GET READY FOR AN ADVENTURE IN THE HEART OF GISBURN FOREST & STOCKS...

Start your adventure on the Skills Loop where you can learn how to ride or brush up on your trail feature skills from table tops to berms. Loops are graded from moderate to severe so there is something for every level of rider. Or head straight on to the Bottoms Beck or The 8 bike trails for the full forest mountain bike adventure. Don't forget to do the Hully Gully!

If you want a more relaxed experience, wander up to the viewpoint for a panoramic view of Stocks Reservoir and the Forest of Bowland. Need a refuel after the trails? Grab a snack and a coffee this side of Pendle Hill.

ENJOY YOUR DAY...

TRAIL INFORMATION

**Bottoms Beck Trail**
- **Grade:** Blue
- **Moderate**
- **Length:** 9.5km (5.9 miles)
- A short trail for experienced riders. Suitable for novices and younger riders. Drop down to the causeway over Stocks Reservoir and source of Bottoms Beck. A moderate section of green graded trails follows an old railway beside Bottoms Beck. Follow along the handy blue angular treads of path Wood before emerging from the top of Crockhill Hill. Follow the blue arrows on the timber posts.

**The 8 Bike Trails**
- **Grade:** Red & Blue
- **Extreme**
- **Length:** 8km (5 miles)
- Lead out in a figure of eight highlights on this trail include the woodland trails. For an added section, the great Whelp Stone and the other corner curves on Hully Gully join optional Black sections. The Trail includes forest road and red and blue grading sections, and some optional black grading sections. All riders must be confident on the very fast drops and follow the red arrows on the timber posts.

**Orange Bike Trail**
- **Grade:** Orange
- **Easy**
- **Length:** 6km (2.5 miles)
- A short, easy, sealed forest trail for family and older children. A longer route is also available. The Hope Line is a short, easy, sealed forest trail for family and older children. The Loop of Faith trail is built for your mountainbike and go for it! There are telescopic and buggy armchairs recommended.

EMERGENCY INFO

- **Mobile reception:** Poor in the forest. See map in the Gisburn Forest Hub and on shared sections. Nearest phone: 01434 220242, Nearest A&E hospital facilities: Blackburn, Lancashire BB2.1JH.
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YOUR SAFETY

- Mountain biking is a potentially hazardous activity carrying a significant risk. You must be in good health and fitness, of suitable skill and experience, and must be able to meet the conditions of the route. You should be familiar with the mountain biking code of conduct and take the necessary steps to ensure your safety and the safety of others. You should also be aware of the local laws and regulations. Mountain biking is not suitable for those with heart conditions, asthma, or other medical conditions.

TRAIL GRADING INFORMATION

- **Easy**
  - Suitable for: Novices and younger riders
  - Quality off-road riding skills & fitness. Good mountain biking is a potentially hazardous activity carrying a significant risk. You must be in good health and fitness, of suitable skill and experience, and must be able to meet the conditions of the route. You should be familiar with the mountain biking code of conduct and take the necessary steps to ensure your safety and the safety of others. You should also be aware of the local laws and regulations. Mountain biking is not suitable for those with heart conditions, asthma, or other medical conditions.

- **Moderate**
  - Suitable for: Novices and younger riders
  - Quality off-road riding skills & fitness. Good mountain biking is a potentially hazardous activity carrying a significant risk. You must be in good health and fitness, of suitable skill and experience, and must be able to meet the conditions of the route. You should be familiar with the mountain biking code of conduct and take the necessary steps to ensure your safety and the safety of others. You should also be aware of the local laws and regulations. Mountain biking is not suitable for those with heart conditions, asthma, or other medical conditions.

- **Difficult**
  - Suitable for: Novices and younger riders
  - Quality off-road riding skills & fitness. Good mountain biking is a potentially hazardous activity carrying a significant risk. You must be in good health and fitness, of suitable skill and experience, and must be able to meet the conditions of the route. You should be familiar with the mountain biking code of conduct and take the necessary steps to ensure your safety and the safety of others. You should also be aware of the local laws and regulations. Mountain biking is not suitable for those with heart conditions, asthma, or other medical conditions.

