Follow the Forest Code

- Guard against all risks of fire.
- Protect & respect wildlife, plants & trees.
- Keep dogs under control & tidy after them.
- Make no unnecessary noise.
- Take only memorabilia.

Trail information

**From the visitor centre**

**Moor Top Trail ***

Grade: Forest road & public road
11.5 km (7 miles), 1½ hours
Take a journey through our ancient oak woodlands on the lower slopes of the valley. A great place to hear forest bird life, especially if you are cycling early or late in the day.

**Hawkshead Moor Trail ***

Grade: Forest road
17 km (10.5 miles), 2½ hours
This trail covers a large part of the western side of the forest and gives wonderful panoramic views, both west towards Coniston Old Man and North towards Ambleside, the Langdale fells and Helvellyn beyond.

**Silurian Way  ***

Grade: Forest road & public road
23.5 km (14 miles), 3½ hours
Many of the art works can be accessed along this trail, covering both sides of the Grizedale Valley and taking in contrasting forest habitats and wonderful views. Be prepared for the hills though!

**The North Face MTB Trail**

Grade: Black Severe
16 km (10 miles), 2½ hours
Purpose-built MTB trail, offering adrenalin pumping sections of singletrack descent and leg burning climbs. Be warned, there are plenty of challenging boardwalks. This trail is suitable for mountain bikers only and requires a high level of skill and fitness.

**The Black MTB Trail**

Grade: Red Difficult
1 km (0.8 miles)
An awesome blast of jumps and berms, with steep descents, not for the faint hearted. There is a split along this section, watch out for the signs and only do the double diamond run if an expert rider.

**From Moor Top**

**Goosey Foot Tarn Trail  ***

Grade: Forest road
3.5 km (2 miles), 30 mins
The shortest of our waymarked cycle trails, but there are still small hills involved, so be warned! The trail takes you past Goosey Foot and Juniper Tarns, two of our 20 or so man-made tarns.

**From Bogle Crag car park**

**Grizedale Tarn Trail  ***

Grade: Forest road
10 km (6 miles), 1½ hours
Watch out… Bogle means ghost! Discover lovely woodland views and find a variety of sculptures, including the iconic ‘Taking a Wall for a Walk’ by Andy Goldsworthy.

Key to map

- **P** Parking
- **A** Picnic area
- **T** Campsite
- **V** Viewpoint
- **C** Car park
- **F** Forest road
- **B** Bridleway
- **P** Footpath

**How our cycle trails are graded**

- **Green** Easy
- **Orange** Medium
- **Purple** Difficult
- **Red** Extreme

- **Suitable for:** Proficient mountain bikers with good off-road riding skills & fitness. Good mountain bikes.
- **Suitable for:** Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.
- **Suitable for:** Learning off-road mountain bikes. Trail: Challenging climbs, tricky descents & technical features such as drop-offs & large rocks.
- **Suitable for:** All cyclists in good health. Map reading useful (routes not always marked). Most bikes. Trail: Gradients can vary. Surfaces may be uneven or pot-holed in places. Look out for vehicles & other users.

Copies of Grizedale Forest Guide available at the Visitor Centre and The Visitor Centre at Grisedale Tarn.