**Bike trails**

**Birches Valley Forest Centre**

**Trail information**

**Follow the Dog**

10.8km/6.7 miles 75% singletrack
One way MTB trail

Connock 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 '14th Voltage', 'Bomb Hole' and Son of Chainslapper.

**The Monkey Trail**

22.8km/14.2miles 80% singletrack
(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 repin 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.

**Waymarkers**

- Multi-use trail
- Mountain biking trail
- Red trail (difficult)
- Green trail (easy)
- Blue trail (moderate)
- Yellow trail (light)

**How our cycle trails are graded**

- Suitable for: Beginners in good health with basic bike skills. Most types of bike. Trails relatively flat and wide.
- Suitable for: Riders in good health with basic off-road riding skills. Basic mountain bike skills.
- Suitable for: Proficient mountain bikers with good off-road skills & fitness. Good mountain bike skills.
- Suitable for: Expert mountain bikers with high level of fitness. Gruelling off-road mountain biking. Technical skills & fitness.
- Suitable for: Expert mountain bikers with expert technical skills & fitness. Technical skills & fitness.

**Forest roads**

- Suitable for: Cyclists in good health. Map reading useful (routes not always marked). Must be able to carry bikes up steps.

**Shared Trails**

- Suitable for: Extreme level riders with expert technical skills & fitness. Most trail features technical & fitness demanding.
- Suitable for: Extreme level riders with expert technical skills & fitness. Must be able to carry bikes up steps.

**Shared Trails**

- Suitable for: Extreme level riders with expert technical skills & fitness. Must be able to carry bikes up steps.

**Key**

- Play area
- Information
- Visitor centre
- Camp site
- Cycle hire
- Refreshments
- Forest road trailway
- Walking trails
- Cycle facilities
- Cycle wash
- Toilet

**Forest roads**

- Suitable for: Cyclists in good health. Map reading useful (routes not always marked). Must be able to carry bikes up steps.

**Shared Trails**

- Suitable for: Extreme level riders with expert technical skills & fitness. Must be able to carry bikes up steps.

**Multi-use trail**

- Suitable for: Beginners in good health with basic bike skills. Most types of bike. Trails relatively flat and wide.

**Mountain biking trail**

- Suitable for: Riders in good health with basic off-road riding skills. Basic mountain bike skills.

**Red trail (difficult)**

- Suitable for: Proficient mountain bikers with good off-road skills & fitness. Good mountain bike skills.

**Green trail (easy)**

- Suitable for: Beginners in good health with basic bike skills. Most types of bike. Trails relatively flat and wide.

**Blue trail (moderate)**

- Suitable for: Riders in good health with basic off-road riding skills. Basic mountain bike skills.

**Yellow trail (light)**

- Suitable for: Beginners in good health with basic bike skills. Most types of bike. Trails relatively flat and wide.