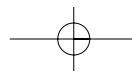
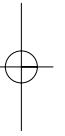
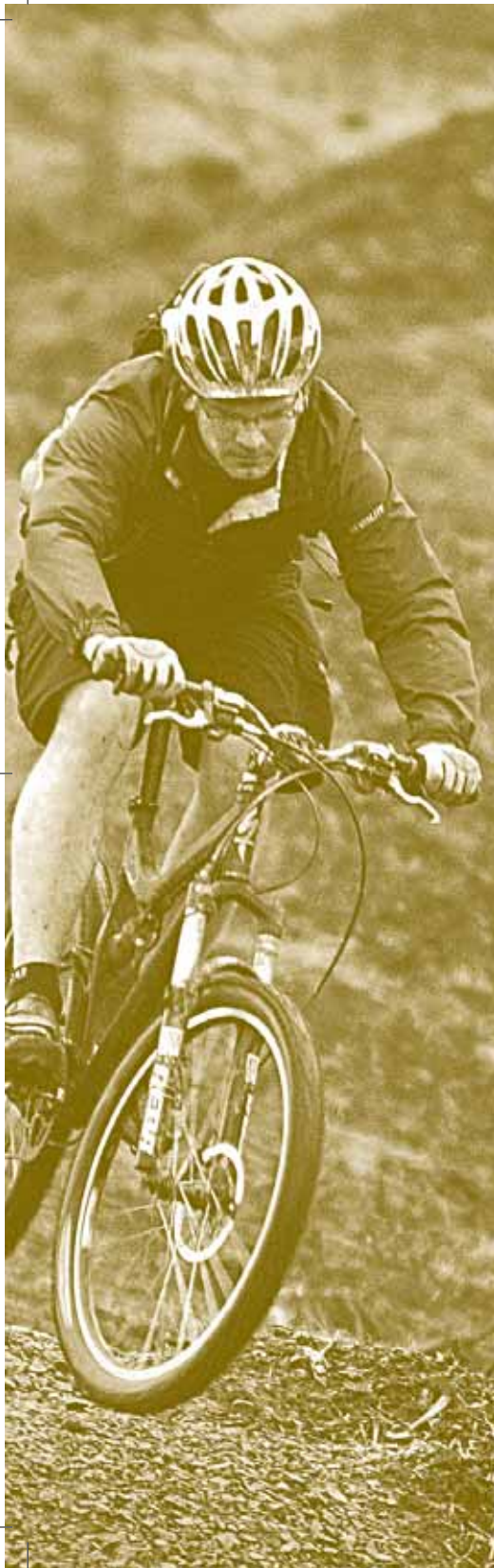


# Carron Valley Trails





The Carron Valley Trails project started as a vision shared by a handful of hugely committed enthusiasts. That vision, and our ambition, is to build on the trail being launched today and to deliver a fully fledged Mountain Bike Centre for the local communities and the wider public in Central Scotland and beyond. In addition, we hope that this project will be the catalyst for other recreational activities to develop in Carron Valley forest - activities that will bring lasting economic benefit to the people living in Carron Valley and those in the wider areas within North Lanarkshire and Stirling districts.

This project was realised through the kind support and financial assistance from our Funding Partners



Awards for All



Community Environmental Renewal Scheme



Forestry Commission Scotland

**THIS PROJECT WAS PART-FINANCED BY THE EUROPEAN COMMUNITY**



Lomond and Rural Stirling LEADER+ 2000-2006 Programme



Lanarkshire Environmental Key Fund



North Lanarkshire Council



Scottish Natural Heritage



Stirling Council



## Welcome to Carron Valley

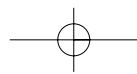
Located in the very heart of Central Scotland, high in the Campsie Fells, Carron Valley (CV) forest represents a huge untapped recreational resource.

Being 50 square kilometres and with no user conflicts there is truly space for all.

CV offers the terrain and ambience of a highland setting with the convenience of an urban location; all this and on the doorstep of some 3 million people.

