

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.

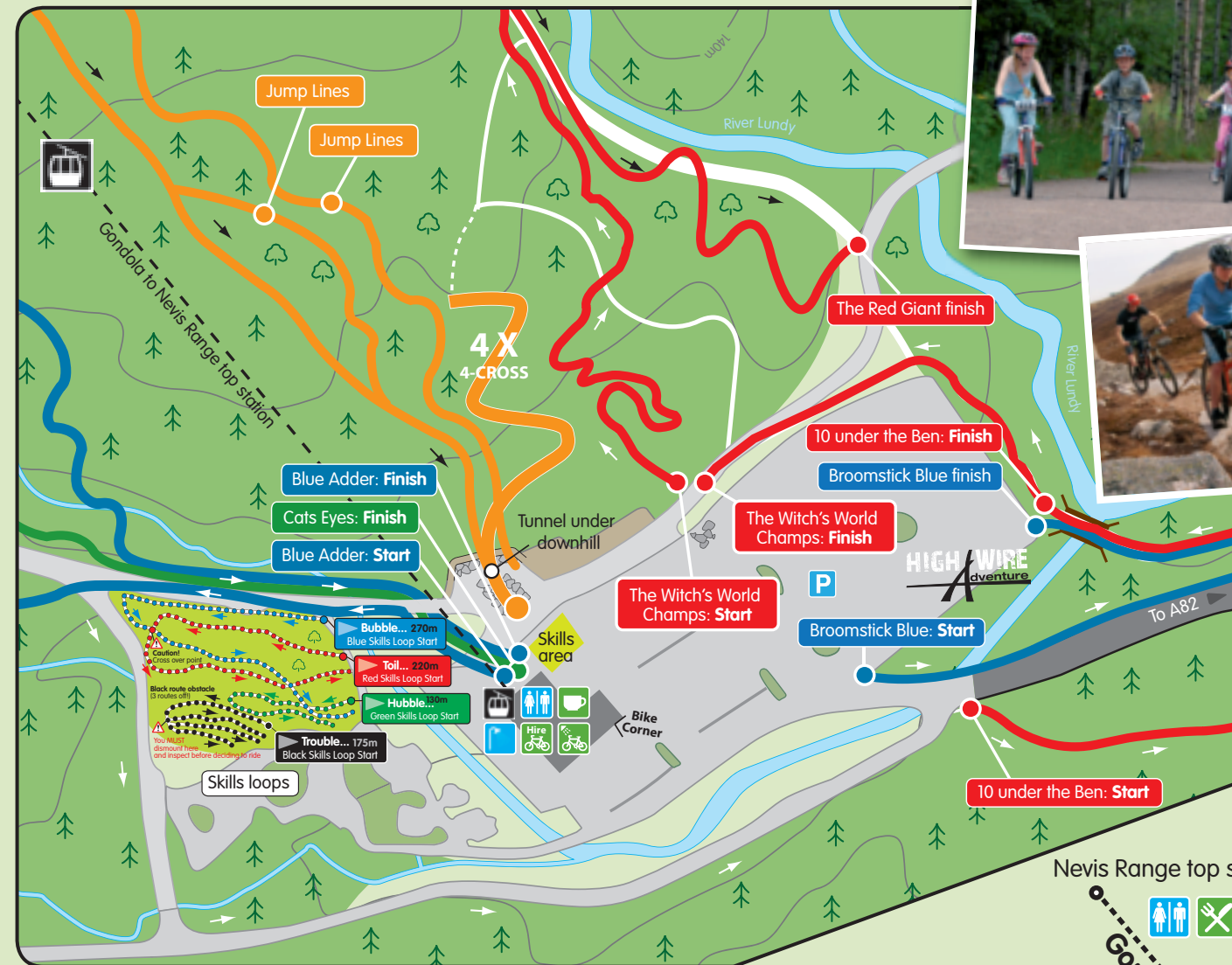
Red: Difficult
Suitable for: Proficient mountain bikers.
Trail: Challenging. Climbs, tricky descents & technical features such as drop-offs & large rocks.

Black: Severe
Suitable for: Expert mountain bikers. **Trail:** Greater challenge & difficulty. 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 levels of exposure & risk.

Forest road and 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.

Other
 Not inspected or regularly maintained and may not be signposted.



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Emergency info

Nevis Range base gondola station grid reference:
NN 171 772

Nearest A&E Hospital:
 The Belford, Fort William,
 Tel: 01397 702481

In case of an emergency,
 call Nevis Range on
01397 705825

Nearest public phone:
 Nevis Range



Mountain biking is a potentially hazardous activity carrying a significant risk.



