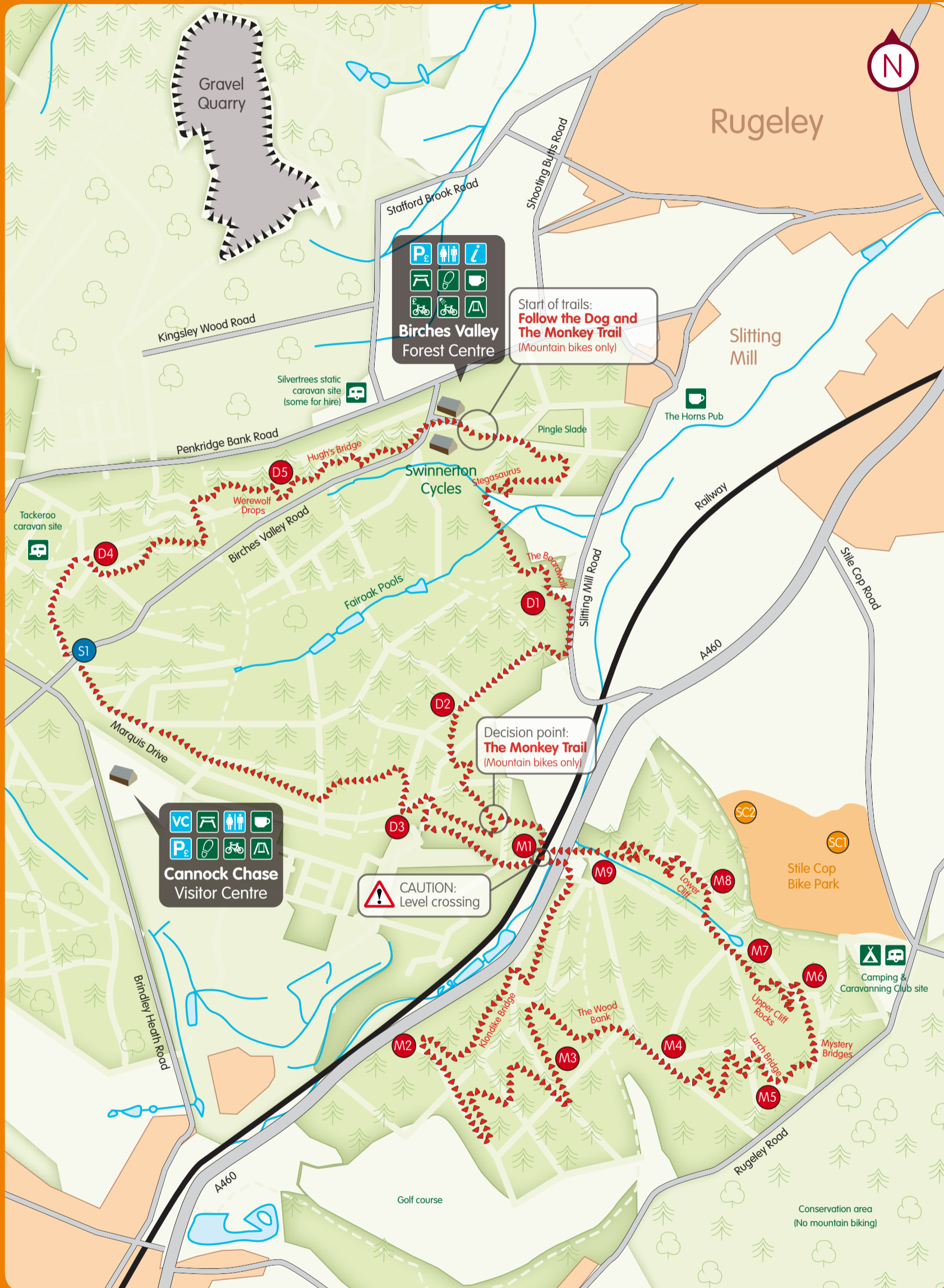


# Explore Cannock Chase bike trails



## Trail information

From Birches Valley Forest Centre

**▲ Follow the Dog ▶▶▶▶▶**  
11km/7 miles  
One way MTB trail

Cannock Chase's original and much loved dedicated mountain bike trail. A technical singletrack mountain bike trail which includes technical trail features. Built and maintained by volunteer group Chase Trails, Follow the Dog is constantly evolving and being improved. Current highlights include the 'Stegosaurus Rock Garden', 'The Boardwalk' and 'Tackeroo Blast'.

**▲ The Monkey Trail ▶▶▶▶▶**  
24km/15 miles  
(Distance includes Follow the Dog)  
One way MTB trail

The Monkey Trail start is reached via the Follow the Dog Trail. More physically and technically demanding than Follow the Dog, this singletrack mountain bike trail contains technical trail features and several black options (all black options and technical trail features rejoin the main trail). The Monkey Trail was built and designed in partnership with Chase Trails and features technical rock gardens, boardwalks, jumps and drops. The trail finishes with the awesome 'Lower Cliff' descent.

### Stile Cop Bike Park

Stile Cop features several extreme/ bike park graded downhill trails. Expect large, unavoidable technical trail features which require commitment and are not suitable for inexperienced riders. Stile Cop has been developed and managed in partnership with Chase Trails.

## Key

- Car park
  - Pay car park
  - Toilets
  - Information
  - Visitor centre
  - Cycling facilities
  - Cycle hire
  - Cycle wash
  - Picnic area
  - Play area
  - Walking trails
  - View point
  - Camp site
  - Caravan site
  - Refreshments
- ▶▶▶▶▶ One way (MTB only)  
M3 Orientation posts

0m 200 400 600 800 1km

## Waymarkers

- Multi-use trail
- Mountain biking trail
- Forest road
- Bridleway

## How our cycle route grading works

**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 'singletrack' sections and small obstacles of root and rock.

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

**Black: Severe**  
**Suitable for:** Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.  
**Trail:** Greater challenge and difficulty. Expect large and 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 and other users.

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