



MOUNTAIN BIKE TRAILS

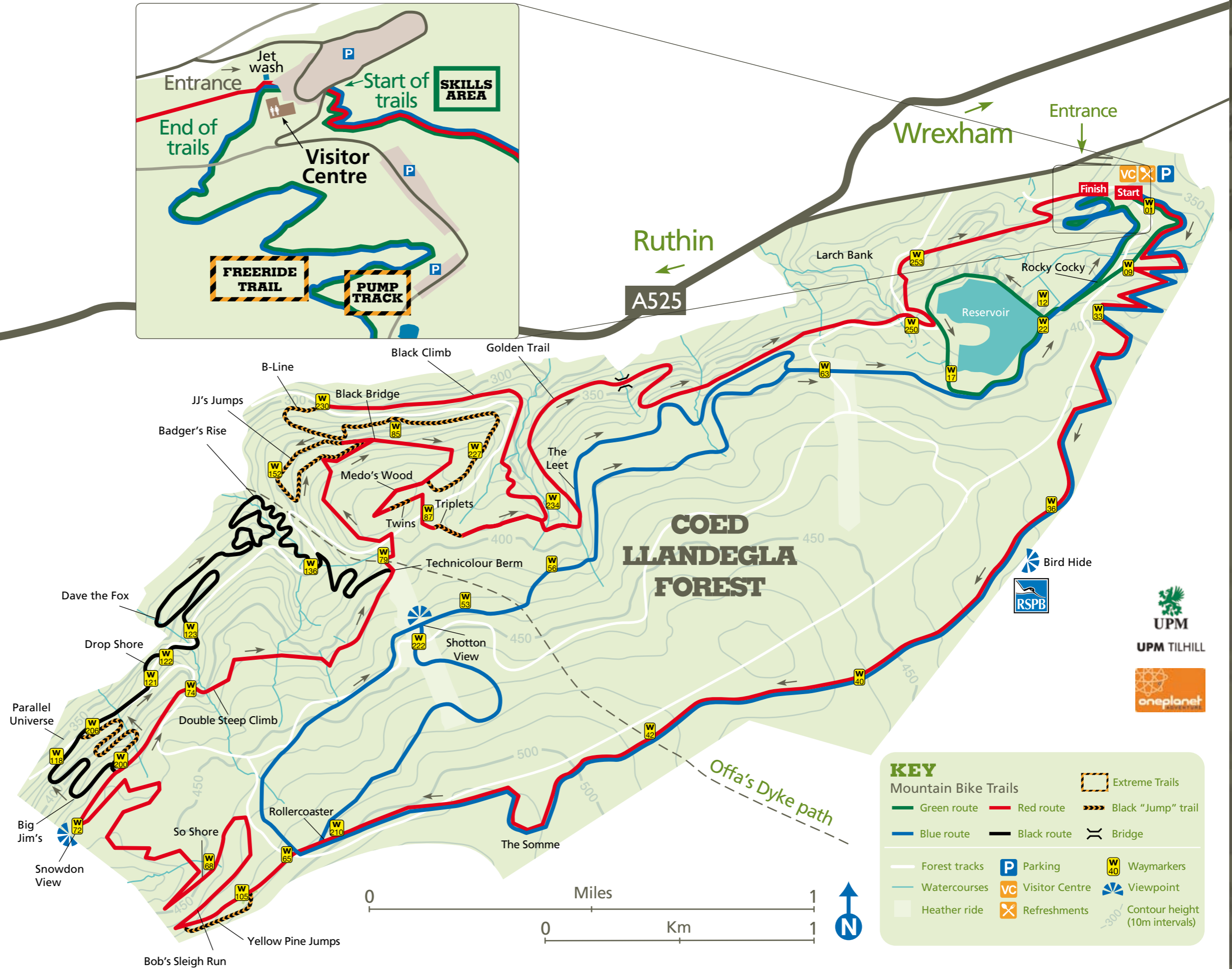
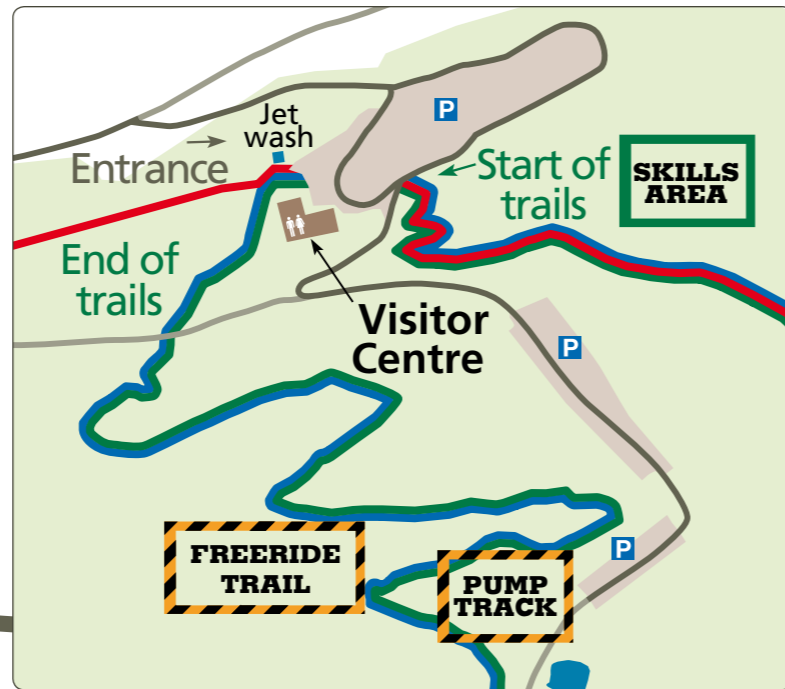
PERSONAL SAFETY

- Always follow the waymarked trails
- Always carry a mobile phone
- Ride the trail type suited to your ability and the specification/quality of your bike
- Ride within your ability
- Ensure your bike is safe to ride and be prepared for all emergencies
- Always carry some sort of identification
- Always tell someone where you are going and when you will be back
- Reflective materials on your clothes or bike can save your life
- ALWAYS** wear a helmet
- The weather determines general trail conditions. Make sure you have adequate clothing, food, drink and time to complete your trip safely. **DON'T RELY ON OTHERS**
- If you get into difficulty on the trail look out for the individually numbered waymarker posts. Report your location to the emergency services or to the Visitor Centre.
- Access to the Visitor Centre from the minor road (off the A525 Wrexham to Ruthin Road) is at Grid Reference SJ 240 524. In case of emergency call 999. Nearest A&E Hospital facilities: Wrexham Maelor Hospital, LL13 7TD. Tel: 01978 291100.
- Follow all safety and diversionary signage

The trails are evolving all the time. For up-to-date safety and diversion information see our website:

WWW.COEDLLANDEGLA.COM

You can even post your photos online!



KEY

Mountain Bike Trails	Red route	Extreme Trails
Blue route	Black route	Black "Jump" trail
Forest tracks	Parking	Waymarkers
Watercourses	Visitor Centre	Viewpoint
Heather ride	Refreshments	Contour height (10m intervals)
		Bridge

