

Grizedale

Wild about... art & adventure

Experience all Grizedale has to offer on **two wheels**, from challenging climbs through to gentle slopes, all within a beautiful woodland setting. Take in the breathtaking scenery and discover our unique sculptures dotted around the forest. There are a number of waymarked trails to help you find your way.

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. Kendal: Westmorland

General **T: 01539 732288**.

Nearest public phone: Satterthwaite

village (by the pub) **SD 339 922**.

In case of an emergency call 999.

Inform the Forestry Commission:

0300 067 4270 / 0300 067 4495.

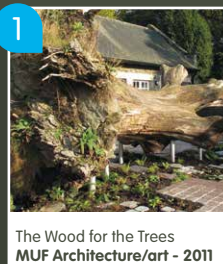
Defibrillator located at visitor centre

MTB safety

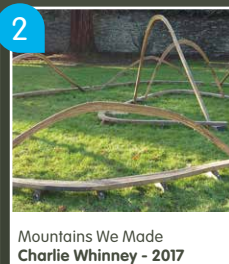
- Mountain biking is a potentially hazardous activity carrying a significant risk. It should only be undertaken with a full understanding of all inherent risks. The guidelines on this panel must always be used in conjunction with the exercise of your own experience, intuition and careful judgement.
- Routes may change owing to tree felling and other forest operations.
- On forest road and other non-dedicated MTB trails expect to meet other users. Give mountain bikers a good name and show respect at all times to other users.
- No motorbikes, quadbikes, dogs or horses are allowed on MTB trails.

Want to hire or repair your bike?

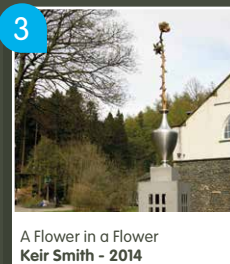
Visit **Grizedale Mountain Bikes** just across the beck from Grizedale Courtyard. Need refuelling after your long ride? Visit the **Grizedale Cafe** in the Courtyard. Contact **Grizedale Mountain Bikes: 01229 860335**



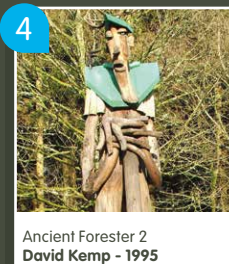
1
The Wood for the Trees
MUF Architecture/art - 2011



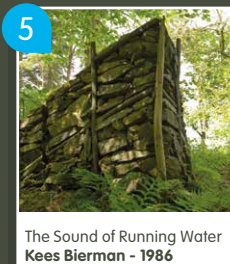
2
Mountains We Made
Charlie Whinney - 2017



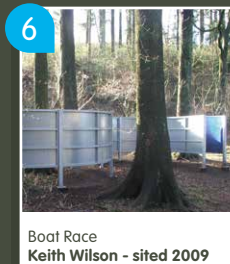
3
A Flower in a Flower
Keir Smith - 2014



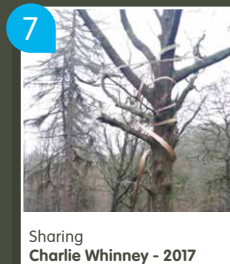
4
Ancient Forester 2
David Kemp - 1995



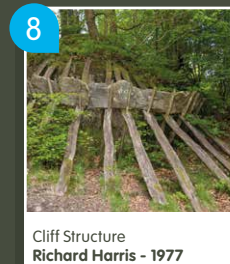
5
The Sound of Running Water
Kees Bierman - 1986



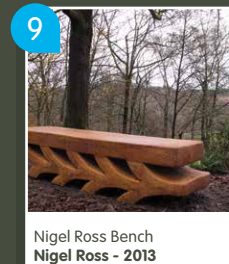
6
Boat Race
Keith Wilson - sited 2009



7
Sharing
Charlie Whinney - 2017



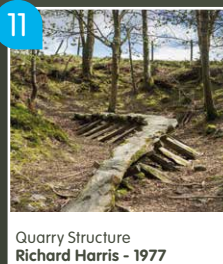
8
Cliff Structure
Richard Harris - 1977



9
Nigel Ross Bench
Nigel Ross - 2013



10
Midnight Feast
Mike Winstone - 1984



11
Quarry Structure
Richard Harris - 1977



12
Larch Arch
Jim Partridge
& Liz Walmsley - 1990



13
Clockwork Forest
greyworld - 2010



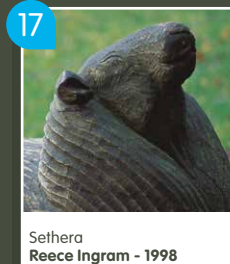
14
Sheltered Seat
Jim Partridge
& Liz Walmsley - 1990



