

GISBURN FOREST BIKE TRAILS

Fantastic mountain biking in the Forest of Bowland AONB



Forest of Bowland Area of Outstanding Natural Beauty

The Forest of Bowland Area of Outstanding Natural Beauty (AONB) is a nationally protected landscape and is internationally important for its heather moorland, blanket bog and rare birds. The AONB is managed by a partnership of landowners, farmers, voluntary organisations, wildlife groups, recreation groups, local councils and government agencies, who work to protect, conserve and enhance the natural and cultural heritage of this special area. Visit www.forestofbowland.com for more information.



Located in the North East corner of Lancashire and within the Forest of Bowland Area of Outstanding Natural Beauty, Gisburn Forest offers fantastic mountain biking with beautiful views. Glide easily along mellow trail by Bottoms Beck, twist and shout through Park Wood, dance with your bike down Hully Gully or grit your teeth and rush down the Bigfoot slab – everyone should find something that will make them grin.

Gisburn is a working and dynamic forest created and managed by the Forestry Commission. The forest and recreation facilities are likely to continue to change and evolve. For more information on what we do, visit: www.forestry.gov.uk/northwestengland



Some of the trail building volunteers ▲ © Martin Charlesworth






Volunteering

The more we build, the more there is to ride.

A group of volunteer trail builders have met regularly for over three years and have hand built some sweet single-track that significantly enhances the bike trail loops. The first section completed was the tight and twisty descent of Home Baked – many riders favourite bit of trail. Every volunteer hour given = a little more trail to ride, so come and give it a go. All tools, materials, instruction and some light refreshments are provided. You need to bring boots or wellies, a coat if it's raining, lunch if you're staying the day and a big dose of energy.

There are regular meets throughout the year. For further information and to get involved visit Peninne Mountain Bike Action's website at www.pmba.org.uk or see and join Gisburn Forest MTB Trail Development group on Facebook.

Listings Key

-  ★★ Visit Britain Star Rating
-  **GOLD** **SILVER** **BRONZE** Green Tourism Business Scheme Awards
-  Walkers Welcome Award
-  Cyclists Welcome Award
-  Pets Welcome Award

Dale House Camping Barn



Dale House Camping Barn is a family run business within walking and riding distance to Gisburn Forest. The Barn has been purposely built to accommodate groups. Dale House Camping Barn is ideally located for what ever outdoor activity you wish to pursue.

Dale House Barn, Slaidburn, Near Clitheroe, Lancashire, BB7 4TS
 web: www.dalehousebarn.co.uk tel: **01200 446820**

Bent House Farm



A four star, detached farmhouse set in stunning countryside between the Forest of Bowland and the Yorkshire Dales. Close to Gisburn Forest. Good quality, comfortable family accommodation, sleeps upto 7 people. Large conservatory, two sitting rooms, dining kitchen. Gardens front and rear, private parking. Non-smokers only. Open all year.



Bent House Farm Cottage, Longtons Lane, Tosside, BD23 4SU tel: **01729 822865**
 web: www.benthousefarm.co.uk email: info@benthousefarm.co.uk

Crowtrees Caravan Park



Set in over 150 acres of countryside Crowtrees Park has something for the whole family to enjoy. Crowtrees Inn & Restaurant, indoor swimming pool, shop, play area & games room. Luxury 4 star holiday apartments for hire, pets welcome. Holiday homes and timber lodges for sale. See our website for details.



Crowtrees Park, Tosside, Near Skipton, BD23 4SD tel: **01729 840278**
 web: www.crowtreepark.co.uk email: enquiries@crowtreepark.co.uk

Cycle Adventure



Hire a quality new Trek front suspension mountain bike with FREE delivery/collection to Gisburn Forest. Receive a friendly, professional and flexible service with each hire including use of helmets, route sheets for all abilities, lock, puncture resistant tyres, tool kit, bottle holder and bike fitting/briefing. We also offer Premium Level bikes, children's bikes/equipment, Guided rides, Skills Courses and can cater for large group bookings.

Free delivery & collection to Gisburn Forest trail head 7 days a week, including any other location in the Forest of Bowland AONB (hire & guiding available throughout Lancashire)

web: www.cycle-adventure.co.uk tel: **07518 373 007** text: 'ca' for call back
email: info@cycle-adventure.co.uk

Pedal Power



Bikes, accessories, clothing, repairs, servicing, wheel building, mountain bike hire.

