Forest of Dean
Cycling trails

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.

Key

- **P** Car park
- Toilets
- Cafe
- Bike hire & shop
- Picnic site
- Trail starts

0 — 500m

Map labels

- A4136
- Freeminers Trail
- Verderers shortcut
- B4234
- Verderers Trail
- Freeminers Skills Area
- Old Bob's Trail
- Colliers Trail
- Downhill trails
- Cafe, shop & car park
- B4028
- B4432
- B4226

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Forestry England

Cycling trails at the
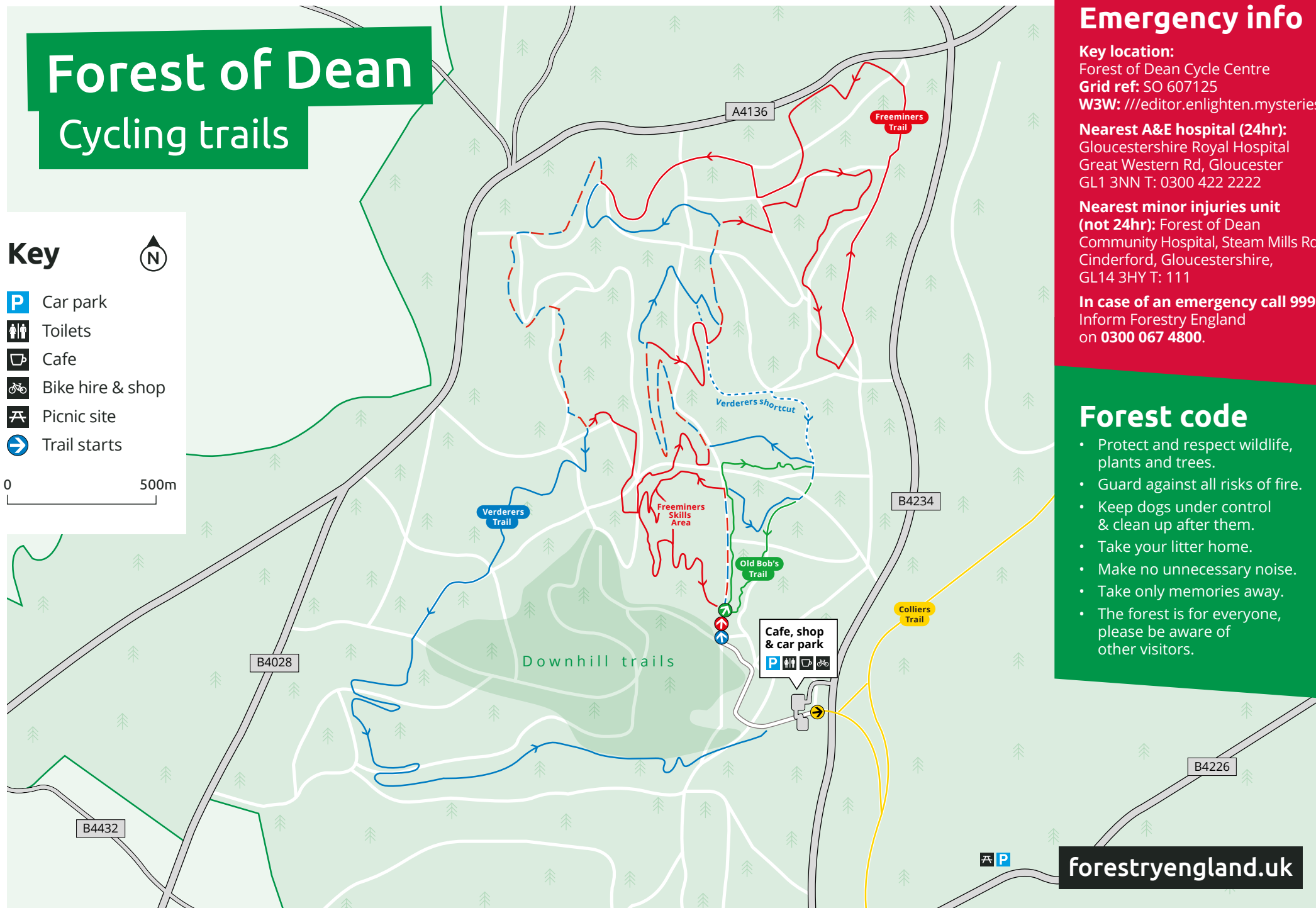
Forest of Dean

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

Old Bob's Trail

● **Grade: Easy (green)**
2 km (1¼ miles)

New to mountain biking? This trail is suitable for a wide range of bikes, including adaptive cycles and tag-a-longs. Gentle climbs lead onto fun, flowing tracks. We've provided rest areas along this route, as well as three optional skills areas for practising your off-road skills, with berms, rollers, bridges, boardwalks and rock gardens.

Verderers Trail

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

This highly-rated 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)**
12 km (7½ miles)

A classic cross-country trail, with challenging singletrack climbs, roots and switchback corners, plus a mix of natural, technical and flowing descents.

After about 1km you'll find a skills area for practicing rocky drops or tabletop jumps. From here, continue along the trail, or session the skills area and make your way back to the centre.

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. This is a shared use trail, so look out for walkers, dogs and runners. The trail is best ridden clockwise, and for a shorter ride, follow the signs for the **Hicksters Way** for a total ride of 8 km (5 miles).

Cycling safely

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.
- Expect the unexpected.
- Look first: only tackle jumps and other challenges if you're sure you can do them.
- Off-road cycling carries 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 cycling 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 ●	**Blue** Moderate ■	**Red** Difficult ▲	**Black** Severe ◆	**Double-black** Extreme ◆◆	Forest road & similar
Expect: Relatively flat, wide and smooth trails. May include gentle climbs, descents, rollers and berms, with easy to avoid features such as rocks and potholes. Surface might be loose, uneven or muddy at times.	**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.	**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.	**Expect:** Long, steep climbs, descents and jumps. Numerous hazards including drop-offs, sharp corners and difficult features. Rapid rate of surface change. Commitment required.	**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.	**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.