



Forestry Commission  
England

# MALLARDS PIKE LAKE & WENCHFORD

Relax in this picturesque area that stretches from Mallards Pike Lake to the popular picnic site of Wenchford



**Family Cycle Trail**  
The Family Cycle Trail can be joined from Mallards, follow the signage from near Go Ape

## Mallards Pike Lake & Wenchford trails

**Mallards Pike path** (not waymarked)  
0.8km (½ mile) 30 minutes

This lakeside path is surfaced for wheelchairs and pushchairs. There are several benches along the way to stop and enjoy the scenery, watch the ducks or the occasional watersport activities on the lake.

**Wenchford Trail**  
3km (1.8 miles) 1 hour

This path links Mallards Pike to the popular summer picnic site of Wenchford. Following a stoned forest road for most of its length, the path runs through woodland rich in relics of its industrial past.

**Blackpool Brook Trail**  
1km (0.6 miles) 30 mins

Wenchford is a great spot for a relaxing picnic or BBQ. There is a short surfaced trail around the site.

**The Soudley Circles Walks**  
5km (3 miles) 2 hours

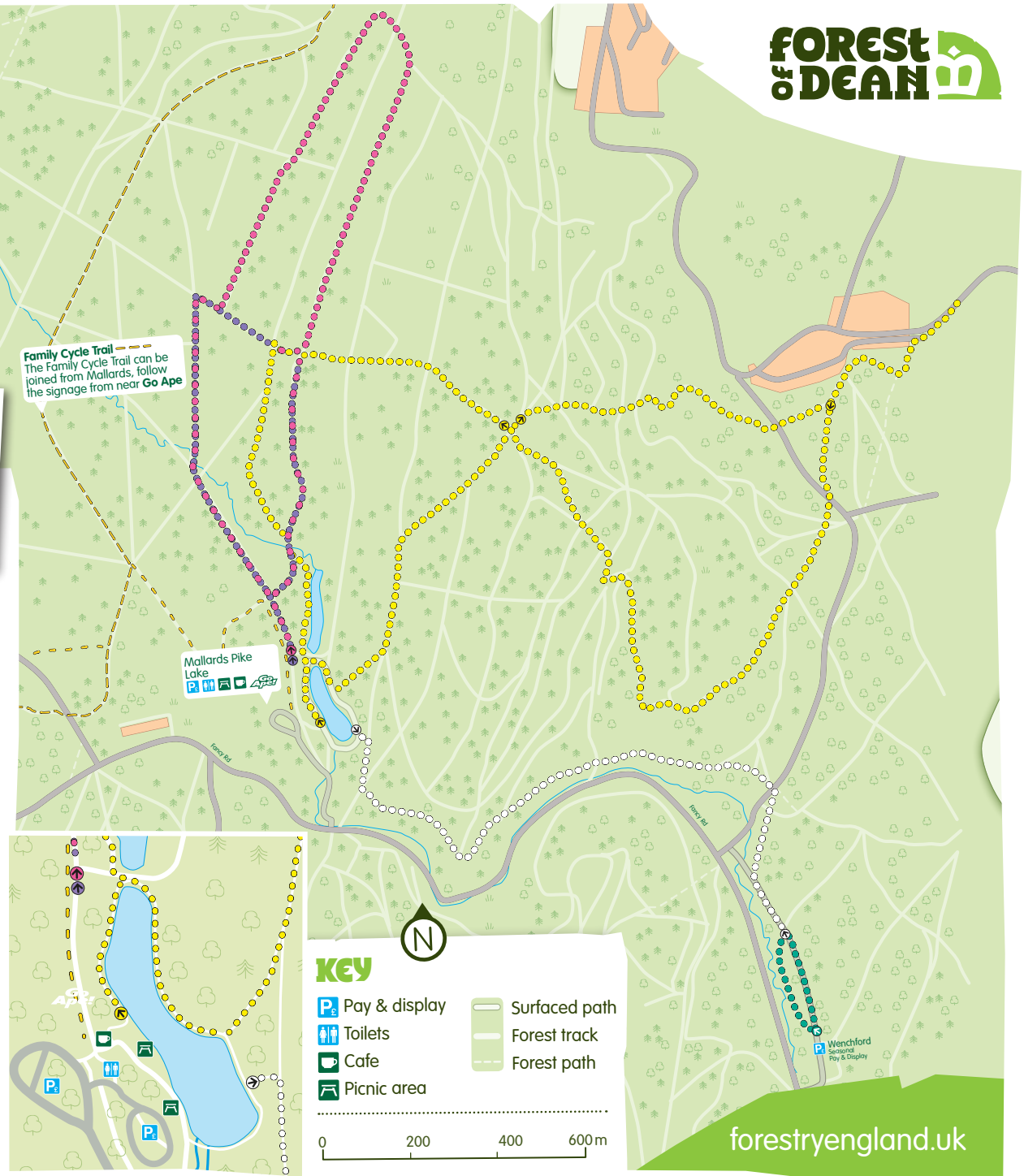
The Forest of Dean Ramblers have three circular walks between Mallards Pike and Soudley Ponds, each three miles in length, with climbs and a variety of views. The walks can be combined into a pleasant ten mile hike. Full detailed route available from [fodramblers.org.uk](http://fodramblers.org.uk)

**5km Running Trail**  
(3.1 miles) 2 hours if walking

Joggers and serious runners will enjoy this surfaced track with km markers along the trail. It is also suitable for a short family cycle ride. The trail follows a wide forest road with a gradual climb uphill for the first half.

**3km Running Trail**  
(1.8 miles) 1 hour if walking

The trail follows the majority of the 5km route but has a short hill climb in the northern section.



# CYCLING & WALKING IN THE FOREST

Check out the forest code and prepare for a walking & cycling adventure...

## Emergency info

**Name and grid ref. of main visitor location:**

Mallards Pike Lake. SO637093

**Nearest access road:**

Parkend to Nibley Road

**Mobile phone coverage:** Poor

**Nearest public payphones:**

By the barracks on the Parkend road.

**Minor injuries Unit:**

Dilke Hospital, Speech House Road, Cinderford GL14 3HZ

**Nearest A&E hospital:**

Gloucestershire Royal Hospital, Great Western Road, Gloucester GL1 3NN

**In case of emergency:** Call 999. Inform the Forestry Commission  
t: 0300 067 4800

(Mon to Fri, 9am–3pm)

e: westenaland@forestryenland.uk

## Safety info

● Mountain biking is a potentially hazardous activity carrying a significant risk. It should only be undertaken with a full understanding of all inherent risks. These guidelines 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.

● Please keep dogs under control.

● **No motorbikes, quadbikes or horses** are allowed on the trail.



## Mallards Pike Lake

- Cafe
- Running trails
- Gruffalo orienteering
- Tree top adventure
- Segways
- Family cycle trail access

How our cycle trails are graded



Forest roads

**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.

## Forest Cycle Code



### Don't rely on others

- Can you get home safely?
- Carry the right equipment and know how to use it.



### For your safety

- Wear the right safety clothing; a cycle helmet and gloves.
- Cycle within your abilities.
- Look first! only tackle jumps and other challenges if you are sure you can do them.
- Train properly, especially for difficult and technical routes.



### On and off road

- Expect the unexpected. Watch out for other visitors.
- Stay safe: always follow warning signs and any advice you are given.
- If a vehicle is loading timber, wait for the driver to let you pass.



### Cycle carefully & come back soon!