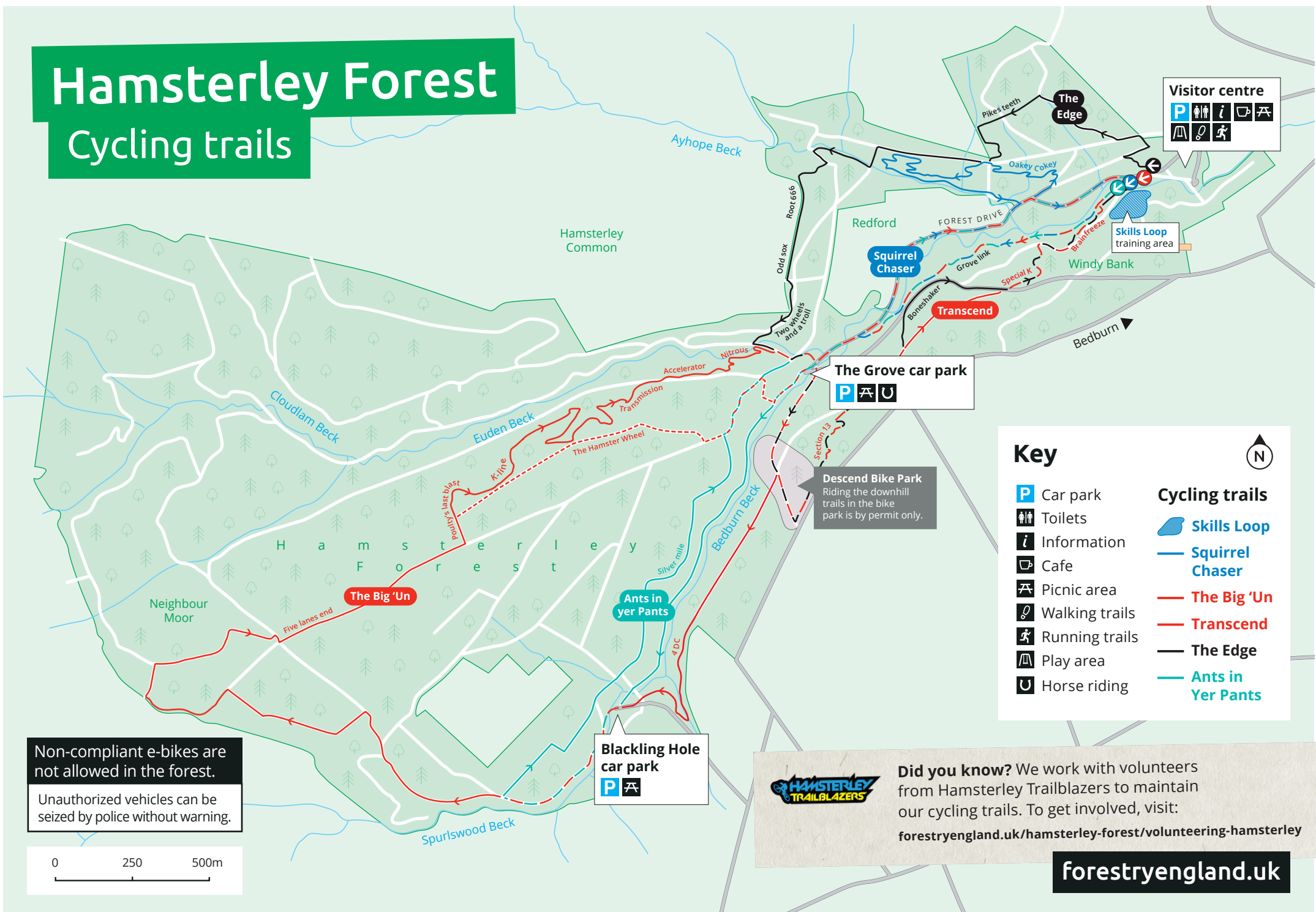


Hamsterley Forest

Cycling trails



Visitor centre

- P Car park
- Toilets
- i Information
- Cafe
- Picnic area
- Walking trails
- Running trails
- Play area
- Horse riding

The Grove car park

- P Car park
- Picnic area
- Horse riding

Descend Bike Park
Riding the downhill trails in the bike park is by permit only.

