



Family Cycle Trail (Green)

Distance: 4.8 km (3 miles)

This 3-mile loop provides a great introduction to the forest combining both quiet forest roads with off road trails and takes in a variety of habitats and views. This trail is also suitable for all terrain scooters, prams and off road wheel chairs.

Adventure Trail (Blue)

Distance: 9.7 km (6 miles)

The 6-mile loop starts and finishes on the family cycle trail but provides the chance to experience off road trails and to progress skills and fitness levels. It is unsurfaced and may be rough and uneven in places. Suitable for mountain bikes only.

Kitchener's Trail (Red)

Distance: 13 km (8 miles)

This fast unsurfaced singletrack trail loops around the forest taking in exciting terrain and providing a physical and mental challenge. The 8 mile trail will be developed, and much of it will be built by volunteers and designed by local riders. This trail is suitable for mountain bikes only and requires a high level of skill and fitness.

Skills loop (Blue)

Distance: 0.5 miles (0.8 km)

No cars, buses or lorries will get in your way here - located near the visitor centre at the start of the Family Cycle Trail, this small area of trail is a great place to practise and improve your skill level. If members of your family are learning to ride, or have decided to get cycling again, the Skills Loop is a safe, easy and traffic free place to start. With a variety of technical trail features and a mini loop of single track its a great place to have fun. Suitable for all ages and skills levels.

Bike park (Orange)

Distance: 0.5 miles (0.8 km)

The bike park comprises of two distinct zones; the Dirt Jump Zone and the Downhill Zone. The Dirt Jump Zone has a series of graded dirt jumps with a linear pump track to get you started. The dirt jumps vary from beginner to advanced and are marked with 'Freeride' signs to represent the level of difficulty. The downhill zone starts from the wooden start tower, with four interlink runs down the hillside to the valley bottom, each run includes a series of rock drops and jumps and finishes at the Blue Adventure Trail Climb from post 8. Please match your equipment and skill to the terrain you are riding on.