

BIKE TRAILS

Enjoy our purpose built mountain bike trails in the heart of Fife. The Green, Blue and Red trails within the country park are a great introduction to cross country riding, but if you have longer to explore, why not head to nearby Blairadam forest, Benarty Hill or follow the Loch Leven Heritage Trail.

Lochore Meadows
Country Park

GREEN TRAIL

EASY

6km (around loch)

The All Ability/Green Trail is perfect for beginners, kids and all ability bikes. This smooth, flowing trail is wide enough to fit trikes and side-by-sides. Once warmed up on this section, why not explore the park more and go for a lap of the loch.

BLUE TRAIL

MODERATE

5km

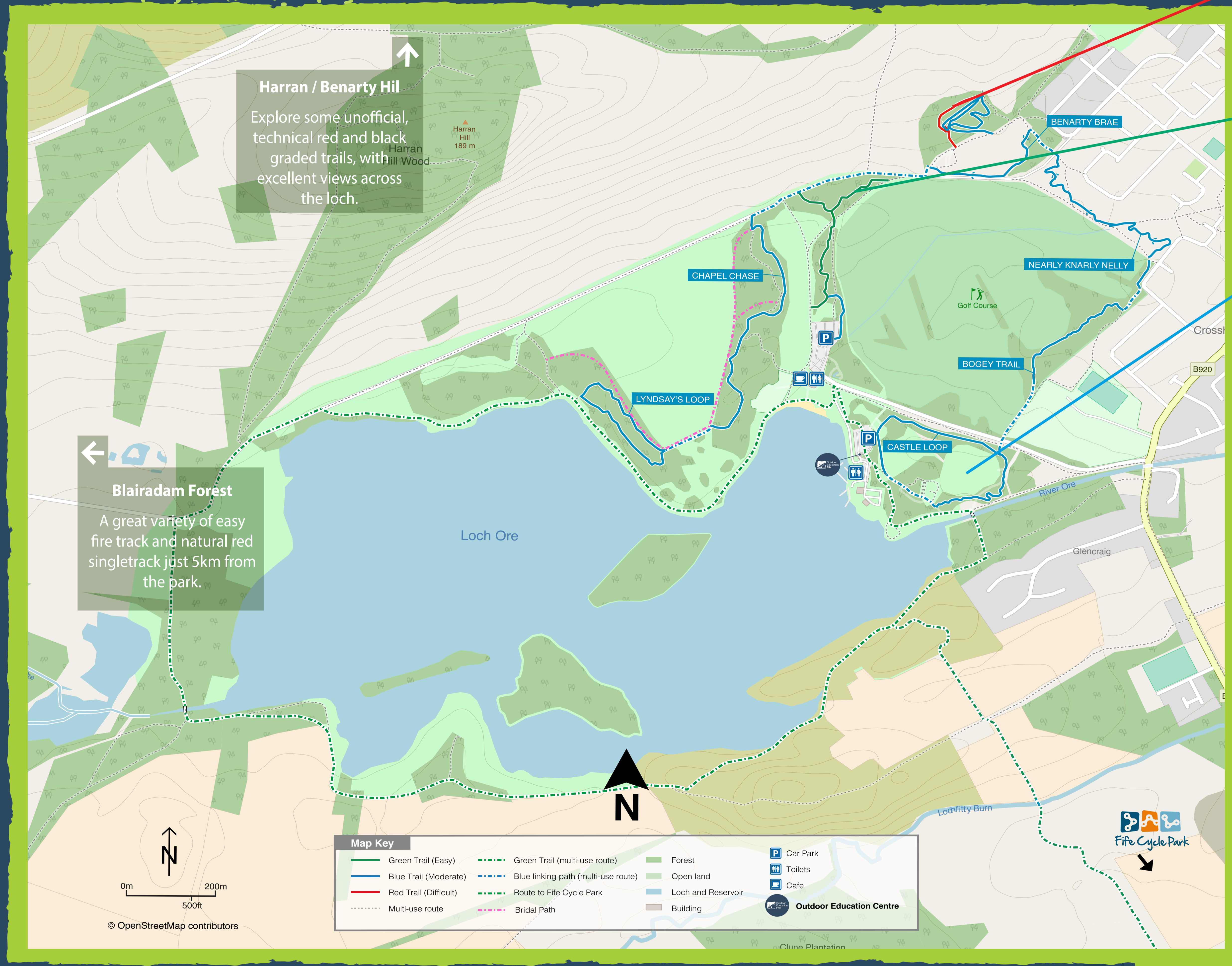
The blue route is perfect for novice to intermediate mountain bikers, it is a fun packed, family friendly route. The trail starts at the O.E Centre with the Castle Loop. Once you have warmed up with a few laps, head North to join the Bogey Trail and Nearly Knarly Nelly that take you past the Golf Course. After this, cross the road to White Wood and explore the various looping trails including Benarty Brae trail. Link with Chapel Chase by the All Ability Trail, which will spit you out at Lindsay's Loop, a local favourite.

