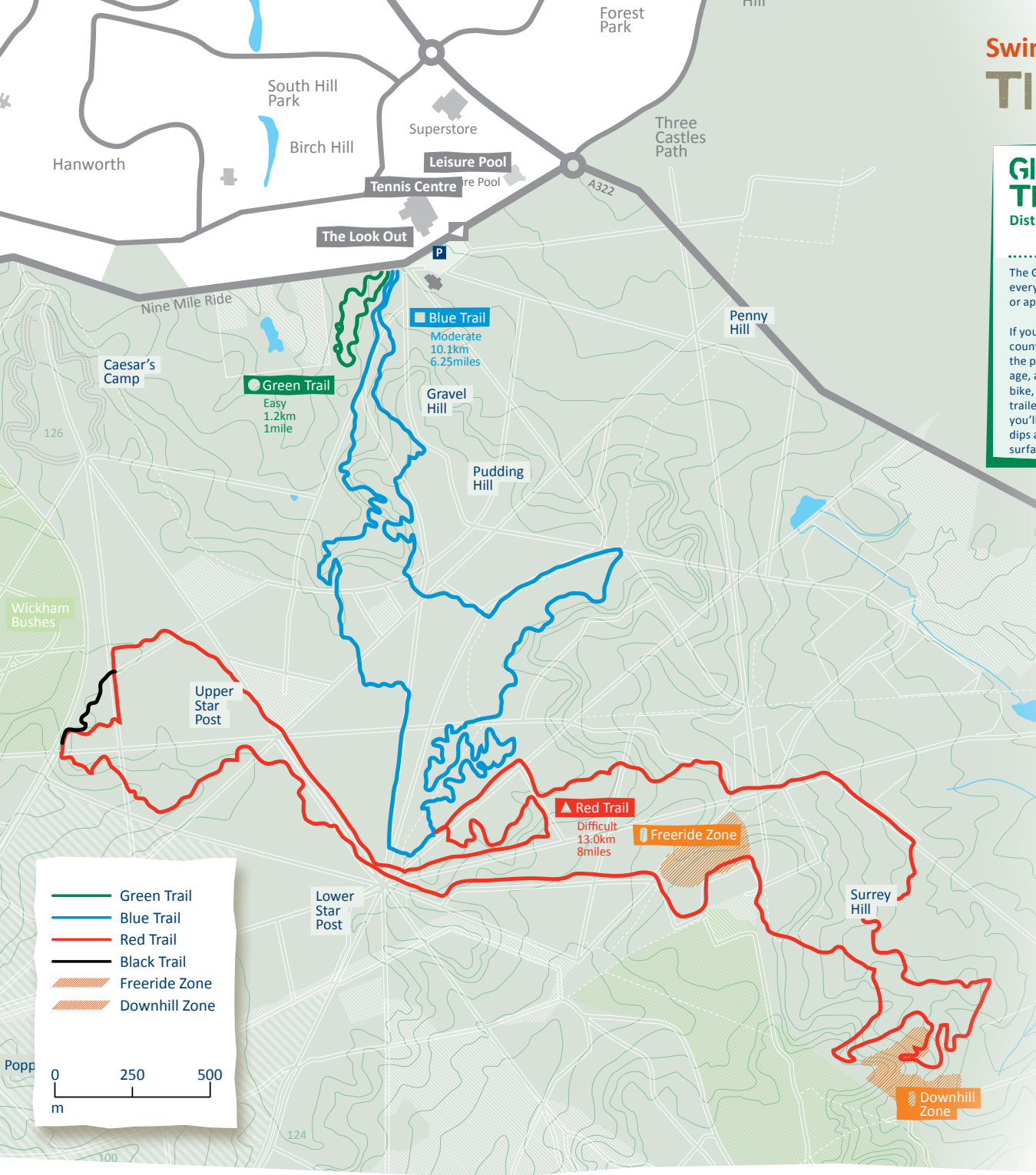


Swinley Forest TRAIL GUIDES



GREEN TRAIL

Distance: 1.2km [1mile]

The Green Trail is suitable for absolutely everyone, regardless of age, experience or aptitude.

If you're dipping your toe into cross country riding for the first time, this is the perfect place to start. Whatever your age, and whether you are on a touring bike, carrying children in child seats or trailers, or a cyclist with disabilities, you'll love this entry-level trail's gentle dips and rises, wide track and even surface.

BLUE TRAIL

Distance: 10.1km [6.25miles]

Leave The Look Out on a leg warming ascent past the trig point on Gravel Hill, then descend to the forest road. Descend immediately for your first sweeping bermed, sweet single-track; then catch your breath while following the trail through some jaw-dropping pine forests and finish by following Windsor Ride to New England Hill.

Follow the 'Full 9 Yards' to Devils Highway and cross to the Marmite trail that is 'The Stickler'; then choose between joining the Red trail or continuing on Blue. Follow the forest road, head left past the old forest nursery along some more sweeping single-track and ready your legs for the final climb. At the top, enjoy the last bermed single-track; it'll leave you with a smile that lasts all the way back to The Look Out.

