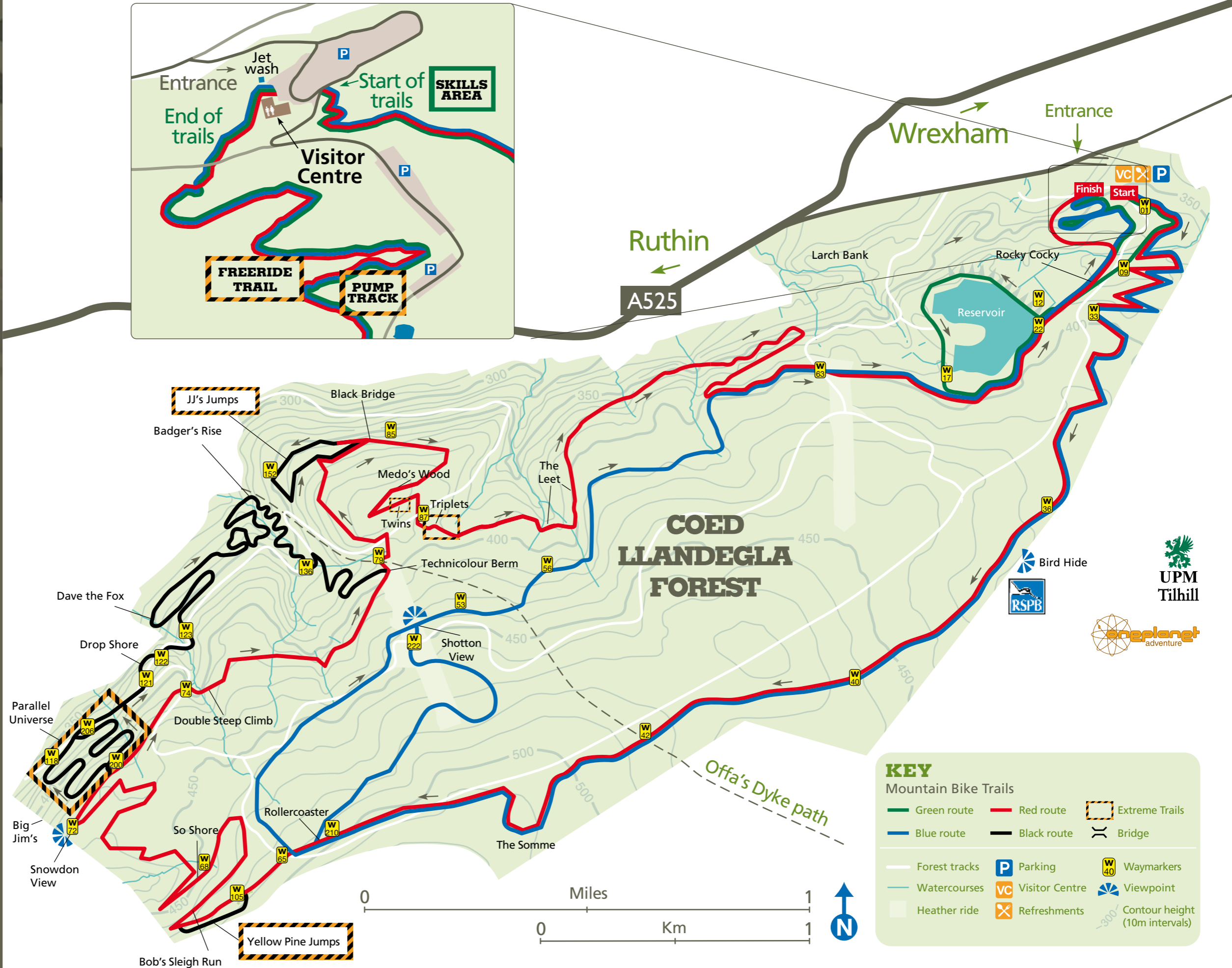
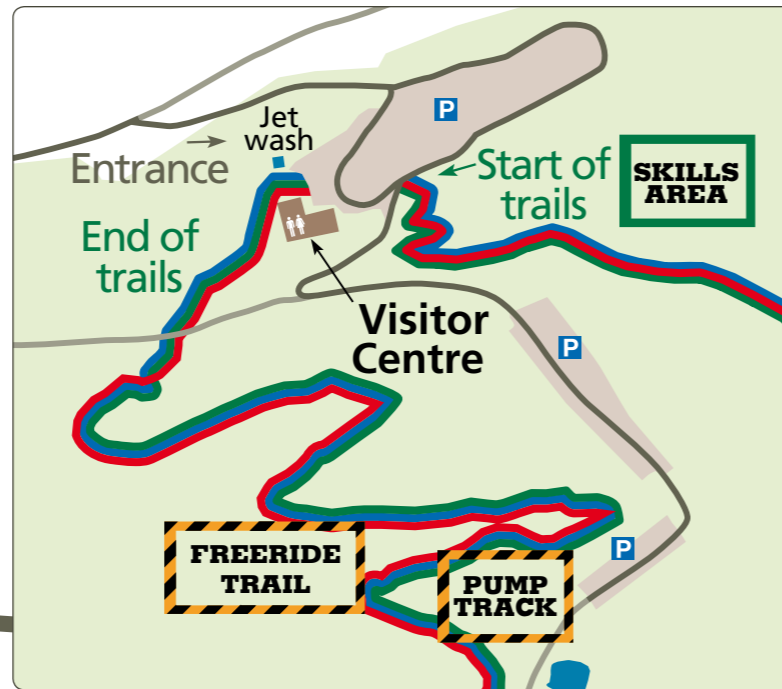


# MOUNTAIN BIKE TRAILS

## 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 240524. 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](http://WWW.COEDLLANDEGLA.COM)  
You can even post your photos online!



**KEY**

Mountain Bike Trails

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