Carron Valley provides an easy escape from the bustle of Central Scotland to the peace and quiet of a remote wilderness. The area offers a wide variety of terrain from the gently rolling banks of the reservoir to the high ridges and steep-pitched gullies.

Water is a key feature; recent access legislation has opened up exciting possibilities for land and water-based recreational activities.

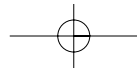
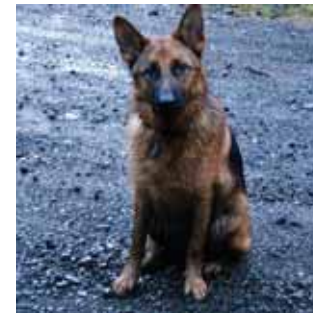


## Carron Valley Development Group

Formed in 2003, Carron Valley Development Group (CVDG) is dedicated to developing recreation resources in the area.

The group is socially inclusive and enjoys broad grass roots support. CVDG became a registered Scottish Charity in 2004 (Charity number SC036047) and has secured over £95,000 of public funding and private donations. In addition, we have a highly active and self-reliant group of trailbuilding enthusiasts. So far over 8,500 volunteer hours have been spent on the project.

To date the primary focus has been on the creation of mountain biking trails and the group is keen to engage with other user groups.





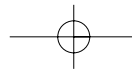
“ We are delighted to have been able to support this fantastic project which will provide such exciting exercise opportunities for people of all ages, enabling them to keep fit and active, and gain a range of important new skills and experiences ”

**Dharmendra Kananito**, Director for Scotland, Awards for All

## Purpose-built Mountain Bike Trails

Everybody is talking about mountain biking in Scotland. From rugged and remote wilderness rides to demanding, technical challenges in new purpose-built MTB centres. Scotland has some world class riding possibilities. Purpose-built facilities give sustainable, year-round riding and should offer a range of trails and something for all abilities – trails are graded by difficulty where Green is easy, suitable for families and beginners, through to Blue, Red and finally Black which is aimed at experienced and skilled riders.





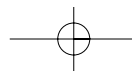
## A Trail Centre in Carron Valley

Scotland's existing trail centres have been developed from a tourist-centric point of view. This means the existing centres are located a considerable car journey from the main centres of population. While this has proved very successful for their local economies, it does mean that the users of these centres require to use a car to get to them, as public transport does not permit easy access.

The hills around Carron Valley have been attracting mountain bikers for years and enthusiastic locals recognised the fantastic opportunity to build state of the art trails within easy reach of the large local population in Central Scotland.

“ Carron Valley Development Group. Very professional and organised group. A benchmark for other would-be cycle/local recreational development groups

Tourism Resources Company, November 2005





“ Really enjoyed the trails at CV last week. Your group have done a tremendous job and the potential for further development is there for all to see. Pass on my congratulations to all those involved ”

**Duncan F. Sinclair** Operations Manager Community Services, Stirling Council

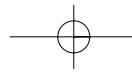


## The Construction Phase

Once funding had been secured, the group surveyed the terrain for Phase 1 of a stacked-loop network of trails. The group discussed the trail possibilities with several professional trail designers and finally secured the services of Paul Masson of Cycletherapy. The group and Paul worked hard to design a trail that offered challenge and variety for a range of abilities within the limited permission granted by the Forestry Commission Scotland (FCS).

Following best practice, the group prepared a specification and bill of quantities and drew up a tender document. Potential Contractors were pre-qualified and the works for Phase 1 were tendered on a best value model. WB Grieve Groundworks Limited was appointed as main contractors and work commenced on-site in June 2005. Using material quarried in the forest and employing a hybrid of traditional building techniques and 21st century technology, the trail network stands at 9.3Km comprising of some 4.6km of purpose built trail.



