

WELCOME TO GISBURN FOREST HUB

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 out on the **Bottoms Beck** or **The 8** bike trails for a 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? Head to **Forest Den Cafe** for the best tea and cake this side of Pendle Hill.

ENJOY YOUR DAY...



DON'T MISS OUT ON HULLY GULLY AND THE BIGFOOT SLAB. NOT FOR THE FAINT HEARTED...

forestry.gov.uk/visit
forestry.gov.uk/gisburnforest
f gisburnforest

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GISBURN FOREST HUB WOULD NOT HAVE BEEN POSSIBLE WITHOUT THE SUPPORT OF...



Trail information

BOTTOMS BECK TRAIL ●●●●
Grade: Blue ■ **Moderate** **Length:** 9.5km (5.5miles)
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 singletrack of park Wood before swooping down from the top of Cocklet Hill. Follow the blue arrows on the timber posts.

THE 8 ————
Grade: Red ▲ **Difficult** with optional Black ◆ severe features & sections **Length:** 18km (11miles)
Laid out in a figure of eight, highlights on this trail include the volunteer built Home Baked section, the gnarly Whelp Stone Crag and the roller coaster ride of Hully Gully (an optional Black section). The Trail includes forest road, red and blue grade singletrack, and some optional black grade sections and features on the way. Follow the red arrows on the timber posts.

HOPE LINE & LEAP OF FAITH ————
Grade: Orange ■ **Bike park** **Length:** 0.5 km (0.25 miles)
If you like your downhill bike trails twisty and fun, then you'll find it here. The **Hope Line** is a land of berms, jumps & drop-offs. The **Leap of Faith** is just that, grab your handlebars and go for it! Full face helmets and body armour recommended!

Emergency info
Name of this location: Gisburn Forest Hub, Stephen Park, Gisburn Forest, Slaiburn, Lancashire BB7 4TS
T: 01200 446387
OS Grid ref. SD 745560
Nearest A&E hospital facilities: Royal Blackburn Hospital, T: 01254 745590
Nearest phone: Forest Den Cafe.
Mobile phone: network coverage in the forest is poor. See map for areas of best reception.
If rescue required call 999. Use our location markers to pinpoint your location.

Your safety
♥ Mountain biking is a potentially hazardous activity carrying a significant risk. It should only be undertaken with a full understanding of all inherent risks. The guidelines on this panel must always be used in conjunction with the exercise of your own experience, intuition and careful judgement.
♥ Routes may change owing to tree felling and other forest operations
♥ Give way to other users at junctions and on shared sections
♥ Pedestrians and horses are asked not to use this trail
♥ Do not build or alter the trail in any way.
♥ No motorbikes, quadbikes, dogs, horses or walkers are allowed on the MTB trails.



Trail grading information

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|--|--|---|--|---|
| Green: Easy Suitable for: Beginners in good health with basic bike skills. Most types of bike. Trail: Relatively flat and wide. Not available at Gisburn Forest. | Blue: Moderate Suitable for: Riders in good health with basic of road riding skills. Suitable for basic mountain bikes. Trail: Some singletrack sections and small obstacles | Red: Difficult Suitable for: Proficient mountain bikers with good off road riding skills & 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 level of fitness. Quality of road mountain bikes. Trail: Greater challenge & difficulty. Expect large & unavoidable features. | Bike parks Suitable for: Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory. Trail: Extreme levels of exposure & risk. Large features. |
|--|--|---|--|---|

Waymarkers & Key to map

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|------------------|--------------------|-------------|-------------|
| Biking trail | Location markers | Car park | Walks |
| Public bridleway | Trail start points | Toilets | Picnic area |
| Public footpath | Trail sections | Cafe | Bird hides |
| | Mobile reception | Cycle trail | Viewpoint |
| | Gravel road | | |
| | Forest rides | | |

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!**

