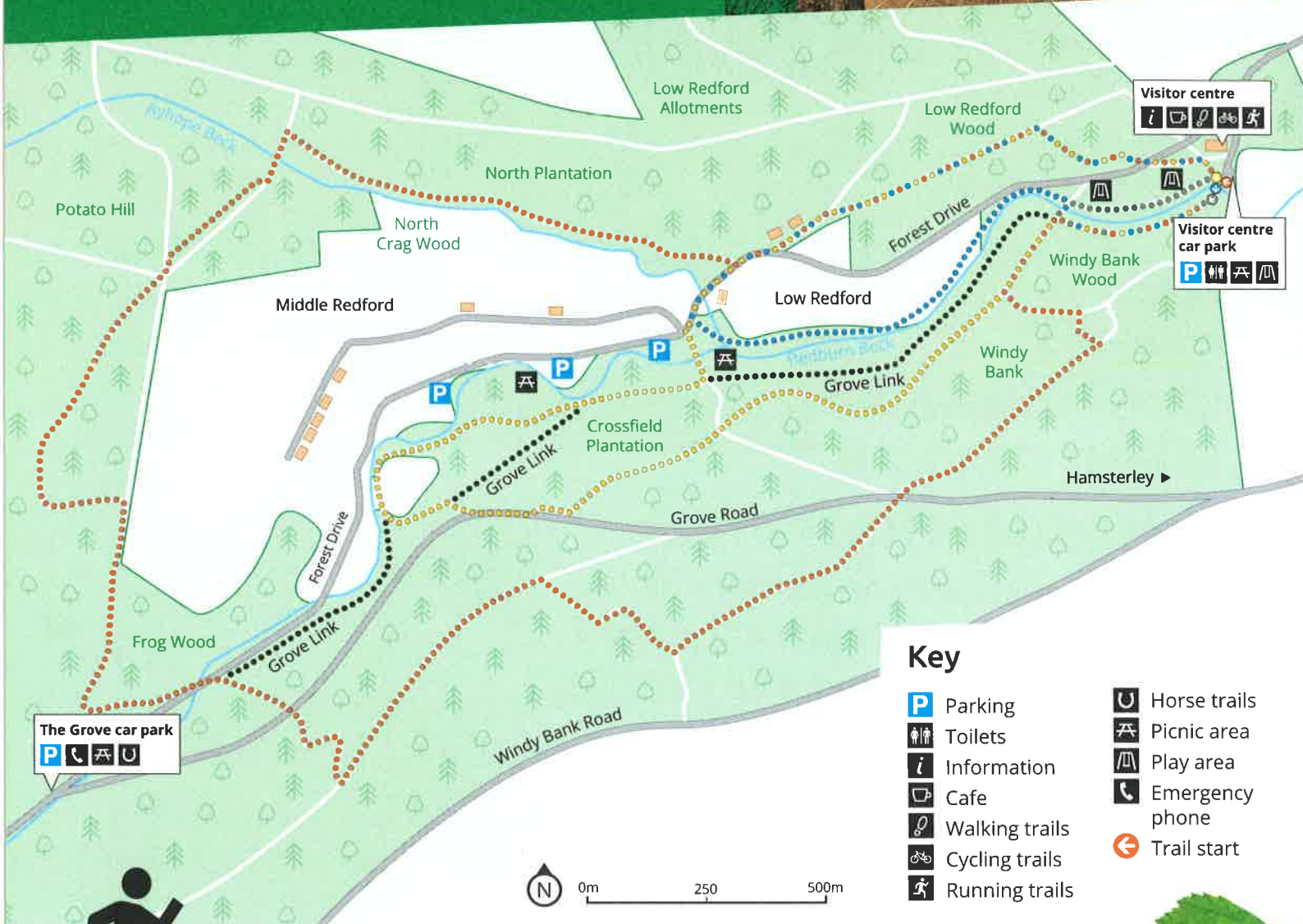


Hamsterley Forest running trails



Which route will you choose?

For all running routes follow the relevant coloured waymarker plaques. **These are multi-use trails so please be aware of other forest users.**

Trail information

1km Running Route ●●●

This route follows the beautiful Bedburn Beck and Viking Wild Play trail and is on flat forest tracks.

3km Running Route ●●●

A circular route, the first section is through the beautiful conifer plantation alongside the Bedburn Beck then the trail picks up pace towards the end where you find a steeper forest trail section.

5km Running Route ●●●

Follows the Bedburn Beck before climbing through beautiful mixed woodland high above the valley floor. The route then joins the Bedburn Beck at Low Redford before looping around an Oak Woodland.

7km Running Route ●●●

Initially following the Bedburn Valley and picking up an old drovers road, this route has narrow, rougher sections as well as some steeper ascents and descents.





Forestry England



When running in Hamsterley Forest

you'll experience clean outdoor air to keep your body and brain happy, and a traffic-free environment with stunning and varied scenery.

Running events

Hamsterley Forest holds numerous running events throughout the year for all ages and abilities.

For more information on what events are on in the forest this year head to forestryengland.uk

Re-fuel

Need to re-fuel after your run? Then visit our cafe for all your nutritional needs.

New to running

Our 1 and 3k routes are a great way to get started; set personal targets and build up slowly.

Get around!

Why not try our **walking or cycling trails?**
Pick up a map today!

Emergency info

Name: Hamsterley Forest, Bedburn, Hamsterley, County Durham, DL13 3NL

Access road: Bedburn on the C30 Wolsingham to Hamsterley Village.

Grid Ref Visitor Centre: NZ091312

Nearest A&E hospital facilities: Darlington Memorial Hospital, Hollyhurst Road, Darlington, DL3 6HX

In case of an emergency call 999

Inform Forestry England on: **01388 488312**

The forest code

- Protect and respect wildlife, plants and trees.
- Guard against all risks of fire.
- Keep dogs under control and clean up after them.
- Take your litter home.
- Make no unnecessary noise.
- Take only memories away.

Safety & equipment

- You'll need water, footwear and kit to suit the conditions.
- Always carry a phone for emergencies and let someone know where you are going. If you get into difficulty, note the nearest waymarker post number before seeking help.
- Be prepared for a mixture of surfaces including forest roads, gravel, grass and mud.
- Hamsterley Forest has multi-use trails, please be aware that you may come across walkers, dogs, mountain bikes, horses or vehicles at any time.
- Please be aware of your own fitness level and any health conditions you may have before choosing the route that best suits your ability. You may want to check with your doctor before starting a new exercise programme.

