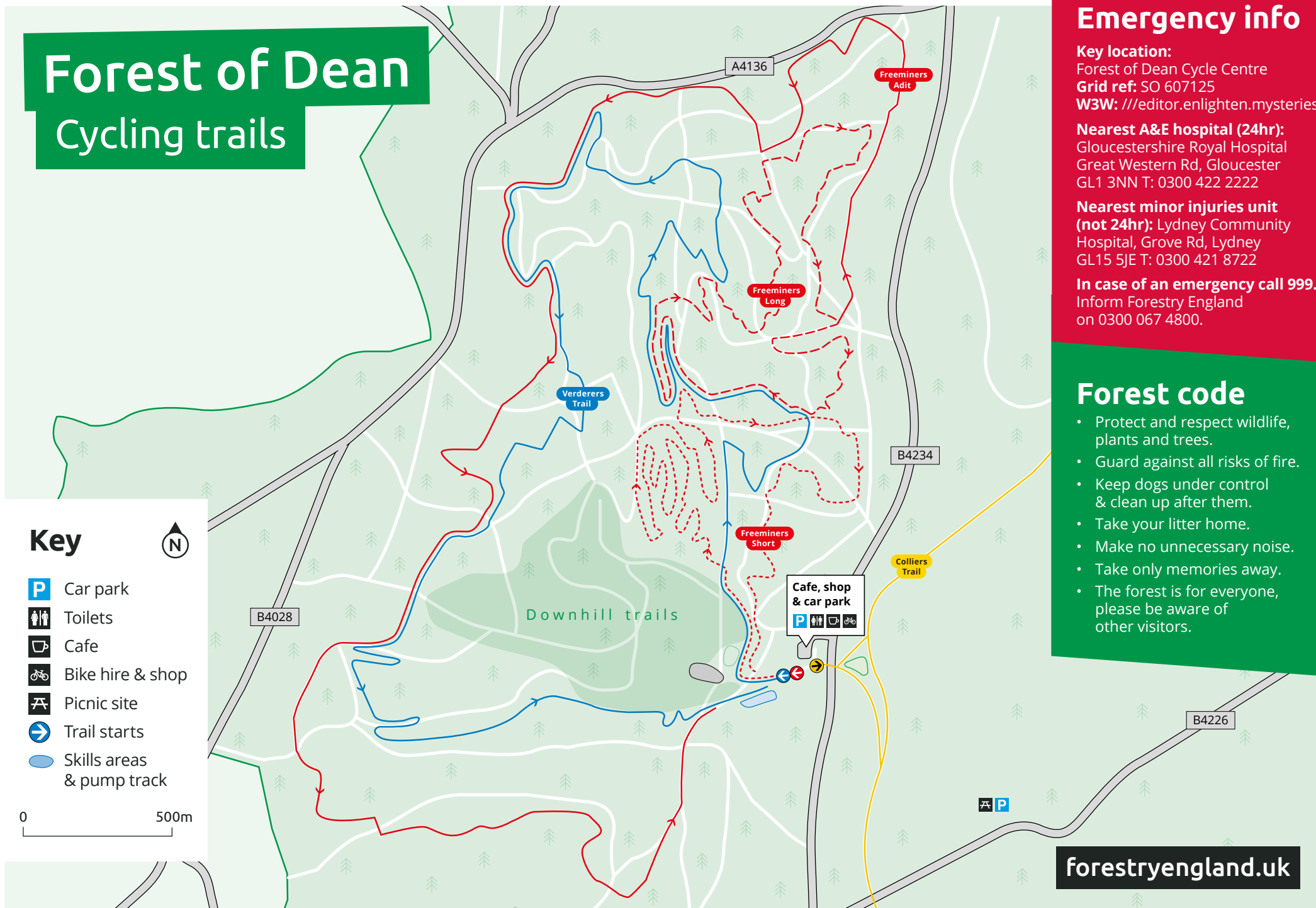


# Forest of Dean

## Cycling trails



## Emergency info

### Key location:

Forest of Dean Cycle Centre

**Grid ref:** SO 607125

**W3W:** [///editor.enlighten.mysteries](https://www.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](https://forestryengland.uk)

# Cycling trails at the Forest of Dean

The Forest of Dean Cycle Centre has something for everyone. Grab your helmet and head into the forest!

## Verderers Trail

**Grade: Moderate (blue)**  
11.3 km (7 miles)

The highly-rated Verderers Trail is an exciting and adventurous ride. Encounter different surface types, switchback climbs and flowing descents. There are plenty of features along the trail to hone your skills, such as rollers and berms.

## Freeminers Trail

**Grade: Difficult (red)**  
--- Short loop: 6.1km (3.8 miles)  
--- Long loop: 11.3km (7 miles)  
— Adit loop: 17.3km (10.7 miles)

This trail has three loop options of challenging singletrack, with a mix of natural and man-made features including tricky switchback climbs, rooty drops, boardwalks, tabletop jumps and tight descents.

## Colliers Trail

**Grade: Forest road**  
14.5 km (9 miles)

A route for all the family with links to villages and picnic sites. This gently undulating circular route follows former railway lines on mostly surfaced tracks, with one steeper downhill section. The trail is best ridden clockwise, and for a shorter ride, follow the signs for the **Hicksters Way Loop** for a total ride of 8 km (5 miles).

## 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)

## Downhill trails

These are short, fast trails with a large number of natural and built features spread across the hillside. The features range in size and difficulty, so check out the information for each trail before you ride.

Follow the push-up track to the top of the hill, or use the uplift service.

## 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.