



MOUNTAIN BIKING



WHICH TRAIL IS RIGHT FOR YOU ?

GREEN 4.5KM

EASY

Suitable for - Beginner / Novice cyclists. Basic bike skills required. Most bikes and hybrids. Some trails can take trailers.
Trail and surface type - Relatively flat and wide. The trail surface may be loose, uneven or muddy at times and include small obstacles of roots or rock. May include short sections of flowing single track sections.

Gradients and technical trail features (TTF's) - Climbs and descents are mostly shallow. No challenging features.

Suggested fitness levels - Suitable for most people in good health.

BLUE 11.5KM

MODERATE

Suitable for - Intermediate cyclists / mountain bikers with basic off road riding experience. Good quality mountain bikes.
Trail and surface type - Relatively flat and wide. The trail surface may be loose, uneven or muddy at times and include small obstacles of roots or rock. May include short sections of flowing single track sections plus especially constructed single track.

Gradients and technical trail features (TTF's) - Most gradients are moderate, but may include short steep sections. Includes small TTF's.

Suggested fitness levels - A good standard of fitness can help.

RED FROM 17.5KM

DIFFICULT

Suitable for - Proficient mountain bikers with good off-road skills. Suitable for better quality off-road mountain bikes.

Trail and surface type - Steeper and tougher, than blue graded trail, mostly singletrack and technical sections. Expect very variable surface types.

Gradients and technical trail features (TTF's) - A wide range of climbs and descents of a challenging nature will be present. Expect boardwalks, berms, large rocks, medium steps, drop-offs, cambers and water crossings.

Suggested fitness levels - High level of fitness and stamina.

BLACK FROM 19.5KM

SEVERE

Suitable for - Expert mountain bike riders, used to physically demanding routes. Quality off road mountain bikes.

Trail and surface type - Steep and tough, mostly singletrack with technical sections. Expect very variable surface types and greater challenge and continuous difficulty than red grade. Can include any useable trail and may include open hillside sections.

Gradients and technical trail features (TTF's) - Expect large, committing and unavoidable TTF's. Sections will be challenging and variable. May also have 'downhill' style sections.

Suggested fitness levels - Suitable for very active people used to prolonged effort.

OFF-PISTE

SEVERE +

Suitable for - Experienced mountain bike riders, with a very high skill level, used to physically demanding routes. Quality off road mountain bikes.

Trail and surface type - Variable and changing, potentially on a daily basis. Expect all sorts of surfaces, with a variety of, or absolutely no, line choice. May be extremely narrow and with serious consequences if you crash.

Gradients and technical trail features (TTF's) - Sometimes steep, unavoidable, and not visible.

Challenging, committing and unexpected. Natural and man-made features.

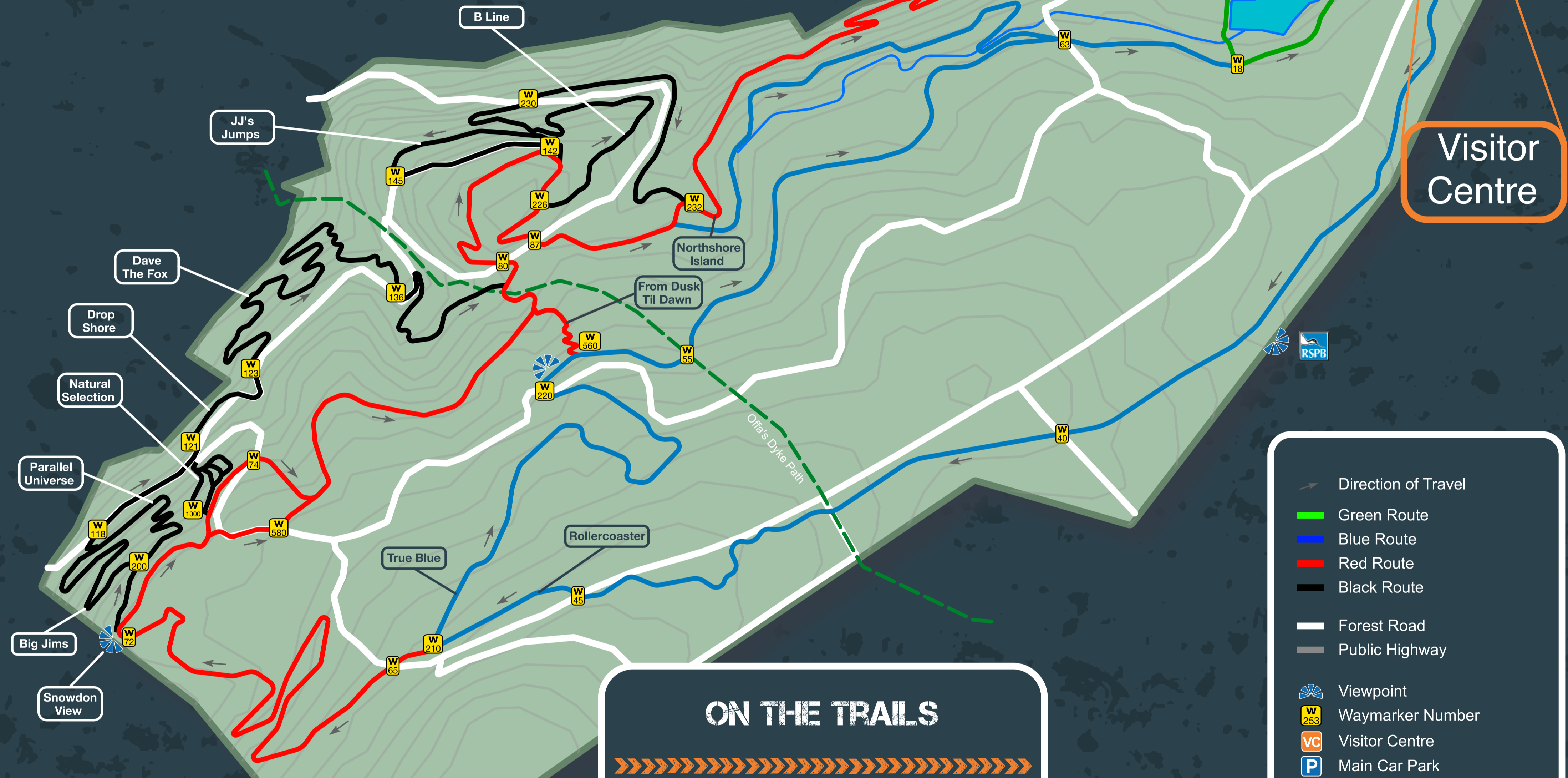
Variable and highly weather-dependent.
Suggested fitness levels - Suitable for very active people used to prolonged effort.

