

Mountain Biking in Glasgow

CATHKIN BRAES COUNTRY PARK



LEGACY 2014
XX COMMONWEALTH GAMES
GLASGOW

Route Description

Cathkin Braes Country Park is located on the southern edge of Glasgow. With stunning views over the city and an excellent mix of terrain, the country park provides an ideal backdrop for major international events and informal days out. At 5.5 km long, the trail provides a real countryside experience and graded features offer challenges to suit different skill and fitness abilities:

- The **Green Circuit** is 750 metres long. It's shorter and flatter than the blue course, so if you're looking for a gentle ride or a warm-up, this is the place to start.
- The 5.5 km **Blue Circuit** includes steep terrain, varied surfaces and requires skill and concentration to get the best out of yourself and your bike.
- Not for the faint-hearted, the **Red Circuit** features offer a real taste of serious mountain biking, requiring smooth, accurate riding!
- More onerous still are the **Black** graded features. These should only be tackled by riders who have already mastered the demands of the Red features and wish to practice special skills and techniques.

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

- Alexandra Park
- Ashgill Recreation Centre
- Bannerman High School
- Pollok Country Park

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



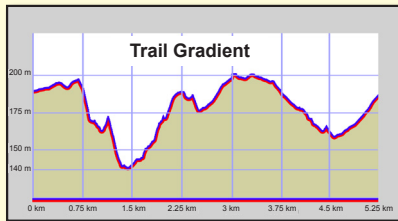
Glasgow
CITY COUNCIL

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Practice your mountain bike skills in the south side.



Key:

- Easy
- Moderate
- Difficult
- Wind turbine
- Pedestrian / Cyclist access
- Parking
- Disabled Parking
- Viewpoint

Glasgow is the proud host of the 2014 Commonwealth Games and Cathkin Braes will be the venue for the mountain bike competitions. The trail was designed in close collaboration with Phil Saxena, the world renowned mountain bike course designer. The course is now open and is available for recreational cycling.



Apart from the 750 metre 'Green' (Easy) graded circuit, the mountain bike trails within the Country Park have been designed for multi-level use. Whilst generally graded as 'Blue' (Moderate) skill level, there are numerous features along the route that are graded 'Red' (Difficult) or 'Black' (Severe). These more advanced features can be bypassed by using the 'Blue' graded route if preferred.