



High Lodge Cycling trails

Beater Trail ▶▶▶

Starting from Nightjar car park
Grade: Blue – Moderate
Long loop 18km (11 miles)
Short loop 10km (6 miles)

Mostly single-track, winding through the trees and over obstacles such as roots. Appropriate for aspiring cyclists with moderate skill level who like a challenge. Not suitable for trailers, tagalongs and child seats.

Lime Burner Trail ▶▶▶

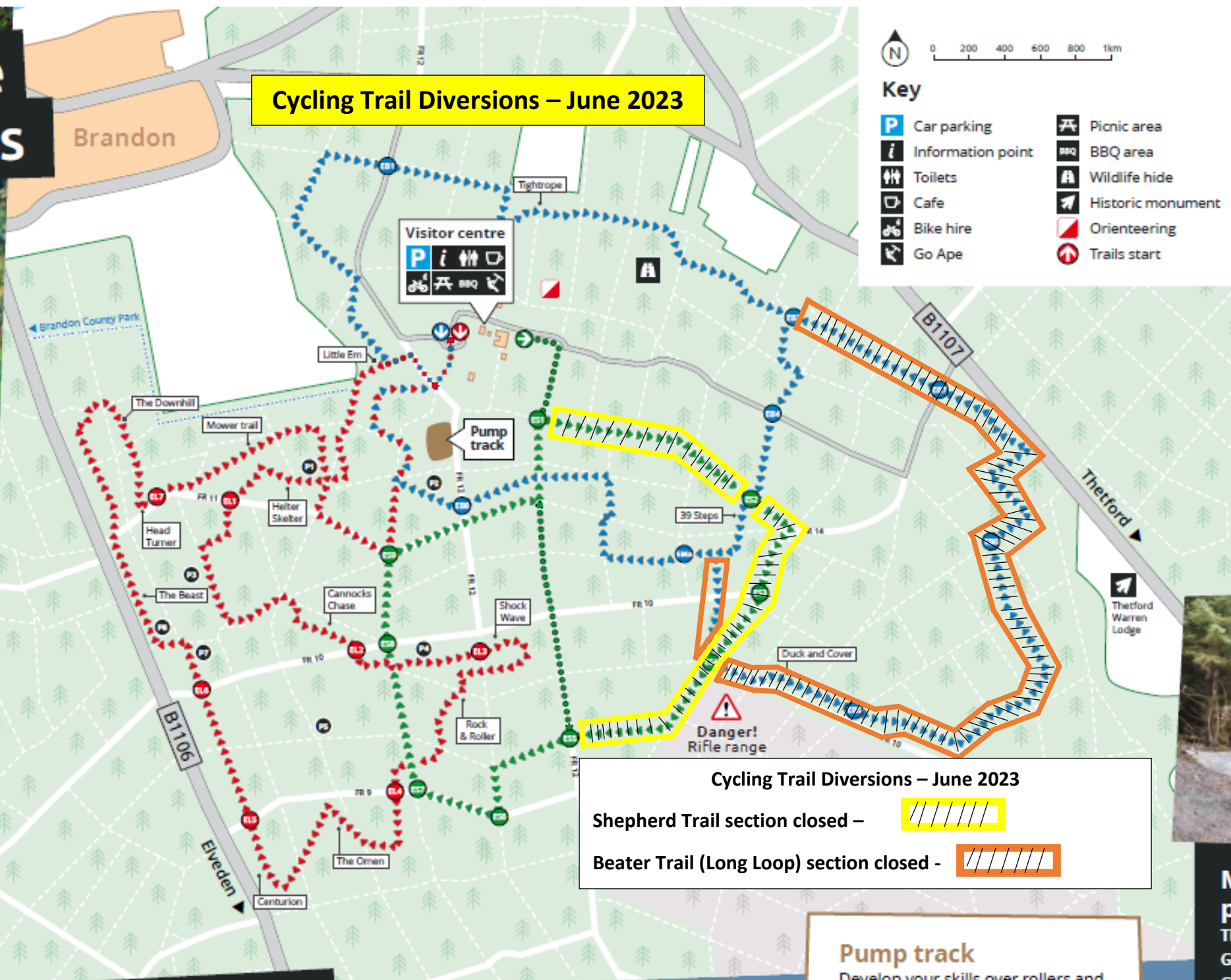
Starting from Nightjar car park
Grade: Red – Difficult
15km (10 miles)

Varied and changeable surface with technical features such as drop-offs, sweeping single-track, rock features and optional black graded pits. High levels of skill, endurance and off-road knowledge are required. Not suitable for trailers, tagalongs and child seats.

Shepherd Trail ▶▶▶

Starting from High Lodge
Grade: Green – Easy
8km (5 miles),
Shortcut 5½km (3½ miles)

A quiet family cycling trail for beginners, offering relatively flat, wide open forest roads, tracks and rides. Appropriate for most bikes, including tagalongs, trailers and child seats.



Is this cycling trail for you?

Green Easy	Suitable for: Beginners in good health with basic bike skills. Most types of bike. Trail: Relatively flat and wide.	Blue Moderate	Suitable for: Riders in good health with moderate off-road riding skills. Basic mountain bikes. Trail: Some 'single-track' sections and small obstacles of root and rock.	Red Difficult	Suitable for: Proficient mountain bikers with good off-road riding skills & fitness. Good mountain bikes. Trail: Challenging climbs, tricky descents & technical features such as drop-offs & large rocks.	Black Severe	Suitable for: Expert mountain bikers with high level of fitness. Quality off-road mountain bikes. Trail: Greater challenge & difficulty. Expect large & unavoidable features.	Orange Extreme	Suitable for: Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory. Trail: Extreme levels of exposure & risk. Large features.	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.
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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 panel 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 cycle trails.



Mountain bike pits and features

Throughout the forest
Graded: Severe
Greater challenge and difficulty. Expect large and unavoidable features. Expert skill, a high level of fitness and quality off-road mountain bikes are required. Not suitable for trailers, tagalongs and child seats.

- P1 Madgett's Pit
- P2 Squirrel Scamper
- P3 The Tent Peg
- P4 The Bracken Pit
- P5 Tom's Bomb Hole
- P7 The Skip
- P8 Howe's Run Pit