

Mountain Biking - Grizedale Forest Park

The North Face Trail

A purpose built single-track mountain bike trail, with sinuous adrenalising descents and leg burning up hills. The trail has many technical features, with steep sections along a variety of surfaced and un-surfaced tracks, and is for the mountain bike enthusiast.

Cycle Trails

There are 5 Cycle Trails in Grizedale, all on forest roads. They vary in length, from 2 miles to 14 miles, and take in many of the best features of the forest, including our forest sculptures. Here are two examples:

- Goosey Foot Tarn Trail (blue way markers) – 2 miles (3.5km). This trail starts at Moor Top Car Park and takes in two of our 20 tarns, Goosey Foot and Juniper Tarn.
- Hawkshead Moor Trail (green way markers) – 10.5miles (17km)
The trail starts at the Visitor Centre and climbs into the forest through ancient Oak woodlands, it then carries on to spectacular views over to the Coniston Fells before descending back to Grizedale.

The Mushroom Trail

A children's cycle orienteering trail for children 5yrs +. There are 2 trails, approx. 2 miles and 7 miles. For both trails you have to find the brightly coloured mushrooms dotted around the forest using your map. Then count the spots on the mushrooms and crack the code to spell a word and claim your mushroom trail sticker. The trail starts at Moor Top, but maps need to be bought from the Visitor Centre (£1) before you start.

Coming Soon

The Grizedale permanent Trailquest courses (mountain bike orienteering) - should be in place by spring 2008.

Please remember Grizedale is a working forest, and for your safety and enjoyment please follow the cycle code. For the forest cycle code and further information about mountain biking in Grizedale please go to.

www.forestry.gov.uk/grizedalehome
www.forestry.gov.uk/thenorthfacetraill

Remember - do not just print this and follow, as the description is a guide to the route. You will need to plot this route on your OS map (Explorer OL7) before you start your ride. Please also remember that these routes may travel through working forests and there will be times when forest operations will leave forest roads closed to the general public. Please remember to adhere to all forest signs for your safety.

