



## Information Sheet - Real World Riding - Angus Glens Epic

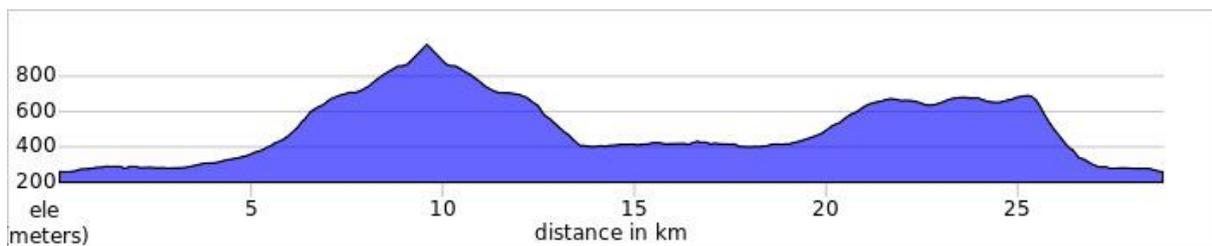
A Big day out in the Angus Glens, linking Glen Doll and Loch Muick with an option of bagging Broad Cairn on the Way



**Distance:** 25km (28km with Broad Cairn)

**Height Gain:** 837m (1095m with Broad Cairn)

**Profile:**



**Description:**

Starting at the Glen Doll Visitor Centre (£2 parking fee) we sneak out of the grounds and warm up on a lovely piece of singletrack along the river toward the estate track through Moulzie, and then ride up the valley as far as we can on the rough trail ahead. Eventually we'll end up hike-a-biking up through the trees at the head of the valley and up the zig zags onto the top of the ridge, finishing with a little techy climbing on lovely gravel paths to the top. There's no getting round the fact that it's a good pull up though.

Once established on the main ridge between Loch Muick and Glen Doll (see picture above) we quickly realise there's a decision to be made, carry straight on down the awesome techy descent of Coire Claish to the Loch (as yet unseen) or up and back to bag Broad Cairn for a bit of classic Cairngorm ridge riding first.

Broad Cairn (hopefully) will offer amazing views and a quality descent as a reward for the hard work getting up there in the first place (it's another 250m of climbing).

In either case you will be descending the classic Coire Claish descent as it makes its way all the way down to the shores of Loch Muick. Initially you won't see anything but a horizon (and water bars), but soon you'll see over the edge of the coire lip, and then the line of your descent.

Once on the shore of Loch Muick you'll spin round to the other end in preparation for the long second estate road climb (or third!) of the day for the final descent off Capel Mounth with its massive zig-zags, fast grassy sections, rocks and techy moments for an epic descent of over 500m in one go.

And we haven't even spoken about the views!

### **You and your bike:**

This is suitable for graduates of a Nail It! Course or Steeps Session who have confidence with long descents, and short technical sections with some consequence. You should have a good level of hill fitness capable of sustained hill-climbing sections carrying or pushing your bike and to maintain this effort over 6-9 hours on the hill. A burly hard tail with good stand-over height will be suitable, but a full suspension bike will make the technical sections a little easier - you will need reasonably aggressive and larger tyres though 2.3mm Hans Dampfs being an example (especially on the rear) for the rocks and water bars.

### **You should carry:**

Spare tubes (1 even if you are tubeless)	Hat and Gloves
Pump	Waterproof jacket
Plenty of food and drink	Helmet (under 5 yrs old & in good nic)
A spare warm layer	Spare riding Gloves

### **Also Ideally:**

- 1 spare mech hanger for your bike
- Protective glasses
- 1 set of spare brake pads (or fit new ones and bed them in before the day)

### **Variations:**

The route described illustrates the planned route with the group deciding on their inclination for Broad Cairn. There are more techy and definitely not flowy ways to the head of Loch Muick. The size of the day however dictates few variations in order to get round.