

Forest of Dean Gloucestershire

Distance Between 3 and 11 miles
Classification Easy to technical, depending on the trail

Start/finish Pedalabikeaway trail centre and Beechenhurst Lodge visitor centre

Duration 1-2 hours

Map A Forest of Dean cycling guide, printed on waterproof and tear-proof material, will be available from cyclingguides.com from 24 June

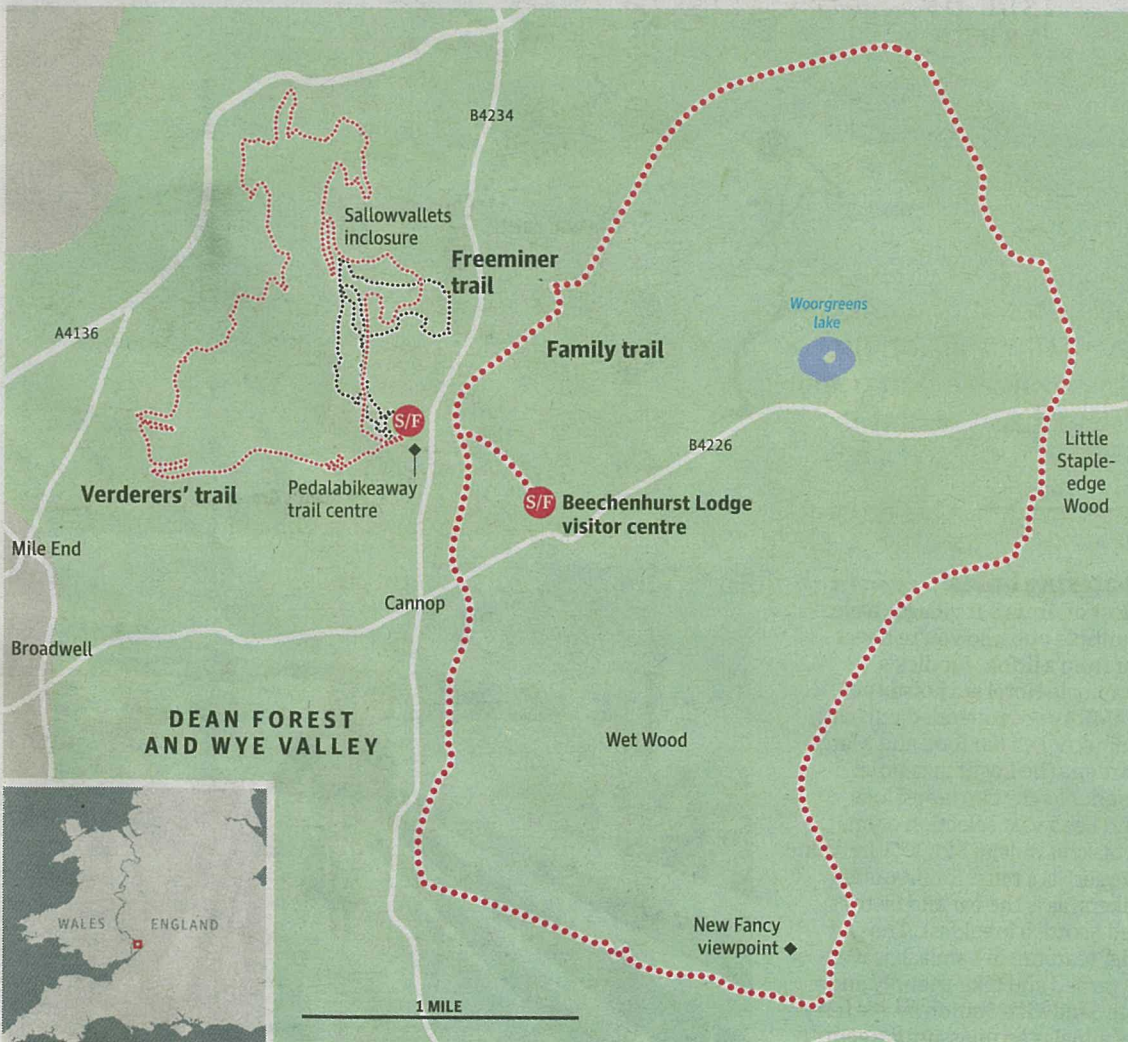
Route notes

Acres of established woodland make this a fairytale forest, especially in spring, when bluebells and birdsong are at their best. The 11-mile circular family route is a great little forest foray with gentle gradients,

Bluebells on the Freeminer trail



STEVE HUNT



if followed clockwise. The Sallowvallets area, designated by the Forestry Commission for mountain biking, offers moderate to severe routes, including the red-graded Freeminer trail. The 7-mile Verderers' trail is the easiest; narrow in parts with a mix of surfaces, it winds and climbs in a loop from the cycle centre.

Terrain and gradients

Mainly stony paths, ranging from entirely flat to near-vertical.

How to get there/away

Railway stations at Abergavenny, Chepstow, Gloucester and Lydney. Easy road access from the M4, M5 and M50.

What to see

Named after a former mine on the site, New Fancy viewpoint by the family trail is worth the short climb for sweeping 360-degree views over the forest and glimpses of resident goshawks.

Watering holes

Enjoy hearty food at the White Horse, Soudley, where muddy boots and wheels are welcomed. The Rising Sun Inn, Moseley Green is a mile from the family trail and popular for food, while Gavellers Cafe at Beechenhurst Lodge serves basic grub. For picnics, Mallards Pike lake is a pretty spot.