












Wyre Forest

Running trails

Key

-  Pay & display parking
-  Toilets
-  Information
-  Cafe
-  Picnic area
-  Play area
-  Arboretum
-  Trail start
-  Forest road
-  Bridleway
-  Footpath

0 200m





Forestry England



Running trails at

Wyre Forest

When running in Wyre Forest you'll experience clean outdoor air to keep your body and brain happy, and a traffic-free environment with stunning and varied scenery.

Trail information

Which trail will you choose?

For all running trails follow the relevant coloured waymarker plaques.



1km Running Trail ●●●

This trail is ideal for getting you started. An "out-and-back" that uses wide and hard-standing forest roads, this run is relatively flat and a great introduction to running in Wyre Forest.

2km Running Trail ●●●

This trail will get your legs and lungs working, with an incline at the start which then flattens off, before declining back to the finish. The trail is a mixture of forest roads and paths, sections of which can get muddy when wet.

3km Running Trail ●●●

After the initial incline, this trail flattens out and takes you along forest paths which will get muddy when wet. You will then re-join the wider forest road network where you will soon see our arboretum to your right and then enter the 'Valley of the Giants' as you gradually descend to the finish.

5km Running Trail ●●●

This trail presents a challenge with steeper incline and decline gradients. Based on hard-standing forest roads and paths, this loop will take you furthest into the forest. As you pass Park Pool and start the climb uphill you will pass one of our SSSIs (Site of Special Scientific Interest) where, through the oak and beech trees, you may spot some deer.



Join today

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

forestryengland.uk/membership

Emergency info

Key locations: Callow Hill, Bewdley DY14 9XQ

Grid Ref: SO 7483 7432

W3W: ///bystander.deal.twisty

Nearest access road: A456

Hospital with A&E unit:

Worcester Royal Hospital, Charles Hastings Way, Worcester, WR5 1DD
T: 01905 763333

In case of an emergency, call 999

Inform Forestry England on
T: 0300 067 4935

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.

Safety & equipment

- You'll need water, footwear and kit to suit the conditions.
- Always carry a phone for emergencies and let someone know where you are going.
- Be prepared for a mixture of surfaces including forest roads, gravel, grass and mud.
- Wyre Forest has multi-use trails, please be aware that you may come across walkers, dogs, mountain bikes, horses or vehicles at any time.
- Please be aware of your own fitness level and any health conditions you may have before choosing the trail that best suits your ability. You may want to check with your doctor before starting a new exercise programme.