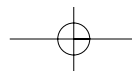


“

*What a fantastic development you have at Carron Valley...  
I was so impressed with what you have been able to do in a  
short space of time...Glad to see that we won't have to leave  
the area in future to ride some real trails!*

”

**Mark**, Sinclair Cycles







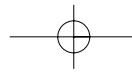
“ SNH has been really happy to support this project which has created a great place for getting active in the outdoors in the Carron Valley. We've been particularly impressed by the commitment and drive of the Carron Valley Development Group volunteers, whose efforts have turned a good idea into a first-rate mountain biking facility ”

**Alan McDonnell**, Scottish Natural Heritage

## The Phase 1 Network

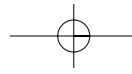
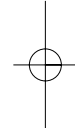
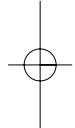
The stacked loop network consists of 4 purpose-built 'singletrack' sections allowing riders individual and multiple circuits. Each section has a distinctive design and feel.





“ I'd just like to add my own note of appreciation after heading out to Carron Valley on Saturday. The trails are an excellent piece of work – and great fun too. Hope this project and it's undoubtedly forthcoming success, demonstrates to whomsoever the case for more of this kind of thing ”

Duncan





“ *The singletrack trails at Carron Valley are cleverly and superbly executed. Somehow they’ve managed to build them in a way that let beginners negotiate them without hassle but, at the same time, have designed them so that even the best need to delve deep to do them justice at full pelt. Every time, and I mean every time, you ride these trails you want to go back up for more!*

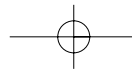
**Kenny Wilson**, Author, *Mountainbike Scotland (The Highlands)*.

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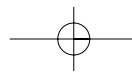
## Pipe Dream

The Pipe Dream provides an ideal warm up before ascending to Eas Dubh. Moderate, swoopy singletrack breaks up the gentle climb with superb views across the valley from the viewpoint. All good things must come to an end though, and the fast exit into the quarry through Stoney Broke sets you up for the fireroad climb!





“ *[The trails] are most impressive and a real asset to the forest* ”  
**Malcolm Crosbie**, Forestry Commission Scotland





“ *The Eas Dubh section is simply one of the most elegant bits of man made riding in the country. Easily doable by any rider it still demands first rate cornering skills if it is to be tackled at speed.*

