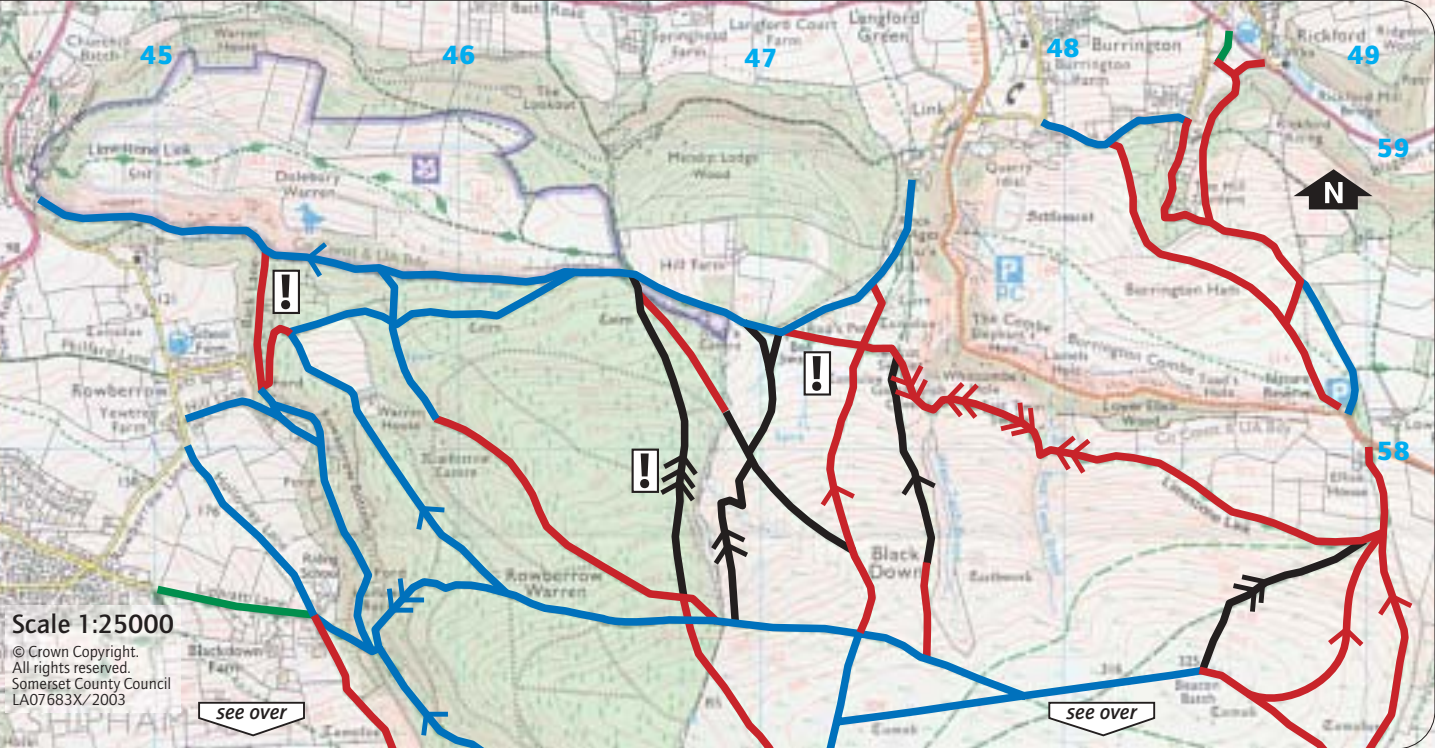


# Mountain Bike Trail Guide

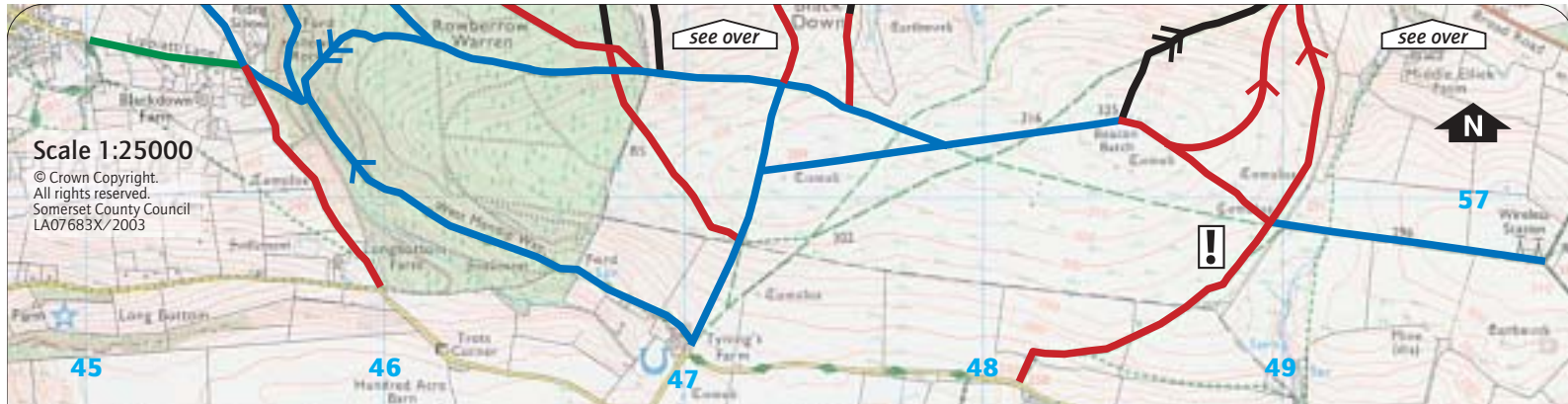
## Black Down and Rowberrow Forest



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Route grading (based on CTC system)	Easy (Green)	Moderate (Blue)	Difficult (Red)	Severe (Black)
<b>Suitable for:</b>	Novice cyclists and families.	Occasional mountain bike riders.	Regular riders with navigational skills.	Expert mountain bikers with navigational skills.

**WET WEATHER WARNING Increase all the grades by one category during the winter and in wet conditions.**

- Hazardous area, especially in wet conditions
- Descent
- Steep descent
- Extreme descent
- 

Grading the legally accessible routes so that you maximise your enjoyment and minimise your impact on this fragile area. Contribute, use the pubs, shops and cafes in the area.

Help us all to minimise erosion and damage. Service your bike regularly; the sandstone in the surface water will wear down any moving parts on your bike rapidly!

- Sound advice**
- Be prepared; protective clothing, helmet, tools, First Aid kit.
  - Carry identification.
  - Tell someone where you're going and when you expect to be back.
  - Expect the unexpected and keep your speed down.
  - Be friendly to walkers and horse riders; hail if you're coming up behind them and give way if you're approaching them.
  - If you're at the front of a group of cyclists and pass a walker/ rider/ cyclist let them know how many are following you.

**Rights of Way**

Stick to the graded routes shown and you'll be helping to protect the use of this area. Rights of Way are liable to change and may not be clearly defined on the ground.

Call the Mendip Hills AONB Service for advice; 01761 462338.

Due to the leasehold restrictions cycling in Rowberrow Warren is only permitted on the legally accessible routes.

Mendip Hills AONB Service  
 Charterhouse Centre  
 Blagdon, Bristol BS40 7XR  
 Tel: 01761 462338  
 email: mendiphills@somerset.gov.uk  
 web: www.mendiphillsaonb.org.uk

**AARDVARK ENDEAVOURS** **Bike Style**  
Clevedon 01278 335822  
**BROADWAY HOUSE**