### Green Trail
**Distance:** 1.2km [1 mile]

The Green Trail is suitable for absolutely everyone, regardless of age, experience or ability.

If you’re dipping your toe into cross country riding for the first time, this is the perfect place to start. Whatever your age, and whether you are on a touring bike, carrying children in child seats or trailers, or a cyclist with disabilities, you’ll love this entry-level trail’s gentle dips and rises, wide track and even surface.

**Mountain bike essentials**

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**Distance:** 10.1km [6.25 miles]

Leaving The Look Out on a leg warming ascent past the trig point on Gravel Hill, then descend to the forest road. Descend immediately for your first sweeping bermed, sweet single-track; then catch your breath while following the trail through some jaw-dropping pine forests and finish by following Windsor Ride to New England Hill.

Follow the ‘Full 9 Yards’ to Devils Highway and cross to the Marmite trail that is ‘The Stickler’; then choose between joining the Red trail or continuing on Blue. Follow the forest road, head left past the old forest nursery along some more sweeping single-track and ready your legs for the final climb. At the top, enjoy the last bermed single-track; it’ll leave you with a smile that lasts all the way back to The Look Out.

**Distance:** 13.0km [8 miles]

So now you’re ready for Red. Head straight into ‘Tank Traps’, hit the forest road, follow the way-markers to Crowthorne Reservoir, then head left, single-tracking through the woods.

Then head for ‘Satans Grotto’, which offers tight, twisty single-track. Crossing back over ‘Devil’s Highway’ into ‘Seagull’ is, in a nutshell, the essence of XC riding in Swinley.

Catch your breath and follow the forest road to Surrey Hill reservoir. Then drop through trees down some fast trail called ‘F1’ before heading out to the forest for a stiff climb to the boardroom.

Plunge into ‘Deerstalker’ before being thrown around ‘Labyrinth’ and spat out onto the forest ride. There’s a short section of forest road before a left to the top of Vicarage Lane. More forest road to ‘Cobblers’, then undulating, twing single-track, before re-joining Blue.

### FOLLOW THE FOREST CODE

- Guard against all risks of fire
- Protect and respect wildlife, plants and trees
- Keep dogs under control
- Take litter home
- Take only memories away

### DON’T RELY ON OTHERS

- Can you get back safely?
- Carry the right equipment and know how to use it.

### FOR YOUR OWN SAFETY

- Always wear the right safety clothing, at least a cycle helmet and gloves.
- Cycle within your abilities.
- Only tackle challenges if you are sure you can do them – have a look on foot first.
- Train properly, especially for difficult and technical routes.

### ON AND OFF ROAD

- Swinley Forest is a busy multi-user site.
- Expect the unexpected – watch out for other users and prepare to stop if needed.
- For your own and others’ safety always follow warning signs and advice you are given.

www.thecrownestate.co.uk
Welcome to Swinley Forest

We know Swinley Forest is a brilliant place to ride, we just ask that you keep to the designated trails. Swinley Forest must be known as a thriving area of conservation at the same time as being a great place to ride your bike. All it takes is a little co-operation, and we thank you for yours.

Swinley Forest is designated as a Special Protection Area (an SPA). It is internationally important for its rare and threatened birds particularly Nightjar, Dartford Warbler and Woodlark, as well as its heaths, grassland, lakes, ponds and woods. These habitats are home to an amazingly rich array of species.

Bike@Swinley is an example of balance in action; we know it’s a brilliant place to ride, and we also know it’s alive with rare and vulnerable species. It is important that we do all that we can to protect the environment and its inhabitants, and you can help us do this by riding only on the designated trails.

We’re obliged to say, too, that we’re not legally responsible for your wellbeing or safety; when you ride here you’re responsible for yourself.

Bike@Swinley

Welcome to Swinley Forest

This forest is a special place, and the Trails that make up Bike@Swinley are a way of helping riders enjoy it to the full, while making sure its important diversity of species survives and thrives too.

Swinley Forest is an example of balance in action; we know it’s a brilliant place to ride, and we also know it’s alive with rare and vulnerable species. It is important that we do all that we can to protect the environment and its inhabitants, and you can help us do this by riding only on the designated trails.

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Happy Riding...