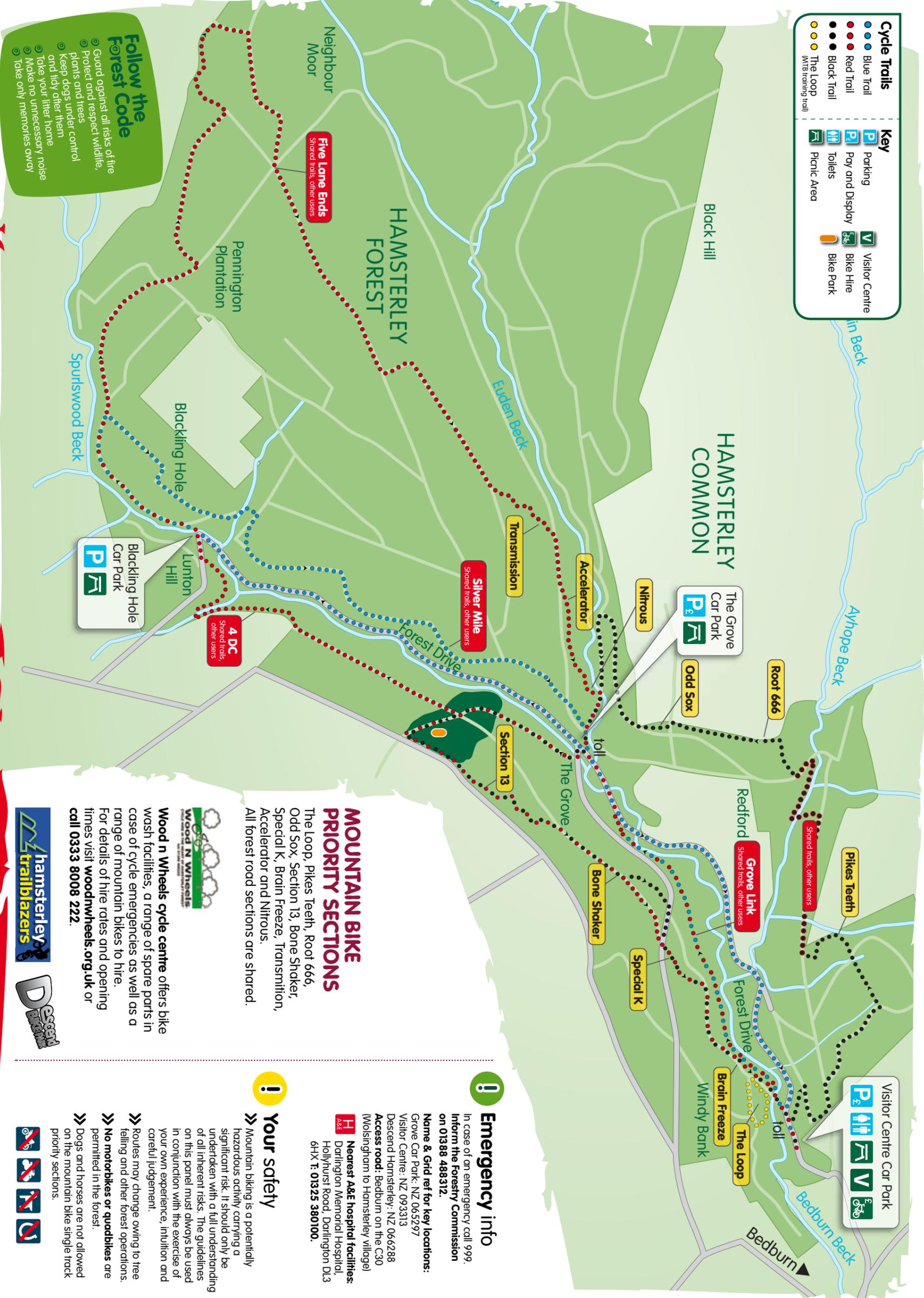


Explore by bike...

Cycle Trails	Key
Blue Trail	Parking
Red Trail	Poy and Display
Black Trail	Toilets
The Loop <small>(MTB training trail)</small>	Visitor Centre
	Bike Hire
	Bike Park
	Picnic Area



Follow the Forest Code

- Guard against all risks of fire
- Protect and respect wildlife, plants and trees
- Keep dogs under control and tidy after them
- Take your litter home
- Make no unnecessary noise
- Take only memories away

Hamsterley Forest Blue Trail
Trail Start/Finish - Hamsterley Forest Bedburn Car Park
Trail Length - 9 miles/14.5 km (time 2 hours approx.)
Trail Grade - Blue **Moderate**
Trail Description - This trail provides you with the ideal opportunity to explore the forest at a leisurely pace. The first stretch to Grove House is on a wide, purpose built cycle trail, before joining the Forest Drive to Blackling Hole. This stretch and the return through the forest to the Grove, is all on loose surfaced forest road. Please exercise caution when cycling on forest roads as this is shared with other users, including timber lorries. The last two miles back to the Visitor Centre is on the tarmac section of the Forest Drive.

