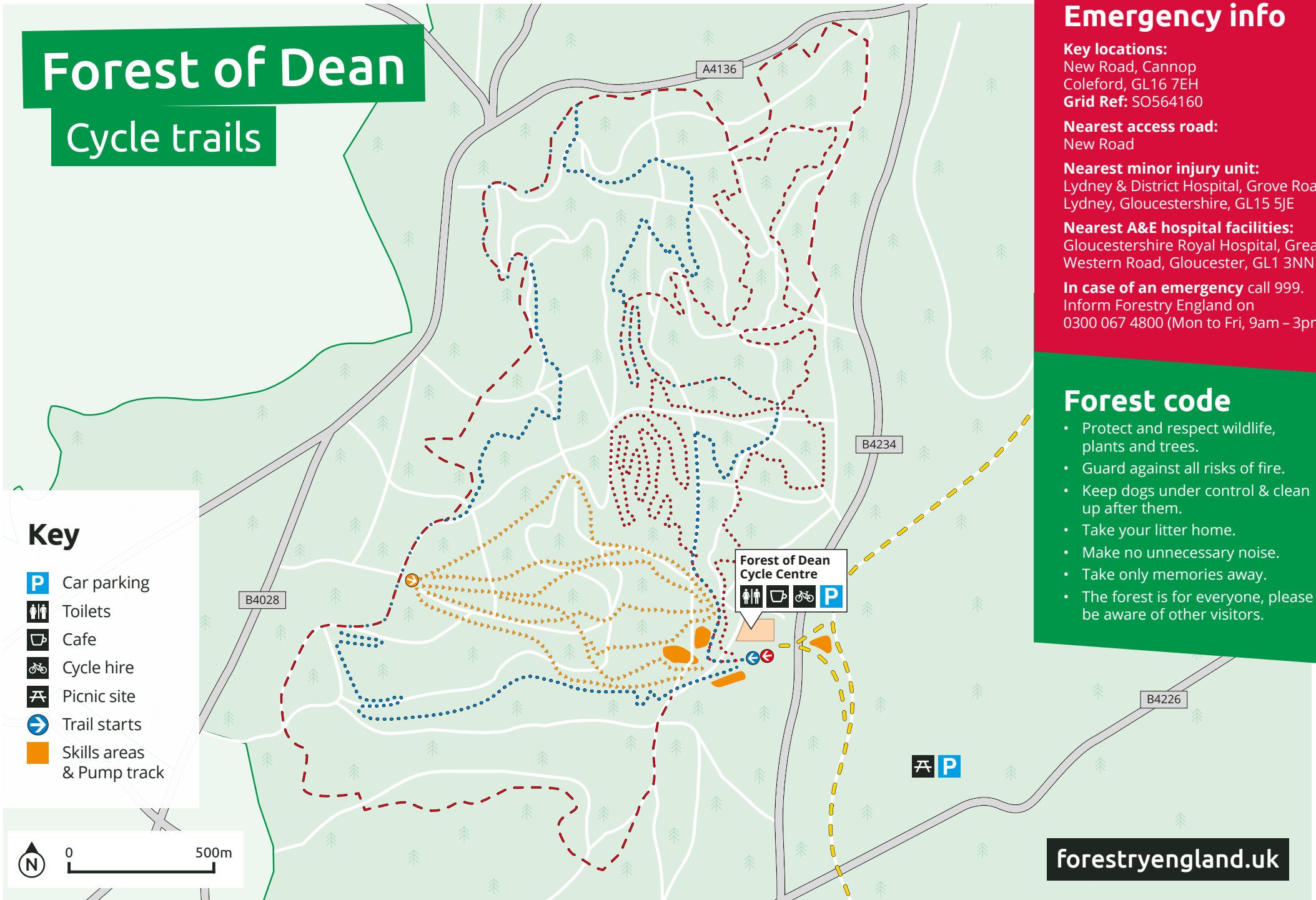


# Forest of Dean

## Cycle trails



### Emergency info

**Key locations:**

New Road, Cannop  
 Coleford, GL16 7EH  
 Grid Ref: SO564160

**Nearest access road:**

New Road

**Nearest minor injury unit:**

Lydney & District Hospital, Grove Road,  
 Lydney, Gloucestershire, GL15 5JE

**Nearest A&E hospital facilities:**

Gloucestershire Royal Hospital, Great  
 Western Road, Gloucester, GL1 3NN

**In case of an emergency call 999.**

Inform Forestry England on  
 0300 067 4800 (Mon to Fri, 9am – 3pm)

### Forest code

- Protect and respect wildlife, plants and trees.
- Guard against all risks of fire.
- Keep dogs under control & clean up after them.
- Take your litter home.
- Make no unnecessary noise.
- Take only memories away.
- The forest is for everyone, please be aware of other visitors.

### Key

- Car parking
- Toilets
- Cafe
- Cycle hire
- Picnic site
- Trail starts
- Skills areas & Pump track



forestryengland.uk



Forestry England

## Cycle trails at

# Forest of Dean

The Forest of Dean Cycle Centre has something for everyone. Grab your helmet and head into the forest!

### Freeminers Trail

**Grade** Red Difficult

●●● **Short loop: 6.1km (3.8 miles)**

--- **Long loop: 11.3km (7 miles)**

--- **Adit loop: 17.3km (10.7 miles)**

This trail has 3 loop options. A challenging and varied singletrack ideal for even the most demanding of riders, from tricky switchback climbs to rooty drops and hairpin bends.

### Verderers Trail ●●●

**Grade** Blue Moderate

**11.3 km (7 miles)**

The highly rated Verderers Trail is an exciting and adventurous blue-graded trail for both intermediate and experienced cyclists on mountain bikes.

### Downhill trails ▶▶▶

**Grade** Orange Extreme

Expect to find a range of severe drops, jumps, table tops, berms and loamy corners, off camber and rocky and rooty sections. An uplift service available from the main cycle centre.

### Family Cycle Trail — —

**Grade** Forest Road

**14.5 km (9 miles)**

A waymarked circular route mainly on former railway lines with connecting routes to villages and picnic sites. This route has been especially surfaced and is suitable for all ages and abilities.

## Join today

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

[forestryengland.uk/membership](http://forestryengland.uk/membership)

## Cycling safety

- Have the right bike and wear the right safety clothing for the type of riding you're doing.
- Cycle within your abilities.
- Don't rely on others; can you get home safely?
- Take care around other visitors, walkers and horses.
- Always follow warning signs, instructions and diversions.
- If a vehicle is loading timber, wait for the driver to let you pass.
- Expect the unexpected.
- Off-road cycling is an additionally hazardous activity carrying significant risks. It should only be undertaken when you understand those risks and can deal with them. The guidelines on this panel must always be used in conjunction with the exercise of your own experience and careful judgement.
- Routes may change due to tree felling or other forestry work. These works can be dangerous, so follow all warning signs and instructions.
- Motorbikes, electric motorbikes and quadbikes are not allowed on cycle trails.

## Is this cycle trail for you?

<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 'single-track' sections and small obstacles of root and rock.	<b>Red Difficult</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>Black Severe</b>	<b>Orange Extreme</b>	<b>Suitable for:</b> Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory. <b>Trail:</b> Extreme levels of exposure & risk. Large 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.
-------------------	--	----------------------	---	---------------------	-----------------------	---	----------------------------------	--