Ae

KEY TO MAP
- Woodland
- Miners 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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www.forestry.gov.uk/7stanes
Check out these tables to find the right trail grade to suit your abilities.

| Trail Information |

**Ae Valley Route**
- **Green:** Easy - 5.6 miles / 9.0 km
  - 40% singletrack. Allow 1 - 1 1/2 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 1 1/2 - 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.