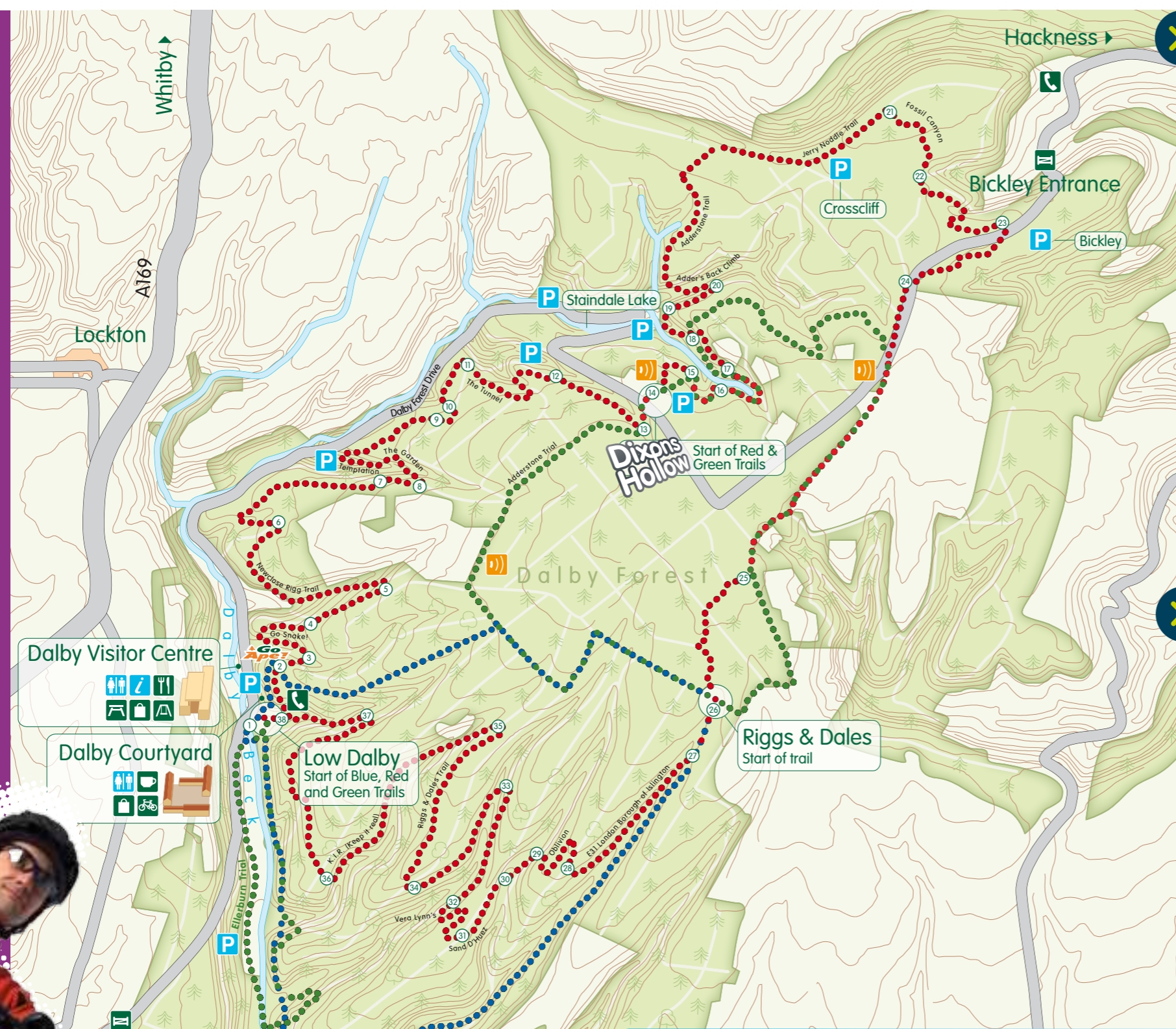
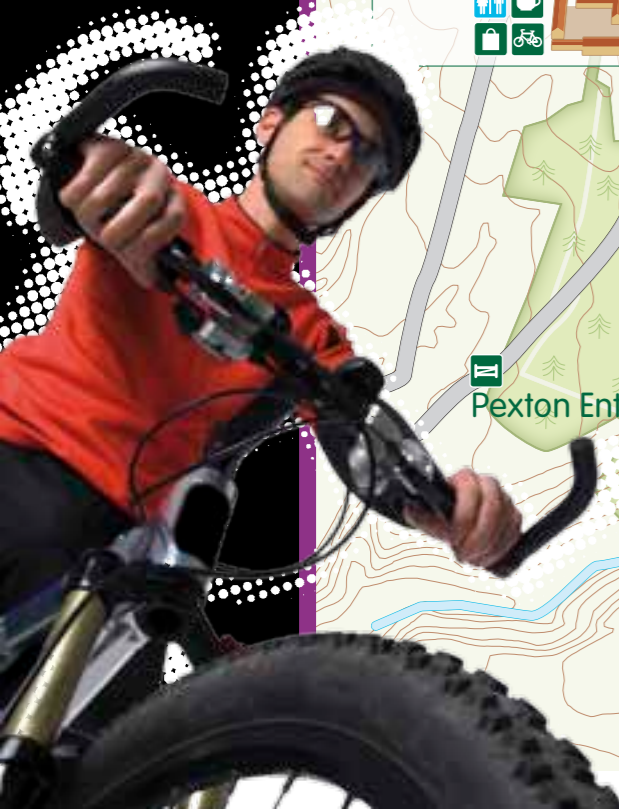