IN CASE OF EMERGENCY

If you get into difficulty on the trail look out for the individually numbered waymarker posts. Report your location to the emergency services or to the Visitor Centre.

Access to the Visitor Centre from the minor road (off the A525 Wrexham to Ruthin Road) is at Grid Reference SJ 240 524.

In case of emergency call 999. Nearest A&E Hospital facilities: Wrexham Maelor Hospital, LL13 7TD. Tel: 01978 291100.



Visitor Centre

- Direction of Travel
- Green Route
- Blue Route
- Red Route
- Black Route
- Forest Road
- Public Highway
- Viewpoint
- Waymarker Number
- Visitor Centre
- Main Car Park

ON THE TRAILS

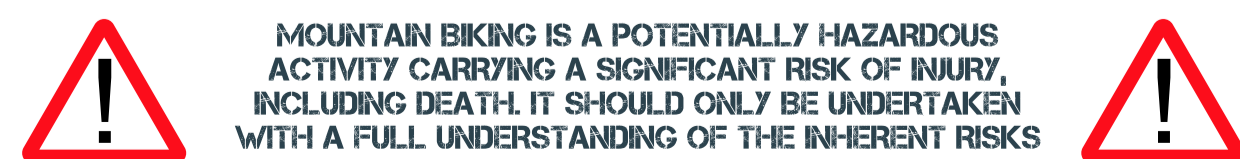
- Always carry a mobile phone and make sure it is charged
- Avoid riding alone, it's safer and more fun to ride with your buddies
- Stay in control at all times. It is your responsibility to avoid crashing into other riders and objects around you!
- Be respectful and aware of other riders varying skill levels, relax and have fun
- Do not stop where you obstruct the trail or are not easily visible
- When entering a trail or rejoining, give way to other riders
- Respect the trail gradings, read the grading descriptions, start on the easy trails and do not ride trails that are beyond your current level of ability
- If a rider is hurt, do not move them, notify the Visitor Centre staff immediately
- Keep off closed trails and forest areas and obey all signs and warnings.
- Stay on marked trails only. Don't cut switchbacks, don't modify trails in any way.
- Only ride the trails during forest opening hours.
- Do not push or ride against the flow of traffic on trails
- Respect your environment; take your litter home with you
- Keep out of the forest if your ability is impaired through the use of drugs or alcohol
- Be friendly, courteous and respectful to your fellow riders
- Riders 16 years of age and under must be accompanied by a legal guardian (over 18) at all times.
- Please help us maintain the trails. If you see a problem on the trails report it

Have fun, ride safe!

BEFORE YOU SET-OFF

- ARE YOU WEARING A SUITABLE HELMET? – Consider wearing other protective clothing too.
- Have you got a mobile phone and some form of photo ID with you?
- Have you taken the time to read the trail grade information?
- Are you confident you have enough ability and fitness for your choice of trail?
- Have you checked on the information board if there are any detours?
- Do you have an up to date trail map?
- Are you carrying enough spares & tools to be self sufficient?
- Can you repair a bike on the trail if you need to?
- Are you carrying enough food and water?
- Have you checked the weather forecast?
- Are you suitably clothed for the weather conditions?
- Are you confident of your abilities given the current trail conditions?
- Do you have a first aid kit with you?

If you have answered NO to any of these questions, please just pop into the centre and speak to a member of staff



E-BIKES

Oneplanet Adventure welcome responsible e-bike riding on our designated mountain bike trails.
Any e-bike used on the trail network must comply with the governments 'Electrically Assisted Pedal Cycles' (EAPC) requirements and be ridden with due consideration to other forest users at all times.
An EAPC must have pedals that can be used to propel it.
It must have a maximum power output of 250 watts
It must not be able to propel the bike when it's travelling more than 15.5mph
E-bikes which don't comply with the governments EAPC requirements are not permitted to be used within the forest at any time.
If you are unsure if your e-bike is EAPC compliant or not, please ask a member of staff, who will be able to advise you further.