

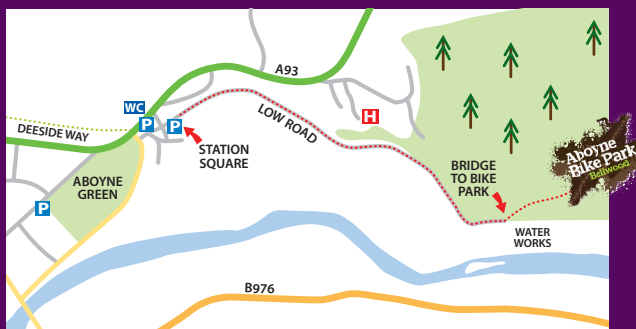
On your bike!

- ▶ Always wear correctly fitted helmet and gloves
- ▶ Carry a mobile phone
- ▶ Ensure your bike is safe and maintained
- ▶ Keep brakes adjusted, they work better and make less noise
- ▶ Display lights after dark
- ▶ Always tell someone where you are going
- ▶ Carry identification in case of emergencies

Please respect others!

- ▶ Yell or Bell - a friendly 'hello' works best. Remember people may not hear you coming
- ▶ Stop to the side to allow horses to pass as they are easily spooked
- ▶ Take care when passing walkers, especially with dogs

Where is the Bike Park?



Please park in Aboyne village. Follow the Low Road east out of Station Square and along the south bank of the Tarland Burn.

After 1.5km cross the footbridge opposite the water treatment works. Follow the main track east through the Bellwood for 1.5km, following the signs for the bike park.



Aboyne Bike Park
Join us on Facebook

Report problems to Mid Deeside Ltd
admin@mid-deeside.org.uk



This project was part financed by the Scottish Government and the European Community Rural Aberdeenshire LEADER 2007-2013 programme and Aberdeenshire Council

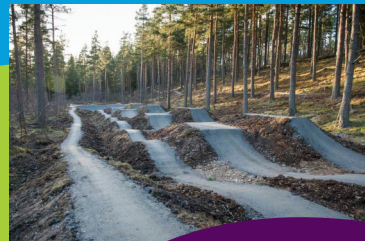
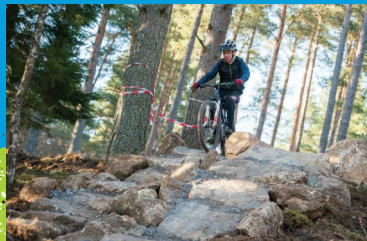


Design and Artwork by WagDesign, Aboyne www.wagdesign.co.uk



Aboyne Bike Park

Bellwood



All photographs courtesy of Aboyne Photographics. www.aboynephotographics.com

This mountain bike park has been designed for a wide range of users, from novice to experienced and competent riders. Test and improve your skills, have fun but please follow our safety advice and above all respect other users of this facility and the wider Bellwood area.

IS THIS FOR YOU?

The Side Winder Red: Difficult

The Rattle Snake Black: Severe

SUITABLE FOR

Proficient mountain bikers with good off road riding skills. Better mountain bikes.

For expert mountain bikers. Good quality mountain bikes.

TRAIL AND SURFACE TYPE

Steep and tough single track with technical sections.

A greater challenge and continuous rocky difficulty.

GRADIENT AND TECHNICAL TRAIL FEATURES

A challenging descent with berms and small drop offs.

Expect large and unavoidable technical features that require commitment.

Spitting Cobra Orange: Jumps Area

Earth mound jumps of varying sizes, individually graded. Riders will need jumping and landing skills. Start small and build up your skills. **Helmet and gloves must be worn.** Use of body armour is recommended.

The Cycle Highlands Python Green: Pump track and skills area

An area for all standards and ages of riders. Use only your momentum to get through the berms and rollers - the less you can pedal, the more you're showing your skills. **Helmet and gloves must be worn.** Respect other users.

the python sponsored by



www.cyclehighlands.com



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EMERGENCY INFORMATION



This Location
Aboyne Bike Park
Bellwood, Aboyne,
Aberdeenshire AB34 5HQ



Grid Reference
NO 555983



Nearest A&E Hospital
Aboyne Hospital
Bellwood Road



In case of Emergency
Call 999



Telephone
Good mobile phone
coverage here



Report Incident to
Mid Deeside Ltd
Victory Hall, Aboyne
admin@mid-deeside.org.uk

Report problems to Mid Deeside Ltd, admin@mid-deeside.org.uk

RIDERS CODE

Safety

- Always wear a helmet and gloves. Consider other protection
- Look before you leap
- Use trails in correct direction. Don't walk back up the trail.
- Carry a phone

Respect

- Look out for others. Slow down. Pass with care
- Keep it clean. Take litter home
- Stick to the trails. Take care of the environment



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

It should be undertaken with a full understanding of all inherent risks. These guidelines must always be used in conjunction with the exercise of your own experience and careful judgement.