

# Scottish Mountain Bike Trails: Fife

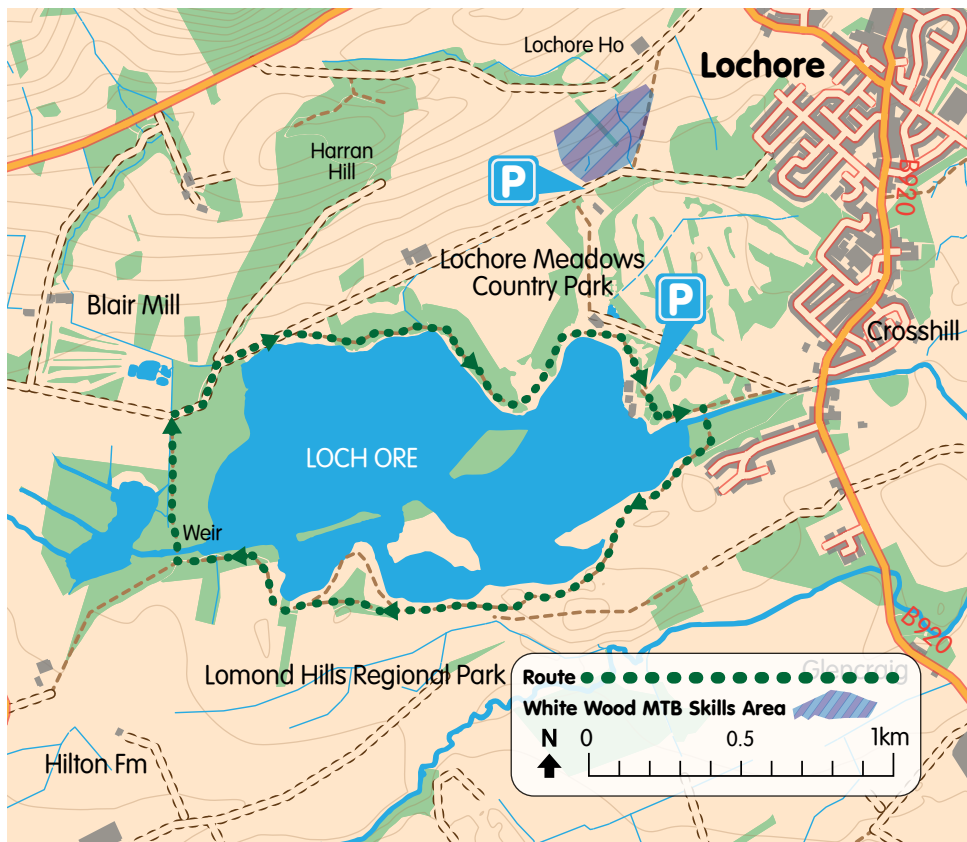
## LOCHGELLY: ROUTE NO.6

# LOCHORE MEADOWS COUNTRY PARK

### Route Grading:

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

# ROUTE No 06



### STARTING POINT(S)

Lochore Meadows Country Park Outdoor Education Centre KY5 8BA. OS Map Ref. NT 171 959

### SUMMARY

A well surfaced, gently undulating path around Lochore with other purpose built mountain bike trails leaving from the same location (information/maps available locally).

### MAX HEIGHT GAINED

5m

### LENGTH

5.3km max



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## LOCHORE MEADOWS COUNTRY PARK



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

[www.outdoorfife.com](http://www.outdoorfife.com)  
[www.DMBinS.com](http://www.DMBinS.com)

ROUTE NO  
**06**

## ROUTE DESCRIPTION

From car park, head through gate opposite Outdoor Education Centre (green buildings) into grassy field. Follow asphalt path through bushes and skirting water. Head right across bridge into trees, and right again at the T junction.

Through 1st gate into a field on a well surfaced path beside the loch. Straight ahead at junction in trees after 1st double gate. Then through a further 2 gates before reaching junction with interpretation panel. Here, choose straight ahead for a diversion to the bird hide, or right to continue loop across bridge onto asphalt path.

At T junction after gate, head right onto Fife cycleway. \*Attention, vehicle access to Loch\*. Through gate and right onto loch side path again to return to the car park.

For the White Woods Bike Park, follow signed single track trail from the Outdoor Education Centre, past a skills loop and eventually through the forest to the White Wood. Here you will find a variety of graded trails and technical features, as well as jump lines of varying difficulty.



Young MTB racer from Meedies Bike 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

- This route passes through open farmland in places and a Nature Reserve.
- Please respect wildlife and livestock - leave any gates as you find them.

### CYCLE FRIENDLY BUSINESSES NEAR THIS TRAIL

#### COLLECTIVE TRAINING

Guided Rides and Skills Coaching  
Tel. **07823 338691**  
[www.collectivetraining.co.uk](http://www.collectivetraining.co.uk)  
[www.facebook.com/CollectiveTraining](https://www.facebook.com/CollectiveTraining)

#### LOCH LEVEN CYCLES

Cycle shop  
Tel. **01577 862839**  
[www.lochlevencycles.co.uk](http://www.lochlevencycles.co.uk)

#### LOCHORE MEADOWS OUTDOOR EDUCATION CENTRE

Lochore Meadows Country Park, KY5 8BA  
Tel. **01592 583388**  
[www.fifedirect.org.uk/outdooreducation](http://www.fifedirect.org.uk/outdooreducation)

#### MEEDIES BIKE CLUB

Club Rides and Racing  
[www.meediesbikeclub.co.uk](http://www.meediesbikeclub.co.uk)

