

Mountain Biking in Glasgow

ALEXANDRA PARK



Route Description

The Alexandra Park mountain bike trail is located on the old putting green next to the MacFarlane Fountain. The track, built mainly on a slope, incorporates technical trail features and will provide a challenge for cyclists of all abilities.

- The **Green Circuit** is an easy section suitable for a gentle warm up or for novice cyclists.
- The **Blue Circuit** provides an introduction into steeper terrain and more varied surfaces. Skill and concentration are required to get the best out of you and your bike.
- If you are looking for a bit more of a challenge, include the **Red** section in your circuit. Providing a taste of the terrain you may meet in the mountains, the red route requires physical fitness and skilful riding.

Glasgow on the move

We love this trail and to maximise enjoyment, minimise risk and prevent environmental damage we ask you to follow the advice below:

- Only ride on the circuit if your bike is well maintained and of a suitable type.
- Wear a helmet and consider other protective equipment.
- Stay in control and be prepared to stop for other trail users.
- Ride in the direction indicated and do not block the trail.
- Try to keep to the line of the path and keep off fragile tracks if they are wet and liable to erosion.
- Don't leave litter.
- And remember, follow the Scottish Outdoor Access Code.

Other places to ride in Glasgow

- Ashgill Recreation Centre
- Bannerman High School
- Cathkin Braes Country Park
- Pollok Country Park

For information on other cycle routes in and around Glasgow, visit www.glasgow.gov.uk/cycling

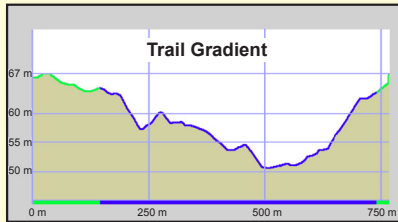


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Practice your mountain bike skills in the heart of the east end.



Key:

- Easy
- Moderate
- Difficult
- Pedestrian crossing
- Park entrances



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