

Scottish Mountain Bike Trails: Fife

KIRKCALDY: ROUTE NO.5

DUNNIKIER PARK

Route Grading:



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

ROUTE No
05



STARTING POINT(S)

Dunnikier Park, Kirkcaldy, Fife KY1 3LP
OS Map Ref. NT 277 938

SUMMARY

Short route with gentle gradient through pleasant woodland around Dunnikier Park. Middleden Mtb trails are just across the road too, with a variety of trails for all abilities.

MAX HEIGHT GAINED

30m

LENGTH

5km



Young MTB racer from Middleden MTB Club

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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
05

ROUTE DESCRIPTION

Leaving car park, take pavement in front of school, turning right at Rosemount ave, head straight ahead into trees on well surfaced path. Continue up gentle hill straight ahead. At left bend, head right then immediately left following Core Path arrows into Dunnikier wood on forest path in trees.

At junction follow path right, in woods between motorway way and golf course. Skirt edge of golf course, following path to the right. Follow path left at junctions, eventually leaving the park and arriving back at the cycleway. Follow this to return to the car park.

For the Middleden Mtb Trails, cross the road and head into Middleden Wood, directly opposite the School. There are several trails here ranging from easy Green graded routes to more challenging Blue and Red routes with technical features, jumps and water splashes. All built and maintained by the Middleden Mtb Club, full details are online.



Young MTB racer from Middleden MTB Club

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

- Park next to the football pitches next to the School, at the entrance to Dunnikier Park.
- Short sections of public residential road and access road for Dunnikier House Hotel.
- For more information on Middleden MTB Club trails please visit: www.middledenmtb.co.uk

CYCLE FRIENDLY BUSINESSES NEAR THIS TRAIL

COCHRANE'S KITCHEN

Tea Room
West Bridge Mill, Bridge St,
Kirkcaldy, KY1 1TE
Tel. 01592 501693
www.cochraneskitchen.co.uk

COLLECTIVE TRAINING

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

DAVE'S BIKE SHED

Bike Sales & Repairs, maintenance, mentoring
23 Morayvale, Aberdour, KY3 0XE
Tel. 01383 860199
www.davesbikeshed.co.uk

MTB FLO

Everything Cycling
Cullaloe Cres, Aberdour, Fife, KY3 0XW
Tel. 01383 860968
www.mtbflo.com

SPOKES CYCLES

Bike Sales & Hire
425 High St, Kirkcaldy, Fife KY1 2SG
www.spokescycles.net

