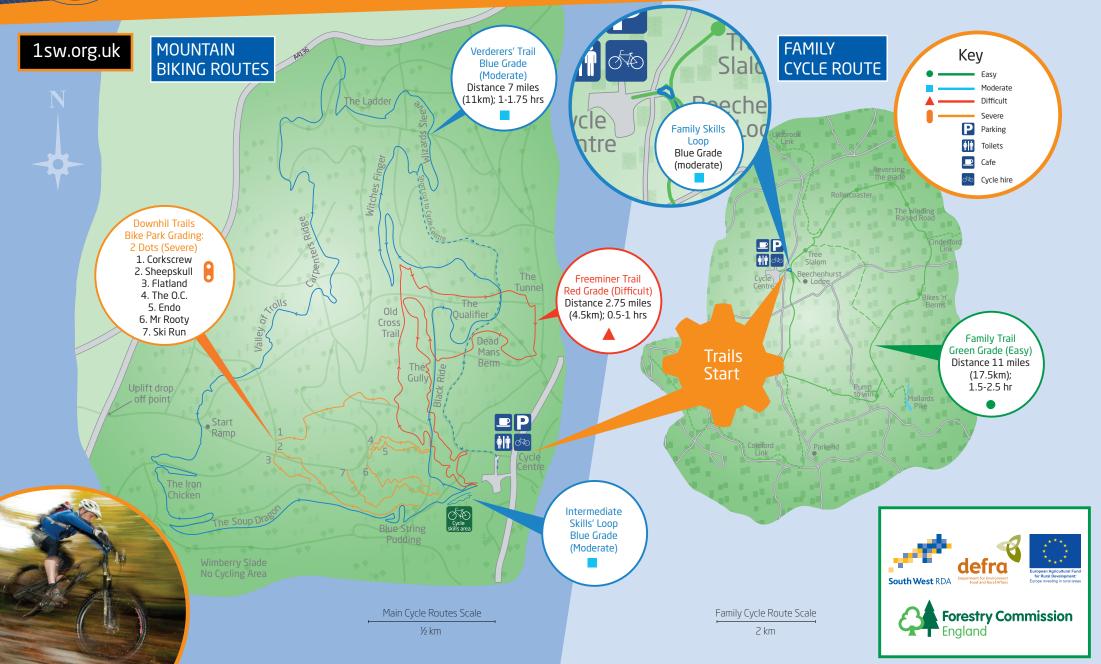


# FOREST OF DEAN CYCLE TRAILS

# TRAIL DESCRIPTIONS OVERLEAF





# FOREST OF DEAN CYCLE TRAILS

# FAMILY TRAIL

## TRAIL GRADES

### Find the right single track grade for your abilities



Suitable for: Beginners in good health with basic bike skills. Most types of bike. **Trail**: Relatively flat & wide.

### Blue Moderate

### Suitable for

Some "single-track"

### A Red difficult

### Suitable for

Proficient mountain bikers with good off-road riding skills & fitness. Good mountain bikes.

Challenging. Climbs, tricky descents & technical features such as drop-offs & large rocks.

### Black **Severe**

### Suitable for

Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.

Greater challenge & difficulty. Expect large & unavoidable features.

### Find the right non single track for you

### Orange Extreme

### Suitable for

Technical bike skills important. Jumping ability obligatory.

### Forest road & similar

### Suitable for

Cyclists in good health. Map reading useful (routes not always marked.) Most bikes.

Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.

# Not every site contains a full

Visit www.1sw.org.uk to find more trails in the region.

### GREEN GRADE (Easy) DISTANCE 11 MILES (17.5KM); 1.5-2.5 HRS

The Family Cycle Trail follows the Dean's fully surfaced disused rail network. 6 fun cycle features can be found on the loop to provide an enjoyable and exciting experience. There are links from the main trail to Lydbrook, Coleford, Cinderford and Parkend via well-maintained tracks. Also used by walkers, you'll need to be a considerate cyclist.

## **VERDERERS' TRAIL**

### ■ BLUE GRADE (Moderate) DISTANCE - 7 MILES (11 KM) 1-1.75 HRS

An exciting and adventurous trail for both intermediate and experienced cyclists on mountain bikes. Along the trail you will encounter a combination of surfaces, some narrow sections, moderate climbs, humps and berms.

### FREEMINER TRAIL

### ▲ RED GRADE (Difficult) DISTANCE 2.75 MILES (4.5 KM); 0.5-1 HRS

This challenging and varied singletrack trail can offer something to even the most demanding of riders, from tricky switchback climbs to rooty drops and hairpin bends. It is for experienced riders only with suitable off-road quality mountain bikes.

## **DOWNHILL TRAILS**

### ORANGE - BIKE PARK GRADING: 2 DOTS (SEVERE)

There are numerous steep downhill trails in the Sallowvallets area. The trails all have extreme technical features so an expert level of ability is required. Helmets, body armour and a high quality bike is recommended. Please try to avoid pushing up the downhill trails themselves, as they can be narrow in places.

## SKILLS' LOOPS

### ■ BLUE - FAMILY SKILLS LOOP ■ BLUE - INTERMEDIATE SKILLS LOOP

The two skills loops have been created to help cyclists develop off-road cycling skills and get a feel for their bike. Whether you're new to off-road cycling, or an experienced rider, there's plenty here to increase your skills, boost your confidence and help you get the most out of the trails! There are no severe features and whether you're looking to progress your ability or iust loosen up before a ride, they are suitable for novice to advanced riders.





potentially hazardous

activity carrying a

significant risk.

range of trails.

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