- **Severe**
  - Suitable for: Novices and younger riders
  - Quality off-road riding skills & fitness. Good mountain biking is a potentially hazardous activity carrying a significant risk. You must be in good health and fitness, of suitable skill and experience, and must be able to meet the conditions of the route. You should be familiar with the mountain biking code of conduct and take the necessary steps to ensure your safety and the safety of others. You should also be aware of the local laws and regulations. Mountain biking is not suitable for those with heart conditions, asthma, or other medical conditions.

- **Extreme**
  - Suitable for: Novices and younger riders
  - Quality off-road riding skills & fitness. Good mountain biking is a potentially hazardous activity carrying a significant risk. You must be in good health and fitness, of suitable skill and experience, and must be able to meet the conditions of the route. You should be familiar with the mountain biking code of conduct and take the necessary steps to ensure your safety and the safety of others. You should also be aware of the local laws and regulations. Mountain biking is not suitable for those with heart conditions, asthma, or other medical conditions.

TRAIL CODE

- **Blue Trail:** Suitable for: Novices and older children. Quality off-road riding skills & fitness. Good mountain biking is a potentially hazardous activity carrying a significant risk. You must be in good health and fitness, of suitable skill and experience, and must be able to meet the conditions of the route. You should be familiar with the mountain biking code of conduct and take the necessary steps to ensure your safety and the safety of others. You should also be aware of the local laws and regulations. Mountain biking is not suitable for those with heart conditions, asthma, or other medical conditions.

- **Red Trail:** Suitable for: Novices and older children. Quality off-road riding skills & fitness. Good mountain biking is a potentially hazardous activity carrying a significant risk. You must be in good health and fitness, of suitable skill and experience, and must be able to meet the conditions of the route. You should be familiar with the mountain biking code of conduct and take the necessary steps to ensure your safety and the safety of others. You should also be aware of the local laws and regulations. Mountain biking is not suitable for those with heart conditions, asthma, or other medical conditions.

- **Black Trail:** Suitable for: Novices and older children. Quality off-road riding skills & fitness. Good mountain biking is a potentially hazardous activity carrying a significant risk. You must be in good health and fitness, of suitable skill and experience, and must be able to meet the conditions of the route. You should be familiar with the mountain biking code of conduct and take the necessary steps to ensure your safety and the safety of others. You should also be aware of the local laws and regulations. Mountain biking is not suitable for those with heart conditions, asthma, or other medical conditions.

- **Orange Trail:** Suitable for: Novices and older children. Quality off-road riding skills & fitness. Good mountain biking is a potentially hazardous activity carrying a significant risk. You must be in good health and fitness, of suitable skill and experience, and must be able to meet the conditions of the route. You should be familiar with the mountain biking code of conduct and take the necessary steps to ensure your safety and the safety of others. You should also be aware of the local laws and regulations. Mountain biking is not suitable for those with heart conditions, asthma, or other medical conditions.

- **Reddish Trail:** Suitable for: Novices and older children. Quality off-road riding skills & fitness. Good mountain biking is a potentially hazardous activity carrying a significant risk. You must be in good health and fitness, of suitable skill and experience, and must be able to meet the conditions of the route. You should be familiar with the mountain biking code of conduct and take the necessary steps to ensure your safety and the safety of others. You should also be aware of the local laws and regulations. Mountain biking is not suitable for those with heart conditions, asthma, or other medical conditions.

- **Green Trail:** Suitable for: Novices and older children. Quality off-road riding skills & fitness. Good mountain biking is a potentially hazardous activity carrying a significant risk. You must be in good health and fitness, of suitable skill and experience, and must be able to meet the conditions of the route. You should be familiar with the mountain biking code of conduct and take the necessary steps to ensure your safety and the safety of others. You should also be aware of the local laws and regulations. Mountain biking is not suitable for those with heart conditions, asthma, or other medical conditions.