

Coed Llandegla Mountain Bike Trails - which one is for you?

Family Challenge Route Green 5 km/3 miles

A waymarked route of approximately 5km has been developed specifically with families in mind. The route avoids major climbs and technical sections, and concentrates on allowing families to experience off-road cycling in a fun and safe way. The surfaces encountered on this route are generally hard packed but there are sections which are loose, uneven or muddy at times. The route allows riders to ascend gently from the car park, through the forest and on to the reservoir, with its views of the Clwydian Range. After cycling around the reservoir, the route meanders back through the forest before the final descent which sweeps down to the Visitor Centre, providing you with an opportunity for a well earned cup of tea and piece of cake!

Beginner Route Blue 12 km/7.5 miles

So you have a good level of fitness and you want to give mountain biking a go? This is a great route to try before embarking on the longer 'Intermediate' Route. It is still 12km in length, and there is a gradual climb up through the forest until it splits with the Intermediate Route at the top of the forest. Then comes the essence of what mountain biking is all about - you are rewarded for your uphill climb! There is a great route to be enjoyed back to the Centre - which is mostly comprised of gradual downhill - but interspersed with a few gentle uphill sections, just to keep you on your toes! This route also has a selection of small humps and other features to add a degree of challenge! The route can also be wet and muddy in places depending on the weather conditions.

Intermediate Route Red 18 km/11 miles

If you are a proficient mountain biker with a high skill level then you must try this fantastic route. This trail shares the same gradual ascent through the forest with the 'Beginner' (blue) route. When it splits off at the top of the forest, the longer red route sends you on a series of more technical challenges, with unsurfaced singletrack (0.6m-1.2m) and steep flowing sections of trail cutting through the more remote areas of the forest (see the personal safety information above). This trail utilises huge unavoidable bermed switchbacks, whoops, water crossings, tabletops and boardwalk. As well as being a longer route there are also more uphill and downhill sections. A high level of fitness, stamina and experience is needed for this route.

Black Runs Black 21 km/13 miles (approx)

There are a series of black runs (6km) which are accessible only from the Intermediate Route. Together, the red and black routes comprise of 2.1km of trail. The black runs are predominantly steeper downhill stretches and they have much more challenging technical features. These sections of trail are designed for mountain bikers who are used to physically demanding routes. They require the use of a good quality, well-serviced mountain bike. They contain long sections of steep, largely stable but unsurfaced trail of 0.6m or greater and include unavoidable obstacles with large steps, gaps and drop-offs. Some timber structures have exposed edges and a trail width of only 1 metre, and there are sections of steep, technically challenging climbs. For experienced bikers only.

Coed Llandegla Walks - which one is for you?

Reservoir Walking Route Green 4 km/2.5 miles. Time: 1 hour

This route explores the eastern end of the forest around the reservoir area, with excellent views towards Moel Famau, then descending down to areas of larch before returning to the Visitor Centre.

Black Grouse Walking Route Purple 3.5 km/2 miles. Time: 1 hour

This is a walk to the RSPB bird hide with its views towards Esclusham Mountain and Raubon SSSI. The hide offers views of Black Grouse at certain times of the year. For more information visit www.rspb.org.uk

Intermediate Walking Route Blue 5 km/3 miles. Time: 1 hour 15 mins

This walk provides a good feel for the different species and habitats in the forest. The route climbs to the upland spruce plantation, then passes through areas of heather rides where grey hens (female black grouse) may be seen, together with views towards Moel Famau, then descends down to areas of larch before returning to the Visitor Centre.

Long Walking Route Black 11 km/7 miles. Time: 2 hours 30 mins

This walk starts by sharing the climb to the spruce plantation with the Intermediate route, then the route continues to the far end of the forest. You will pass areas of forest that have been thinned for the black grouse, and which also offer good views. The final section is again shared with the Intermediate route.

All routes start from the Visitor Centre. Dogs are welcome but must be kept under control due to the close proximity of fast mountain bikes, and dogs shouldn't be allowed to foul the area to spoil the enjoyment for others. Please be aware that all walks may pass through areas where timber harvesting operations are taking place, therefore caution should be exercised at all times. Please refer to the Cycle Code. Walk times are without rests. A reasonable standard of fitness and the wearing of sensible walking footwear is recommended to complete these walks.



Mountain Bike Trails & Walks

Personal Safety

- Always carry a mobile phone
 - Ride the trail type suited to your ability and the specification/quality of your bike
 - Ride within your ability
 - Ensure your bike is safe to ride and be prepared for all emergencies
 - Always carry some sort of identification
 - Always tell someone where you are going and when you will be back
 - Reflective materials on your clothes or bike can save your life
 - ALWAYS wear a helmet
- The weather determines general trail conditions. Make sure you have adequate clothing, food, drink and time to complete your trip safely. DON'T RELY ON OTHERS
- If you get into difficulty on the trail look out for the individually numbered waymarker posts. Report your location to the emergency services or to the Visitor Centre. Access to the Visitor Centre from the minor road (off the A525 Wrexham to Ruthin Road) is at Grid Reference SJ 240524. In case of emergency call 999. Nearest A&E Hospital facilities: Wrexham Maelor Hospital, LL13 7TD. Tel: 01978 291100.

