

MOUNTAIN BIKE TRAILS

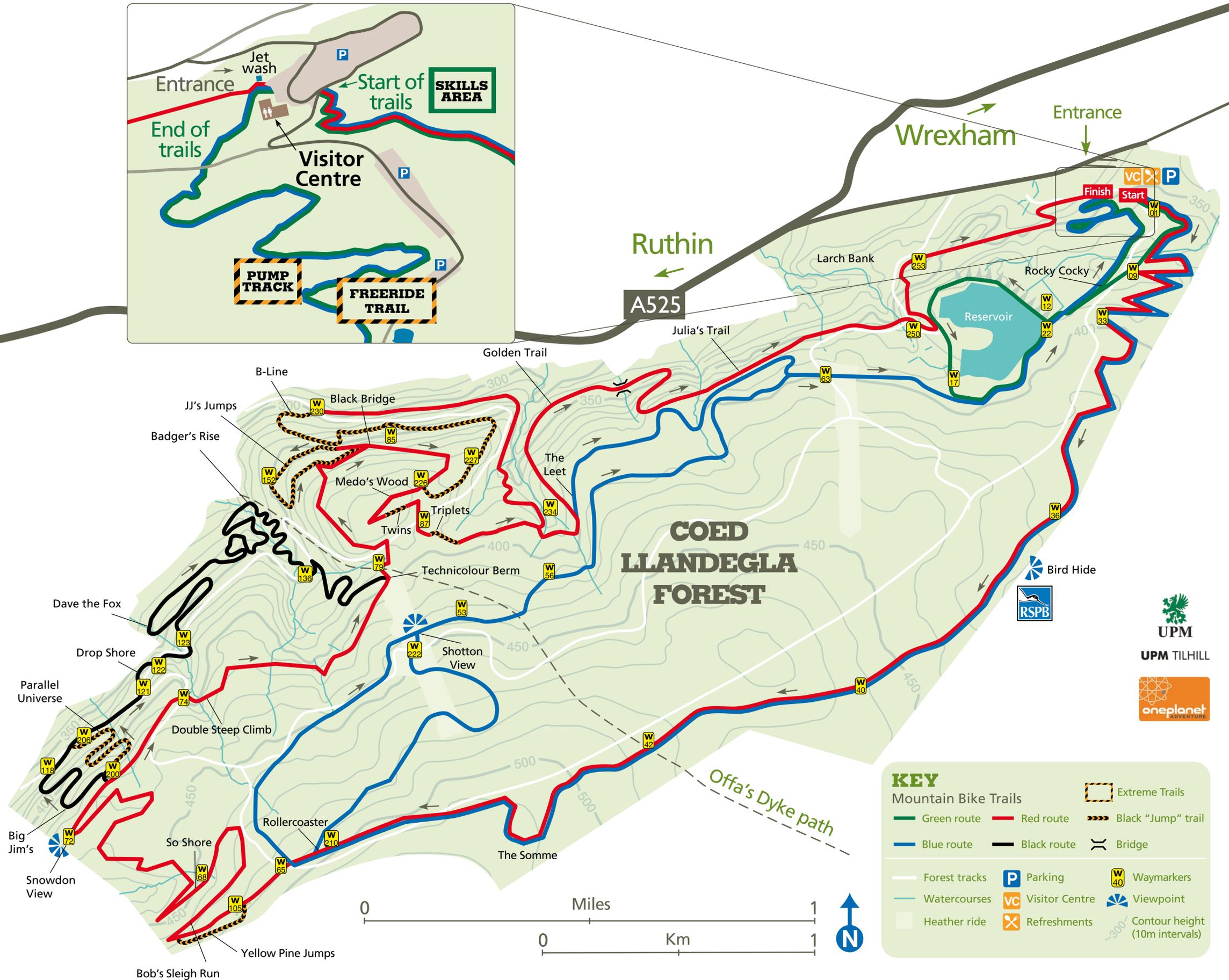
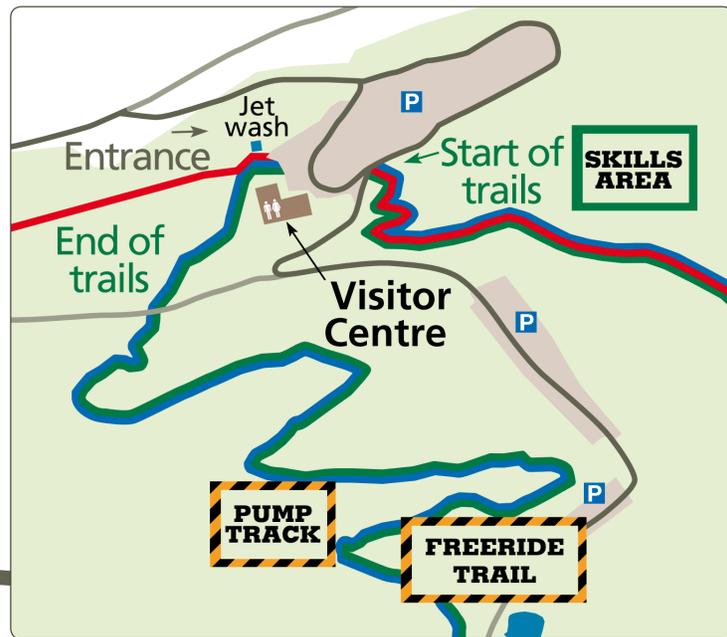
PERSONAL SAFETY

-  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

- Green route
- Red route
- Blue route
- Black route
-  Extreme Trails
-  Black "Jump" trail
-  Bridge

-  Forest tracks
-  Watercourses
-  Heather ride
-  Parking
-  Visitor Centre
-  Refreshments
-  Waymarkers
-  Viewpoint
-  Contour height (10m intervals)