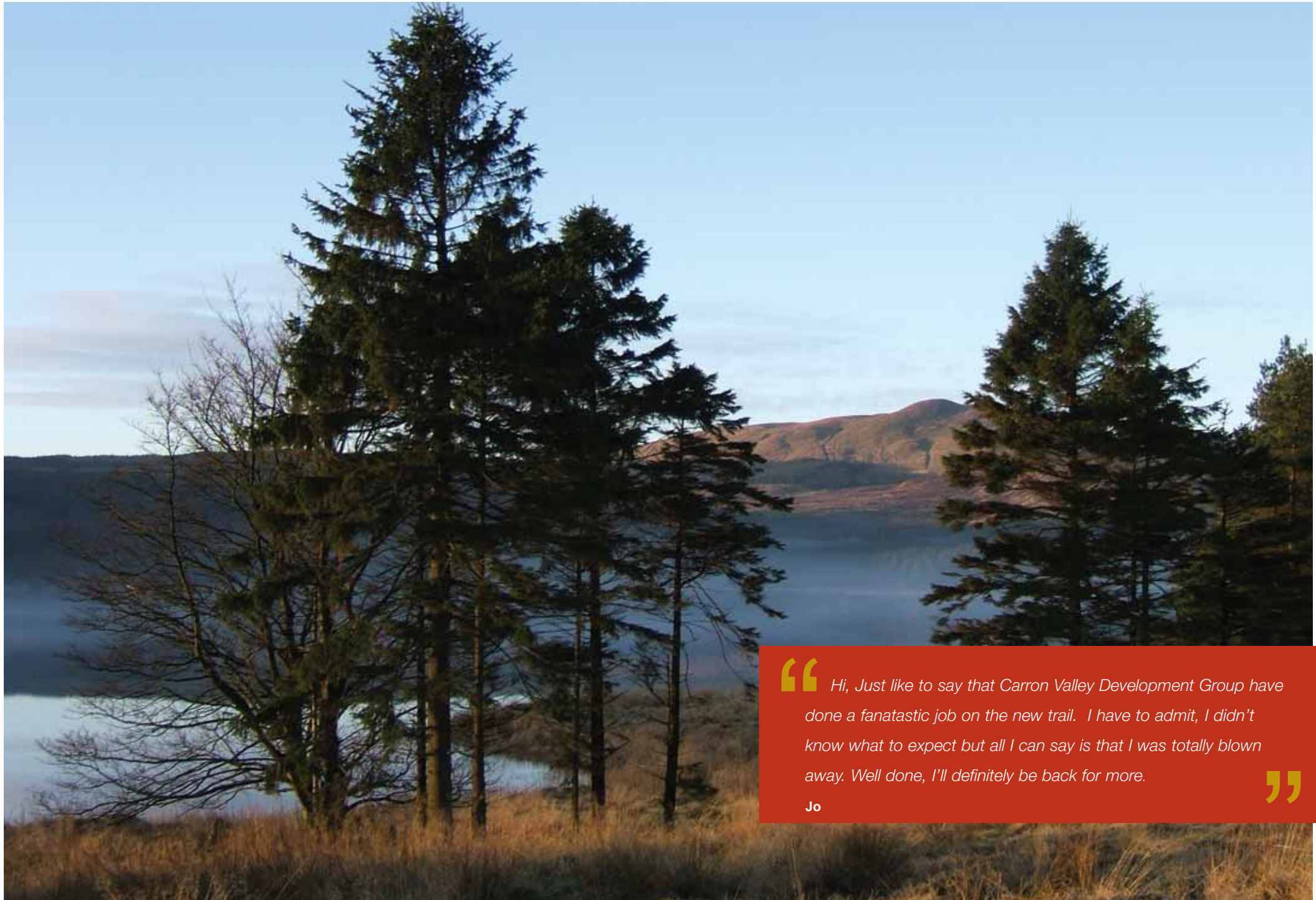
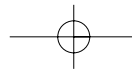
**Kenny Wilson**, Author *Mountainbike Scotland (The Highlands)*. ”



## Eas Dubh

Eas Dubh or “Black Waterfall” will test the skills of an intermediate rider. Catch your breath at the top and admire the stunning views before descending the Kelpies Staircase – a steep stone-pitched section that’s not for the faint-hearted! Glimpse the waterfall on your left as you dance through the tight switchbacks of the Birlin’ Bogills. Just don’t hang around too long...





“ Hi, Just like to say that Carron Valley Development Group have done a fanatastic job on the new trail. I have to admit, I didn't know what to expect but all I can say is that I was totally blown away. Well done, I'll definitely be back for more. ”

Jo



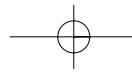
“ Great work on the trails. The trails now provide us with another reason to use Carron Valley for activities with young people from the Falkirk area ”

**Sean Benz**, Outdoor Activity Coordinator

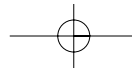
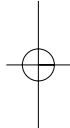
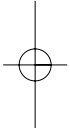
## Cannonball Run

Shoot down the fast flowing, swoopy singletrack of the Cannonball Run. Keep your sights on the exit as you gun it round Recoil – a huge bermed corner that is guaranteed to raise smiles all round!





“ *This is the kind of partnership working that really makes a difference* ”  
**Rhona Brankin**, Deputy Minister for Environment and Rural Development







“ ... it's the closing section that is the icing on the cake. The non stop action on the Fun Park is stunning. Experts will be able to launch skyward from the doubles and table tops while the more modest can simply keep both wheels on the ground and enjoy a fantastic roller-coaster ride

”

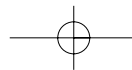
**Kenny Wilson**, Author *Mountainbike Scotland (The Highlands)*.



## The Runway

The Fun Park – when its time to land, head for The Runway. This feature-packed, fast flowing fun park-style descent is designed so beginners can roll the jumps and experienced riders can get big air! Experience Turbulence as you drop in, feel the speed through the Corkscrew and explode out of the Bombhole before lining up for the Final Approach. Littered with berms, jumps and tabletops it's guaranteed to satisfy those who prefer airtime!





