# **NEVIS RANGE MOUNTAIN BIKING TRAIL CENTRE**

Miles of cross country trails and gondola access for DH and XC trail. Home to the Mountain Bike World Cup since 2002.

#### **Bike Corner**

The Bike Corner near the Nevis Range ticket office has more detailed information on all the trails.

## We're in the Outdoor Capital of the UK



Amazing landscape of Ben Nevis, Glencoe, mountains, lochs, forests, beaches, islands & glens. Lots of activities to try including walking, biking, canoeing, sailing, quad biking, canyoning and snowsports. Places to visit such as

the Ben Nevis distillery, Treasures of the Earth, Crannog Cruises and the Jacobite Steam Train. Visit www.outdoorcapital.co.uk.

## Cycle Route Grading **Green: Easy** Suitable for: Beginner/ novice cyclists. **Gradients:** Relatively flat & wide, climbs and descents shallow. Surface: May be loose, uneven or muddy at times. **Blue:** Moderate Suitable for: Intermediate cyclists/mountain bikers. Trail: Some "single-track" sections & small obstacles of root & rock. **Red:** Difficult Suitable for: Proficient mountain bikers. Trail: Challenging. Climbs, tricky descents & technical eatures such as drop-offs & large rocks. **Black: Severe** Suitable for: Expert mountain bikers. Trail: Greater challenge & lifficulty. Expect large & unavoidable features. Extreme downhill,

dirt jump & freeride areas Suitable for: Extreme level riders with expert

technical skills & good fitness. Technical bike skills

important. Jumping ability obligatory. Trail: Extreme

potentially hazardous activity carrying a significant risk.

To A9

A86 Spean Bridge

To Inverness

levels of exposure & risk.

muddy in places. Look out for vehicles & other users.

**Other** 

**Forest road and similar** 

Suitable for: Beginner/novice cyclists.

**Trail:** Gradients can vary. Surfaces may be uneven, potholed and

Not inspected or regularly maintained and may not be signposted.



# **Forest Cycle Code**

## 1. Don't rely on others;

- can you get home safely? • carry the right equipment and know how to use it
- 2. For your own safety;
- · always wear the right safety clothing, at least a cycle helmet and gloves;
- only cycle within your abilities;
- challenges if you are sure you can do them, have a look first!
- train properly especially for difficult and technical routes.

#### 3. On and off road;

expect the unexpected – watch out for other visitors;

#### **Enjoy Scotland's** outdoors responsibly

take responsibility for your own actions respect the interests of other people care for the environment.



- for your own and others' safety always follow warning signs and any advice
- if a vehicle is loading timber Stop and wait for the driver to let you pass
- 4. Cycle carefully and please come back soon!

The Bike School will offer both guided rides on the Downhill Track, Red Giant and Cross Country trails as well as coaching sessions at all levels.

01397 705825 nevisrange.co.uk

Please refer to nevisrange.co.uk for details of diversions and closures.

# Hire and Shap

Nevis Cycles is on site during summer months with a fleet of XC and DH bikes for hire. Advance booking recommended.

01397 705825 www.neviscycles.com

A82

Torlundv

Caol

90088

Banavie

Cycle link - Torlundy to Fort William

The North Face car park



nevisrange.co.uk new mobile site

Nevis Range, Fort William. Inverness-shire, Scotland, PH33 6SQ 01397 705825

01397 705854 (fax) info@nevisrange.co.uk







# 0.5km 0.25 miles Meall Beag Skills Area Grade: a range of orange features and pump track, behind the Pinemarten. Nevis Range Start of Red Giant top station **Cour Trail** Length:19km Symbol: A mix of singletrack and forest road, follow the route out to the Cour river near Spean Bridge, then return to the car park via forest road. Great Glen Helter Skelte Meall na Coille Moir Cats Eyes: **Start** Cour Trail ↑ Under construct Broomstick Blue: **Start** 10 under the Ben. Start he Witch's World Champs: Start Quarries The only red cross country trail with gondola access, remote with exposed open hill sections and stunning mountain views. This is a classic single track mountain bike route with boardwalk, bedrock technical sections, expect berms, large rocks, medium steps, Vehicle Uplift Vehicle uplift to the Cats Eyes and Blue Adder descents.

## Forest Road & similar

Suitable for: Beginner/ novice cyclists. Trail: Gradients can vary. Surfaces may be uneven, potholed and muddy in places. Look out for vehicles & other users.

#### **Skills Loops**

Grade: green, blue, red and black loops for messing about on. Shaded on map:

#### **Cats Eyes**

#### Grade: Green Length: 1.3km / 0.8 mile

XC Descent wide herms and rollover features, at least 1.5m wide and rideable by trailer bike! Accessed by 2km forest road climb. Vehicle uplift summer

#### **Blue Adder**

#### Grade: Blue Length: 3.4km / 2.1 mile

XC climb and descent with a mix of wide boardwalk, and a series of flowing twists and turns, at least 1m wide.

