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.

**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. One mountain biker a good name and show respect at all times to other users.
- No motorbikes, quadbikes, dogs or horses are allowed on MTB trails.
- Inform the Forestry Commission: 0300 067 4270 / 0300 067 4495.
- In case of an emergency call 999.
- Defibrillator located at visitor centre.
- Nearest A&E hospital facilities: Kendal: Westmorland General T: 01539 732288
- Nearest public phone: Satterthwaite village (by the pub) SD 339 922
- Nearest access road: Grizedale is signed to help you find your way.
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**Emergency info**

Name & grid ref for key locations:

Grizedale Centre: SD 336 944
- Moor Top Car Park: SD 343 945
- Grizedale is signed
- Nearest access road: Grizedale is signed
- Nearest A&E hospital facilities: Kendal: Westmorland General T: 01539 732288
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**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
Follow the Forest Code

- Guard against all risks of fire. Protect & respect wildlife, plants & trees.
- Keep dogs under control & tidy up after them.
- Make the unnecessary noise.
- Take only memories away.

Key to map

P Parking
A Picnic area
Q Sculptures
M Numbered posts
F Forest road
B Bridleway
W Footpath

How our cycle trails are graded

- Red: Difficult
- Green: Easy
- Blue: Moderate
- Orange: Severe

Grade:
- Suitable for: Cyclists in good health. Map reading useful but not always marked.
- Most bikes.

Forest roads:
- Suitable for: Most bikes. Trails can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.

Waymarkers

Public footpath
Biking Trail
Public bridleway
Walking Trail
The Black MTB Trail
The North Face MTB Trail

Hawkshead Moor Trail
Grade: Red Difficult
16 km (10 miles), 2½ hours
Purpose-built MTB trail, offering adrenaline 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
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.

Goosey Foot Tarn Trail
Grade: Red Difficult
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.

From Moor Top

Grizedale Tarn Trail
Grade: Forest 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!

Silurian Way
Grade: Forest road & part public road
23.5 km (14 miles), 3½ 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.

From Bogle Crag car park

The North Face MTB Trail
Grade: Black Severe
17 km (10.5 miles), 2½ hours
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
11.5 km (7 miles), 1½ hours
Take a journey through our ancient oak woodlands on the lower slopes of the valley.

The Black MTB Trail
Grade: Black Severe
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
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