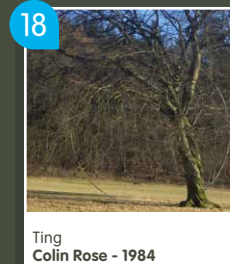
15
Blurpg's House
Sandgate School &
Paul Dodgson - 2000



16
Treeleaves Longh's House
Sandgate School &
Paul Dodgson - 2000



17
Sether
Reece Ingram - 1998



18
Ting
Colin Rose - 1984



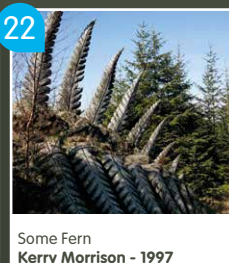
19
Janus
Robert Bryce Muir - 2017



20
Concrete Country
Lucy Tomlins - sited 2012



21
Red Sandstone Fox
Gordon Young - 1991



22
Some Fern
Kerry Morrison - 1997



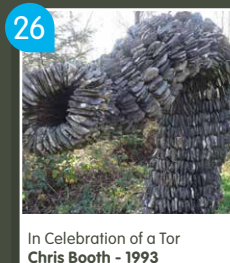
23
Romeo
Rupert Ackroyd
& Owen Bullet - 2011



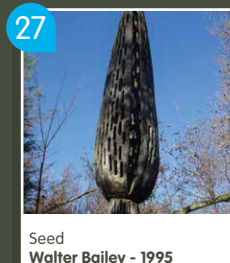
24
Please close the gate
(Picket Fence)
Gregory Scott-Gurner - 1998



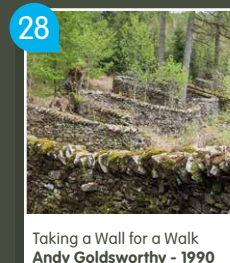
25
Living Space
Petre Nicolowski - 1990



26
In Celebration of a Tor
Chris Booth - 1993



27
Seed
Walter Bailey - 1995



28
Taking a Wall for a Walk
Andy Goldsworthy - 1990



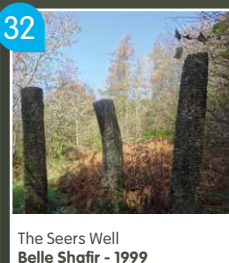
29
Touchstone
Gregory Scott-Gurner - 1998



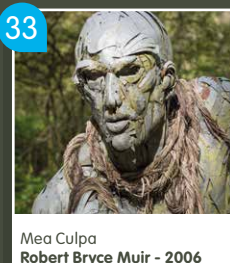
30
Cloak of Seasons
Walter Bailey - 1995



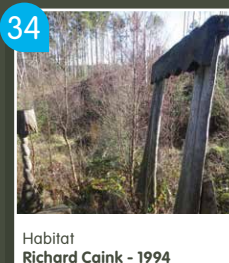
31
Light Columns I
Charles Bray - 1994



32
The Seers Well
Belle Shafir - 1999



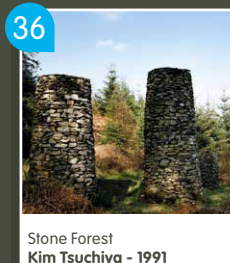
33
Mea Culpa
Robert Bryce Muir - 2006



34
Habitat
Richard Caink - 1994



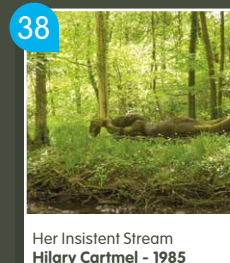
35
Light Column II & III
Charles Bray - 1995



36
Stone Forest
Kim Tsuchiya - 1991



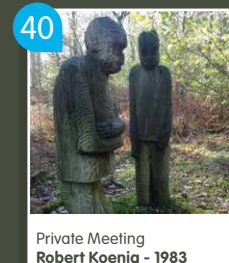
37
Last Rays of an English Rose
Keir Smith - sited 2009



38
Her Insistent Stream
Hilary Cartmel - 1985



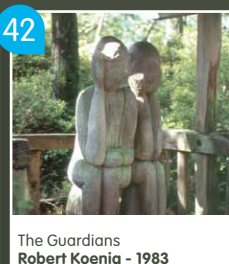
39
Meridian Owl
Zoe de L'isle Whittier - 1993



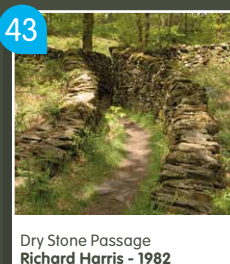
40
Private Meeting
Robert Koenig - 1983



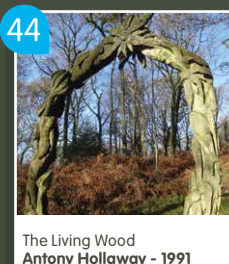
41
Lady of the Water
Alannah Robins - 1995



