

Our trails

Hicks Lodge Trail

Two way shared use

Approx. 2km (1¼ miles)

This relaxing trail takes visitors around the lake and is suitable for pushchairs, wheelchairs and horses as well as cycles. There is seating along the way to stop for a spot of bird watching. Follow the yellow waymarkers.

Family Forest Trail

Two way shared use

Short loop: 2km (1¼ miles)

Long loop: 2.5km (1½ miles)

Short and long loop: 4.5km (2.8 miles)

This trail takes you into the young woodland around Hicks Lodge, there are stops along the way for you to relax with a picnic and enjoy the views. The Zig-Zags take you down on to the long loop, or you can head back to the visitor centre on the short loop. Suitable for pushchairs and wheelchairs as well as cycles. Follow the yellow waymarkers and signs.

Cycling trails

Wood Farm Trail

Grade: **Easy**

2½ km (1½ miles)

4½ km (2¾ miles) with distance to and from visitor centre

This off-road trail provides a great introduction to mountain biking, taking in a variety of habitats and views.

Starting near the long loop on the Family Forest Trail, follow the green arrows.

The trail finishes on the Family Forest Trail short loop.

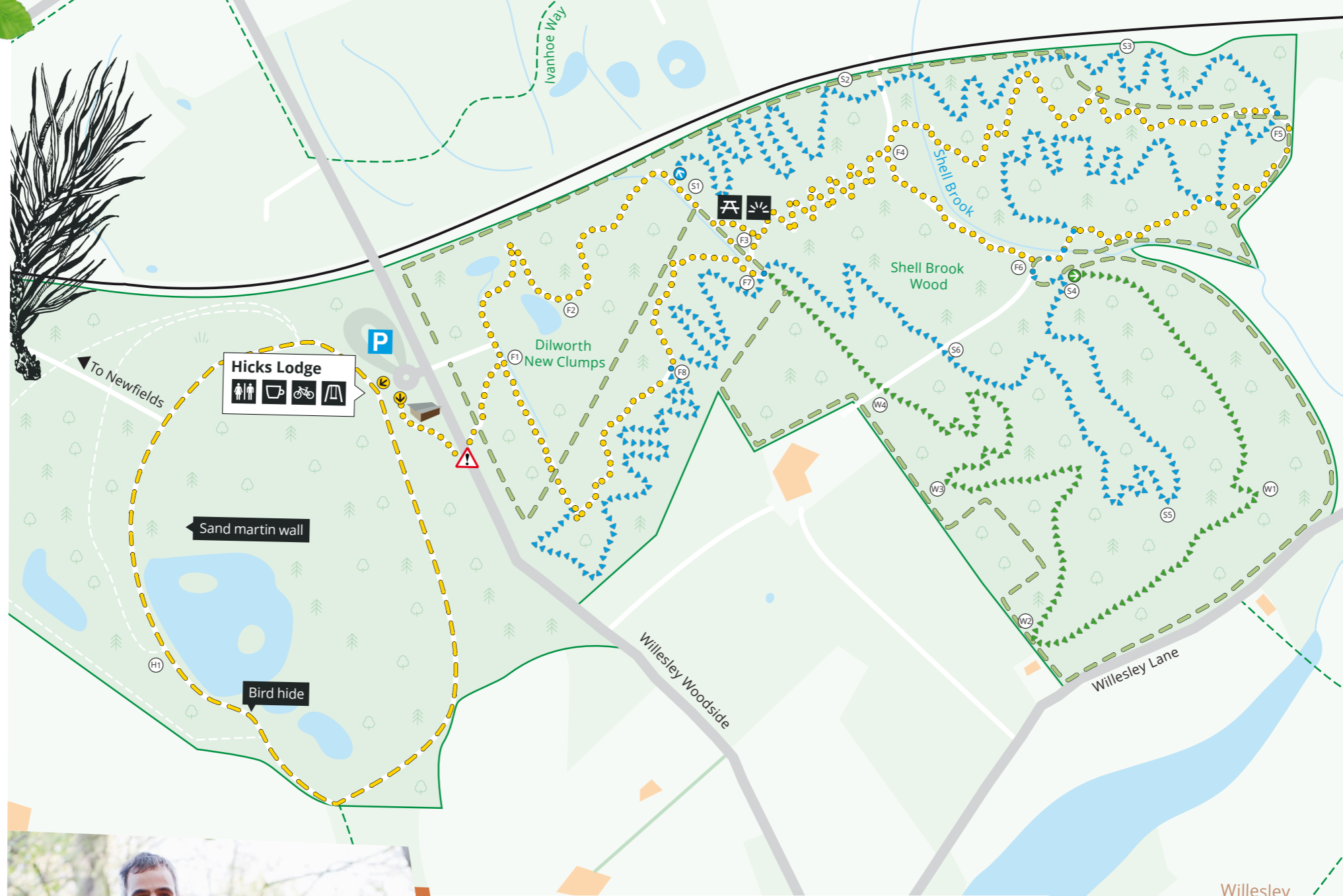
Shell Brook Trail

Grade: **moderate, one way**

7km (4¼ miles) from start

9km (5½ miles) with distance to and from visitor centre

The loop starts and finishes on the Family Forest Trail short loop but provides the chance to experience off-road trails and to progress skills and fitness levels. Taking riders around the whole site and mixed woodlands, it may be rough and uneven and includes jumps, bumps and berms. Suitable for mountain bikes only. Follow the blue arrows on waymarkers.



Key

- Parking
- Toilets
- Bike hire & shop
- Picnic area
- Viewpoint
- Cafe
- Play area
- Road crossing
- Forest road
- Numbered posts
- Permissive horse route
Open Spring and Summer only

Is this cycling trail for you?

| | |
|-----------------------|---|
| Green Easy | <p>Suitable for: Beginners in good health with basic bike skills. Most types of bike.</p> <p>Trail: Relatively flat and wide.</p> |
| Blue Moderate | <p>Suitable for: Riders in good health with moderate off-road riding skills. Basic mountain bikes.</p> <p>Trail: Some 'single-track' sections and small obstacles of root and rock.</p> |
| Red Difficult | |
| Black Severe | |
| Orange Extreme | |
| Forest road & similar | <p>Suitable for: Cyclists in good health. Map reading useful (routes not always marked). Most bikes.</p> <p>Trail: Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.</p> |

Finding your way

Follow the coloured trail markers on timber posts and look out for any warning markers.



Emergency info

Name of key location:
Hicks Lodge, The National Forest Cycle Centre, Willesley Woodside, Moira, Swadlincote LE65 2UP

OS Grid ref: SK 329 155

Nearest access road:
Willesley Woodside

Nearest A&E Hospital facilities:
Queens Hospital, Belvedere Road, Burton-upon-Trent, Staffordshire DE13 0RB Tel. 01283 566333

In an emergency call 999.
Inform Forestry England
T: 0300 067 4340

Forest code

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

Cycling safety

- Have the right bike and wear the right safety clothing for the type of riding you're doing - always wear a helmet and gloves.
- 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 and quadbikes are not allowed on any trails.
- Dogs are not allowed on cycle trails, except shared use trails.
- On shared use trails, look out for walkers, dogs and other visitors.