









Key	
	Parking
	Picnic Area
	Visitor Centre
	Bike Hire
	Bike Park
	Downhill Sections
	Uphill Sections
	The Loop (MTB training trail)

» Hamsterley Forest Blue Trail

Trail Start/Finish

Hamsterley Forest Bedburn Car Park

Trail Length

9 miles/14.5km (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 Overview Map

All the cycle trails start from the information point opposite the cycle hire and initially follow the Forest Drive. The trails are graded according to technical difficulty and level of fitness required (see grading panel below). Please note, the weather and ground conditions can drastically alter the difficulty of a trail.



Find the right trail for you!

Blue Moderate

Suitable for: Intermediate cyclists/mountain bikers with basic off road riding skills. Mountain bikes or hybrids.

Trail and surface types: Relatively flat and wide. The trail surface may be loose, uneven or muddy at times and include small obstacles of roots and rock. Specially constructed single track.

Gradients and technical trail features (TTFs): Most gradients are moderate but may include short steep sections. Includes small TTFs.

Suggested fitness level: A good standard of fitness can help.

Red Difficult

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

Trail and surface types: Steeper and tougher, mostly singletrack with technical sections. Expect very variable surface types.

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

Suggested fitness level: Higher level of fitness and stamina.

Black Severe

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

Trail and surface types: As 'Red' but with an expectation of greater challenge and continuous difficulty. Can include any useable trail and may include exposed open hill sections.

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

Suggested fitness level: Suitable for very active people used to prolonged effort.

Forest road and similar

Suitable for: A wide range of cyclists. Most bikes and hybrids. Ability to use maps helpful. Routes may or may not be waymarked.

Trail and surface types: Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. These roads may be used by vehicles and other users, including horse riders and dog walkers.

Gradients and technical trail features (TTFs): Gradients can be variable and may include short steep sections. Occasional potholes may be present.

Suggested fitness level: A good standard of fitness can help.

Orange Bike park

Suitable for: Riders aspiring to an elite level of technical ability, incorporates everything from full on downhill riding to big-air jumps.

Trail and surface types: Severe constructed trails and/or natural features. All sections will be challenging. Includes extreme levels of exposure and or risk. Jumping ability obligatory.

Gradients and technical trail features (TTFs): Will include a range of small medium and large TTFs, including downhill trails, freeride sections and mandatory jumps.

Suggested fitness level: A good standard of fitness, but technical skills more important.

Emergency info

Name & Grid ref. for key locations:

Grid Ref: Grove Car Park NZ 065297,

Visitor Centre NZ 093313, Descend Hamsterley NZ 065291

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.

In case of an emergency call 999.

Inform the Forestry Commission. T: 01388 488312.

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, quadbikes, dogs or horses are allowed on the MTB trails.



Location & information enjoy your visit

Location

Signposted from the A68 at Witton-le-Wear. There is no direct public transport service to the Forest.

Parking

There is a charge for using the Forest Drive and car parks, payable on entry via pay and display machines or toll staff. Annual parking permit (Discovery Pass) is available onsite or online at www.forestry.gov.uk/pass.

Forest Operations

Hamsterley Forest is a working forest. All forest users should look out for vehicles, timber lorries, and other machinery. Please respect all warning signs.

General Facilities

Visitor Centre/Shop and Hamsterley Forest Tearoom open daily from Easter to the end of October. Tearoom also open weekends in winter (t: 01388 488822)

Our Partners

Hamsterley Trailblazers

The Trailblazers are a charitable organisation run by volunteers who work to promote and develop mountain biking in Hamsterley Forest. For further information, visit www.hamsterley-trailblazers.co.uk

Wood n Wheels Cycle Hire Centre and Bike Shop

On site children and adult bike hire, repairs, servicing and bike wash. The shop has a selection of spares and accessories. Qualified leader can be hired to lead groups t: 01388 488222 e: shop@woodnwheels.co.uk

Descend Hamsterley Bike Park

This specialist facility caters for the more extreme end of mountain biking and is very technically demanding. A daily permit is required to ride these courses.

Contact Craig Hunter on 07795 514251 or visit www.descendhamsterley.co.uk

Contact

Forestry Commission England

Eals Burn, Bellingham, Northumberland, NE48 2HP t: 01434 220242

e: enquiries.kielder@forestry.gsi.gov.uk

Hamsterley Visitor Centre t: 01388 488312

Further information about cycling in Northeast England is available on www.visitnortheastengland.com/mtb

» www.forestry.gov.uk/northeastengland



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