

Name **Cwmcarn Guided Mountain Bike Ride**

Location Cwmcarn Forest, Crosskeys, Caerphilly.
OS Ref ST 235 940
When/Cost 27 August, 10am. Free.
Special Features *Ride the newest route in Wales with our top mountain bike leader. Great views and a great cafe at the end. 10 miles for intermediate to advanced riders.*
Information Contact www.forestry.gov.uk/cwmcarnforest
Simon Harry, tel: 01495 270010

Name **Easy Access and Sculpture Trail**

Location Fforest Fawr, Tongwynlais, Cardiff.
OS Ref ST 132 829
Length/Difficulty 1.5 miles, Easy Access, 1 hour.
Special Features *Easy access trail through woodland with sculptures on route.*
Information Contact www.forestry.gov.uk/forestfawr
Barbara Spence, tel: 01639 710221

Name **The Larch Walk**

Location Afan Argoed Countryside Centre, Afan Forest Park, Naeth, Port Talbot.
OS Ref SS 820 950
Length/Difficulty 1.5 miles, Easy/Moderate, 1 hour.
Special Features *Starts at the Centre and passes the ruins of Argoed farm, interpretative panels and the 'mount stone'.*
Information Contact www.forestry.gov.uk/afanforestpark
Afan Forest Park leaflet
Barbara Spence, tel: 01639 710221



The 2002 forest fitness top ten sites are spread out all over Wales.



From spectacular mountain hikes and sheltered pinewood trails to quiet streamside walks and meandering tracks under old oak trees, Forestry Commission woodlands in Wales offer walks, bike trails and events for all ages and abilities to get fit in the forest.

Find out more from the contact details listed for each location or call

0845 FORESTS (367 3787)
or visit our website at
www.forestry.gov.uk/fitness



forest fitness
get fit in the woods of wales
Top 10 2002



Name **Llyn Elsi Trail**
Location Gwydyr Forest Park, Betws-y-Coed, Conwy.
OS Ref SH 795 565
Length/Difficulty 2.6 miles, Moderate, 2 hours
Special Features Climbs through mixed broadleaved woodland to the beautiful Lake of Llyn Elsi with magnificent views to Moel Siabod.
Information www.forestry.gov.uk/gwydyrforestpark
 Gwydyr Forest Park leaflet
Contact Kim Burnham, tel: 01492 640578



Name **Waterfalls and Goldmines Trail**
Location Coedy-Brenin Forest Park, Dolgellau, Gwynedd.
OS Ref SH 735 264
Length/Difficulty 3.8 miles, Moderate, 2 hours 30 mins
Special Features Walk to the beautiful waterfalls of Rhaeadr Mawddach and Pistyll Cain. The route passes old gold workings along the way.
Information www.forestry.gov.uk/coedy-breninforestpark
 Coedy-Brenin Forest Park leaflet
Contact Aled Thomas, tel: 01341 422289



Name **Blaenmelindwr Trail**
Location Bwlch Nant yr Arian Forest Visitor Centre, Nant Yr Arian, Ponterwyd, Ceredigion
OS Ref SN 718 813
Length/Difficulty 5 miles, Strenuous, 2 hours 30 mins
Special Features Provides stunning views throughout its length, rising to a viewpoint with panoramic views of the Rheidol and Melindwr valleys.
Information www.forestry.gov.uk/nant-yr-arianforest
Contact Simon Baldock, tel: 01970 890500



Name **The Marin Mountain Bike Trail**
Location Gwydyr Forest Park, Betws-y-Coed, Conwy.
OS Ref SH 795 566
Length/Difficulty 15.5 miles, Difficult, 2 to 4 hours
Special Features This trail is a proper mountain trail in every sense of the term. Big climbs, big descents, brilliant singletrack and truly awesome scenery making this a trail to remember.
Information www.forestry.gov.uk/gwydyrforestpark
 Gwydyr Forest Park leaflet
Contact Kim Burnham, tel: 01492 640578



Name **Karrimor Mountain Bike Route**
Location Coedy-Brenin Forest Park, Maesgwm Visitor Centre, Dolgellau, Gwynedd.
OS Ref SH 716 277
Length/Difficulty 21 miles, Difficult, 3 hours
Special Features A long demanding trail over a variety of terrain, much of it very technical. Contains one of the longest singletrack descents in the county (500m height loss).
Information www.forestry.gov.uk/coedy-breninforestpark
 Coedy-Brenin Forest Park leaflet
Contact Aled Thomas, tel: 01341 422289



Name **Source of the Severn Trail**
Location Hafren Forest, Llanidloes, Powys.
OS Ref SN 857 869
Length/Difficulty 7 miles, Strenuous, 4 hours 30 mins
Special Features An exciting new route to the source of the Severn. The source itself is marked by a large wooden post and lies at 620m altitude.
Information www.forestry.gov.uk/hafrenforest
Contact Simon Baldrock, tel: 01970 890500

Name **Afan Guided Mountain Bike Ride**
Location Afan Argoed Countryside Centre, Afan Forest Park, Naeth, Port Talbot.
OS Ref SS 820 950
When/Cost 29 August, 10am. Free.
Special Features Ride a Welsh classic with the help of our mountain bike leader. Amazing scenery on this 10 mile mountain bike trail for intermediate to advanced riders.
Information www.forestry.gov.uk/afanforestpark
 Afan Forest Park leaflet
Contact Simon Harry, tel: 01495 270010