

Minotaur mountain trail

Coed y Brenin



1. Protected Characteristic category

Age, disability

2. Partner organisations

- Coed y Mynydd Forest District, Dolgellau,
- Disability Sports Wales,
- Challenge your Boundaries,
- Wheels for All; and
- European funded project in partnership with Gwynedd Council and Visit Wales.

3. Project title and details of Initiative

MinorTaur blue grade mountain bike trail at Coed y Brenin - The trail was designed to introduce new mountain bikers to 'singletrack' off road cycling and to bridge the gap between forest road mountain biking and the red grade 'difficult' trails.

4. Initiative/Project aims and background

To assist the local Forestry Commission staff, various groups contributed to the project to make it as inclusive as possible. For example:

Good Practice case studies

- a number of disabled cyclists helped the team design the specifications of the trails,
- “Wheels for all”, brought a variety of adaptive bikes to the site to help establish which type of bike best suited the trail; and
- on opening, a local community group “Challenge your Boundaries”, provided leaders, equipment and coaching for disabled riders so they could enjoy and experience independent journeys off-road.

The new trail considers the needs of beginners, intermediate riders, families, young children and provides a means for active people with disabilities to regain access to the mountain wilderness, or experience it for the first time.

The trail contains two loops:

Loop 1

- Distance 3 Km, is the shortest of the options available.

Loop 2

- Distance 5km, adds on the end of Loop 1

The trail is wide enough for people using adaptive mountain bikes, three or four wheeled bikes that are usually hand cranked, but the mix of swooping berms, rollers and fast sections make it massive fun to ride for anyone, whatever their age, experience or ability.

For further information on the trail, bike hire and facilities please contact the [Coed y Brenin visitor centre](#) on 01341 440747.

5. Future plans

Further sections of trail, creating loop 3, are to be constructed over the next 2 years with the project finishing in December 2013.