

Gisburn Forest Bike Trails

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/gisburn



Some of the trail building volunteers ▲

Volunteering

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

Gisburn Forest Trail Builders have been meeting for 4 years and have hand built some sweet single-track. The first section completed was the tight and twisty descent of Home Baked – this remains many riders' favourite section of trail. The group recently completed a wonderfully bouncy ride called Swoopy. Every 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 please see: <http://www.pmba.org.uk/gisburnvols.htm> or Facebook: **Gisburn Forest Bike Trails**.

Cycle Adventure

Hire quality mountain bikes designed for technical trail riding with front suspension, hydraulic disc brakes and Shimano running gear. All bikes are cleaned, safety checked and tuned prior to each hire. Free delivery/ collection service to Gisburn Forest.

Receive a friendly and professional service including use of helmets, route sheets, tool kit, bottle holder and bike fitting/briefing. We also offer guided rides and skills courses for all abilities using qualified and experienced instructors, and can cater for large group bookings.

Hire, guiding and skills coaching available throughout the North West.

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



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 323989 or 07828484673
email: enquiries@dalehousebarn.co.uk

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

web: www.dalesbridge.co.uk
tel: 01542 251021
email: info@dalesbridge.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
email: sales@3peakscycles.com



The Old Vicarage Tea Room, Cafe/Bistro

Dine in the Old Vicarage in the heart of the village of Tosside on the North Yorkshire - Lancashire border with panoramic views from Pen-y-ghent to Pendle Hill. We are a family run business serving traditional homemade, locally sourced food. From freshly baked Scones to Panini to Slow cooked Lamb Shanks.

The Old Vicarage, Tosside, BD23 4SQ

tel: 07809489282
email: emmydrach@hotmail.com

Pedal Power Clitheroe

Retail bike and hire store with over 35 years of experience, providing expert advice in all aspects of sales, servicing, repairs and insurance work.

Hire a quality mountain or road bike, with advice on suggested routes and trails.

Stockists of Trek, Ridgeback, Genesis, Forme, Kinesis bikes and frames. Plus an extensive range of accessories, spares, clothing and shoes.

Waddington Road, Clitheroe, BB7 2HJ

web: www.pedalpowerclitheroe.co.uk
tel: 01200 422066
email: info@pedalpowerclitheroe.co.uk



The Forest of Bowland AONB

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.

Listings Key

- ★ ★ ★ Visit Britain Star Rating
- Green Tourism Business Scheme Award
- Walkers Welcome Award
- Cyclists Welcome Award
- Pets Welcome Award



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 up to 7 people. Large conservatory, two sitting rooms, dining kitchen. Gardens front and rear/private parking. Secure cycle storage/wash facilities and free WiFi. Non-smokers only. Open all year.



Bent House Farm Cottage, Longtons Lane, Tosside, BD23 4SU

web: www.benthousefarm.co.uk
tel: 01729 822865
email: info@benthousefarm.co.uk

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 Days

Coar's Farm, Wigglesworth, BD23 4SN

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



Laythams Farm Cottages

Set amidst magnificent scenery and enjoying glorious views of the Forest of Bowland Laythams Farmhouse has been converted to provide three comfortable letting units sleeping 2, 5, 10 or 17 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, Lancashire, BB7 3AJ

web: www.laythams.co.uk
tel: 01200 446454
email: ldriver@mildram.co.uk

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 4SJ

web: www.lowergill.co.uk
tel: 01200 447023 / 01200 447009
email: info@lowergill.co.uk



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, freshly made sandwiches and pies and ATM machine.

2 Church St, Slaidburn, BB7 3ER

tel: 01200 446 268



Stephen Park Centre and Forest Den Cafe

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. Our Forest Den Cafe is open on the weekends to the public and offers fresh, locally sourced produce. We are ideally located for bike trails, fishing, walking, horse-riding and bird watching as we are right next to the Gisburn Forest Hub. A warm Lancashire welcome awaits you!

Stephen Park, Dale Head, Slaidburn, BB7 4TS

web: www.stephenparkcentre.com
tel: 01200 446533
email: info@stephenpark.com

Trail Motions Bike Skills

Trail Motions provides bespoke mountain bike skills coaching and guided rides for riders of all abilities. We offer taster sessions, full day courses, guided rides, and one-to-one sessions tailored to help you make the most of your riding time. Our MBLA qualified Mountain Bike Leaders can improve your skills and confidence on the bike no matter where you ride.

Whether you're new to biking and need some help getting started or have been riding for years and would like to improve your skills, Trail Motions will make it happen! Contact Anthony for more details.

web: www.trailmotionsbikeskills.co.uk
www.facebook.com/trailmotionsbikeskills
tel: 07941910866 / 01524792928
email: trailmotionsbikeskills@gmail.com



Fantastic mountain biking in the Forest of Bowland AONB

GISBURN FOREST BIKE TRAILS



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

Contact: **Forestry Commission North England**, Eals Burn, Bellingham, Hexham, NE48 2HP
Tel: 01434 220242 Website: www.forestry.gov.uk/gisburn
Email: enquiries.northengland@forestry.gsi.gov.uk [f](https://www.facebook.com/gisburnforest) Gisburn Forest

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

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

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.

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 – Platform Gallery and Visitor Information Centre, Station Road, 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
Yorkshire Tourist Board www.yorkshire.com

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

The following organisations supported the creation of Gisburn Forest Bike Trails



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.

Front cover photograph - © Forestry Commission

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 North Yorkshire, BD23 4SD

web: www.crowtreepark.co.uk
tel: 01729 840278 fax: 01729 840863
email: enquiries@crowtreepark.co.uk



GISBURN FOREST BIKE TRAILS

Fantastic mountain biking in the Forest of Bowland



Trail Information

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 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.

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 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!

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:

Gisburn Forest Hub, grid ref **SD 7458 5602**

Nearest A&E Hospital:

Royal Blackburn Hospital tel: **01254 263555**

Nearest Public Phone:

Approx 800 metres south of Cocklet Hill car park on B6478 in the centre of Tosside village.

If rescue services are Required phone **999**

