



Balblair mountain bike trails

Kyle of Sutherland

Facilities



Parking



Picnic area



Viewpoint



Mountain biking



Trails

The nearest public toilets and café are less than a mile away in Bonar Bridge. You can hire bikes from shops in nearby Ardgay and Tain.

Location

Nearest postcode: IV24 3EE, on the edge of Bonar Bridge

How to get here

Balblair is 1 mile north of Bonar Bridge on the A836 road to Lairg.

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



Cycle route grading - Is this for you? Find the right grade for your abilities

Green: Easy ●

Single track grades

Suitable for: Beginners in good health with basic bike skills. Most types of bike.
Trail: Relatively flat & wide.

Blue: Moderate ■

Suitable for: Riders in good health with basic off-road riding skills. Basic mountain bikes.
Trail: Some "single-track" sections & small obstacles of root & rock.

Red: Difficult ▲

Suitable for: Proficient mountain bikers with good off-road riding skills & fitness. Good mountain bikes.
Trail: Challenging. Climbs, tricky descents & technical features such as drop-offs & large rocks.

Black: Severe ◆

Suitable for: Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.
Trail: Greater challenge & difficulty. Expect large & unavoidable features.

Forest roads and bike parks

Extreme ▬

Non - single track grades

Suitable for: Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory.
Trail: Extreme levels of exposure & risk, large features.

Forest road & similar

Suitable for: Cyclists in good health. Map reading useful (routes not always marked). Most bikes.
Trail: Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.



Map and trail information


Blue Trail —

 **Blue: Moderate - 3 miles / 5 kms**

Soar through the trees on these twisting trails.

Mostly gravel paths with some loose sections and long moderate slopes. 'Fish Tail' has a long, steep climb up, with a fast flowing downhill which is at the high end of the blue grade - check out the tight 'fish tail' turn near the start of the downhill before riding.

Black Trail —

 **Black: Severe - 4½ miles / 7.2 km**
Add 1½ miles / 2.5 km to include access
via forest roads from car park

Top of the world rock-slab.

Mostly loose gravel and natural rooty singletrack. Large sections of technical bare rock-slab and boardwalk which can be very slippery when wet.

