



Forestry England

Forest of Dean Family Cycle Trail

Set along historic railway lines with remnants of former coal mines, this trail is one of the best ways to explore the Forest of Dean.

Trail information

Family Cycle Trail — —

14.5 km (9 miles) 1 - 1½ hours

A circular route on specially surfaced paths, best cycled clockwise. The trail is gently sloping other than one long steep downhill section. The trail has two road crossings and one shared road with vehicles at Cannop Ponds picnic spot which are clearly marked in advance. There are optional 'fun zones' along the way, which are technical trail features for you to enjoy. This is a great trail for new riders of all ages, those using adapted bikes or towing cycle trailers.

Hicksters Way Loop — —

8km (5 miles) 45 minutes

If the Family Cycle Trail is too long, take a shorter ride from the Forest of Dean Cycle Centre or Beechenhurst on the Hicksters Way Loop.

Cycle through history with the free **Hidden Heritage App**. Available on **iOS** and **Android**.



How our cycle trails are graded

Green Easy

Blue Moderate

Red Difficult

Black Severe

Orange Extreme

Forest road & similar

Suitable for: Cyclists in good health. Map reading useful (routes not always marked). Most bikes.

Trail: Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.

Emergency information:

Key Location: Forst of Dean Cycle Centre

Grid reference: SO637093

Nearest public payphone:

By the barracks on the Parkend road.

Nearest hospital:

Minor Injuries Unit - Lydney & District Hospital, Grove Road, Lydney, Gloucestershire, GL15 5JE

In case of an emergency call 999.

Inform Forestry England on 0300 067 4800 (Mon to Fri, 9am - 3pm)

Forest code

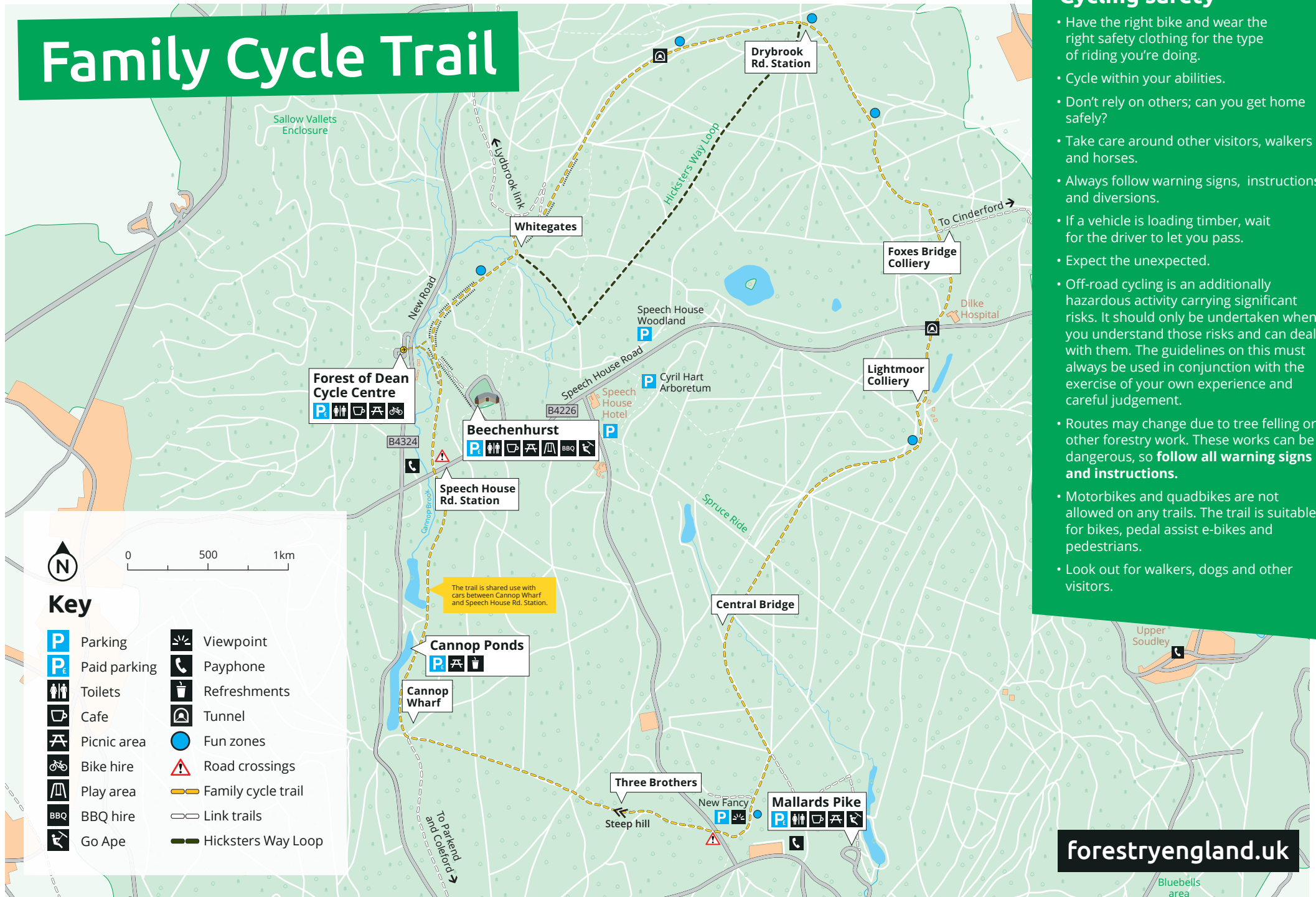
- Protect and respect wildlife, plants and trees.
- Guard against all risks of fire.
- Keep dogs under control.
- Take your litter home.
- Make no unnecessary noise.
- Take only memories away.
- The forest is for everyone, please be aware of other visitors.

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**

Family Cycle Trail



Cycling safety

- Have the right bike and wear the right safety clothing for the type of riding you're doing.
- Cycle within your abilities.
- Don't rely on others; can you get home safely?
- Take care around other visitors, walkers and horses.
- Always follow warning signs, instructions and diversions.
- If a vehicle is loading timber, wait for the driver to let you pass.
- Expect the unexpected.
- Off-road cycling is an additionally hazardous activity carrying significant risks. It should only be undertaken when you understand those risks and can deal with them. The guidelines on this must always be used in conjunction with the exercise of your own experience and careful judgement.
- Routes may change due to tree felling or other forestry work. These works can be dangerous, so **follow all warning signs and instructions**.
- Motorbikes and quadbikes are not allowed on any trails. The trail is suitable for bikes, pedal assist e-bikes and pedestrians.
- Look out for walkers, dogs and other visitors.

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