The trails are evolving all the time. For up-to-date safety and diversion information see our website: www.coedllandegla.com You can even post your photos online!

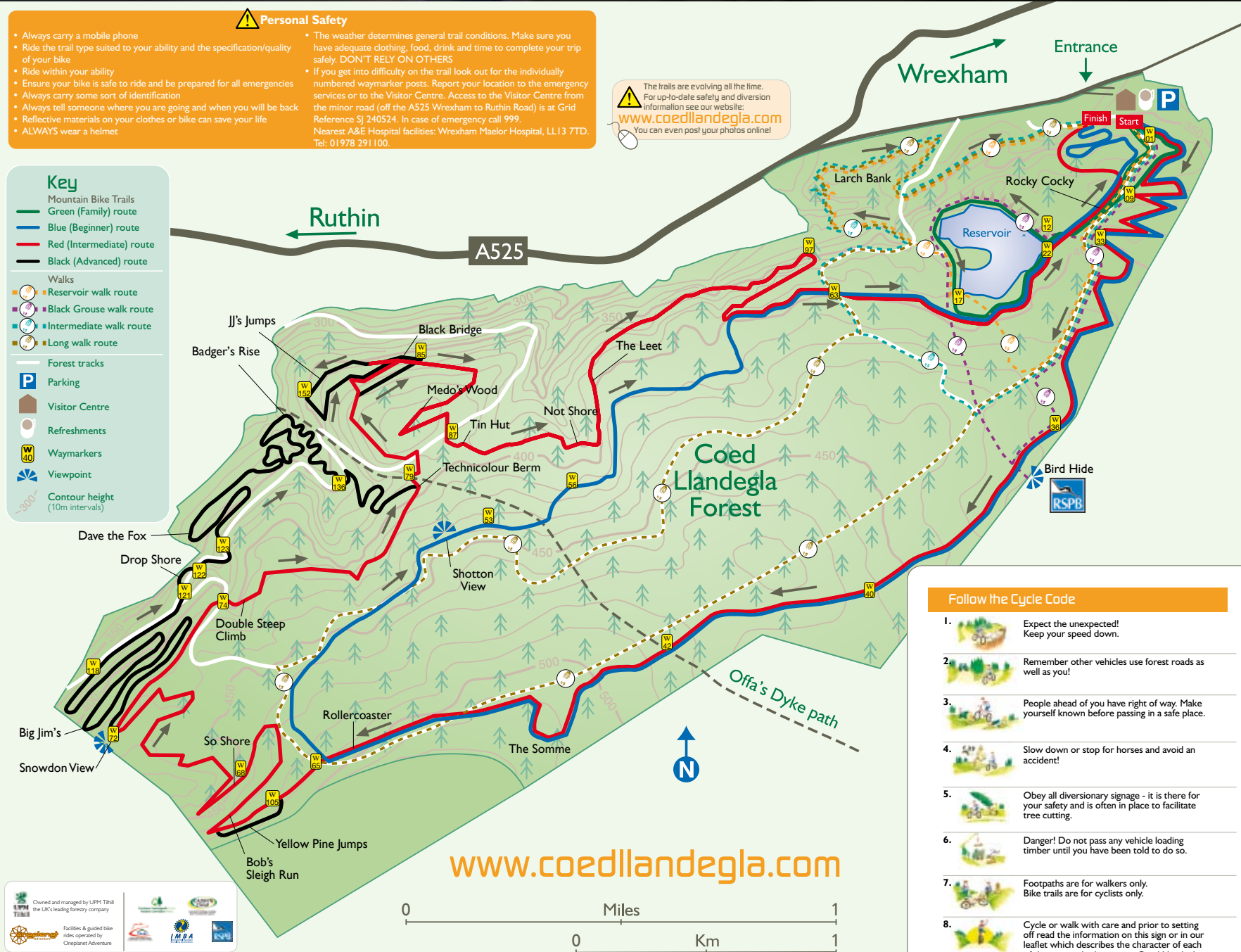
Key

- Mountain Bike Trails
- Green (Family) route
- Blue (Beginner) route
- Red (Intermediate) route
- Black (Advanced) route

Walks

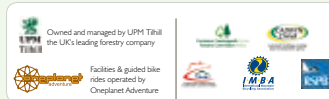
- Reservoir walk route
- Black Grouse walk route
- Intermediate walk route
- Long walk route

- Forest tracks
- Parking
- Visitor Centre
- Refreshments
- Waymarkers
- Viewpoint
- Contour height (10m intervals)



Follow the Cycle Code

- Expect the unexpected! Keep your speed down.
- Remember other vehicles use forest roads as well as you!
- People ahead of you have right of way. Make yourself known before passing in a safe place.
- Slow down or stop for horses and avoid an accident!
- Obey all diversionary signage - it is there for your safety and is often in place to facilitate tree cutting.
- Danger! Do not pass any vehicle loading timber until you have been told to do so.
- Footpaths are for walkers only. Bike trails are for cyclists only.
- Cycle or walk with care and prior to setting off read the information on this sign or in our leaflet which describes the character of each of the waymarked routes at Coed Llandegla.



www.coedllandegla.com