

Scottish Mountain Bike Trails: Fife

TAY ESTUARY: ROUTE NO.9

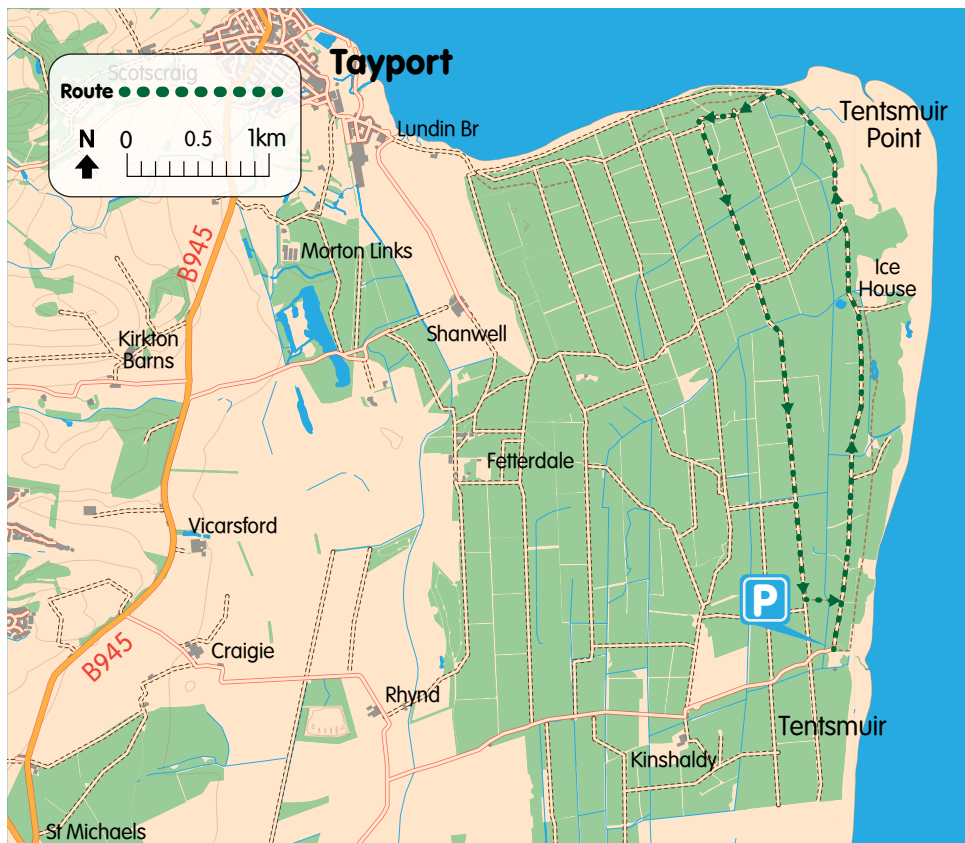
TENTSMUIR FOREST

Route Grading:



Easy (Green): Suitable for all types of Mountain Bike and most riders.

ROUTE No **09**



STARTING POINT(S)

Follow signs for Kinshaldy Beach from B945 Leuchars to Tayport Road, KY16 ODR. OS Map Ref. NO 498 242

SUMMARY

A flat forest popular with families. An extensive forest track network and access to Kinshaldy Beach as well as BBQ sites, toilets and playpark.

MAX HEIGHT GAINED

4m

LENGTH

8.8km



Family Fun in Tentsmuir Forest

Scottish Mountain Bike Trails: Fife TENTSMUIR FOREST



For more information on this route and Mountain Biking in Fife scan the QR code or visit:

www.outdoorfife.com
www.DMBinS.com

ROUTE No **09**

ROUTE DESCRIPTION

Car parking is £2 all day, correct change required. Please note: The gate is locked overnight and visitors should check the closing time on the entrance board to prevent being locked in.

From the car park, follow the main forest track through the gate and continue on this, ignoring any junctions for approx 4 kms. You'll pass various interest points such as the Ice House and March Stone with interpretation panels, as well as access to the Tentsmuir Point Nature Reserve.

At the point, the track curves left and this is a good detour to the beach for views of the Tay Estuary and beyond into Angus.

At the first major junction after the point, (second on map) head left on a surfaced forest track and follow this line of Beech trees back towards the car park. At junction marker 2, follow the sign left to return to the car park near the gate.



River Tay Estuary



Historical Ice House in Tentsmuir Forest

CYCLE FRIENDLY BUSINESSES NEAR THIS TRAIL

COLLECTIVE TRAINING

Guided Rides and Skills Coaching
Tel. **07823 338691**
www.collectivetraining.co.uk
www.facebook.com/CollectiveTraining

MANNA COFFEE SHOP

13 Cupar Rd, Newport on Tay, DD6 8AF
01382 542781

SPOKES ST ANDREWS

Bike Sales & Hire
South St, St Andrews, KY16 9QR
Tel. **01334 477835**
www.spokescycles.net

DO THE RIDE THING

We love riding this route and to keep our good relationship with local landowners and other path users we ask you to follow the advice below:

- Let other path users know you are coming as early as possible.
- Please watch your speed, especially on blind corners and dips.
- Please take extra care near wildlife and leave the environment as you find it.
- Help land managers and others to work safely and effectively. See 'Route Specifics'.
- Check the weather forecast and ensure you have all the equipment you need for your route.
- If you are in any doubt please pop into one of our cycle centres for advice!
- The route description and quality of path may change over time so please remain flexible with your plans and be ready to use alternative routes. Correct at time of print Jan 2014.

ROUTE SPECIFICS

- This is a working forest, please follow diversions as advised.
- Please use 'check before you go' information on forest operations at www.forestry.gov.uk/scotland before riding route.