather forecast and ensure you have all the equipment you need for your route.
- If you are in any doubt please pop into one of our cycle centres for advice!
- The route description and quality of path may change over time so please remain flexible with your plans and be ready to use alternative routes. Correct at time of print Jan 2014.

ROUTE SPECIFICS

- Extension ride not suitable after extended wet periods as boggy in places.
- Extension ride features some short sections of public 'B' road, residential streets, and passes through working forests with possible grouse shooting operations Aug-Dec.
- Please check forest operations at www.forestry.gov.uk before riding route.

CYCLE FRIENDLY BUSINESSES NEAR THIS TRAIL

BIKEWORKS

Recycled Bikes
Unit 4, Castleblair Business Park, Glenrothes,
KY7 5QR
01592 751500
www.fifebikeworks.org.uk

CARLTON COFFEE HOUSE

Coffee Shop & Bakery
6/8 Balbirnie St, Markinch, KY5 6DD
Tel. 01592 754 444

COLLECTIVE TRAINING

Guided Rides and Skills Coaching
Tel. 07823 338691
www.collectivetraining.co.uk
www.facebook.com/CollectiveTraining

LESLIE BIKE SHOP

Bike Sales, Clothes, Accessories & Repairs
Bankhead Industrial Estate, Glenrothes
Tel. 01592 770600
www.lesliebikeshop.co.uk

