

Ae Forest – trail centre profile



Riding & coaching at Ae

This trail centre has probably the best combination of riding and coaching terrain in the UK. Ae has a fabulous red trail with black-trail options, flowing singletrack descents with perfect rollers, doubles and tabletops, as well as a final descent with a whole range of red and black features on it.

If you are coming on a course then Ae offers everything we need within easy reach of the car park, café and shop. The varied nature of the terrain means we can start with easier features and build progressively, according to the course you are on and the speed at which you progress.

Courses at Ae

Singletrack Skills – Levels 1, 2, 3

The full range of singletrack skills courses are available at Ae. For novices the wide tracks and easier sections of the red route are ideal. At level 2 we use every section of the superb singletrack red and black route. At level 3 we'll use the same trail but at much higher speeds, including advanced techniques for flying through the Omega Man berms, tabletops, doubles and rollers.

Jump, Pump and Drop – Levels 2, 3

In our opinion this is the best training ground for Jumps, Pumps and Drops in the UK. We can really focus on progressing your skills to new levels thanks to a huge range of trail features, mostly just a few hundred metres from the car park. The wide landings and flexible terrain make it a great place to tackle new things with confidence.

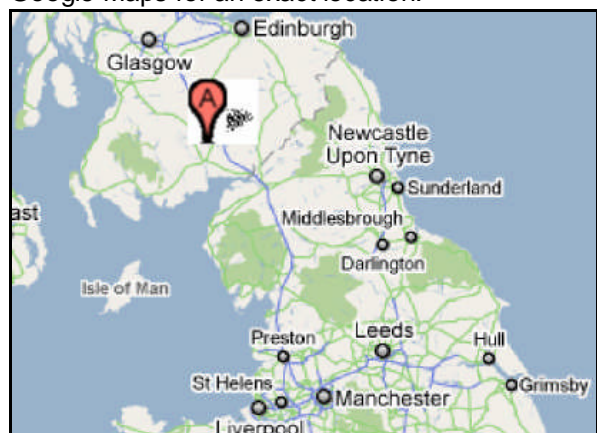
Trail centre info

Ae Forest is one of the 7Stanes centres in the borders of Scotland. The centre is well served by an excellent bike shop, rental centre and café – all located near the main mtb car park. We use this café as the start point for all of our courses. The trails currently on offer at Ae include:

- Ae Valley route (green grade)
- Larch View route (blue grade)
- Ae Line trail (red with black options)
- Ae Downhill (orange bike park)
- The Shredder (orange bike park)

Location

Ae Forest is easy to get to from the M6 / M74, approximately 40 minutes north west of Carlisle or an hour south of Glasgow. Type "Ae Village" in to Google Maps for an exact location.



To reserve your space on a course at Ae:
Email us on info@cycleactive.co.uk
Call us on + 44 (0)1768 840400
Reserve online at www.cycleactive.co.uk

