



Forestry Commission
England

FOREST
of DEAN

FAMILY CYCLE TRAIL

Set along historic railway lines with remnants of former coal mines, the Family Cycle Trail is one of the best ways to explore the Forest of Dean



Family Cycle Trail

14.5 km (9 miles) 1-1½ hours

Grade: Forest road

A circular 9 mile route on specially surfaced paths, **best cycled clockwise**. The trail is gently sloping other than one long steep downhill section. The trail has two road crossings and one shared road with vehicles at Cannop Ponds picnic spot which are clearly marked in advance. There are optional 'fun zones' along the way, which are technical trail features for you to enjoy.

Key: Link routes

Fun zones

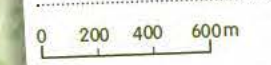
Need to hire a bike?
Contact Pedalbikeaway
at Cannop Cycle Centre
on 01594 860065. All off-road
cycling is based at the centre.

Route too long? Take
a shorter 8km/5 miles
(45mins) ride from
Cannop Cycle Centre
or Beechenhurst on the
Hicksters Way Loop.



KEY

Parking	Mobile catering unit
Pay & display	Viewpoint
Toilets	Bike trails
Cafe	Wildlife
Play area	Surfaced path
Picnic area	Forest track
Barbecue area	Forest path



forestry.gov.uk

CYCLING IN THE FOREST

Check out the forest code and prepare for a cycling adventure...



Emergency info

Name and grid ref. of main visitor locations:

Cannop Cycle Centre SO607125
Beechenhurst SO614120
Mallards Pike SO637093

📶 **Mobile phone coverage:** Poor

📞 Nearest public payphones:

By the barracks on the Parkend road and at Cannop cross roads

🏥 Minor injuries Unit:

Dilke Hospital, Speech House Road, Cinderford GL14 3HZ

🏥 Nearest A&E hospital:

Gloucestershire Royal Hospital, Great Western Road, Gloucester GL1 3NN

In case of emergency:

Call 999. Inform the Forestry Commission t: 0300 067 4800

(Mon to Fri, 9am–3pm)

e: westengland@forestry.gsi.gov.uk

Waymarker posts along the Family Cycle Trail have more specific location details marked on them.

Safety info

- Mountain biking is a potentially hazardous activity carrying a significant risk. It should only be undertaken with a full understanding of all inherent risks. These guidelines 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.
- Please keep dogs under control.
- **No motorbikes, quadbikes or horses** are allowed on the trail.
 - 🚫🏍️
 - 🚫👤
 - 🚫🐎

Cannop Cycle Centre

- Cafe
- Bike hire, sales and repair
- Family cycle trail
- Singletrack trails and demanding downhill runs
- Pumptrack and skills area
- **Grades:** blue, red and orange
- Uplift service

How our cycle trails are graded



Forest roads

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.

Forest Cycle Code



Don't rely on others

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



For your safety

- Wear the right safety clothing; a cycle helmet and gloves.
- Cycle within your abilities.
- Look first! only tackle jumps and other challenges if you are sure you can do them.
- Train properly, especially for difficult and technical routes.



On and off road

- Expect the unexpected. Watch out for other visitors.
- Stay safe: always follow warning signs and any advice you are given.
- If a vehicle is loading timber, wait for the driver to let you pass.



Cycle carefully & come back soon!