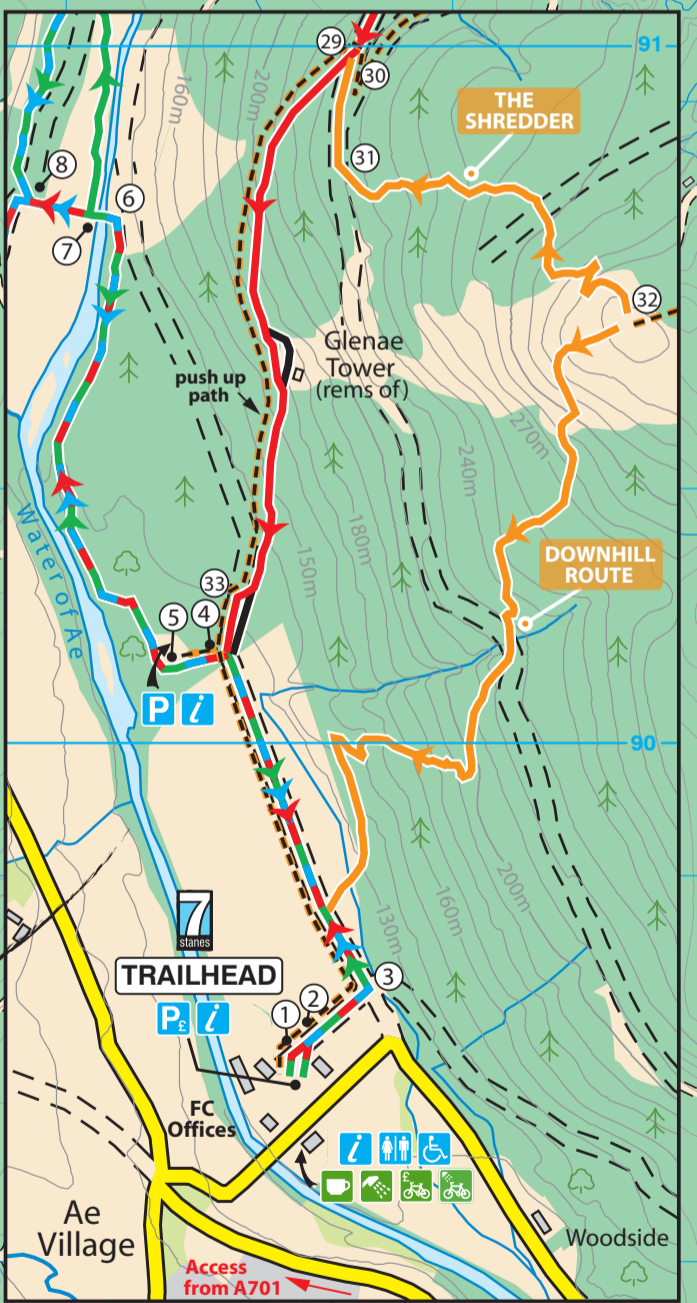


# Ae

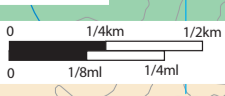
## KEY TO MAP

	Woodland		Minor road
	Waymarker numbers		Forest road
	Parking (charge)		Mountain bike trails
	Toilets		Riding direction
	Easy-access facilities		Emergency post
	Tourist information		Forest walks
	Picnic area		Bike wash
	Cafe/refreshments		Bike hire
	Showers		

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15-9-16



# Ae

## Trail Information


### Ae Valley Route

 Green: **Easy** - 5.6 miles / 9.0 km  
40% singletrack. Allow 1 - 1½ hours

**Perfect for families, this trail takes you to a beautiful viewpoint overlooking the Water of Ae.**

A great place to try out mountain biking for the first time, and perfect for families. There are sections of easy singletrack and forest road and only one brief sharp climb. You'll be rewarded with lovely views over the Water of Ae.

### Larch View Route

 Blue: **Moderate** - 8.4 miles / 13.5 km  
25% singletrack. Allow 1 - 2 hours

**Suitable for those families looking to take in a little bit more of the forest.**

Delve a little deeper into the forest, on this moderate route consisting of forest road and singletrack. Enjoy good views of the Water of Ae coupled with a fun ride.

### Ae Line Trail

 Red: **Difficult** - 15.0 miles / 24.0 km  
75% singletrack. Allow 1½ - 3 hours


**A rocky ride through the countryside. The highlight of the route is the final descent with its multiplicity of jumps.**

This cross-country trail is peppered with jumps, drop-offs and tabletops that are sure to put a smile on your face. Take the trail slowly if you want a gentler ride, or the more experience mountain biker can tackle some of the big air possibilities.


### Ae Line Trail sections

 Black: **Severe** - 100% singletrack.

### The Shredder

 Orange: **Extreme** - 0.7 miles / 1.0 km  
100% singletrack.





### Ae Downhill

 Orange: **Extreme** - 1.0 miles / 1.6 km  
100% singletrack

Check out these tables to find the **right trail grade** to suit **your abilities**.

## Is This For You?

Find the right cross-country singletrack trail grade for your abilities

Singletrack trails		
Grade	Suitable for:	Trail
 Green: <b>Easy</b>	Beginners in good health with basic bike skills. Most types of bikes.	Relatively flat & wide.
 Blue: <b>Moderate</b>	Riders in good health with basic off-road riding skills. Basic mountain bikes.	Some "single-track" sections & small obstacles of root & rock.
 Red: <b>Difficult</b>	Proficient mountain bikers with good off-road riding skills & fitness. Good mountain bikes.	Challenging climbs, tricky descents & technical features such as drop-offs and large rocks.
 Black: <b>Severe</b>	Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.	Greater challenge & difficulty. Expect large & unavoidable features.



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

## Is This For You?

Find the right non singletrack trail grade for your abilities

Forest Roads & Bike Parks		
Grade	Suitable for:	Trail
Forest Road & Similar	Cyclists in good health. Map reading useful (routes not always marked). Most bikes.	Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.
 Extreme: Downhill trails Dirt jumps Freeride areas	Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory.	Extreme levels of exposure & risk. Large features.



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