

ASHTON COURT CYCLE TRAIL

TRAIL DESCRIPTIONS OVERLEAF

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- ① Start Points
- Super Nova Trail
- Nova Trail
- Trail Direction
- ☕ Café
- P Car Park
- ♿ Toilets

- a) Stella Nova
- b) The Picnic Bench
- c) Lower Quarry Trail
- d) Upper Quarry Trail
- e) Super Nova
- f) ADH
- g) The Wall
- h) Goram's Drop
- i) Hyper Nova

Super Nova Trail
Red Grade (Difficult)
0.8 km (0.5 miles),
10 mins

Nova Trail
Blue Grade (Moderate)
6.5 km (4 miles),
0.75-1 hrs



Image © Bristol City Council



TRAIL GRADES

Find the right single track grade for your abilities

Green Easy

Suitable for: Beginners in good health with basic bike skills. Most types of bike.
Trail: Relatively flat & wide.

Blue Moderate

Suitable for: Riders in good health with basic off-road riding skills. Basic mountain bikes.
Trail: Some "single-track" sections & small obstacles of root & rock.



Image © Bristol City Council

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 off-road mountain bikes.
Trail: Greater challenge & difficulty. Expect large & unavoidable features.



Image © Russell Burton

Find the right non single track for you

Orange Extreme

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.

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.



Mountain biking is a potentially hazardous activity carrying a significant risk.

Not every site contains a full range of trails.

Visit www.1sw.org.uk to find more trails in the region.

1sw.org.uk

1. Cycle safely within your abilities and always wear a helmet.
2. Watch out for walkers, horse riders and dogs and always be friendly.
3. Slow down and give way to others on shared drives, tracks and in car parks.

4. Please follow the Ashton Court Estate off-road cycle trail code:
 - › Keep to the trail to avoid damage to plants and wildlife and do not cross the golf course.
 - › Bike safely and respect others.
 - › Expect the unexpected - and slow down.
 - › Take all litter home and leave car parks tidy.
 - › Come by bike or park at Leigh Woods car park.

NOVA TRAIL

BLUE GRADE (Moderate)
6.5KM (4 MILES) 0.75 - 1 HRS

Ashton Court is a very busy multi-user site, and the Nova cycle trail crosses and shares walking and horse riding routes. Expect the unexpected and respect pedestrians and horse riders. Warn others of your approach in plenty of time and stop for horses if necessary. A 'moderate' Blue grade trail, the route offers a rewarding experience for relative novices and more experienced riders. The Nova Trail winds around Ashton Court Estate, packing in non stop flowing enjoyment along the way. The trail has small rock steps, rollers (bumps) and berms (banked corners). In places the trail splits for a short distance, giving an option of a more difficult challenge.

SUPER NOVA TRAIL

RED GRADE (Difficult)
DISTANCE 0.8KM (0.5 MILES); 10 MINS

A specially constructed 'difficult' Red grade descent, with testing features including doubles, step ups, rock gardens and berm after berm! A total workout for your body and mind. The trail crosses a shared path after 0.6km. The Super Nova trail presents much more of a technical challenge than found elsewhere on the site and should only be ridden by experienced off-road cyclists.



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