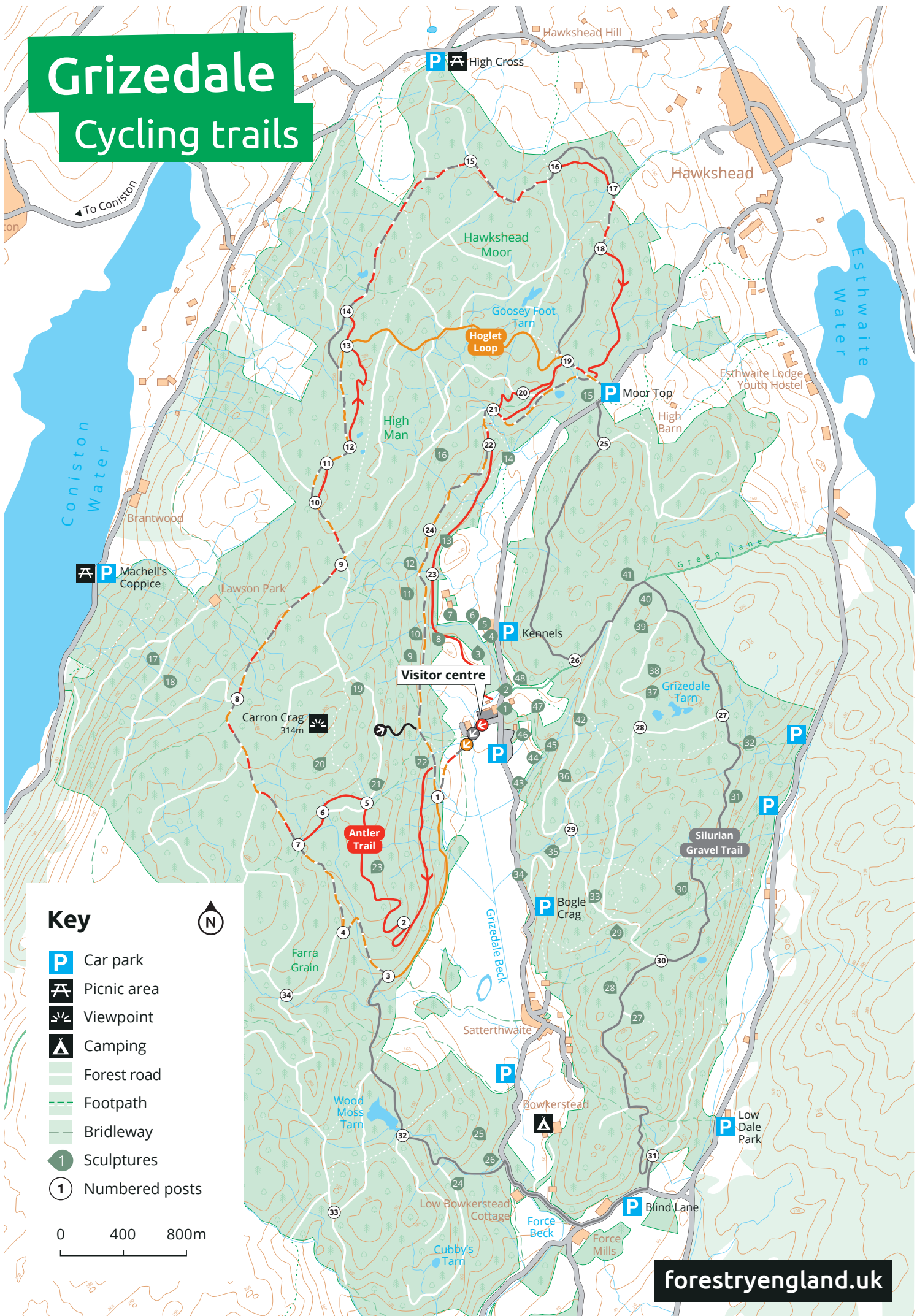











# Grizedale Cycling trails



## Key

-  Car park
-  Picnic area
-  Viewpoint
-  Camping
-  Forest road
-  Footpath
-  Bridleway
-  Sculptures
-  Numbered posts

0 400 800m



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# Cycling trails at Grizedale

Whether you've just bought your first bike, or you're happy shredding through rock gardens, Grizedale Forest offers a fantastic opportunity for natural cycling.



## Antler Trail —

▲ **Grade: Difficult (red)**  
17.5km (11 miles) 2½ hours

Our purpose built red MTB trail begins with a technical climb through beautiful oakwoods before progressing on to majestic vistas, boardwalks and other challenging technical features as well as fast, flowy downhill sections. The Antler Trail is suitable only for mountain bikes and requires a good level of skill and fitness.

## Razorback —

◆ **Grade: Severe (black)**  
1km (¾ mile)

An awesome blast of jumps, berms and steep descents. Not for the faint of heart, can be accessed after the first climb on the Antler Trail or by the nearby bridleway.

## Silurian Gravel Trail —

Grade: **Forest road**  
30km (18½ miles) 3½ hours

The ultimate Grizedale gravel adventure! There is never a dull moment on this trail with over 700m of climb and plenty of thrilling descents. The trail covers both sides of the valley and takes in many of the forest sculptures as well as some of the best views in Grizedale. Includes some short on-road sections.

## Hoglet Loop —

Grade: **Forest road**  
13.5km (8 miles) 2 hours

A great way to explore the western side of the forest, our shorter gravel loop takes you through some of the most interesting areas of the forest and gives great panoramic views both westward and to the north, taking in Coniston Old Man, the Langdale Fells and more.

## 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>
<p><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.</p>			<p><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.</p>		<p><b>Expect:</b> Gradients can be steep or variable. Surfaces may be uneven, loose or potholed. Navigation skills are useful. Look out for vehicles, forestry work and other visitors.</p>



**The forest is shared with walkers and other visitors, please ride carefully.**



**No electric motorbikes or scooters.**



## Emergency info

### Name & grid ref for key locations:

Grizedale Centre: SD 336 944  
Moor Top Car Park: SD 343 965

### Nearest access road:

Grizedale is signed from the minor road just past Hawkshead Primary School between Hawkshead (B5285) and Newby Bridge (A590)

### Nearest A&E hospital facilities:

Barrow in Furness: Furness General  
T: 01229 870870

### Nearest minor injury unit:

Kendal: Westmorland General  
T: 01539 732288

### In case of an emergency call 999

**Inform Forestry England:**  
0300 067 4495 / 0300 067 4270

**Defibrillators available at the visitor centre and in Satterthwaite village.**

## 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.