42
The Guardians
Robert Koenig - 1983



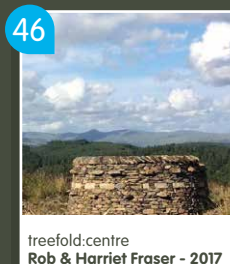
43
Dry Stone Passage
Richard Harris - 1982



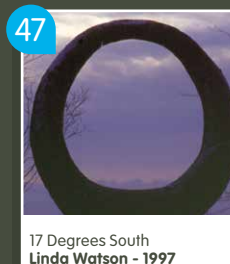
44
The Living Wood
Antony Hollaway - 1991



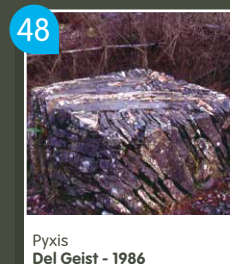
45
Silurian Cant
Pat Leighton - 1986



46
treefold:centre
Rob & Harriet Fraser - 2017



47
17 Degrees South
Linda Watson - 1997



48
Pyxis
Del Geist - 1986



49
Columns
Giles Kent - 1996

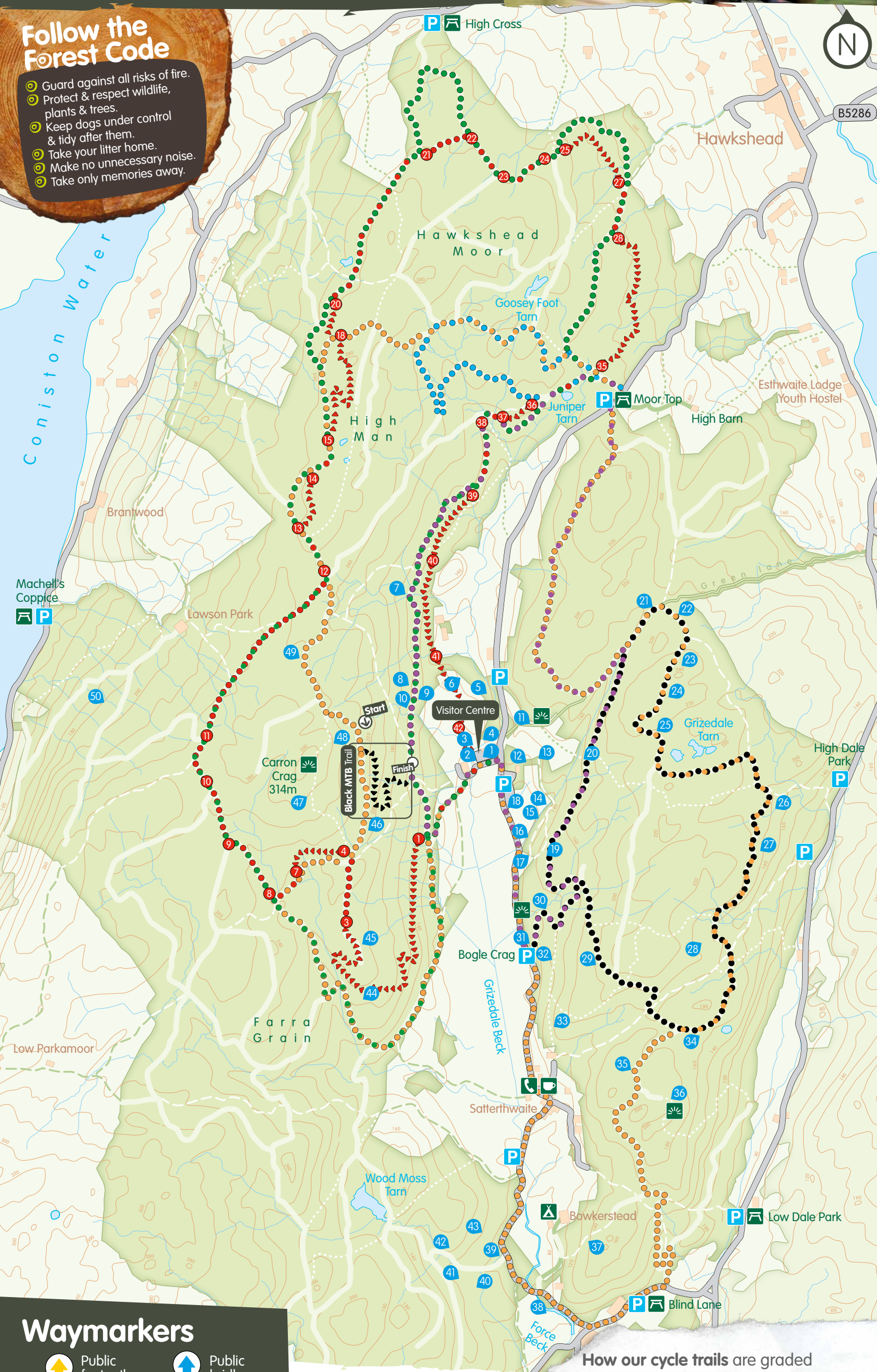


50
The Forest and the Forester
Graham Fagan - 2002

Grizedale biking

Follow the Forest Code

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



Trail information

All trails **except** The North Face & The Black Trail are on forest road

From the visitor centre

Moor Top Trail ●●●

Grade: **Forest road & part public road**
11.5 km (7 miles), 1½ hours

Take a journey through our ancient oak woodlands on the lower slopes of the valley. A great place to hear forest bird life, especially if you are cycling early or late in the day.

Hawkshead Moor Trail ●●●

Grade: **Forest road**
17 km (10.5 miles), 2½ hours

This trail covers a large part of the western side of the forest and gives wonderful panoramic views, both west towards Coniston Old Man and North towards Ambleside, the Langdale fells and Helvellyn beyond.

Silurian Way ●●●

Grade: **Forest road & part public road**
23.5 km (14 miles), 3½ hours

Many of the artworks can be accessed along this trail, covering both sides of the Grizedale Valley and taking in contrasting forest habitats and wonderful views. Be prepared for the hills though!

