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 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.

- **Red Difficult**
  - Suitable for: Proficient mountain bikers with good off-road riding skills & fitness.
  - 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.

- **Orange - Bike Park**
  - 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.

- **Forest road & similar**
  - Trail: Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.

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

TRAIL ESSENTIALS

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)**
  - DISTANCE 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.

- **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.

- **KEENER SKILLS LOOP**
  - 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.

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