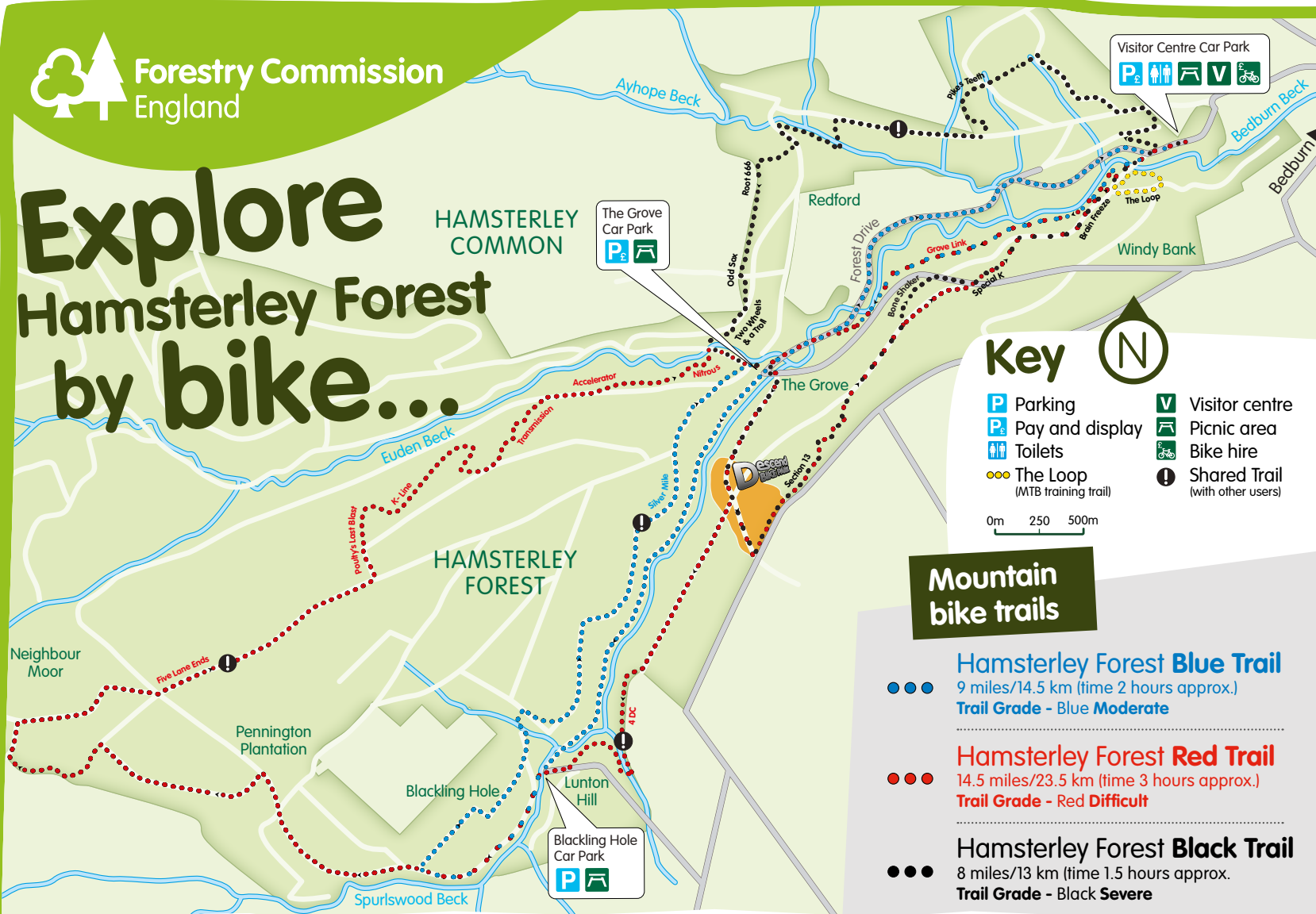




Forestry Commission  
England

# Explore Hamsterley Forest by bike...



## Mountain bike trails

- Hamsterley Forest Blue Trail**  
9 miles/14.5 km (time 2 hours approx.)  
Trail Grade - Blue Moderate
- Hamsterley Forest Red Trail**  
14.5 miles/23.5 km (time 3 hours approx.)  
Trail Grade - Red Difficult
- Hamsterley Forest Black Trail**  
8 miles/13 km (time 1.5 hours approx.)  
Trail Grade - Black Severe

