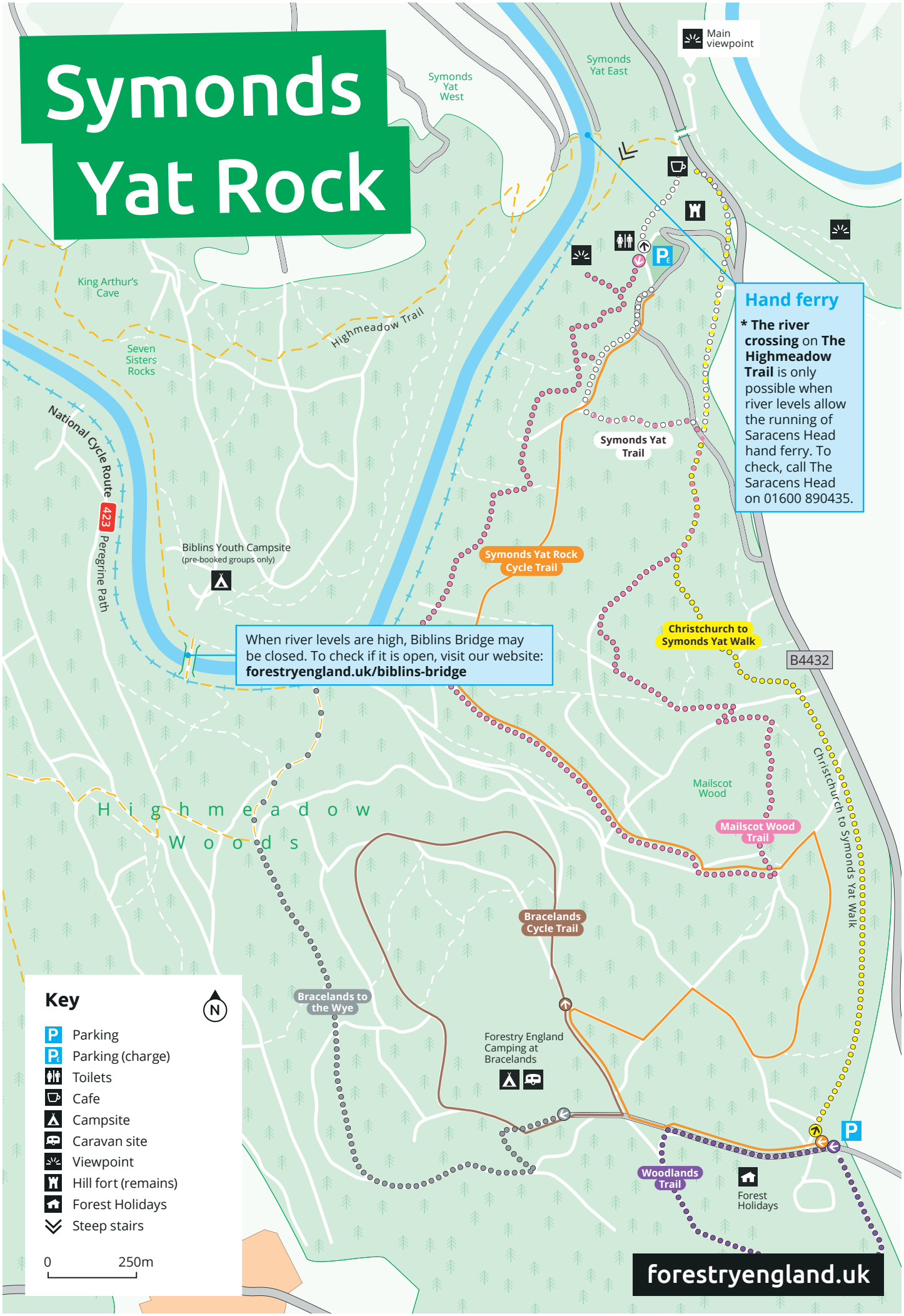


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Forestry England

Walking trails

at Symonds Yat Rock

Join today

As a member you'll be supporting the Forest of Dean and get free onsite parking, forest updates and discounts.

forestryengland.uk/membership

There are miles of tracks to discover here at Symonds Yat Rock, or you can explore the woodland along one of these six routes.

