Scottish Mountain Bike Trails: Fife
GLENROTHES: ROUTE NO 4
GLENROTHES CIRCULAR

Route Grading:

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

STARTING POINT(S)

Lomond Centre, Woodside Way, Glenrothes KY7 5RA
OS Map Ref. NO 286 008

SUMMARY

A loop circuiting the outskirts of Glenrothes, linking up many short sections of singletrack and multiuse trail. Can be split into North & South loops using Bobligen Way cycle path.

MAX HEIGHT GAINED

140m

LENGTH

29.5 kms

DISCLAIMER: Details current Nov 2013. Whilst Collective Training, DMBinS, Outdoor Fife and Fife Council have made every effort to ensure the accuracy of this information, they cannot be held responsible for any changes that may take place on the routes, errors in the route cards, nor for any accidents or injuries sustained whilst following the routes. Cyclists and walkers must take personal responsibility for their own safety. Contains Ordnance Survey data © Crown copyright and database 2013.
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ROUTE DESCRIPTION

This route illustrated is best followed using a map. Although there is often a feeling of relative remoteness in some sections, in reality you are never far from the town centre and the route can be shortened as required, or ridden in sections rather than starting and finishing at the Lomond Centre as illustrated.

Sections of trail to the North of the town through Formonthills Community Wood, are managed by Woodland Trust Scotland and are newly surfaced multi use trails. Other sections to the South of the town, and some riverside sections are more involving singletrack that can get muddy after periods of wet weather.

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!

ROUTE SPECIFICS

• Some short sections of public road and farmland.
• 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.
• Please take care, use cycle ways where possible and leave any gates as you find them.
• Please note this ride uses some short sections of busy road and as such is not suitable for inexperienced or young riders.

For more information on this route and Mountain Biking in Fife scan the QR code or visit:
www.outdoorfife.com
www.DMBinS.com

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, KYS 6DD
Tel. 01592 754 444

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LESLIE BIKE SHOP
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