<b>Green Easy</b>	<b>Suitable for:</b> Riders in good health with moderate off-road riding skills. Basic mountain bikes. <b>Trail:</b> Some 'singletrack' sections and small obstacles of root and rock.
<b>Blue Moderate</b>	<b>Suitable for:</b> Proficient mountain bikers with good off-road riding skills & fitness. Good mountain bikes. <b>Trail:</b> Challenging climbs, tricky descents & technical features such as drop-offs & large rocks.
<b>Red Difficult</b>	<b>Suitable for:</b> Expert mountain bikers with high level of fitness. Quality off-road mountain bikes. <b>Trail:</b> Greater challenge & difficulty. Expect large & unavoidable features.
<b>Orange Bike Park</b>	<b>Suitable for:</b> Expert mountain bikers with high level of fitness. Quality off-road mountain bikes. <b>Trail:</b> Greater challenge & difficulty. Expect large & unavoidable features.
<b>Black Severe</b>	<b>Suitable for:</b> Expert mountain bikers with high level of fitness. Quality off-road mountain bikes. <b>Trail:</b> Greater challenge & difficulty. Expect large & unavoidable features.
<b>Forest road &amp; similar</b>	<b>Suitable for:</b> Cyclists in good health. Map reading useful (routes not always marked). Most bikes. <b>Trail:</b> Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.

## Your 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 leaflet 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. Give mountain bikers a good name and show respect at all times to other users.
- **No motorbikes, quadbikes, dogs or horses** are allowed on the MTB trails.

## Emergency info

**Grid reference and name of location:**  
 Grove car park: NZ065297  
 Visitor Centre: NZ093313  
 Descend Hamsterley: NZ 066288  
 Access road: Bedburn on the C30 (Wolsingham to Hamsterley Village)

**Nearest A&E hospital:**  
 Darlington Memorial Hospital, Hollyhurst Road, Darlington, DL3 6HX. Tel: 01325 380100

**In case of emergency:**  
 Call 999 or 112 and ask for an ambulance.

**Inform Forestry Commission England:** Please inform us of any accidents or trail problems on 01388 488312.

[forestry.gov.uk/visit](http://forestry.gov.uk/visit)



## Hamsterley Forest has cycling for all the family and one of the best off road cycle venues in Northern England.

Starting at the leisure end of cycling you can ride the **Grove Link** returning via the pleasant forest drive (shared with vehicles).

**Blue graded** single track trail construction is being progressed within the forest at present and at **Odd Sox** the first section of technical blue trail can be found.

Progressing onto **red grade**, Hamsterley has some of the best sections of red graded singletrack (some with black off line options) in the UK. Sections such as **Transmission, Brain Freeze, Odd Sox, Pikes Teeth** will have you return for more sooner than you thought!

Moving onto the tough end of mountain biking the **black** is maybe not a long trail, but it is technically challenging throughout.

If you want to try **extreme** then **Descend Hamsterley** bike park is the only downhill trail centre in northern England and has something for all downhillers. It has a well-earned awesome reputation with local riders, including **World Cup champion Danny Hart**, who is just one of the top UK riders who ride here to keep them tight for the next competition. **Note, all riders must purchase a permit to ride at Descend.** For more information visit [descendbikepark.co.uk](http://descendbikepark.co.uk).

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...and support

Hamsterley Forest

Buy an **annual Discovery Pass**  
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Join now at the Forest Cafe, information point or join online: [forestry.gov.uk/pass](http://forestry.gov.uk/pass)



### Horse Riding

Hamsterley Forest is a busy forest for horse riding. A lot of the cycle trails also use sections of forest road to connect to the next section of singletrack. Please always respect horses and their riders. Slow down and let the rider see you before proceeding past



### Wildlife Watcher

Hamsterley is home to many species of flora and fauna. From Roe Deer living wild to the best hay meadows in County Durham.

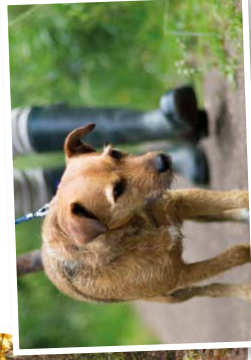
### Play Trails

If you love climbing, scrambling, balancing, hiding and generally having a great time, then this trail is for you.



### Walking in Hamsterley

Around 60% of Hamsterley Forest's visitors are walkers. This means you are going to meet a walker somewhere out on the trail network. Please show respect for walkers and remember the trails do share a lot of sections where walkers are also waymarked to walk.



### Paws Outdoors

Walking your dog is a great way to exercise, explore the outdoors and enjoy one of our woods. Dogs are very welcome, and all we ask for is owners to be responsible, by keeping dogs under control and always disposing of dog waste in the bins provided. Please note that we ask owners to put their dog on a lead when on the Viking WildPlay trail.