

Cycle map

The trails

Follow the Forest Code

- Guard against all risks of fire.
- Protect and respect wildlife, plants and trees.
- Keep dogs under control and clean up after them.
- Always be considerate to other forest users
- Place your litter in a bin and use the recycle station or take it home
- Take only memories away.



Discovery Trail ▶▶▶▶
Distance: 2.5km (1.5 miles)
● **Easy**
Beginners will really enjoy cycling this fully surfaced trail with stunning views and play features. Also used by walkers, you'll need to be a considerate cyclist.

Challenge Trail ▶▶▶▶
Short loop distance: 9.5km (5.9 miles)
Long loop distance: 12.3km (7.6 miles)
■ **Moderate**
A great confidence builder when moving on from the Discovery Trail. A combination of surfaces, some narrow sections and gentle gradients for intermediate cyclists. Add on the longer loop and build up your stamina.

Ridge Ride Trail ▶▶▶▶
Distance: 9km (6 miles)
▲ **Difficult**
A technical, fast and flowing trail. Tight corners and lively descents test your reflexes on this narrow singletrack route through the forest. Experienced riders only, with appropriate bikes and protective equipment.

Ridge Ride Extreme ▶▶▶▶
Distance: 1km (0.6 miles)
◆ **Severe**
This optional technical loop is more demanding than the previous sections of the Ridge Ride Trail. Expect routes, rocks, berms, drops and a step down.

Skills Area and Pump Loop
■ **Bike Park**
These areas are purpose-built to help cyclists develop new off-road skills, with numerous features for all abilities and a pump trail to help you find your flow. Suitable for novice to advanced riders.

Find the right trail for you

Green: Easy
Suitable for: Beginners in good health with basic bike skills. Most types of bike.
Trail: Relatively flat and wide.

Blue: Moderate
Suitable for: Riders in good health with basic off-road riding skills. Basic mountain bikes.
Trail: Some 'single-track' sections & small obstacles of root & rock.

Red: Difficult
Suitable for: Proficient mountain bikers with good off-road riding skills & fitness. Good mountain bikes.
Trail: Challenging climbs, tricky descents & technical features such as drop-offs & large rocks.

Black: Severe
Suitable for: Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.
Trail: Greater challenge & difficulty. Expect large & unavoidable features.

Forest roads & bike parks

Forest road & similar
Suitable for: Cyclists in good health. Map reading useful (routes not always marked). Most bikes.
Trail: Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.

Bike parks
Suitable for: Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory.
Trail: Extreme levels of exposure & risk. Large features.

Key

- Horse riding trail
- Trail markers
- Public roads
- Forest roads
- Forest path
- Public footpath
- The Ridge Cafe
- Picnic area
- Play area
- Viewpoint
- Forest Cycle Hire



Not every forest contains a bike park or full range of cycle trails. Visit: www.forestry.gov.uk to find more trails suitable for you.