Stockists of Trek, Ridgeback, Genesis, Saracen, Haro bikes.

From kiddies bikes to the latest full suspension mountain bikes. Plus an extensive range of accessories and men's ladies and children's clothing.

We provide expert advice in all aspects of sales, servicing, repair and insurance work.

Waddington Road, Clitheroe, BB7 2HJ

web: www.pedalpowerclitheroe.co.uk tel: **01200 422066**

Gardenmakers



Fresh home made food in relaxing surroundings just 3 miles from Gisburn Forest. Complementing our full menu is a new brunch and afternoon/high tea menus offering a tasty start or finish to your day out. We don't just cook it we grow much of it too!

9.00-5.30 everyday except Xmas and Boxing Day.

Coar's Farm, Wigglesworth, BD23 4SN

web: www.gardenmakers.co.uk tel: **01729 840848**

Lower Gill Holiday Cottages



Situated 5 minutes from Gisburn Forest, in Tosside.

We can accommodate small or large groups up to 39 people in our well-equipped comfortable holiday cottages. We have bike wash and secure storage facilities and we also have an indoor heated swimming pool, a games room with pool table and a snooker lounge.



Orchard Cottage, Lower Gill, Tosside, BD23 4ST tel: **01200 447023**

web: www.lowergill.co.uk email: info@lowergill.co.uk

Off the Rails Cycle Hire & Tours



Hire a quality TREK hardtail mountain bike and explore Gisburn Forest's new trails. Enjoy a Day Ride with a local guide or join us on a Learn to Mountain Bike Day. We also have Tag-alongs and trailers ideal for Gisburn's Family Routes. Helmets, trail pack and routes included, delivery available.

The Cycling Centre, Station Yard, Settle, North Yorkshire, BD24 9RP

web: www.offtherails.org.uk tel: 01729 824419

Slaidburn Village Store & Post Office



The shop, in the heart of the village, sells everything from groceries and newspapers to souvenirs and coal.

Also available are fishing licenses for the River Hodder, and freshly made sandwiches and pies.

2 Church St, Slaidburn, BB7 3ER

tel: 01200 446 268

Riverbank Tea Rooms



Riverbank Tearooms is a traditional country café, family run with local help. All our food is home made using the finest local produce where ever possible.

The tearoom is licensed and serves a wide variety of home made meals, snacks and home baking, from fresh scones & delicious cakes to fruit pies served with cream straight from the farm. Cycle friendly.

The Green, Slaidburn, Lancashire

web: www.riverbanktearooms.co.uk tel: 01200 446398

Dalesbridge



Dalesbridge will provide you with a comfortable base only 10 minutes drive from Gisburn Forest. Ideally situated for both individuals and groups we have a campsite, self-catering bunkhouses and cosy B&B rooms. You may wish to consider hiring the well equipped Dalesbridge House (sleeping up to 15) on a self-catering basis. We have secure bike storage, washing and maintenance facilities.



Dalesbridge, Austwick, Nr. Settle, LA2 8AZ tel: 01542 251021

web: www.dalesbridge.co.uk email: info@dalesbridge.co.uk

Laythams Farm Cottages



Set amidst magnificent scenery and enjoying glorious views of the Forest of Bowland Laythams Farmhouse has been converted to provide two comfortable letting units sleeping 6, 9 or 15 when used as one unit. Situated 1 1/2 miles from Slaidburn village and convenient to all the cycle trails. Available for short breaks or longer.



1 Laythams Farm, Back Lane, Slaidburn, Clitheroe, BB7 3AJ

email: edriver@nildram.co.uk tel: 01200 446454

Trail Motions



Trail Motions provides mountain bike skills courses and guided rides for riders of all abilities. Be it a family ride exploring forest trails, a day session of riding skills, or a weekend of mountain biking, we'll provide an SMBLA qualified instructor/guide and tailor made session plan to make the most of your riding time.