RED TRAIL

DIFFICULT

0.5km

The Red Trail is the parks only difficult trail. The trail is a short section in White Wood giving you an opportunity to practice some more technical features like drops and rock gardens.



WHITE WOOD

Visit White Wood and tackle Rockzilla on the rocky red or have a go on the swoopy blue.

ALL ABILITY TRAIL

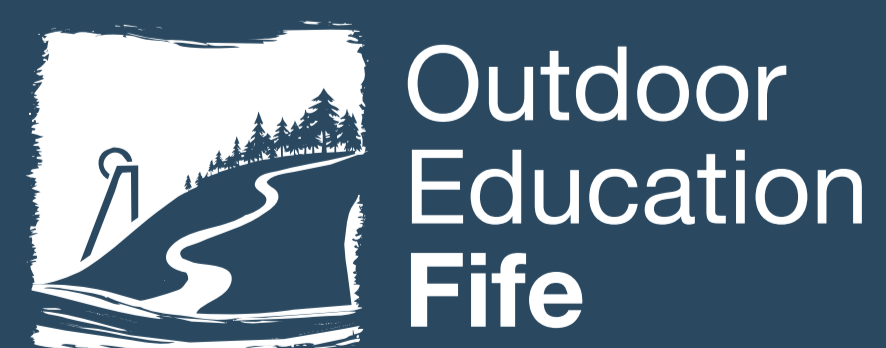
This trail is specially designed for all-ability bicycles including Tandems, Trikes and Side by Sides. You will find berms and rollers winding through the woods.

SKILLS LOOP

Need to refine your skills? Start off with a play on the skills loop featuring a range of rocky elements, north shore sections and berms and rollers. Once you've mastered it you can head off at the trail head and enjoy the mixture of trails that await.



**NO MOTOR BIKES OR
QUADS ALLOWED**
If Seen Call 101 To Report



Find us on Facebook

01592 583388

info.outdoored@fife.gov.uk

Enjoy Scotland's outdoors responsibly

- take responsibility for your own actions
- respect the interests of other people
- care for the environment.

KNOW THE CODE BEFORE YOU GO

www.scotlandscotland.co.uk



Look out for other users



Cyclists slow down and warn of presence



Keep left



Please say 'thank-you'



Bin or take your litter home

When you ride here please take responsibility for yourself and your actions

EMERGENCY INFORMATION IN CASE OF EMERGENCY - DIAL 999

Grid Reference: NT 171 959
Location: Lochore Meadows Country Park, KY5 8BA

Nearest A&E: Victoria Hospital, Kirkcaldy (9 miles)

Be ready to provide the following info:
- Injury or incident
- Details of incident location
- Details of people involved

First Aid and Defibrillator at: Outdoor Education Fife Building
Tel: 01592 583388