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;
- only tackle jumps and other 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.

KNOW THE CODE BEFORE YOU GO
 outdooraccess-scotland.com

- for your own and others' safety always follow warning signs and any advice you are given;
- if a vehicle is loading timber Stop and wait for the driver to let you pass safely.

4. Cycle carefully and please come back soon!

Nevis Range Bike School

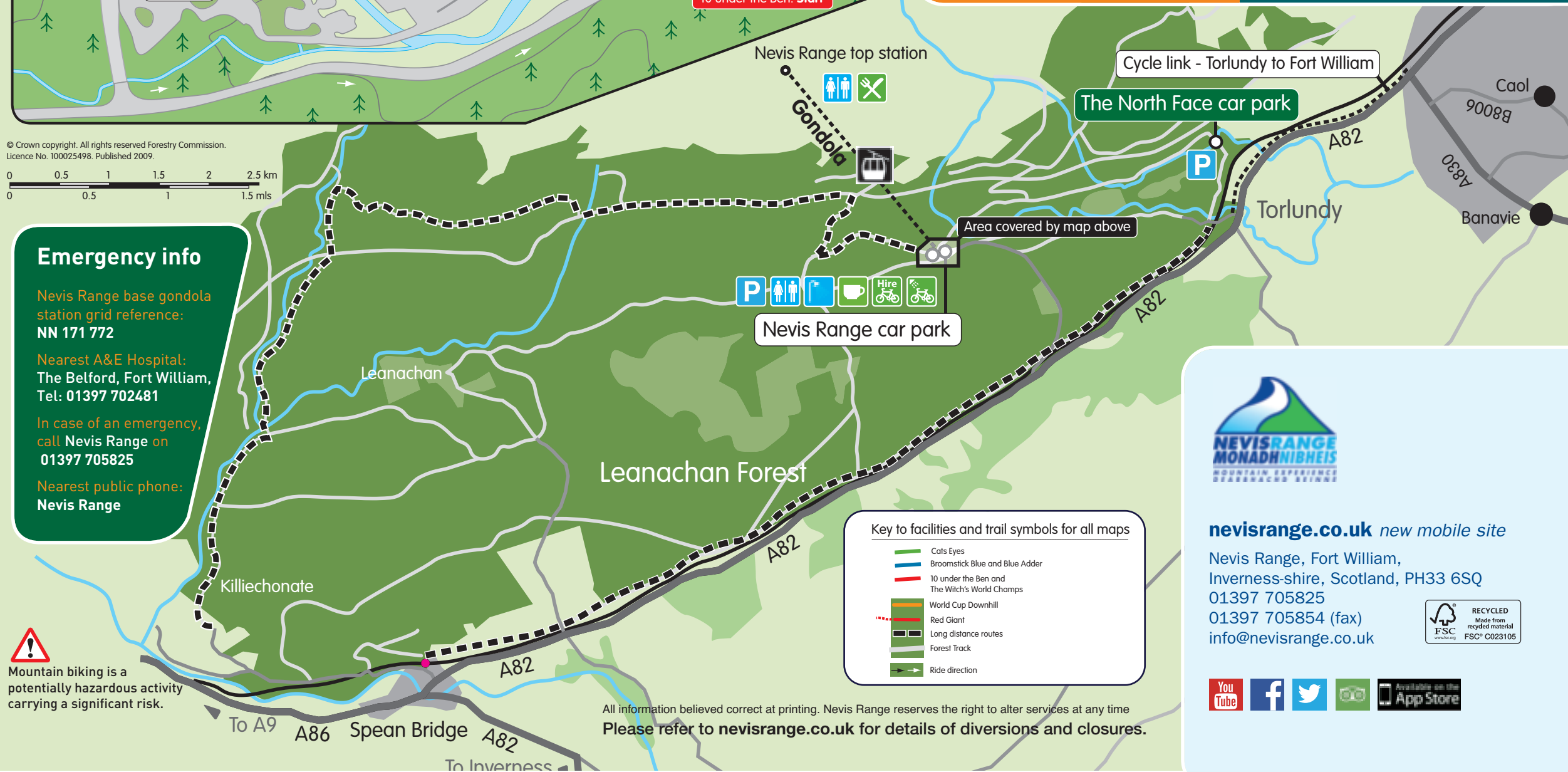
The Bike School will offer both guided rides on the Downhill Track, Red Giant and Cross Country trails as well as coaching sessions at all levels.

