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### **Bike Route Description**

Start of the bike lap is across fields and farm track for a short distance. The climb then beckons!. It's on good landrover track, and lasts around 2-3km, climbing all the way. This bit is easier than 'Blue' standard.

The route then goes out onto the open hillside and onto a quad-track descent, stony and muddy in places (between 'Blue' and 'Red' standard). There are three concrete water bars across the track on this descent. They are around 5-6" high, and perfectly rideable. The last can be diverted around. This section is around 0.5-1km.

You'll then come to a water splash – nice and refreshing! – and straight into the second climb. This is steep and muddy in places, and is on quad-tracks. The climb lasts around 1-2km, but the spectacular views will take your mind off the effort!. This section is also between 'Blue' and 'Red' standard.

A sharp right hand turn just after the top of the climb brings you to the start of the descent to the lochside. This is on grassy (occasionally marshy, plus a couple of short stony sections) quad-track. Approx 2km long and 'Blue' standard. The descent is fast, but you'll need to keep your wits about you.

There follows a more technical section, around 1.5-2km long, to the finish. It's mostly 'Red' standard, with a few short, more difficult ('Black'-ish) chunks. It starts by traversing the hillside on OK quad-track. You'll then turn and descend in a gully. This starts as a small wide ditch and you'll need to ride in it, or on its' right-hand side. After a couple of hundred metres, the ditch becomes a gully, it turns, and drops more steeply to the lochside. It finishes with a superb 'Black' technical section in the bottom of the gully for 100m or so, which spits you out right by the waterside. Again, this is 100% rideable, experienced mountain bikers will gain an advantage, but if you don't fancy riding, it's only a short walk/run, so you won't lose too much time.

The final section is along the water's edge on lumpy singletrack, again all rideable, but slow. The views (if you can look up!) will compensate. You'll then come to the transition fields, another water splash and you're done!.