

# Biking around Grizedale

## Trail information

From the visitor centre

**Moor Top Trail ●●●**  
 Grade: **Forest road & part 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 & part 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: **▲ Red Difficult**  
**16 km (10 miles) – Technical/demanding**  
**2½ hours – trail is one direction only**  
 This trail will take you through the forest by way of sinuous singletrack, offering adrenalinising sections of singletrack descent and leg burning climbs. Be warned, there are plenty of challenging boardwalks in case you needed more to be scared of! This trail is suitable for mountain bikers only and requires a high level of skill and fitness.



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! This cycle trail meanders through the forest with lovely woodland views around the ghostly Bogle Crag.

## Key

- Parking
- Picnic area
- Viewpoint
- Camping
- Forest track
- Bridleway
- Footpath
- Sculptures

### The North Face Trail

- Forest road
- Singletrack
- Numbered posts



## Waymarkers

- Walking trail
- Public bridleway
- Public footpath
- The North Face bike trail
- Biking trail

## How our cycle route grading works

**Green: Easy**  
 Suitable for: Beginners in good health with basic bike skills. Most types of bike.  
 Trail: Relatively flat and wide.

**Blue: Moderate**  
 Suitable for: Riders in good health with basic off-road riding skills. Basic mountain bikes.  
 Trail: Some 'single-track' sections & small obstacles of root & rock.

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

## Forest roads & bike parks

**Forest road & similar**  
 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.

**Bike parks**  
 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.

Please note: Apart from The North Face Trail, all our bike trails are on forest roads.