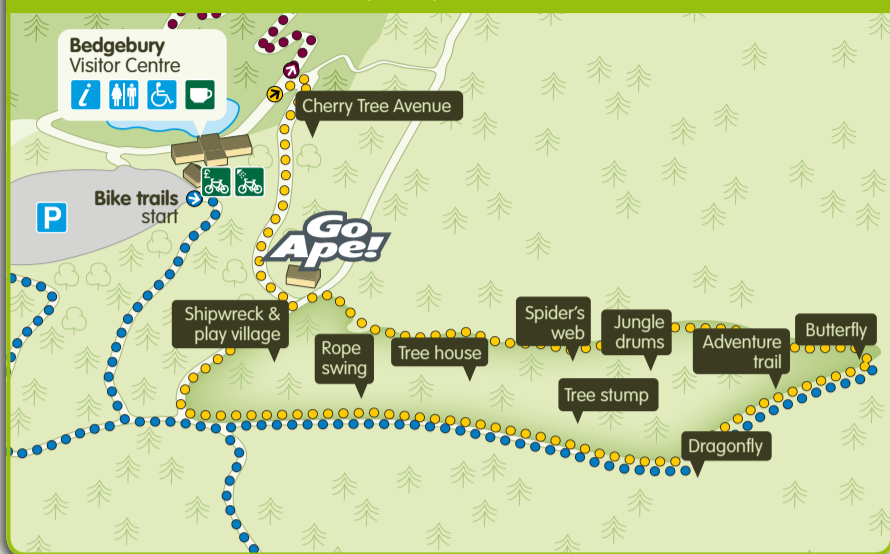


Explore Bedgebury forest

Visitor centre & play area



Walking trails

Pinetum Trail

3km ●●●●●
Easy access trail, taking in the pinetum's highlights.

Play Trail

2km ●●●●●
Easy access trail that skirts the play area, taking in five of our many play structures.

Bike trails

Family Cycle Trail ●●●

9km (6 miles) two-way
A scenic forest route ideal for all abilities. The trail is surfaced, with mainly gentle gradients and some steeper inclines, including a 4km short loop which is ideal for young children and less experienced cyclists.

▲ Singletrack MTB Trail ▶▶▶

13km (8 miles) one-way
Designed for mountain bikers who enjoy all the challenges that this sport offers. The full loop can be cut short if necessary. An exhilarating riding experience.

◆ Black Trail ▶▶▶

One-way
Designed for expert mountain bikers, these **optional sections** are extremely challenging and physically demanding.

■ Bike park

Extreme advanced-level mountain biking that celebrates the challenges and spirit of technical riding. Jumping and landing skills will be mandatory!

You can cycle in the forest but **cycling is not allowed in the National Pinetum.**

! Emergency info

Name & grid ref. for key locations:
Visitor Centre: **TQ716333**.
Nearest access road: B2079

Nearest A&E hospital facilities:
Pembury Hospital
T: 0845 1551000

Nearest public phone:
Information office at visitor centre
9.30am–4pm (emergency only).
In case of an emergency call 999.
Inform the Forestry Commission.
T: 01580 879820

! 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 leaflet 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.
» **No motorbikes, quadbikes, dogs or horses** are allowed on the MTB trails.



Key

- Cafe
- Bike hire
- Bike wash
- Play area
- Easy access for most wheelchair users
- Forest office
- Horse box park
- Public bridleway
- Steep slope
- Numbered posts selected waymarkers only

0 200 400 600m

How our cycle trails are graded

- Green Easy**
Sorry, not at this forest
- 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.
- 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 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.