Borderside, Abbeystead, Lancaster, Lancashire, LA2 9BL tel: 07941 910866

web: www.trailmotions.co.uk email: anthony.trailmotions@virgin.net

Stephen Park



Nestling in the heart of Gisburn Forest lies our 16th century farmhouse. We can accommodate families and groups on a B&B or Full Board basis using fresh, locally sourced produce. Ideally located for bike trails, fishing, walking, horse riding and bird watching. A warm Lancashire welcome awaits you!

Stephen Park, Dale Head, Slaidburn, BB7 4TS tel: 01200 446533

web: www.toinspire.org.uk email: toinspire@talktalkbusiness.net

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

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!



In a 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**

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.

— Orange: Bike Park, Extreme

Suitable for: Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory.

— Forest road & similar

Suitable for: Cyclists in good health. Map reading usefull (routes not allways marked). Most bikes.

Trail: Gradients can vary. Surfaces may be uneven or potholed in places. look out for vehicles & other users.

For full information about facilities view an Interactive Map of the Forest of Bowland AONB at www.forestofbowland.com/interactivemap

This Map is reproduced from Ordnance Survey material with the permission of Ordnance Survey on behalf of the controller of Her Majesty's Stationery Office © Crown Copyright. Unauthorised reproduction infringes Crown Copyright and may lead to Prosecution or civil proceedings. Lancashire County Council Licence No. 100023320.

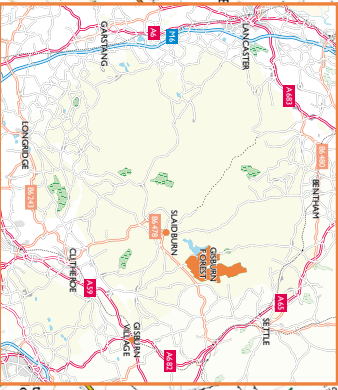
Key

- Bottoms Beck Trail
- The 8
- Forest Roads
- Black Grade
- Bike Park
- Public footpaths
- Trail Direction
- Locator Posts
- Mobile Phone Reception
- Nearest public conveniences at Salsburn village car park

P Parking

Please park cars responsibly. Use the marked car parks in the forest and do not obstruct roadside verges, gateways or forest tracks

Trails start at
Cocklet Hill Car Park



Gisburn Forest Bike Trails are managed by the Forestry Commission with the help and support of our partners.

We can be contacted at: Forestry Commission, Grizedale, Ambleside, Cumbria, LA22 0QJ

Tel: **01229 860373** Website: www.forestry.gov.uk/northwestengland Email: martin.colledge@forestry.gsi.gov.uk

For more information about the **Forest of Bowland AONB** visit www.forestofbowland.com or stay in touch via twitter.com/forestofbowland

Forest of Bowland AONB, The Stables, 4 Root Hill Estate Yard, Whitewell Road, Dunsop Bridge, Lancashire, BB7 3AY

Tel: 01200 448000 email: Bowland@lancashire.gov.uk

For other information about places to visit and things to see and do in the area, contact **Visitor Information Centres:**

Bowland Visitor Centre – Beacon Fell Country Park, 01995 640557

Barnoldswick – Fernlea Avenue, 01282 666704

Bentham – Town Hall, Station Road, 01524 262549

Clitheroe – Ribble Valley Borough Council Offices, Church walk, 01200 425566

Colne – Boundary Mill Stores, 01282 856186

Garstang – Cherestanc Square, Off Park Hill Road, 01995 602125

Lancaster – The Storey, Meeting House Lane, 01524 582394

Pendle Heritage Centre – Park Hill, Barrowford, 01282 661701

Preston – The Guild Hall, 01772 253731

Settle – Town Hall, 07129 825192

Also visit:

Marketing Lancashire www.visitlancashire.com

Welcome to Yorkshire www.yorkshire.com

For more information about cycling in Lancashire visit www.lancashire.gov.uk/cycling

Front cover photograph - © Forestry Commission

Ordnance Survey Map Explorer OL41, Forest of Bowland & Ribblesdale covers this area.

Leaflet available in large text format on request. Due to OS legislation the map is not available in larger format.

All those enjoying the Forest of Bowland AONB are asked to follow the Countryside Code at www.countrysideaccess.gov.uk and adhere to signs, particularly at sensitive times such as the lambing and birding nesting seasons during spring and summer.

The following organisations supported the creation of Gisburn Forest Bike Trails



www.forestofbowland.com