

Sherwood Pines

Mountain Bike Trails



The Trails

Family Cycle Trail ●●●●

Distance 4.8 km (3 miles)
Starts at the Visitor Centre. Waymarked
This 3 mile loop provides a great introduction to the forest combining both quiet forest roads with off road trails and takes in a variety of habitats and views. This trail is also suitable for all terrain scooters, prams and off road wheel chairs.

Adventure Trail ●●●●

Distance 9.6 km (6 miles)
Starts at Visitor Centre. Waymarked
The 6 mile loop starts and finishes on the family cycle trail but provides the chance to experience off road trails and to progress skills and fitness levels. It is unsurfaced and may be rough and uneven in places. Suitable for mountain bikes only.

Kitchener's Trail ●●●●

Distance 13 km (8 miles)
Starts at XC. Waymarked
This fast unsurfaced singletrack trail loops around the forest taking in exciting terrain and providing a physical and mental challenge. The 8 mile trail will be developed, and much of it will be built by volunteers and designed by local riders. This trail is suitable for mountain bikes only and requires a high level of skill and fitness.

The Bike Park

Taking inspiration from other Bike Parks such as Whistler in Canada and Dixon's Hollow in Dalby Forest, the Bike Park provides a more extreme experience. Suitable only for experienced mountain bikers. Zones include dirt jumps, north shore and downhill trails with exciting and demanding terrain. Grading of the park is separate from the trails and more information can be found at the Bike Park itself.

Key

- Pay & display
- Toilets
- Cafe
- Picnic area
- Cross country start
- Play area
- Bike hire
- All-ability trails
- Numbered cycle route posts
- Sustrans route

Finding your way

Follow the coloured trail markers on timber posts. Look out for any warning markers.



Find the right trail for you

Green Easy

Suitable for: Beginner/ novice cyclists. Basic bike skills required. Most bikes and hybrids. Some green routes can take trailers.
Trail and surface types: Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. May include short flowing singletrack style sections.
Gradients and technical trail features (TTFs): Climbs and descents are mostly shallow. No challenging features.
Suggested fitness level: Suitable for most people in good health.

Blue Moderate

Suitable for: Intermediate cyclists/mountain bikers with basic off road riding skills. Mountain bikes or hybrids.
Trail and surface types: As 'Green' plus specially constructed single track. Trail surface may include small obstacles of roots and rock.
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 roads & bike parks

Forest road & 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 paths 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.