Hamsterley Forest Red Trail
Trail Start/Finish - Hamsterley Forest Bedburn Car Park
Trail Length - 14.5 miles/23.5 km (time 3 hours approx.)
Trail Grade - Red **Difficult**
Trail Description
 A trail for real adventurers who want to spend the day exploring the further reaches of the forest. The route follows the Blue Trail to the Grove before heading into the wider forest on a mixture of forest road and singletrack. Superb views await at the top of the forest overlooking Eggleston Moor before returning to the Grove via the Euden Beck. To complete a 'figure of eight' loop, the route retraces a short climb past Descend Bike Park before returning to the start at Bedburn via some exhilarating singletrack sections.

Hamsterley Forest Black Trail
Trail Start/Finish - Hamsterley Forest Bedburn Car Park
Trail Length - 8 miles/13 km (time 1.5 hours approx.)
Trail Grade - Black **Severe**
Trail Description
 This is the most strenuous and technically challenging cross-country waymarked trail in Hamsterley Forest. It sports steep technical climbs, smooth contoured single track and some superb 'rooty' descents. This character stows with the trail for its entire length and boasts some great natural riding that will challenge even the best cross-country bikers.

MOUNTAIN BIKE PRIORITY SECTIONS

The Loop, Pikes Teeth, Root 666, Odd Sox, Section 13, Bone Shaker, Special K, Brain Freeze, Transmission, Accelerator and Nitrous. All forest road sections are shared.

Wood n Wheels cycle centre offers bike wash facilities, a range of spare parts in case of cycle emergencies as well as a range of mountain bikes to hire. For details of hire rates and opening times visit woodnwheels.org.uk or call 0333 8008 222.



Emergency info

In case of an emergency call 999. Inform the Forestry Commission on 01388 488312.
Name & Grid ref for key locations:
 Grove Car Park: NZ 065297
 Visitor Centre: NZ 093313
 Descend Hamsterley: NZ 066288
Access road: Bedburn on the C30 (Wolsingham to Hamsterley village)
Nearest A&E hospital facilities:
 Darlington Memorial Hospital, Hollyhurst Road, Darlington DL3 6HX. T: 01325 380100.

Your safety

- Mountain biking is a potentially hazardous activity carrying a significant risk. It should only be undertaken with a full understanding of all inherent risks. The guidelines on this panel must always be used in conjunction with the exercise of your own experience, intuition and careful judgement.
- Routes may change owing to tree felling and other forest operations.
- No motorbikes or quadbikes** are permitted in the forest.
- Dogs and horses are not allowed on the mountain bike single track priority sections.





Hamsterley Forest has cycling for all the family and one of the best off road cycle venues in Northern England.

Starting at the leisure end of cycling you can ride the **Grove Link** returning via the pleasant forest drive (shared with vehicles).

Blue graded single track trail construction is being progressed within the forest at present and at **Odd Sox** the first section of technical blue trail can be found.

Progressing onto **red grade**, Hamsterley has some of the best sections of red graded singletrack (some with black off line options) in the UK. Sections such as **Transmission, Brain Freeze, Odd Sox, Pikes Teeth** will have you return for more sooner than you thought!

Moving onto the tough end of mountain biking the **black** is maybe not a long trail, but it is technically challenging throughout.

If you want to try **extreme** then **Descend Hamsterley** bike park is the only downhill trail centre in northern England and has something for all downhillers. It has a well-earned awesome reputation with local riders, including former **World Cup champion Danny Hart**, who is just one of the top UK riders who ride here to keep them tight for the next competition.

Note, all riders must purchase a permit to ride at Descend. For more information visit descendbikepark.co.uk.



Horse Riding

Hamsterley Forest is a busy forest for horse riding. A lot of the cycle trails also use sections of forest road to connect to the next section of singletrack. Please always respect horses and their riders. Slow down and let the rider see you before proceeding past. A cheery hello goes a long way to show respect to other users. Remembering horses can be spooked easily is really important when you see one. Give cyclists a good name for being thoughtful for other users.



Wildlife Watcher

Hamsterley is home to many species of flora and fauna. From Roe Deer living wild to the best hay meadows in County Durham, there are many quiet areas in the forest where you can see nature at its best.

Play Trails

If you love climbing, scrambling, balancing, hiding and generally having a great time, then this trail is for you. Looping around the Bedburn Beck, this 1/2 mile trail has loads of fun play opportunities.

discovery
PASS

Discover the freedom of the forest...

...and support Hamsterley Forest

Annual Discovery Pass only £40 for a whole year of savings!

Join now at the Forest Cafe, information point or join online: forestry.gov.uk/pass



Walking in Hamsterley

Around 60% of Hamsterley Forest's visitors are walkers. This means you are going to meet a walker somewhere out on the trail network. Please show respect for walkers and remember the trails do share a lot of sections where walkers are also waymarked to walk. Walkers have the right to walk anywhere in the forest, so you might also come across a walker on a singletrack section, always show respect to walkers - give cyclists a good name for being thoughtful to other users.



Paws Outdoors

Walking your dog is a great way to exercise, explore the outdoors and enjoy one of our woods. With miles of paths to explore, there's no need to leave your four-legged friend at home next time you're planning a day out.

Dogs are very welcome, and all we ask for is owners to be responsible, by keeping dogs under control and always disposing of dog waste in the bins provided.

Visit www.forestry.gov.uk/dog for lots of dog-friendly tips and places to visit.