

# Itinerary

## Mountain Biking



**Mountain Biking**

**#discoverlacks**

**#adventureiscalling**



# Discover Clackmannanshire

## Adventure is Calling ...



Clackmannanshire lies between the majestic Ochil Hills and the River Forth and provides the perfect year-round base to explore the stunning countryside, medieval castles and tower houses, an impressive collection of public art and an excellent range of outdoor activities.

For leisure, there is Sterling Mills Outlet Shopping Village, five golf courses, a luxury spa, a fantastic choice of hotels, B&B's, cottages and campsites, and a variety of places for pub grub, light bites and fine dining.

To help visitors to the area enjoy exploring our beautiful natural assets, we have created a number of Itineraries with handy hints and tips!

# MOUNTAIN BIKING AT DUMYAT

## Dumyat Centre, Menstrie, FK11 7BL



**Get out and explore the many mountain biking routes around Dumyat Summit and the Ochil Hills! Experience these amazing trails with spectacular views across central Scotland.**

There is a great variety of route distances and difficulty which are available to view at [www.trailforks.com](http://www.trailforks.com) (scan the QR code for more information).

Where to Start - Trails can be started in Menstrie, Blairlogie and Sheriffmuir.

Toilet facilities can be found in Menstrie Village. Here you will also find campervan parking, car e-charging points, a shop, pharmacy and pub/restaurant.



**SCAN ME**

### TOP TIP

Catch a train to Alloa Railway Station, then use the "Hillfoots Loop" to Menstrie

[www.discoverclackmannanshire.com](http://www.discoverclackmannanshire.com)



# MOUNTAIN BIKING AT DOLLAR GLEN

Hillfoot Road Car Park, Dollar, FK14 7BD



**Situated above the town of Dollar, Dollar Glen offers exhilarating walks, deep gorges, cascading waterfalls and an abundance of great MTB Trails!**

There is a great variety of route distances and difficulty which are available to view at [www.trailforks.com](http://www.trailforks.com) (scan the QR code for more information).

**Where to Start** - The starting point for this trail sits 50m further up the road from Hillfoot Road Car Park. Route map details can be found by scanning the QR code.

Toilet facilities can be found at West Burnside, Dollar



**SCAN ME**

## TOP TIP

Visit one of the local cafes for lunch or pick up a picnic at Dollar Delicatessen

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# EXPLORE YOUR BOUNDARIES

**Dumyat Centre, Menstrie, FK11 7BL**



Explore Your Boundaries was inspired by the desire to see the familiar in unfamiliar ways. Mark Beaumont, Guinness World Record holder for the fastest circumnavigation by bike, and Markus Stitz, singlespeed round the world cyclist and filmmaker, mapped 24 Scottish council boundary routes including The Wee County. To create the routes, they uploaded the council boundaries onto the mapping platform Komoot and matched them with the closest existing pathways.

Distance: 82km, Time: 8-10 hours

Difficult route with good experience and fitness required.

Where to Start - Mark and Markus started/finished near Auld Brig Service Station. We recommend starting the loop slightly further along at the Dumyat Centre car park in Menstrie.

Toilet facilities can be found in Menstrie Village. Here you will also find campervan parking, car e-charging points, a shop, pharmacy and pub/restaurant.



**SCAN ME**

## TOP TIP

This is a long, difficult route so make sure that you are fully prepared for the ride

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# TRANSPORT & GENERAL INFORMATION



## **PUBLIC TRANSPORT**

Clackmannanshire sits in the very heart of Scotland and has great road, rail and bus links from across the Country. To plan your journey using public transport, call 0871 200 2233 or visit [www.travelinescotland.com](http://www.travelinescotland.com).

**Train** - For times and fare information for Alloa Train Station, visit [www.scotrail.co.uk](http://www.scotrail.co.uk)

**Bus** - First Bus operate routes across the entire Forth Valley area. For routes, times and fare information, visit [www.firstgroup.com](http://www.firstgroup.com)

## **EMERGENCIES**

In an emergency, phone 999 and ask for the service you require.

## **OCHILS MOUNTAIN RESCUE**

In an emergency, phone 999 and ask for police, then mountain rescue.

## **GENERAL WARNING**

Please be prepared for the activity you are going to undertake and use appropriate footwear. Please be very careful in winter weather conditions. Keep dogs under control. Please take your litter home or dispose in the nearest bin.

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