01397 705825
nevisrange.co.uk

Hire and Shop

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



Key to facilities and trail symbols for all maps

- Cats Eyes
- Broomstick Blue and Blue Adder
- 10 under the Ben and The Witch's World Champs
- World Cup Downhill
- Red Giant
- Long distance routes
- Forest Track
- Ride direction

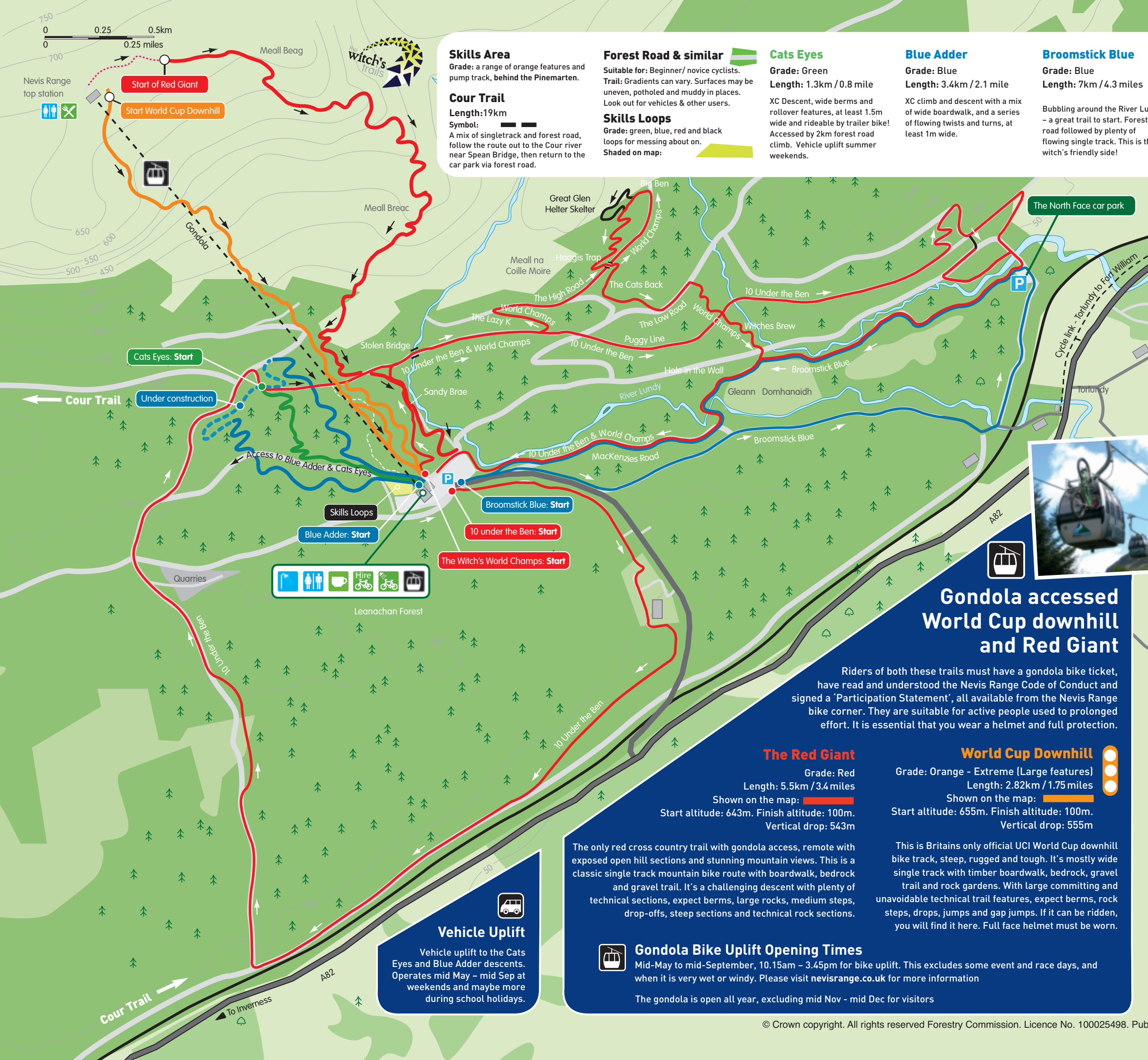


nevisrange.co.uk new mobile site

Nevis Range, Fort William,
 Inverness-shire, Scotland, PH33 6SQ
 01397 705825
 01397 705854 (fax)
info@nevisrange.co.uk



All information believed correct at printing. Nevis Range reserves the right to alter services at any time
 Please refer to nevisrange.co.uk for details of diversions and closures.



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 occurred.

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.