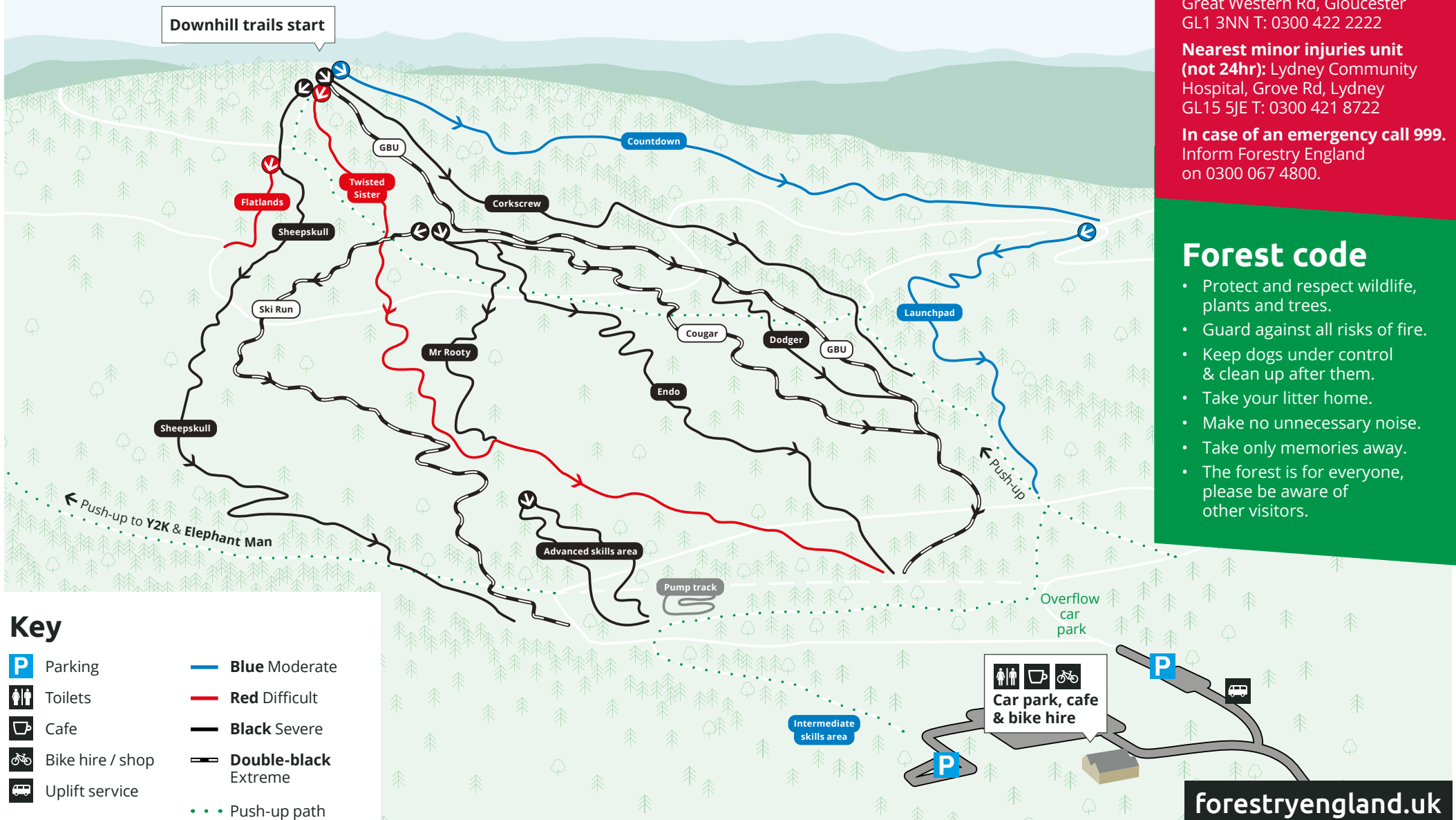


Forest of Dean

Downhill cycling trails



Emergency info

Key location:
 Forest of Dean Cycle Centre
Grid ref: SO 607125
W3W: ///editor.enlighten.mysteries

Nearest A&E hospital (24hr):
 Gloucestershire Royal Hospital
 Great Western Rd, Gloucester
 GL1 3NN T: 0300 422 2222

Nearest minor injuries unit (not 24hr): Lydney Community Hospital, Grove Rd, Lydney GL15 5JE T: 0300 421 8722

In case of an emergency call 999.
 Inform Forestry England on 0300 067 4800.

Forest code

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

forestryengland.uk



Forestry England

Downhill cycling trails at the

Forest of Dean

A mix of natural and built trails with a wide range of features. Before you ride, try the skills areas and check out the grading information for each trail.

Join today

As a member you'll be supporting the Forest of Dean and get free onsite parking, forest updates and discounts.

forestryengland.uk/membership

Cycling safety

Plan ahead

- Use the right bike and appropriate safety gear, and check they're safe to use. Always wear a helmet and gloves.
- Don't rely on others; make sure you can get back safely.
- Know your location if you need to call for help.

Stay in control

- Ride within your ability.
- Look first: only tackle jumps and other challenges if you're sure you can do them.
- Expect the unexpected.
- Off-road cycling is a hazardous activity carrying inherent risks. Consider your skills, ability, and fitness, and use these guidelines in conjunction with your own experience and careful judgement.

Ride responsibly

- Take care around other visitors, dogs and horses.
- Dogs are not allowed on cycle trails, except for shared use trails.
- Motorbikes and quadbikes are not allowed.
- Routes may change due to forestry work. Follow all warning signs and diversions.
- If a vehicle is loading timber, always wait for the driver to let you past.

How our cycling trails are graded

Green Easy	Expect: A mixture of climbs and descents with moderate gradients, technical features like tree roots and rock steps; jumps and berms. Rollable features at controlled speed. Variable surfaces.
Blue Moderate	Expect: A mixture of steep climbs, descents and/or avoidable features. Larger jumps, berms and rollable features at controlled speed. Technical features such as tree roots, drop-offs and large rocks. Very variable surfaces.
Red Difficult	Expect: Long, steep climbs, descents and jumps. Numerous hazards including drop-offs, sharp corners and difficult features. Rapid rate of surface change. Commitment required.
Black Severe	Expect: Very fast and steep descents. Large drop-offs, jumps and unavoidable obstacles that require high levels of skill and commitment. Extreme level of exposure or risk. Rapid rate of surface change.
Double-black Extreme	Expect: Gradients can be steep or variable. Surfaces may be uneven, loose or potholed. Navigation skills are useful (routes not always waymarked). Look out for vehicles, forestry work and other visitors.
Forest road & similar	