# Dalby Forest MTB Trail Map

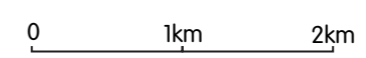


- » Quality bike hire
- » Demo centre. Yeti, Kona, Lapierre
- » MTB courses and tuition
- » Groups and schools
- » Corporate adventure
- » Servicing
- » Cafe
- » Bikewash



## Key

- Restaurant
- Cafe
- Public phone
- Picnic area
- Play area
- Shop
- Purple Mountain bike hire
- Entrance
- Limited mobile phone signal
- Numbered Cycle Route Posts



## Finding your way

Follow the coloured trail markers on timber posts. Look out for any warning markers.



## Need to get back quickly?

Follow this marker for the quickest way back to Low Dalby & visitor centre or Dixon's Hollow.

## The Trails

- Ellerburn Cycle Trail**  
Distance 4 km (1 hour)  
Starts at Low Dalby  
» Families can take in the views alongside Dalby Beck.
  - Adderstone Cycle Trail**  
Distance 12.4 km (2 hours)  
Starts from Dixon's Hollow car park  
» A longer route around the top of the Dalby Forest plateau.
  - Blue Cycle Trail**  
Distance 12.8 km (2 hours)  
Starts at Low Dalby  
» A simple route on mixed terrain, steep in places.
  - ▲ Adderstone Bike Trail**  
Distance 5.3 km  
Starts from Dixon's Hollow car park
  - ▲ Jerry Noddle Bike Trail**  
Distance 5.8 km  
Starts from Crosscliff car park
  - ▲ Newclose Rigg Bike Trail**  
Distance 9.4 km  
Starts from Low Dalby
  - ▲ Riggs & Dales Bike Trail**  
Distance 13.8 km  
Connect to this trail via green Adderstone trail, starting from Dixon's Hollow car park, or via blue trail starting from Low Dalby.
- Total Distance 34.3 km (up to 4 hours).**  
Starts from Low Dalby and Dixon's Hollow car park.  
» Ride these single track red routes together, or split them up into four shorter routes. Steep, tough climbs and descents await you...

## Find the right trail for you

**● Green Easy**  
**Suitable for:** Beginner/novice cyclists. Basic bike skills required. Most bikes and hybrids. Some green routes can take trailers.  
**Trail and surface types:** Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. May include short flowing singletrack style sections.  
**Gradients and technical trail features (TTFs):** Climbs and descents are mostly shallow. No challenging features.  
**Suggested fitness level:** Suitable for most people in good health.

**■ Blue Moderate**  
**Suitable for:** Intermediate cyclists/mountain bikers with basic off road riding skills. Mountain bikes or hybrids.  
**Trail and surface types:** As 'Green' plus specially constructed single track. Trail surface may include small obstacles of roots and rock.  
**Gradients and technical trail features (TTFs):** Most gradients are moderate but may include short steep sections. Includes small TTFs.  
**Suggested fitness level:** A good standard of fitness can help.

**▲ Red Difficult**  
**Suitable for:** Proficient mountain bikers with good off road riding skills. Suitable for better quality off-road mountain bikes.  
**Trail and surface types:** Steeper and tougher, mostly singletrack with technical sections. Expect very variable surface types.  
**Gradients and technical trail features (TTFs):** A wide range of climbs and descents of a challenging nature will be present. Expect boardwalks, berms, large rocks, medium steps, drop-offs, cambers, water crossings.  
**Suggested fitness level:** Higher level of fitness and stamina.

**◆ Black Severe**  
**Suitable for:** Expert mountain bike users, used to physically demanding routes. Quality off-road mountain bikes.  
**Trail and surface types:** As 'Red' but with an expectation of greater challenge and continuous difficulty. Can include any useable trail and may include exposed open hill sections.  
**Gradients and technical trail features (TTFs):** Expect large, committing and unavoidable TTFs. Sections will be challenging and variable. May also have 'downhill' style sections.  
**Suggested fitness level:** Suitable for very active people used to prolonged effort.

## Forest roads & bike parks

**Forest road & similar**  
**Suitable for:** A wide range of cyclists. Most bikes and hybrids. Ability to use maps helpful. Routes may or may not be waymarked.  
**Trail and surface types:** Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. These roads may be used by vehicles and other users, including horse riders and dog walkers.  
**Gradients and technical trail features (TTFs):** Gradients can be variable and may include short steep sections. Occasional potholes may be present.  
**Suggested fitness level:** A good standard of fitness can help.

**■ Orange Bike park**  
**Suitable for:** Riders aspiring to an elite level of technical ability, incorporates everything from full on downhill riding to big-air jumps.  
**Trail and surface types:** Severe constructed trails and/or natural features. All sections will be challenging. Includes extreme levels of exposure and/or risk. Jumping ability obligatory.  
**Gradients and technical trail features (TTFs):** Will include a range of small medium and large TTFs, including downhill trails, freeride sections and mandatory jumps.  
**Suggested fitness level:** A good standard of fitness, but technical skills more important.