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MOUNTAIN BIKING ROUTES

FAMILY CYCLE ROUTE

Key

- Easy
- Moderate
- ▲ Difficult
- Severe
- P** Parking
- Toilets
- Cafe
- Cycle hire

- Downhill Trails
Bike Park Grading:
2 Dots (Severe)**
1. Corkscrew
 2. Sheepsull
 3. Flatland
 4. The O.C.
 5. Endo
 6. Mr Rooty
 7. Ski Run

**Verderers' Trail
Blue Grade
(Moderate)**
Distance 7 miles
(11km); 1-1.75 hrs

**Family Skills
Loop
Blue Grade
(moderate)**

**Freeminer Trail
Red Grade (Difficult)**
Distance 2.75 miles
(4.5km); 0.5-1 hrs

**Family Trail
Green Grade (Easy)**
Distance 11 miles
(17.5km);
1.5-2.5 hr

**Intermediate
Skills' Loop
Blue Grade
(Moderate)**



Main Cycle Routes Scale
1/2 km

Family Cycle Route Scale
2 km



FOREST OF DEAN CYCLE TRAILS

FAMILY TRAIL



TRAIL GRADES

Find the right single track grade for your abilities

Green Easy

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

Blue Moderate

Suitable for: Riders in good health with basic off-road riding skills. Basic mountain bikes.
Trail: Some "single-track" sections & small obstacles of root & rock.

Red difficult

Suitable for: Proficient mountain bikers with good off-road riding skills & fitness. Good mountain bikes.
Trail: 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.
Trail: Greater challenge & difficulty. Expect large & unavoidable features.

Find the right non single track for you

Orange Extreme

Suitable for: Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory.

Trail: Extreme levels of exposure & risk, large features.

Forest road & similar

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

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



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.



DOWNHILL TRAILS

Orange - Bike Park Grading: 2 Dots (Severe)

There are numerous steep downhill trails in the Sallowallets 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.



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.

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 just loosen up before a ride, they are suitable for novice to advanced riders.



Mountain biking is a potentially hazardous activity carrying a significant risk.

Not every site contains a full range of trails.

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

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