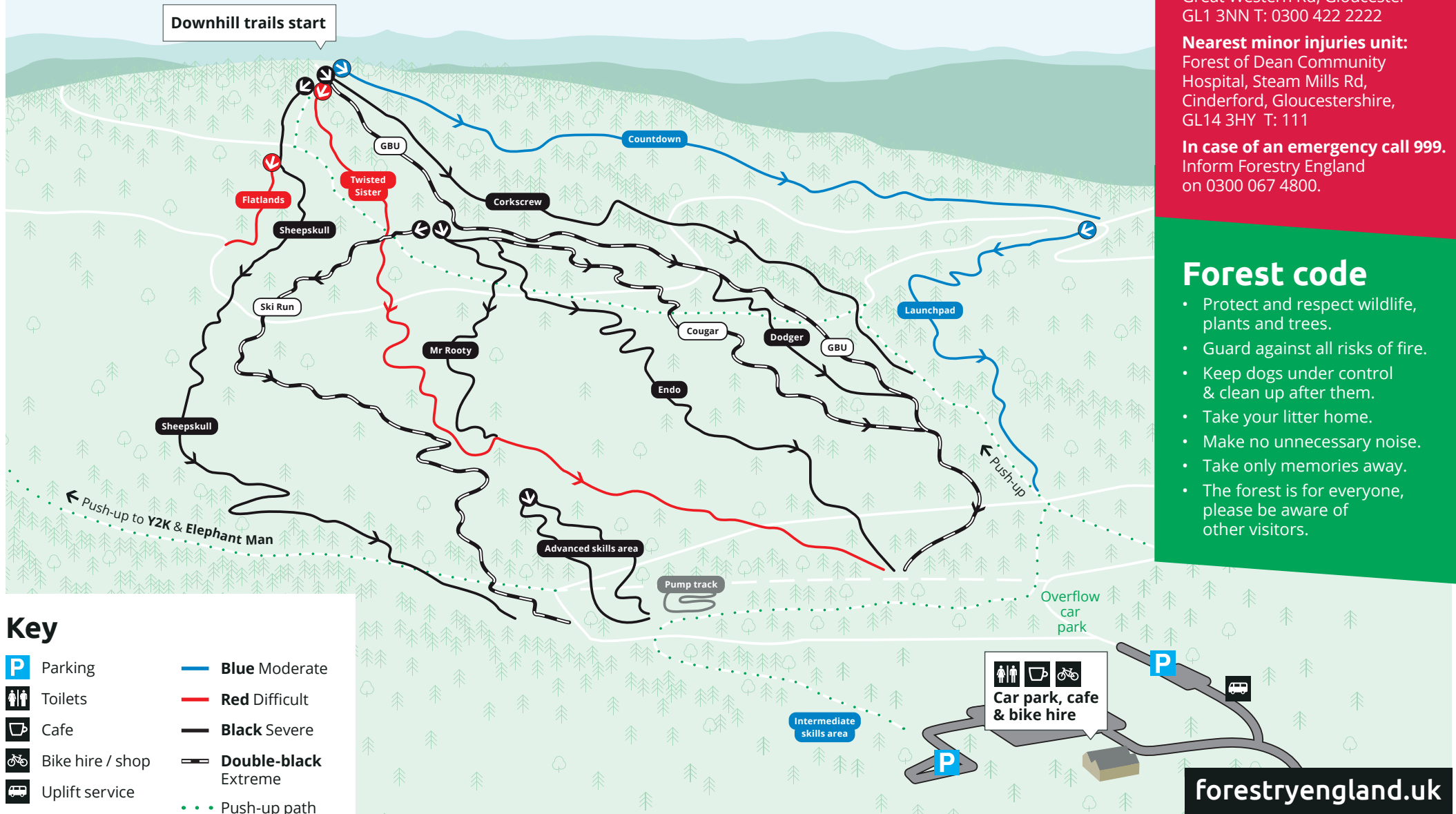


# Downhill cycling trails

## Forest of Dean



### Emergency info

**Key location:**  
 Forest of Dean Cycle Centre  
**Grid ref:** SO 607125  
**W3W:** ///editor.enlighten.mysteries

**Nearest A&E hospital (24hr):**  
 Gloucestershire Royal Hospital  
 Great Western Rd, Gloucester  
 GL1 3NN T: 0300 422 2222

**Nearest minor injuries unit:**  
 Forest of Dean Community  
 Hospital, Steam Mills Rd,  
 Cinderford, Gloucestershire,  
 GL14 3HY T: 111

**In case of an emergency call 999.**  
 Inform Forestry England  
 on 0300 067 4800.

### 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.

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



# Downhill cycling trails

## at the Forest of Dean

A mix of natural and built trails with a wide range of features. Before you ride, try the skills areas and check out the grading information for each trail.

**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](https://forestryengland.uk/membership)

### How our cycling trails are graded

<b>Green Easy</b>	<b>Expect:</b> A mixture of climbs and descents with moderate gradients, technical features like tree roots and rock steps; jumps and berms. Rollable features at controlled speed. Variable surfaces.
<b>Blue Moderate</b>	<b>Expect:</b> A mixture of steep climbs, descents and/or avoidable features. Larger jumps, berms and rollable features at controlled speed. Technical features such as tree roots, drop-offs and large rocks. Very variable surfaces.
<b>Red Difficult</b>	<b>Expect:</b> Long, steep climbs, descents and jumps. Numerous hazards including drop-offs, sharp corners and difficult features. Rapid rate of surface change. Commitment required.
<b>Black Severe</b>	<b>Expect:</b> Very fast and steep descents. Large drop-offs, jumps and unavoidable obstacles that require high levels of skill and commitment. Extreme level of exposure or risk. Rapid rate of surface change.
<b>Double-black Extreme</b>	<b>Expect:</b> Gradients can be steep or variable. Surfaces may be uneven, loose or potholed. Navigation skills are useful. Look out for vehicles, forestry work and other visitors.
<b>Forest road &amp; similar</b>	

## Cycling safely

### Plan ahead

- Use the right bike and appropriate safety gear, and check they're safe to use. Always wear a helmet and gloves.
- Don't rely on others; make sure you can get back safely.
- Know your location if you need to call for help.

### Stay in control

- Ride within your ability.
- Expect the unexpected.
- Look first: only tackle jumps and other challenges if you're sure you can do them.
- Off-road cycling carries inherent risks. Consider your skills, ability, and fitness, and use these guidelines in conjunction with your own experience and careful judgement.

### Ride responsibly

- Take care around other visitors, dogs and horses.
- Dogs are not allowed on cycling trails, except for shared use trails.
- Motorbikes and quadbikes are not allowed.
- Routes may change due to forestry work. Follow all warning signs and diversions.
- If a vehicle is loading timber, always wait for the driver to let you past.