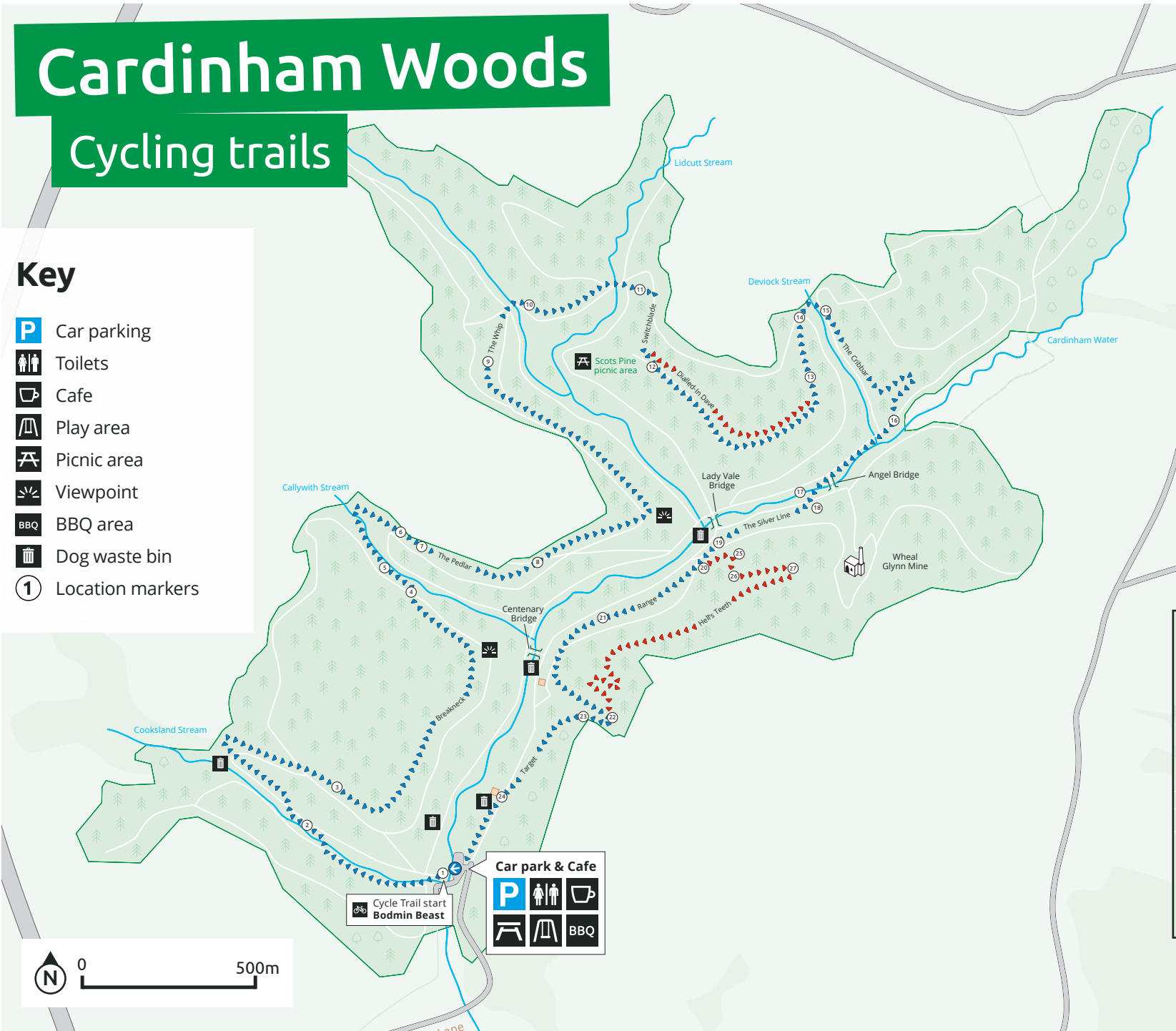


Cardinham Woods

Cycling trails

Key

- Car parking
- Toilets
- Cafe
- Play area
- Picnic area
- Viewpoint
- BBQ area
- Dog waste bin
- Location markers



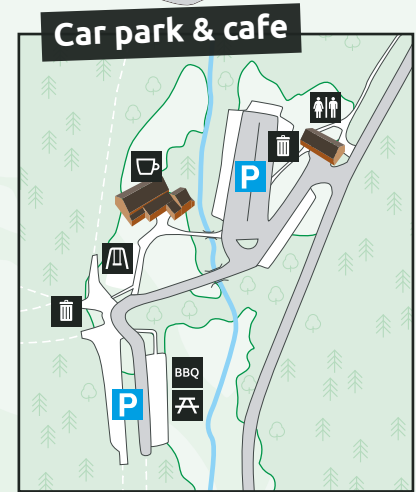
Emergency info

Key locations:
Cardinham Woods PL30 4AL
Grid Ref: SX100667

Nearest minor injury unit:
Bodmin Hospital, Boundary Road, PL31 2QT

Nearest A&E hospital facilities:
Derriford Hospital, Plymouth, PL6 8DH
or Treliske Hospital, Truro, TR1 3LQ.

In case of an emergency call 999.
Inform Forestry England on
T: 01208 76787





Forestry England

Cycling trails at Cardinham Woods

Enjoy an exhilarating ride through the forest on the Bodmin Beast trail!

Join today

As a member you'll be supporting Cardinham Woods and get free onsite parking, forest updates and discounts.

forestryengland.uk/membership

Forest code

- Protect and respect wildlife, plants and trees.
- Guard against all risks of fire.
- Keep dogs under control.
- Take your litter home.
- Make no unnecessary noise.
- Take only memories away.
- The forest is for everyone. Please be aware of other visitors.

Cycling safety

- Have the right bike and wear the right safety clothing for the type of riding you're doing.
- Cycle within your abilities.
- Don't rely on others; can you get home safely?
- Take care around other visitors, walkers and horses.
- Always follow warning signs, instructions and diversions.
- If a vehicle is loading timber, wait for the driver to let you pass.
- Expect the unexpected.
- Off-road cycling is an additionally hazardous activity carrying significant risks. It should only be undertaken when you understand those risks and can deal with them. The guidelines on this panel must always be used in conjunction with the exercise of your own experience and careful judgement.
- Routes may change due to tree felling or other forestry work. These works can be dangerous, so **follow all warning signs and instructions.**
- Motorbikes and quadbikes are not allowed on cycle trails.

Trail information

Bodmin Beast

Best Bosvena

12 km (8 miles)

Grade: Moderate

This exciting trail explores the wooded slopes of the Cardinham Valley. Encounter technical climbs and descents, snaking singletrack and features such as tight bermed corners, small step downs, rollers and table tops.

Hell's Teeth & Dialed-In Dave

Dens Yfarn & Dewi Fogellys

Grade: Difficult

These two sections can add 30 minutes to your ride. Develop your singletrack skills on 'Dialed-in Dave', or challenge yourself to the tough climbs and steep, narrow descents of 'Hell's Teeth'.



Is this cycling trail for you?

Green Easy	Blue Moderate	Suitable for: Riders in good health with moderate off-road riding skills. Basic mountain bikes. Trail: Some 'single-track' sections and small obstacles of root and 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	Orange Extreme	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.
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Finding your way

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

