











### Key

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

## Hamsterley Forest Red Trail

### Trail Start/Finish

Hamsterley Forest Bedburn Car Park

### Trail Length

12.5 miles/22km (time 2.5 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 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.

## 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](http://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](http://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](mailto: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](http://www.descendhamsterley.co.uk)

### Contact

#### Forestry Commission England

Eals Burn, Bellingham, Northumberland, NE48 2HP  
**t: 01434 220242**  
**e: [enquiries.kielder@forestry.gsi.gov.uk](mailto: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](http://www.visitnortheastengland.com/mtb)

» [www.forestry.gov.uk/northeastengland](http://www.forestry.gov.uk/northeastengland)



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