

## Cycle path Routes in the Mid Deeside Area

- The Deeside Way goes from Aberdeen to Ballater, decide where you want to visit and the route. The Deeside Way is on the main road in a few areas please check the website below. easy to moderate
- Bell Wood (Includes Bike Park map included on our website) easy
- The Fungle (steep incline in places) moderate/keen
- Mount Keen keen cyclist, depending on route of entry

Please visit the recommended websites for alternative cycling routes and their ratings below:

1. [www.trailmaps.biz/royaldeeside.asp](http://www.trailmaps.biz/royaldeeside.asp)  
(4 maps of Royal Deeside for £12)
2. [www.mid-deeside.org.uk](http://www.mid-deeside.org.uk)
3. [www.cyclinguk.org](http://www.cyclinguk.org)
4. [www.deesideway.org](http://www.deesideway.org)
5. [www.glentinar.co.uk/estate-activities/explore-the-estate](http://www.glentinar.co.uk/estate-activities/explore-the-estate)
6. [www.cyclegrampian.co.uk](http://www.cyclegrampian.co.uk)

## On Board Computer Purion—riding modes

To operate switch power button on, situated other side of computer away from you if sitting on eBike) turn the plus sign on left to increase power or minus sign to decrease power.

- Turbo (circle with 4 arrows) - Direct and maximum powerful support up to the highest pedaling rates for sports riding.
- Sport/eMTB (circle with 3 arrows) - Immediate, powerful support for sports riding on natural terrain and even in city traffic.
- Tour (circle with 2 arrows) - Uniform support for long stretches, with clear focus on long ranges.
- Eco (Circle with 1 arrow) - Effective, but gentle support, designed for maximum efficiency

The Victory Hall  
Ballater Road  
Aboyne

Phone: 013398 85222  
E-mail: [co-ordinator@mid-deeside.org.uk](mailto:co-ordinator@mid-deeside.org.uk)

## Mid Deeside eBikes

COMMUNITY  
TRANSPORT FOR  
EVERYONE

A project of  Mid Deeside  
Community Trust

TEL: 013398 85222

## Personal safety

- This eBike is intended for use as a commuter and trekking bicycle. Using the eBike for any other purpose may result in serious injury.
- Before you ride this eBike, practice riding in a safe area free from hazards. Take time to learn the eBikes's controls and performance. Practice the controls and gain the experience necessary to avoid hazards you may encounter while riding. Instruction will take place prior to hire.
- It is your responsibility to identify and follow all local laws and regulations. <https://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82>
- Please use the lights provided on the bikes, some come on automatically.
- Never ride with no hands.
- Adopt a speed that reflects the terrain as well as your riding ability. When riding your eBike, wear close-fitting pants, or use a bicycle clip. Loose clothing can get between moving parts and cause serious injury.
- Wear clothing that attracts attention when cycling.
- Wear the bicycle helmet provided.
- Take care when loading your eBike into a car or when mounting it on a bicycle carrier.

- We do not recommend that you use a bicycle trailer with an eBike.
- Wet weather reduces your braking power and the grip of the brakes. Reduce your speed and be aware of longer stopping distances when cycling in wet conditions.
- Braking on unpaved surfaces will differ. Be sure to practice braking on different surface types.

## Ebike safety

- You must be over 14 years to ride an eBike. Youths under 18 must be accompanied by an adult.
- Do not submerge your eBike in water.
- Be aware that the speed at which you are travelling may be faster than you are used to, especially when starting off.
- Other road users may not realise that you are on an eBike and that you are capable of travelling at faster speeds.
- If placing the eBike on the ground, please ensure that the eBike is on its left side with the pedal upright. This protects the bike from damage.
- eBikes must be locked to a fixed structure using the locks provided. The lock has to be around the main frame and

wheel for insurance purposes.

## Electrical Safety

- Only use the battery supplied with this eBike they are numbered to match each eBike.
- Always use the charger provided for each battery, these are numbered to match also. Never use the charger with another appliance.
- Before use, check the charger cord before use. A damaged or entangled charger cord increases the risk of fire and electric shock.
- The charger and battery must be stored inside and not left outdoors with the eBike.

To hire please contact:  
Gail Amey **013398 85222** or  
email [co-ordinator@mid-deeside.org.uk](mailto:co-ordinator@mid-deeside.org.uk)