

TRAIL RUNNING



WHICH TRAIL IS RIGHT FOR YOU ?

We recommend that visitors take a map from the visitor centre before setting out into the forest, and that suitable footwear should be worn, as the trails have rough, uneven surfaces.

BLUE

MODERATE

10 km/6.2 miles
ASCENT 382M, DESCENT 353M

Suitable for - Runners in good health with basic off-road running skills.

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.

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

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

RED

DIFFICULT

10 km/6.2 miles
ASCENT 354M, DESCENT 323M

Suitable for - Proficient runners with good offroad / trail running skills.

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.

Suggested fitness levels - High level of fitness and stamina.

TRAIL RUNNING IS A POTENTIALLY HAZARDOUS ACTIVITY CARRYING A SIGNIFICANT RISK OF INJURY, INCLUDING DEATH. IT SHOULD ONLY BE UNDERTAKEN WITH A FULL UNDERSTANDING OF THE INHERENT RISKS

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.

BEFORE YOU SET-OFF

- 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 for your chosen trail?
- 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 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?

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

ON THE TRAILS

- Always carry a mobile phone and make sure it is charged
- Avoid running alone, it's safer and more fun to ride with your buddies.
- Be respectful and aware of other forest users, relax and have fun. Mean People will not be tolerated.
- Respect the trail gradings, read the grading descriptions, start on the easy trails and do not attempt trails that are beyond your current level of ability.
- If a runner 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.
- Only use the trails during forest opening hours.
- 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 forest users, poor conduct will not be tolerated.
- Runners 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 to us. Know your limits. Have fun, run safe!

RESERVOIR SAFETY

Please help us to keep you safe and the reservoir water as clean as possible by following a few simple rules:

- **No swimming** - Swimming at Pendinas is very dangerous, the water gets very cold, there are underwater obstacles and an undercurrent is present which can change without notice. Going into the water also increases the risk of water contamination.
- **Keep animals out of the water** - Animals can contaminate the water and it can also be dangerous for them.
- **No littering or fouling** - Please take home all your rubbish and help us keep the forest and reservoir as clean and tidy as possible and reduce the risk of water pollution.
- **No fires** - Fire poses a significant risk to you and the environment so please do not light fires.
- **Please keep to the paths provided** - Thousands of walkers and cyclists enjoy Coed Llandegla each year but this can cause significant damage to the embankments that contain the reservoir if people do not keep to the paths provided. By keeping to the paths provided, you help ensure the safety of the structures and allow its continued use in the future while also reducing disturbance to wildlife.

- ➔ Direction of Travel
- Blue Line Blue Route
- Red Line Red Route
- White Line Forest Road
- Grey Line Public Highway
- Viewpoint
- W 253 Waymarker Number
- VC Visitor Centre
- P Main Car Park