

MOUNTAIN BIKING IN SOUTHERN AND CENTRAL SCOTLAND

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This guidebook presents 21 cross country MTB routes across Southern and Central Scotland with detailed route descriptions accompanied by 1:50,000 OS mapping. It also gives an overview of what the region's trail centres have to offer, including the famous 7stanes in Dumfries and Galloway and the Borders.

Southern and Central Scotland is renowned for its superlative MTB trail centres, but the region's rolling hill country is also traversed by an extensive network of tracks, paths, forest roads and other trails providing endless possibilities for 'free range' mountain biking beyond the dedicated trail centres.

With good access from both Glasgow and Edinburgh the selected routes set out from points across the area, including Greenock, Glentworth, Peebles and Milngavie. Taking between 2 and 7 hours to complete, they are intended for mountain bikers with at least some experience and a reasonable degree of fitness: hence routes are graded from 'moderate' to 'very hard'. A lack of waymarking makes navigation more of a challenge than in other parts of the UK.

Key marketing points

- 'Difficult' or 'technical' sections are indicated throughout
- Routes are accompanied by full 1:50,000 scale OS mapping
- Includes information on the region's Mountain Biking trail centres

About the author

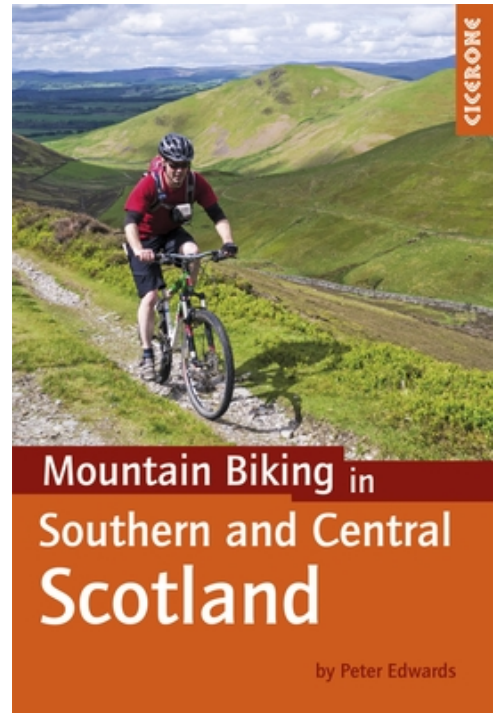
Since moving to Scotland from the south of England in 2006, Peter Edwards has developed a passion for the Hebrides and takes every available opportunity to get out among the islands. He lives in Glasgow with his wife, Fiona, and Dougal the Labrador. Peter writes about his walking and cycling trips on his blog at www.writesofway.com.

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