

GISBURN FOREST BIKE TRAILS

Fantastic mountain biking in the Forest of Bowland



Trail Information

Bottoms Beck ——— Blue • Moderate • 9.5km

A shorter trail for an easier ride. Suitable for novices and younger riders. Drop down to the causeway over Stocks reservoir and bounce along Eggberry Road. A mellow section of green grade trail follows an old rail line beside Bottoms Beck. Flow along the funky blue single-track of Park Wood before swooping down from the top of Cocklet Hill. Follow the blue arrows on the timber posts.

The 8 - - - - - Red • Difficult • 18 km
◆ Black • Severe • (optional features and sections)

Laid out in a figure of eight. Highlights include the volunteer built trail of Home Baked, the gnarly Whelp Stone Crag and the roller coaster ride of Hully Gully - as close as you can get to dancing on a bike. The trail includes forest road, red & blue grade single-track. There are optional black grade sections and features on the way. Follow the red arrows on the timber posts. Enjoy!

National Trail Grading

Green: Easy
Suitable for: Beginners in good health with basic bike skills. Most types of bike.
Trail: Relatively flat and wide.

Blue: Moderate
Suitable for: Riders in good health, basic off road skills. Basic mountain bikes.
Trail: Some single track, root & rock obstacles.

Red: Difficult
Suitable for: Proficient mountain bikers with good off road riding skills and fitness. Good mountain bikes.
Trail: Challenging climbs, tricky descents & technical features such as drop-offs & large rocks.

Black: Severe
Suitable for: Expert mountain bikers with high levels of fitness. Quality off-road mountain bikes
Trail: Greater challenge & difficulty. Expect large and unavoidable features.

Forest road & similar
Suitable for: Cyclists in good health. Map reading usefull (routes not always marked). Most bikes.
Trail: Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.

Your Safety

Mountain biking is a potentially hazardous activity carrying a significant risk. It should only be undertaken with a full understanding of all the inherent risks. The guidelines found here must always be used in conjunction with the exercise of your own experience, intuition and careful judgement. Remember routes may change owing to tree felling and other forest operations.

Forest Cycle Code

- Don't rely on others;**
 - can you get home safely?
 - carry the right equipment and know how to use it
- For your own safety;**
 - always wear the right safety clothing, at least a cycle helmet and gloves;
 - only cycle within your abilities;
 - only tackle jumps and other challenges if you are sure you can do them, have a look first!
 - train properly especially for difficult and technical routes.
- On and off road;**
 - expect the unexpected – watch out for other visitors;
 - for your own and others' safety always follow warning signs and any advice you are given;
 - if a vehicle is loading timber Stop and wait for the driver to let you pass safely.
- Cycle carefully and come back soon!**

Emergency!

Mobile Phone:
Network coverage in the forest is poor. See map to left for areas of best reception.

Locator Posts:
When out on the trail, use our locator posts 18 to help identify your location.

Name & Grid Ref:
Cocklet Hill Car Park, grid ref SD 745550

Nearest A&E Hospital:
Royal Blackburn Hospital tel: 01254 263555

Nearest Public Phone:
Approx 800 metres south of Cocklet Hill car park on B6478 and in the centre of Tosside village.
If rescue services are Required phone 999