#### **Broomstick Blue**

#### Grade: Blue Length: 7km / 4.3 miles

Bubbling around the River Lundy – a great trail to start. Forest road followed by plenty of flowing single track. This is the witch's friendly side!

The North Face car park

#### 10 under the Ben

Grade: Red Length: 10km / 6.2 miles

Based on the popular '10 under the Ben' event, this route is a mix of dedicated single track and forest road not forgetting Nessie, a real black monster of a descent!

#### The Witch's World Champs

Grade: Red Length: 8.5km / 5.2 miles

World Class single track specially devised for the 2007 World Championships held in Leanachan Forest. The loop includes 270m of climb and 3km descent.

#### **Jumps Lines**

#### Grade: Orange Length: 0.75km / 0.5 miles

Two new jump lines parallel to the motorway on the World Cup Downhill will give riders the choice of small, medium or large features. They can be ridden independently of the Downhill and are accessible from the Blue Adder or the vehicle uplift service.





#### **MOUNTAIN BIKE TRACKS SERVED BY GONDOLA ACCESS CODE OF PRACTICE (2014)**

Mountain biking is a hazardous sport. Tracks at Nevis Range with gondola uplift are extremely steep & difficult in places. The downhill has been designed for competitors and should only be attempted by experienced cyclists. You may fall or have to walk sections.

**Take Care** All users must read, complete & sign a Participation Statement before buying tickets. Those aged 15 and under must get a parent/guardian to sign for them.

Is your bike suitable? Bikes designed for downhill trails often have disc brakes & full suspension. You are entirely responsible for the state of repair of your own bike.

Where can you cycle? You can cycle on any of the cross country tracks in the forest. On the mountain you may only cycle on the designated downhill and red track. For the future it is vitally important to prevent erosion so please do not cut corners

**Remember other users** There may be other cyclists & walkers on the track. On upper sections there is good visibility ahead, but once you enter the forest or in poor weather, visibility is restricted. Treat others with consideration. Slow down. If you stop on the track please step aside to let others pass. Let faster cyclists pass you. We advise no headphones whilst riding.

**Obey the signs and instructions from staff** They're all there for YOUR safety and the safety of others. Ride with care when passing people working on the tracks.

Accidents We suggest that you do not cycle alone, bring a friend, even if just to spectate. In the event of a serious accident, please report it to either gondola station. We need to know the nature of the accident and where it has

Think about vehicles The tracks cross the forestry road in places. Vehicles using these roads should sound their horns, but they may not have seen you. Can you stop?

Helmets & insurance You must wear a helmet, but we strongly advise full-face helmet and body armour. Consider your insurance situation; are you insured for personal injury and 3rd party liability?

Failure to comply You will be banned from taking your bike in the gondola for a specific period depending on the infringement. There will be no refund of money paid for the rider of the mountain bike in this case.

Take your litter home Help keep Nevis Range and Leanachan forest bike tracks looking sweet. Nae Butts are available at Ticket Office for £1.

## bike corner. They are suitable for active people used to prolonged effort. It is essential that you wear a helmet and full protection.

Gondola accessed

and Red Giant

World Cup downhill

**World Cup Downhill** Grade: Orange - Extreme (Large features) Length: 2.82km / 1.75 miles Shown on the map:

Riders of both these trails must have a gondola bike ticket,

have read and understood the Nevis Range Code of Conduct and

signed a 'Participation Statement', all available from the Nevis Range

Start altitude: 655m. Finish altitude: 100m. Vertical drop: 555m

This is Britains only official UCI World Cup downhill bike track, steep, rugged and tough. It's mostly wide single track with timber boardwalk, bedrock, gravel trail and rock gardens. With large committing and unavoidable technical trail features, expect berms, rock steps, drops, jumps and gap jumps. If it can be ridden, you will find it here. Full face helmet must be worn.

Operates mid May - mid Sep at

weekends and maybe more

during school holidays.

#### Gondola Bike Uplift Opening Times

and gravel trail. It's a challenging descent with plenty of

drop-offs, steep sections and technical rock sections.

Shown on the map:

Start altitude: 643m. Finish altitude: 100m.

Mid-May to mid-September, 10.15am - 3.45pm for bike uplift. This excludes some event and race days, and when it is very wet or windy. Please visit nevisrange.co.uk for more information

The gondola is open all year, excluding mid Nov - mid Dec for visitors

**The Red Giant** 

Vertical drop: 543m

Length: 5.5km/3.4 miles

Grade: Red