RED TRAIL

Distance: 13.0km [8miles]

So now you're ready for Red.

Head straight into 'Tank Traps', hit the forest road, follow the way-markers to Crowthorne Reservoir, then head left, single-tracking through the woods.

Then head for 'Satan's Grotto'; which offers tight, twisty single-track. Crossing back over 'Devil's Highway' into 'Seagull' is, in a nutshell, the essence of XC riding in Swinley.

Catch your breath and follow the forest road to Surrey Hill reservoir. Then drop through trees down some fast trail called 'F1' before heading out to the forest for a stiff climb to the boardroom.

Plunge into 'Deerstalker' before being thrown around 'Labyrinth' and spat out onto the forest ride. There's a short section of forest road before a left to the top of Vicarage Lane. More forest road to 'Cobblers', then undulating, taxing single-track, before re-joining Blue.

Mountain bike ESSENTIALS

DON'T RELY ON OTHERS

- 🕒 Can you get back safely?
- 🕒 Carry the right equipment and know how to use it.

FOR YOUR OWN SAFETY

- 🕒 Always wear the right safety clothing, at least a cycle helmet and gloves.
- 🕒 Cycle within your abilities.
- 🕒 Only tackle challenges if you are sure you can do them – have a look on foot first.
- 🕒 Train properly, especially for difficult and technical routes.

ON AND OFF ROAD

- 🕒 Swinley Forest is a busy multi-user site.
- 🕒 Expect the unexpected – watch out for other visitors and prepare to stop if needed.
- 🕒 For your own and others' safety always follow warning signs and advice you are given.

FOLLOW THE FOREST CODE

- 🕒 Guard against all risks of fire
- 🕒 Protect and respect wildlife, plants and trees
- 🕒 Keep dogs under control
- 🕒 Take your litter home
- 🕒 Take only memories away



WELCOME

We know Swinley Forest is a brilliant place to ride, we just ask that you keep to the designated trails. Swinley Forest must be known as a thriving area of conservation at the same time as being a great place to ride your bike. All it takes is a little co-operation, and we thank you for yours.

BIKE@SWINLEY

This forest is a special place, and the Trails that make up Bike @Swinley are a way of helping riders enjoy it to the full, while making sure its important diversity of species survives and thrives too.



TRAIL INFORMATION

Name of Location
Swinley Forest [car park]
The Look Out
Nine Mile Ride
RG12 7QW

Grid Reference
SX 881 662

Nearest A&E hospital
Frimley Park Hospital NHS Foundation Trust,
Portsmouth Road,
Frimley,
Surrey GU16 7UJ
Tel: 01276 604604

In the event of any accidents
The Crown Estate Office
Windsor Great Park
Windsor
Berkshire SL4 2HT
Tel: 01753 860 222 during office hours
Mob: 07833543025 out of hours
emergency only

Always dial 999 in an emergency

What trail is right for you?



GREEN EASY

Suitable for Beginner/novice cyclists. Basic Bike Skills required. Most bikes and hybrids. Some green routes can take trailers.

Trail & surface types are relatively flat and wide. The trail surface may be loose, uneven or muddy at times. May include short flowing singletrack style sections.

Gradients & technical trail features include mostly shallow climbs and descents. No challenging features.

Suitable for most people in good health.



BLUE MODERATE

Suitable for intermediate cyclist/mountain bikers with basic offroad riding skills. Mountain bikes or hybrids.

Trail & surface types are as 'Green' plus specially constructed single track. Trail surface may include small obstacles of roots and rock.

Gradients & technical trail features include mostly moderate gradients but may include short steep sections. Includes small TTFs.

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 & surface types are steeper and tougher, mostly singletrack with technical sections. Expect very variable surface types.

Gradients & technical trail features include a wide range of climbs and descents of a challenging nature. Expect boardwalks, berms, large rocks, medium steps, drop-offs, cambers, water crossings.

A 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 & surface types are 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 & technical trail features include large, committing and unavoidable TTFs. Sections will be challenging and variable. May also have 'downhill' style sections.

Suitable for very active people used to prolonged effort.



BIKE PARKS EXT REME

Suitable for riders aspiring to athlete level of technical ability, incorporates everything from full on downhill riding to big-air jumps.

Trail & 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 & technical trail features include large, a range of small medium and large TTFs, including downhill trails, free ride sections and mandatory jumps.

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

BIKE@SWINLEY

Welcome to **SWINLEY FOREST**

Swinley Forest is designated as a Special Protection Area (an SPA). It is internationally important for its rare and threatened birds particularly Nightjar, Dartford Warbler and Woodlark, as well as its heaths, grassland, lakes, ponds and woods. These habitats are home to an amazingly rich array of species.

Bike@Swinley is an example of balance in action; we know it's a brilliant place to ride, and we also know it's alive with rare and vulnerable species. It is important that we do all that we can to protect the environment and its inhabitants, and you can help us do this by riding only on the designated trails.

We're obliged to say, too, that we're not legally responsible for your wellbeing or safety; when you ride here you're responsible for yourself.

HAPPY RIDING...