

Gisburn

Fantastic Forest Biking



Forest Cycle Code

1. Don't rely on others:

- ▶ Can you get home safely?
- ▶ Carry the right equipment and know how to use it.



2. 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.



3. 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.



4. Cycle carefully and come back soon!

Welcome to Gisburn Forest, the best place for mountain biking in North Lancashire. Gisburn Forest Offers two fantastic new mountain bike trails. The "8" is an 18km red grade trail with the unique Hully Gully & Bottoms Beck is a free flowing blue graded mix of surfaces that will make your grin. Trails start from Cocklet Hill Car Park (SD 745550)

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 in this leaflet 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 & other forest operations.

If you need this publication in large print or in another language please contact the diversity team.

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Gisburn Bike Trails have been Sponsored By: Sport England, United Utilities, Ribble Valley Borough Council, Ribble Valley Strategic Partnership, local riders, Lancashire County Council, Forest of Bowland AONB.

? Trail grading information

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 & 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 level of fitness. Quality off-road mountain bikes.
Trail: Greater challenge & difficulty. Expect large & unavoidable features.

? Forest roads & bike parks

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

Bike parks
Suitable for: Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory.
Trail: Extreme levels of exposure & risk. Large features.

Not available at Gisburn

Emergency!

Name & Grid Ref:

Cocklet Hill Car Park
Grid Ref SD 745550

Nearest A&E Hospital:

Blackburn T. 01254 263555

Nearest Public Phone:

800m south of Cocklet Hill car park on B6478 and in centre of Tosside Village.

If Rescue Services Are Required Phone 999

Talk To Us

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forestry.gov.uk/gisburn

"The 8"

Red Grade
Difficult 18 km

Highlights include the volunteer built trail of Home Baked, gnarly rocks of Whelpstone Crag and the roller coaster ride down Hully Gully - as close as you can get to dancing on a bike. Follow the red arrows on the timber posts. Look out for any warning markers. Along this route are optional Black Grade lines and features. These are marked with a skull.

Bottoms Beck

Blue Grade - Moderate 9.5km

A short trail that is suitable for novices & younger riders. Down passed St James Chapel and over the causeway leads to a bumpy ride along Eggberry Road. A mellow ride by Bottoms Beck follows an old railway line. Later, you can twist & turn through Park Wood, then finish with a grin on a sweeping descent. Follow the blue arrows on the timber posts. Look out for any warning markers.

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