The North Face MTB Trail

Grade: **▲ Red Difficult**

●●● Forest road sections

▶▶▶ Singletrack (one-way)

16 km (10 miles), 2½ hours

Purpose-built MTB trail, offering adrenalinising sections of singletrack descent and leg burning climbs. Be warned, there are plenty of challenging boardwalks. This trail is suitable for mountain bikers only and requires a high level of skill and fitness.

The Black MTB Trail

Grade: **◆ Black Severe**

▶▶▶ Singletrack (one-way)

1 km (0.8 miles)

An awesome blast of jumps and berms, with steep descents, not for the faint hearted. There is a split along this section, watch out for the signs and only do the double diamond run if an expert rider.

From Moor Top

Goosey Foot Tarn Trail ●●●

Grade: **Forest road**
3.5 km (2 miles), 30 mins

The shortest of our waymarked cycle trails, but there are still small hills involved, so be warned! The trail takes you past Goosey Foot and Juniper Tarns, two of our 20 or so man-made tarns.

From Bogle Crag car park

Grizedale Tarn Trail ●●●

Grade: **Forest road**
10 km (6 miles), 1½ hours

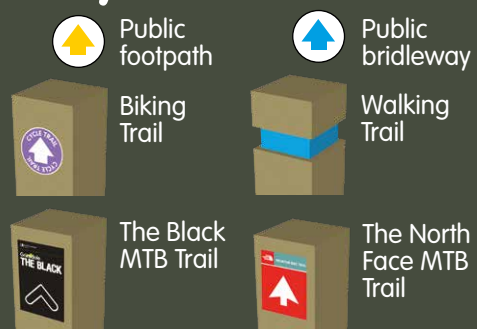
Watch out... Bogle means ghost! Discover lovely woodland views and find a variety of sculptures, including the iconic 'Taking a Wall for a Walk' by Andy Goldsworthy.



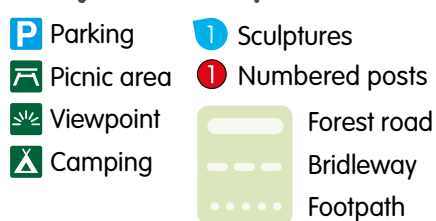
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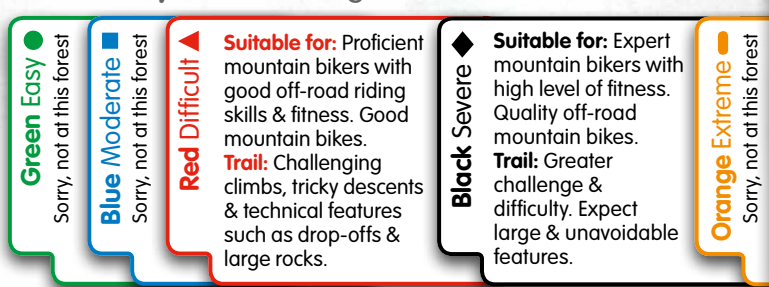
Waymarkers



Key to map



How our cycle trails are graded



Forest roads