Blackling Hole car park

- P Car park
- Picnic area

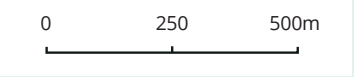
Key

- Car park** (P icon)
- Toilets** (Toilet icon)
- Information** (i icon)
- Cafe** (Cup icon)
- Picnic area** (Picnic table icon)
- Walking trails** (Walking stick icon)
- Running trails** (Running shoe icon)
- Play area** (Playground icon)
- Horse riding** (Horse icon)

Cycling trails

- Skills Loop** (Blue wavy line)
- Squirrel Chaser** (Blue line)
- The Big 'Un** (Red line)
- Transcend** (Red line)
- The Edge** (Black line)
- Ants in Yer Pants** (Teal line)

Non-compliant e-bikes are not allowed in the forest.
Unauthorized vehicles can be seized by police without warning.



HAMSTERLEY TRAILBLAZERS

Did you know? We work with volunteers from Hamsterley Trailblazers to maintain our cycling trails. To get involved, visit:
forestryengland.uk/hamsterley-forest/volunteering-hamsterley

forestryengland.uk



Forestry England

Cycling trails at Hamsterley Forest

Welcome to Hamsterley Forest, home to some of the north-east's most exciting mountain bike trails.

Waymarked trails

Squirrel Chaser

■ **Grade: Moderate (blue)**
8.4 km (5¼ miles)

A smooth, undulating figure-of-8 trail. Views of the beck lead to fun, swooping singletrack with a mixture of progressive trail features. These provide a moderate challenge to build skills and confidence, and to help you explore the other trails.

The Big 'Un

▲ **Grade: Difficult (red)**
21.2 km (13¼ miles)

Traditional mountain biking with some steep climbs, water crossings and epic, far-reaching views, climaxing with multiple sections of exhilarating, flowing and occasionally technical singletrack. With five miles of singletrack, this is the ultimate Hamsterley adventure. Session the best bits using The Hamster Wheel shortcut.

Transcend

▲ **Grade: Difficult (red)**
8.6 km (5½ miles)

A shorter, less manicured trail encompassing a gnarly climb through the centre of Descend Bike Park followed by a series of three more technical sections of single track. This trail shares return sections of the Edge Trail, so expect optional higher-grade challenges throughout.

Ants in Yer Pants

▲ **Grade: Forest road**
14.6 km (9 miles)

Follow undulating forest tracks with a few short, steep climbs. Enjoy the cool shade of the trees as you follow the Spurlswood Beck west to the valley end, then return on the gentle forest drive through open meadows and quiet picnic spots. A fantastic introduction to gravel riding.

The Edge

◆ **Grade: Severe (black)**
11.6 km (7¼ miles)

A technical climb takes you to an area of fast flowing single track, presenting several options to leave the ground, before embarking on a challenging mix of rocky, rooty sections linked together by forest tracks and green lanes.

Skills Loop

■ **Grade: Moderate (blue)**

With optional sections:

▲ **Difficult (red)** ◆ **Severe (black)**

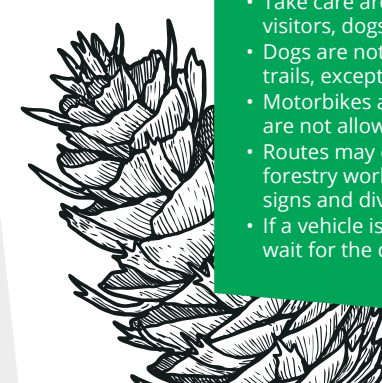
The perfect place to evaluate, learn and develop skills before heading out on the trails. With a range of features including berms, drops, step-ups and balance challenges, all features are graded **moderate (blue)**, but with **difficult (red)** and **severe (black)** options to help you progress.

How our cycling trails are graded

Green Easy	Expect: Relatively flat, wide and smooth trails. May include gentle climbs, descents, rollers and berms, with easy to avoid features such as rocks and potholes. Surface might be loose, uneven or muddy at times.
Blue Moderate	Expect: 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.
Red Difficult	Expect: 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.
Black Severe	Expect: Long, steep climbs, descents and jumps. Numerous hazards including drop-offs, sharp corners and difficult features. Rapid rate of surface change. Commitment required.
Double-black Extreme	Expect: 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.

Forest road & similar

Expect: Gradients can be steep or variable. Surfaces may be uneven, loose or potholed. Navigation skills are useful (routes not always waymarked). Look out for vehicles, forestry work and other visitors.



Emergency info

Key location: Main trail starts
Grid ref: NZ 088 311
W3W: ///intersect.cigar.sprayer

Nearest A&E hospitals (24hr):
Darlington Memorial Hospital,
Hollyhurst Rd, Darlington DL3 6HX
T: 01325 380 100

University of Durham Hospital,
North Rd, Durham DH1 5TW
T: 0191 333 2333

Nearest access road:
Redford Lane, off Bedburn Road (2km
North West of Hamsterley Village)

In case of emergency, call 999.
Inform Forestry England
T: 0300 067 4800
(Mon to Fri, 9am-3pm)

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.