



LEIGH WOODS CYCLE TRAIL

TRAIL DESCRIPTIONS OVERLEAF

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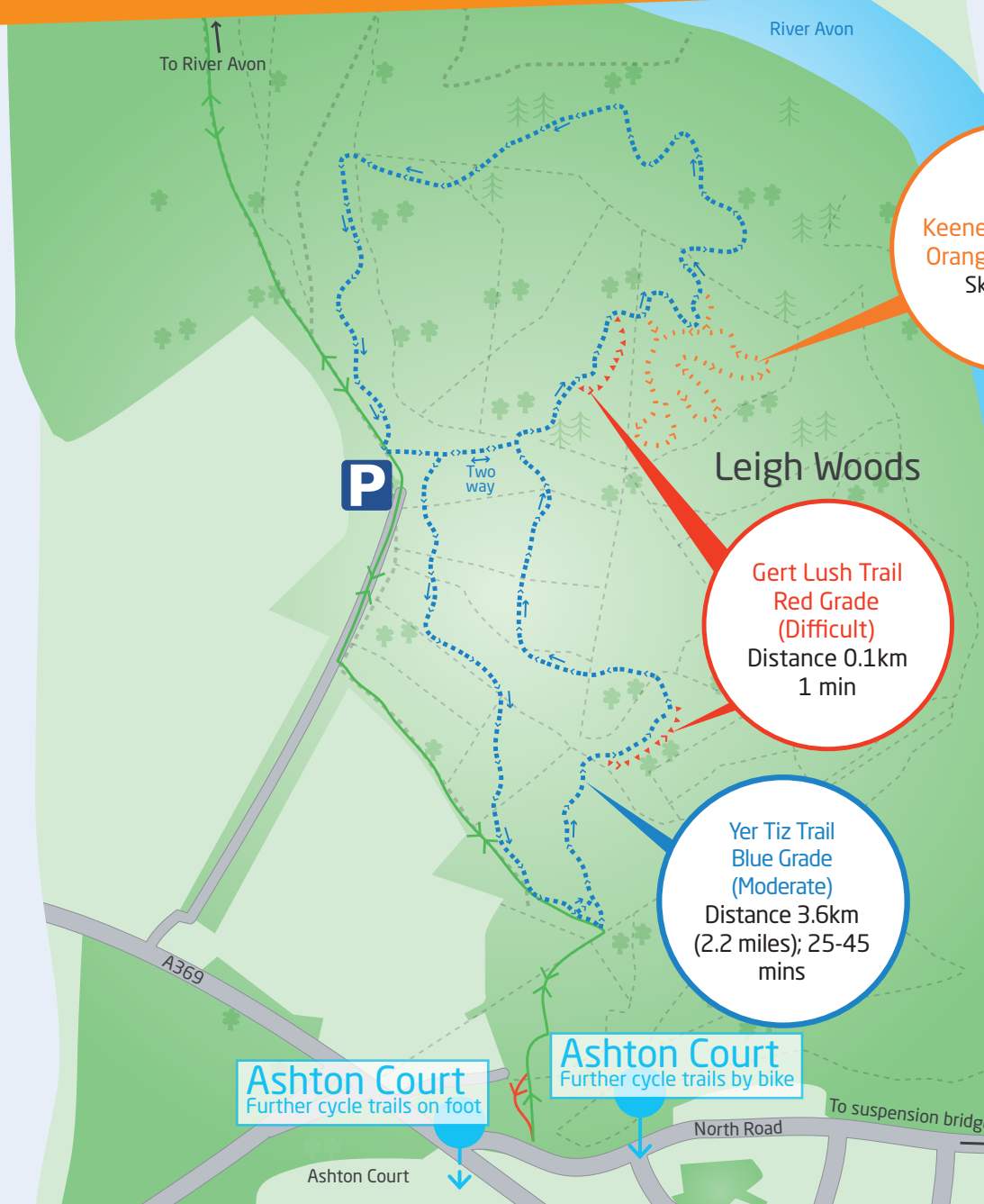


Key

- Sustrans Cycle route
- Moderate
- Difficult
- Skills Park
- Parking

Scale

1/2km (500m)



Keener Skills Trail
Orange Bike Park
Skills Park

Gert Lush Trail
Red Grade
(Difficult)
Distance 0.1km
1 min

Yer Tiz Trail
Blue Grade
(Moderate)
Distance 3.6km
(2.2 miles); 25-45 mins

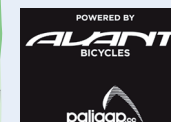
Ashton Court
Further cycle trails on foot

Ashton Court
Further cycle trails by bike

The cycle trails pass through the northern area of Leigh Woods which is owned and managed by the Forestry Commission and is an enjoyable car-free cycle ride from Bristol city centre. The southern area is owned by the National Trust.

A cycle trail network here and at neighbouring Ashton Court means that even relative novices can have a thrilling time whilst exploring the area off-road on a mountain bike. Leigh Woods has a skills 'loop' where riders can hone their off-road cycling technique.

Leigh Woods gives pleasure to a great deal of people on foot and with dogs as well as those choosing to cycle. Expect the unexpected - watch out for and respect other visitors, and ride with the ability to stop safely at any time. For your own and others' safety please always follow warning signs and advice you are given.





LEIGH WOODS CYCLE TRAIL

TRAIL ESSENTIALS

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.

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.

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



Image © Bristol City Council

1. Leigh Woods is a busy multi-user site. Expect the unexpected – watch out for other visitors and prepare to stop if needed.
2. For your own and others' safety always follow warning signs and advice you are given.
3. Always wear the right safety clothing, at least a cycle helmet and gloves.
4. Only tackle challenges if you are sure you can do them – have a look on foot first.
5. Only ride on designated trails and take litter home.
6. Protect, respect and enjoy the wildlife, plants and trees, Leigh Woods is a beautiful area.

YER TIZ TRAIL

BLUE GRADE (Moderate)
3.6KM (2.2 MILES) 25-45 MINS

The route crosses walking paths at various points, with large stones marking these exits. Please ride cautiously across, respecting and giving way to other woodland users. Anticipate meeting walkers and dogs along any sections of path. A 'moderate' Blue grade narrow and engaging trail weaving it's way through the woodland. The trail features berms (banked corners) rollers (bumps) and drops and climbs. The trail requires a mountain bike but is suitable for relative novices to off-road cycling. In places the trail splits for a short distance, giving an option of a more difficult challenge. There is a two-way section of trail from the car park creating a northern and southern loop.

GERT LUSH TRAIL

RED GRADE (Difficult)
DISTANCE 0.1 KM ; 1 MIN

A 'difficult' Red grade narrow and technical trail, offering a more challenging alternative to the main trail. Only suitable for experienced off-road cyclists. A great 'taster' of a Red grade trail.



Image © Bristol City Council

KEENER SKILLS LOOP

Orange - Bike Park

The main loop of this skills trail is graded 'moderate' Blue and includes features such as small drops, rock gardens and rollers to progress your riding ability. Along the loop you can divert onto more difficult features once you are confident. Develop your riding by building up to riding new features once you are ready. Repeated riding of easy features until you are completely happy is the best way to progress your riding ability. Repeat the loop to progress and practice your skills before returning to the main trail.



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