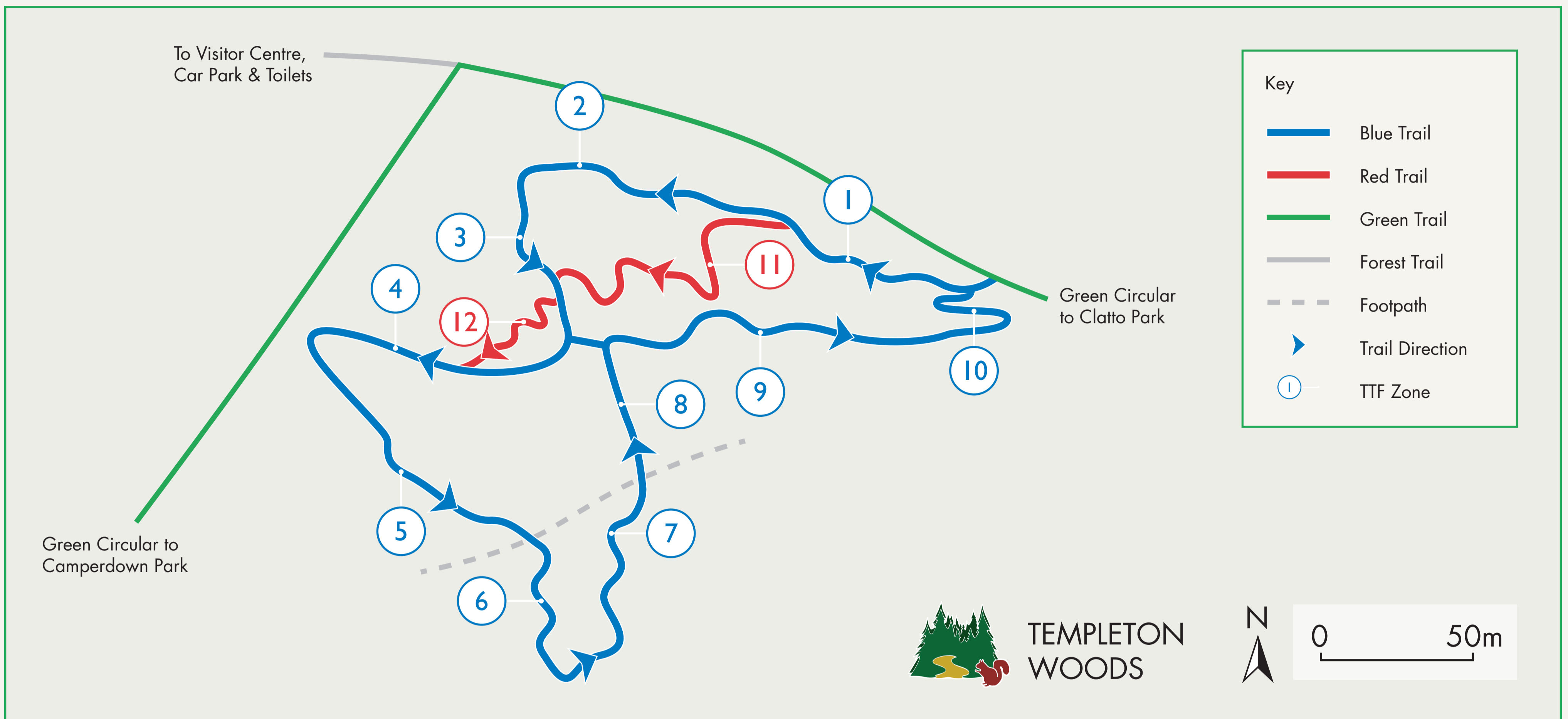


WELCOME TO
TEMPLETON TANGLE
 MOUNTAIN BIKE SKILLS TRAIL



Information

This skills trail is designed to help you develop and practice your bike handling skills and improve your riding technique. Graded mountain bike trails are suitable for off road cyclists ranging from beginners to experts. Riders should expect to cope with any manner of technical trail features (TTFs), which may feature within a number of different trail types. Please read the following information before riding the trails.

Are These Trails For You?

Blue Grade

- For cyclists with some off road riding experience
- Robust off road bikes only
- Specially constructed stone surfaced single track
- Undulating trail surface

Red Grade

- For mountain bikers with good technical off road riding skills
- Robust off road bikes only
- Specially constructed stone surfaced single track
- Undulating trail surface

TTFs

1. Gallow Drops

Drop offs are steps designed to be ridden off with enough speed to lift both wheels off the ground before landing on the trail below.

2. Serpent Scales

Rock gardens are a rough riding surface for a technical challenge testing your ability to ride irregular surfaces and choose a good riding line.

3. Sleeping Maidens

Rollers are smooth mounds on the trail testing your ability to control and position your body weight well.

4. Squirrel's Leap

Tabletops are a ramp in the trail allowing riders to learn how to jump and land safely onto the downslope.

5. Old Graveyard

Rock rolls. Sloping rock slabs designed to be ridden down at slow speed. Keep your weight over the back of the bike.

6. The Adder

Practise the berms to increase your speed through these smooth, banked corners.

7. Dragon Teeth

Wheel lift. Move your weight back to allow the front wheel up, and then to the front for the rear wheel to follow. Practice the smaller one first.

8. Park Bench

Control balance and speed over the log ride and set up a central attack line.

9. Bash Street

Technical climb. A short steep uphill requiring power, good balance and weight distribution on the bike.

10. Climbing Adder

Tight climbing corners requiring balance power and good line choice.

11. Serpent's Spine

A technical rock and root strewn descent with technical features throughout. Expect a rough surface with drops and bermed corners.

12. Red Squirrel Rapids

A series of flowing back to back berms challenging riders to ride smoothly and switch body position through the turns to maintain speed and control.

Do the Ride Thing

- Take responsibility for your own actions
- Respect the interests of other people
- Care for the environment

Be prepared to slow or stop for cautious riders or other users of the woods. Give horse riders, dog walkers and families time to let you pass.

The trail is checked regularly but if you find any problems please contact the Countryside Ranger Service at 01382 431848. Help look after the Tangle, find out about the next maintenance dig day from Angus Mountain Bike Trails Association or the Countryside Ranger Service.

Safety Information

Mountain biking is hazardous. Anyone using this facility must always wear a helmet and suitable clothing at a minimum. This facility is unsupervised and provided free of charge. Use at your own risk and do not attempt sections that are beyond your ability.

In case of emergency call 999 and ask for the appropriate service and be ready to provide the following information;

- Location
- Number of people in party
- Incident or injury

Name of this point

Templeton Woods MTB Skills Trail
 Templeton Woods
 Templeton Road
 Dundee
 DD2 4TF

Nearest A&E Hospital

Ninewells Hospital (4 miles)
 Ninewells Avenue
 Dundee,
 DD2 1UB

