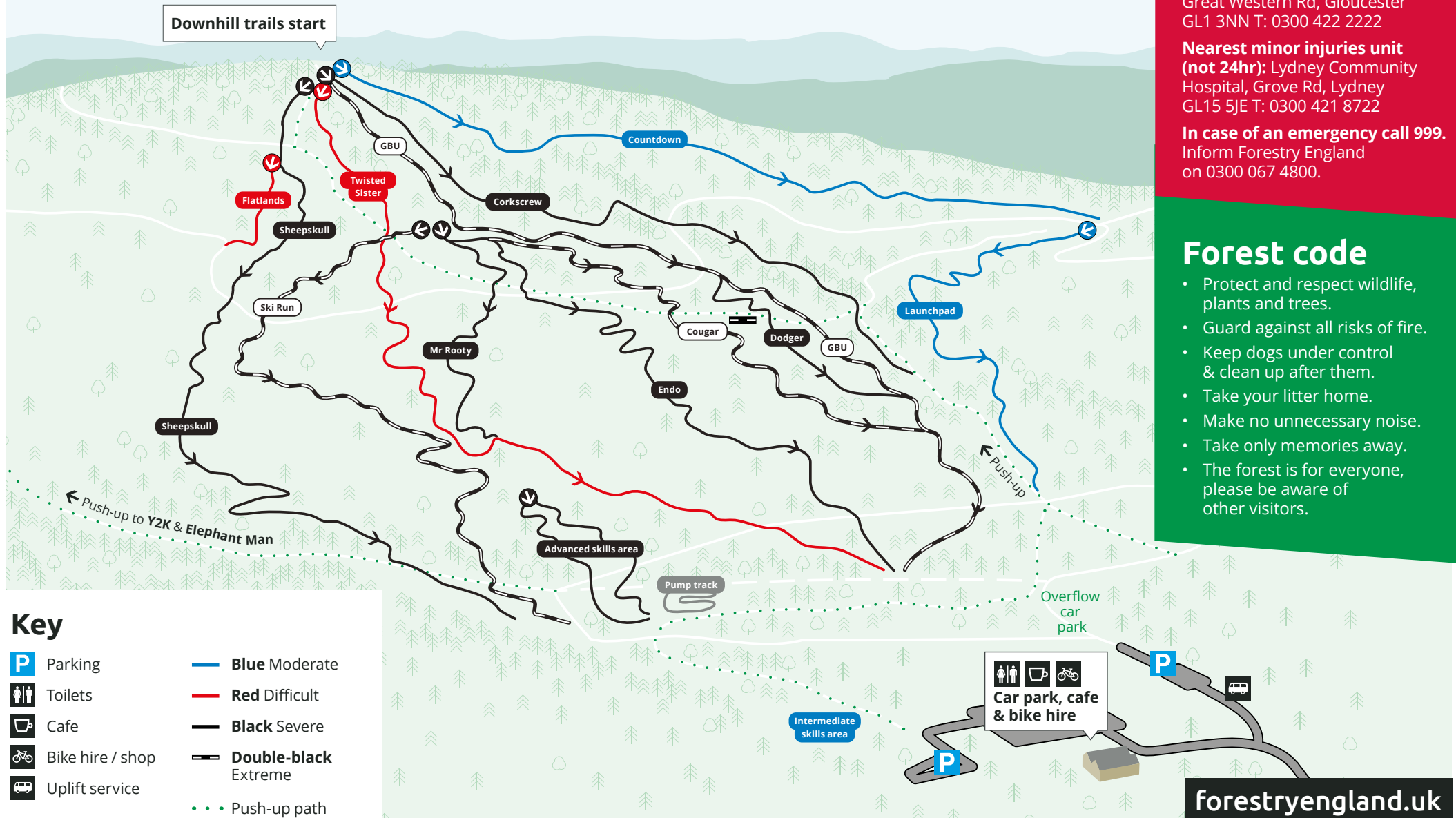


# Forest of Dean

## Downhill cycling trails





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](https://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

<b>Green Easy</b> ●	<b>Blue Moderate</b> ■	<b>Red Difficult</b> ▲	<b>Black Severe</b> ◆	<b>Double-black Extreme</b> ◆◆	<b>Forest road &amp; similar</b>
	<b>Expect:</b> 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.	<b>Expect:</b> 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.	<b>Expect:</b> Long, steep climbs, descents and jumps. Numerous hazards including drop-offs, sharp corners and difficult features. Rapid rate of surface change. Commitment required.	<b>Expect:</b> 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.	<b>Expect:</b> 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.