



Forestry Commission
England

**FOREST
of DEAN**

SYMONDS YAT ROCK

Embrace spectacular views, watch peregrine falcons from Symonds Yat Rock and enjoy riverside walks alongside the scenic River Wye

Symonds Yat Rock trails

Symonds Yat Trail ○ ○ ○

2 km (1.2 miles) **45 mins**

This circular walking trail follows tracks through the Iron Age fort and attractive woodland.

Mailscot Wood Trail ● ● ●

6 km (4 miles) **2½ hours**

Absorb a panoramic view of the river and pass through a wonderful mosaic of trees on this challenging hilly walk.

Bracelands to the Wye ● ● ●

2.6 km (1.6 miles) **1 hour**

A simple route that follows a forest track from the southern edge of Bracelands. Look out for cars and coaches that also use this track.

Woodlands Trail ● ● ●

1.6 km (1 mile) **35 mins**

Take an easy circular walk on well surfaced trail through mixed woodland.

Christchurch to Symonds Yat Walk ● ● ●

5.2 km (3.2 miles) **1½ hours**

This level to gently sloping linear track runs direct to Symonds Yat Rock.

The Highmeadow Trail ● ● ●

17 km (11 miles) **5 hours**

The Ramblers' circular forest walk is rewarding, but with steep gradients and muddy in places. Full, detailed route available from fodramblers.org.uk

Symonds Yat Rock to Biblins Loop ● ● ●

4.5 km (2.8 miles) **1½ hours**

This route is not specifically waymarked, but follows public footpaths. Start by descending steep steps to join the Peregrine Path. Cross the river over the bridge and return along the public footpath.

Bracelands Cycle Trail ● ● ●

Short loop: 2.8 km (1.75 miles)

20 mins cycle, 1 hours walk (Green Easy ●)

A short circular route that follows a level to gently sloping forest track.

Symonds Yat Rock Cycle Trail ● ● ●

5.2 km (3.2 miles) **25 mins cycle, 1½ hours walk (Blue Moderate ■)**

A track through woodlands, with one steep downhill section. Cyclists should dismount around Symonds Yat Rock. This route can also be taken on foot.

Peregrine Path ● ● ●

5.2 km (3.1 miles)

25 mins cycling or 1½ hours walk

This Sustrans route connects Symonds Yat East and Monmouth. sustrans.org.uk

The river crossing on The Highmeadow Trail and the Symonds Yat Rock to Biblins loop (return loop) is only possible when river levels allow the running of Saracens Head hand ferry. To check, call The Saracens Head on 01600 890435.

KEY

- Parking
- Pay & display
- Toilets
- Viewpoint
- Cafe
- Camping
- Caravanning
- Surfaced path
- Forest track
- Forest path

0 200 400 600m



forestryengland.uk

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:
Symonds Yat Rock. SO562156

Nearest access road:
B4432 from Christchurch.

Mobile phone coverage:
Good around main facilities, poor on trails.

Nearest public payphones:
On the public road, east of the hill fort.

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: westengland@forestryengland.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.



Symonds Yat Rock

- Cafe
- Stunning view
- Walking trails
- Iron Age hillfort
- Peregrine falcon viewing

How our cycle trails are graded

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 basic off-road riding skills. Basic mountain bikes.
Trail: Some 'single-track' sections & small obstacles of root & rock.

Red Difficult

Black Severe

Orange Extreme

Forest roads

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.

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!