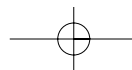
## Benefits For All

- Carron Valley's unique blend of local rural communities in close proximity to major population centres allows the opportunity to introduce all participants to healthy outdoor activities. This can help tackle issues such as poor health, inactivity and anti-social behaviour.
- Forests are places to retreat from the hustle and bustle of urban life and to get active.
- Development of facilities can be the catalyst for more investment in the regeneration of Carron Valley. More attractive places encourage economic activity and investment.
- Carron has the potential to become the key visitor location in the area and help expand tourism benefits to the Lanarkshire, Stirling, Falkirk and East Dunbartonshire areas.
- As a socially inclusive project the developments in the forest will allow schools and other groups to experience mountain biking in a formally created, car-free environment.
- The year-round trails also offer ideal training facilities for local athletes and Scottish Cycling's Youth Academies. Situated just 15 miles from the centre of Glasgow, Carron Valley is now a potential venue for Glasgow's 2014 Commonwealth Games bid.

“ ...had great fun on the trails a few weeks ago. The Fun Park is superb especially those whopping big Berms

Mark Ruskell, MSP

”





“ I am sure that the Carron Valley Development Group will continue to work with Forestry Commission Scotland to ensure that we get the very best sustainable mountain biking developments put into place in the Carron Valley, and I wish them every success. ”

**Rhona Brankin**, Deputy Minister for Environment and Rural Development

## The Future

Even before the launch, the trails are attracting many users and generating positive praise.

With the successful completion of Phase One, people are asking what next?

CVDG has demonstrated the ability to provide a quality recreational resource at Carron Valley. The group have worked up detailed plans for Phase Two to include a multi-user “Green” route round the reservoir and a full “Red” route, which would incorporate Tomtain and Drumbouy.

Local MSP, Cathie Craigie brokered discussions with Scottish Water, and CVDG now has the green light to develop the multi-user trail on Scottish Water land around the reservoir. We now need Forestry Commission Scotland’s permission to initiate Phase Two.



A project such as this relies heavily on the enthusiasm, drive and commitment of volunteers. In order to demonstrate to Funders that we have a project worthy of investing public money in, we need to demonstrate that we have the public's support. This project has that in abundance. Hundreds of people, from all walks of life, have given up thousands of hours of their free time to literally get digging. We have a great camaraderie in CVDG and we hope that the trails will be as much fun to ride as they were to make.

We also wish to thank and acknowledge the support of our Project Partners and in particular, the staff who have worked closely on this project: Rena Tarwinska & Andy Gallacher – Forestry Commission Scottish Lowlands FD; Mark Forrest – North Lanarkshire Council; Robert Hunter – Stirling Council

CVDG committee



[www.carronvalley.org.uk](http://www.carronvalley.org.uk)

CVDG wish to thank & acknowledge the assistance and very kind support of the following individuals and organisations who have freely given of their time and resources. Without their help, the launch would not have been possible

**SUPPORT PARTNERS**

4 Logistics Support Regiment RLC LAD REME **RIDERS TENT**

Alastair Thomson **ART**

Andy McCandlish **ACTION PHOTOGRAPHY**

Colin Birrell & Jock Brown **CINEMATOGRAPHY**

Graham Galloway **PRINT DESIGN**

 **FURNISHINGS**

Kenny Wilson **LEAD RIDER**

MacVicar Print **PRINT PRODUCTION**

Niall Thomson **LANDSCAPE PHOTOGRAPHY**

North Lanarkshire and Stirling Councils **MEET & GREET MARQUEE**

Paul Masson **LEAD RIDER**

Raw Experience **CVDG TENTS**

Red Bull **STIMULATION TENT & SPORTS DRINKS**

Sue Thomson **CATERING**

Thus plc **COMMUNICATIONS & POWER**

Wheelcraft **GINGER FUDGE SLICES**