Symonds Yat Trail ○○○

2 km (1¼ miles)

This circular walking trail follows tracks through the Iron Age hill fort. Along the route there are information panels with things for you to look out for as you walk.

Mailscot Wood Trail ●●●

6 km (4 miles)

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

Bracelands to the Wye ●●●

2.6km (1½ miles)

A simple route following a forest track. Look out for cars and coaches that also use this track. Includes long uphill climb back from the river.

Woodlands Trail ●●●

1.6 km (1 mile)

Take an circular walk on a well-surfaced trail through woodlands home to goshawks, peregrines, dormice, fallow deer and wild boar.

Christchurch to Symonds Yat Rock Walk ●●●

3.3 km (2 miles)

This level to gently sloping linear track runs direct to Symonds Yat Rock and the historic viewpoint. From here you can watch peregrine falcons or enjoy riverside walks alongside the scenic River Wye.

The Highmeadow Trail — —

17 km (11 miles)

The Ramblers' circular walk is rewarding, but with steep gradients and muddy in places. Take in stunning views, a ferry crossing* and a footbridge over the river. This trail is not fully waymarked, so an OS Explorer map (OL14) is advised. Visit **fodramblers.org.uk**

Emergency info

Key locations:
Symonds Yat Rock. GL16 7NZ

Grid Ref: SO564160

What3words
///shins.beads.games

Nearest access road:
Woodland Road

Nearest minor injury unit:
Forest of Dean Community Hospital, Steam Mills Rd, Cinderford, Gloucestershire, GL14 3HY **T:111**

Nearest A&E hospital facilities:
Gloucestershire Royal Hospital, Great Western Road, Gloucester, GL1 3NN

In case of an emergency call 999.
Inform Forestry England on 0300 067 4800 (Mon to Fri, 9am – 3pm)

The forest code

- Protect and respect wildlife, plants and trees.
- Guard against all risks of fire.
- Keep dogs under control.
- Take your litter home.
- Make no unnecessary noise.
- Take only memories away.
- The forest is for everyone. Please be aware of other visitors.



Forestry England

Shared-use trails

at Symonds Yat

Explore the woodland on foot or by bike on one of our shared-use trails.

Bracelands Cycle Trail

Grade: Forest road
2.8 km (1¾ miles)
20 mins cycle, 1 hour walk

A short, circular route that follows a level to gently sloping forest track through mixed woodlands around the perimeter of Bracelands campsite.

Symonds Yat Rock Cycle Trail

Grade: Forest road
4.5 km (2⅔ miles)
25 mins cycle, 1 ½ hours walk

Ride through woodlands high above the Wye Valley, with one steep section. On foot, you can combine with the Christchurch to Symonds Yat Rock Walk to make a circular 9km (5½ miles) route.

Join today

As a member you'll be supporting the Forest of Dean and get free onsite parking, forest updates and discounts.

forestryengland.uk/membership

Cycling safely

Plan ahead

- Use the right bike and appropriate safety gear, and check they're safe to use. Always wear a helmet and gloves.
- Don't rely on others; make sure you can get back safely.
- Know your location if you need to call for help.

Stay in control

- Ride within your ability.
- Expect the unexpected.
- Look first: only tackle jumps and other challenges if you're sure you can do them.
- Off-road cycling carries inherent risks. Consider your skills, ability, and fitness, and use these guidelines in conjunction with your own experience and careful judgement.

Ride responsibly

- Take care around other visitors, dogs and horses.
- Dogs are not allowed on cycling trails, except for shared-use trails.
- Motorbikes and quadbikes are not allowed.
- Routes may change due to forestry work. Follow all warning signs and diversions.
- If a vehicle is loading timber, always wait for the driver to let you past.

How our cycling trails are graded

Green Easy	Blue Moderate	Red Difficult	Black Severe	Double-black Extreme
●	■	▲	◆	◆◆

Forest road & similar	**Expect:** Gradients can be steep or variable. Surfaces may be uneven, loose or potholed. Navigation skills are useful. Look out for vehicles, forestry work and other visitors.

