

Mountain Biking in Glasgow

POLLOK COUNTRY PARK



Route Description

Pollok Country Park is ideal for anyone wishing to get the real mountain bike experience in the heart of Glasgow.

- The **Green Circuit** provides an ideal introduction to off-road cycling. It's shorter and flatter than the blue and red routes and provides a gentle ride in the woods or a warm up for the more challenging sections of the Pollok trails.
- The **Blue Circuit** offers steeper terrain with varied surfaces including off-camber and rooty trails. Skill and concentration are required to get the best out of yourself and your bike.
- Not for the faint-hearted, the **Red Circuit** offers constructed obstacles to give a real taste of mountain biking and rewards smooth accurate riding. **Black** features next to the red circuit require even greater skill. These should not be attempted by novice or inexperienced riders.

Glasgow on the move

We love this trail and to maximise enjoyment, minimise risk and prevent environmental damage we ask you to follow the advice below:

- Only ride on the circuit if your bike is well maintained and of a suitable type.
- Wear a helmet and consider other protective equipment.
- Stay in control and be prepared to stop for other trail users.
- Ride in the direction indicated and do not block the trail.
- Try to keep to the line of the path and keep off fragile tracks if they are wet and liable to erosion.
- Don't leave litter.
- And remember, follow the Scottish Outdoor Access Code.

Other places to ride in Glasgow

- Ashgill Recreation Centre
- Bannerman High School
- Cathkin Braes Country Park
- Alexandra Park

For information on other cycle routes in and around Glasgow, visit www.glasgow.gov.uk/cycling

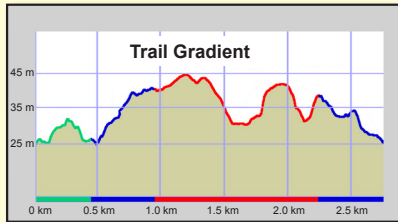


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Practice your mountain bike skills in the heart of the south side.



Key:

- Easy
- Moderate
- Difficult
- Severe
- Pedestrian crossing
- Park entrances



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