

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/northwestengland



Some of the trail building volunteers ▲ © Martin Charlesworth

Volunteering

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

Gisburn Forest Trail Builders have been meeting for over a year and have hand built some 'sweet single-track'. The first section completed was the tight and twisty descent of Home Baked – many riders favourite bit of trail. The group is currently working on a section of trail with log rides and has recently helped repair Hully Gully.

Every hour given = a little more trail, so come and give it a go. All tools, materials 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.

For further information and to get involved please visit our website at www.gisburnbiketrails.com or email info@gisburnbiketrails.com

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.



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
web: www.toinspire.org.uk
tel: 01200 446533
email: toinspire@talktalkbusiness.net

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 Head, 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 up to 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

web: www.benthousefarm.co.uk
tel: 01729 822865
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 North Yorkshire, BD23 4SD

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

Cycle Adventure

Hire a quality new Trek front suspension mountain bike with FREE delivery/collect 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



Off the rails cycle hire

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.

Open 7 days a week.

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 wherever 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



Pedal Power Clitheroe Limited

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 the forest. Complementing our full menu for 2010 will be 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

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

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



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, Lancashire, BB7 3AJ

web: www.laythamsfarmcottages.co.uk
tel: 01200 446454
email: ldriver@nildram.co.uk

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

web: www.trailmotions.co.uk
tel: 07941 910866 / 01524 792928
email: anthony.trailmotions@virgin.net



www.gisburnbiketrails.com



Fantastic mountain biking in the Forest of Bowland

GISBURN FOREST BIKE TRAILS



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

For accommodation, places to visit and things to see and do, contact Tourist Information

Bowland Visitor Centre, Beacon Fell Country Park, 01995 640557
Barnoldswick TIC, Fernlea Avenue, 01282 666704
Bentham TIC, Town Hall, Station Road, Bentham, 01524 262549
Clitheroe TIC, 14 Market Place, 01200 425566
Garstang TIC, High Street, 01995 602125
Lancaster TIC, Meeting House Lane, 01524 32878
Pendle Heritage Centre, Barrowford, 01282 661701
Preston TIC, The Guild Hall, 01772 253731
Settle TIC, Town Hall, 01729 825192
Lancashire Brochure Line, 01257 226600, www.visitlancashire.com
Yorkshire Tourist Board, 01904 707961

For more information about cycling in Lancashire: visit www.visitlancashire.com/site/things-to-do/cycling

The following organisations supported the creation of Gisburn Forest Bike Trails



This leaflet was produced and printed with the help of



and the businesses illustrated in this leaflet.

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

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.

- - - 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

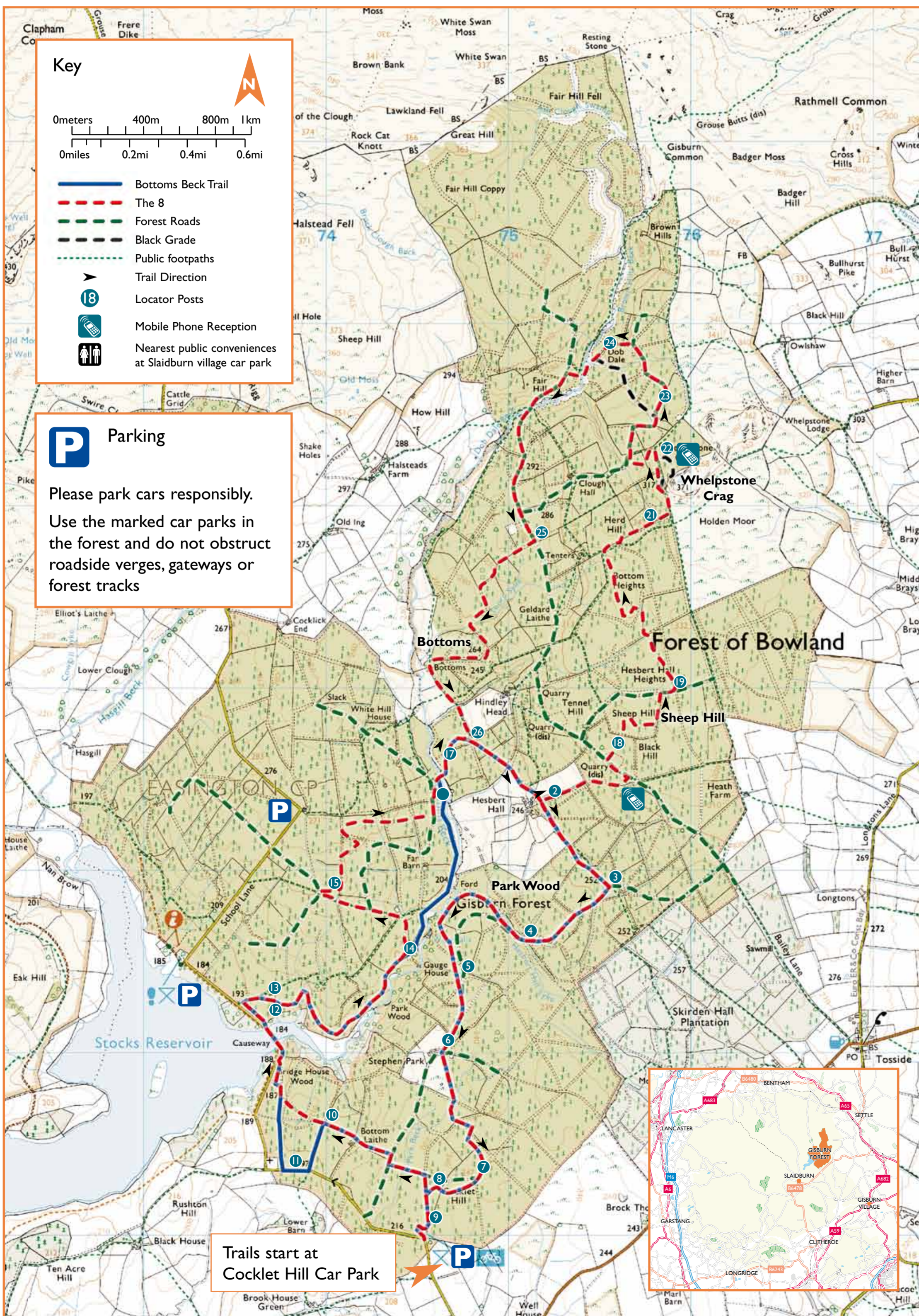
Mountain biking is a potentially hazardous activity carrying a significant risk. It should only be undertaken with a full understanding of all the inherent risks. The guidelines found here must always be used in conjunction with the exercise of your own experience, intuition and careful judgement. Remember 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: 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**



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