

# MOUNTAIN BIKE TRAILS

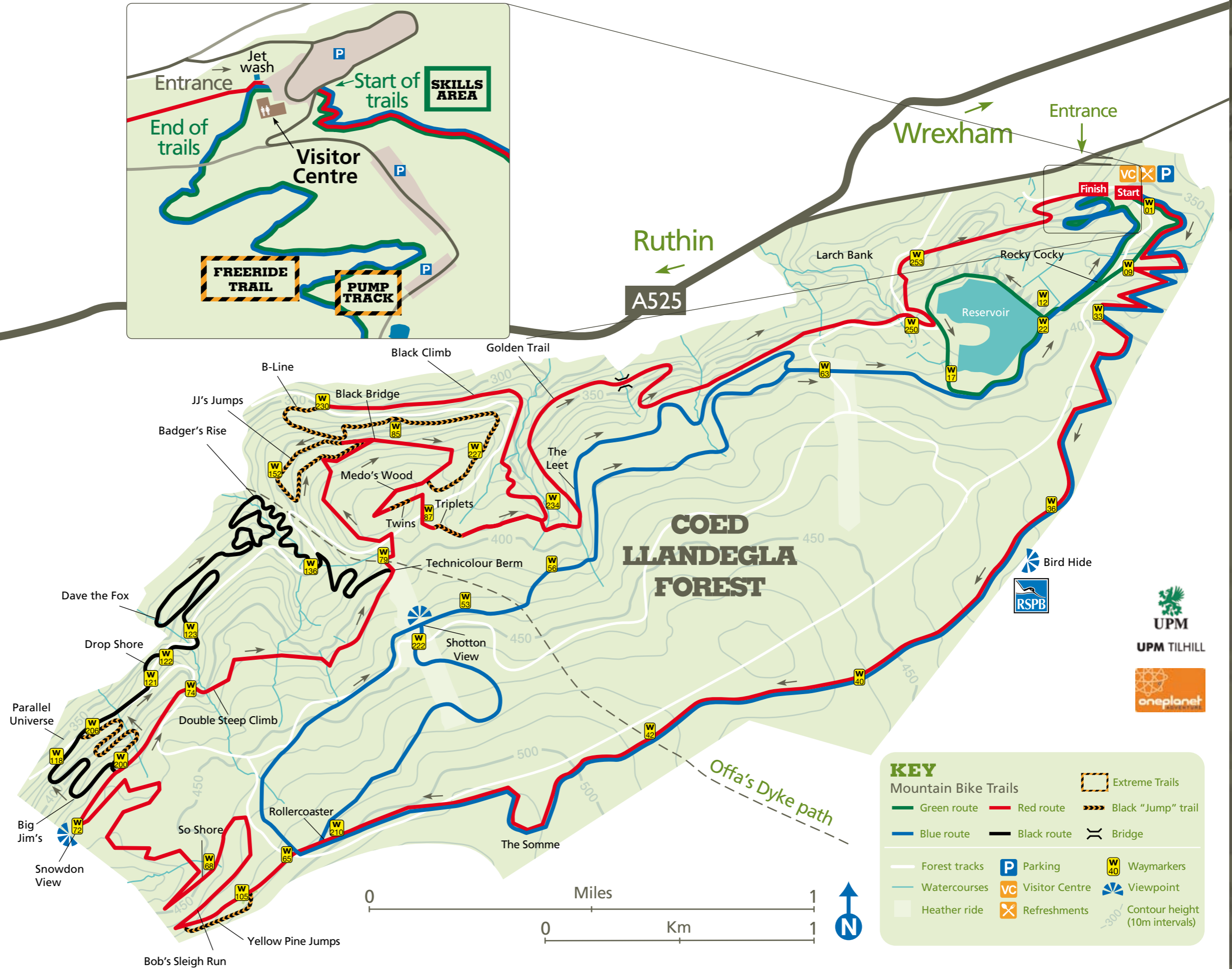
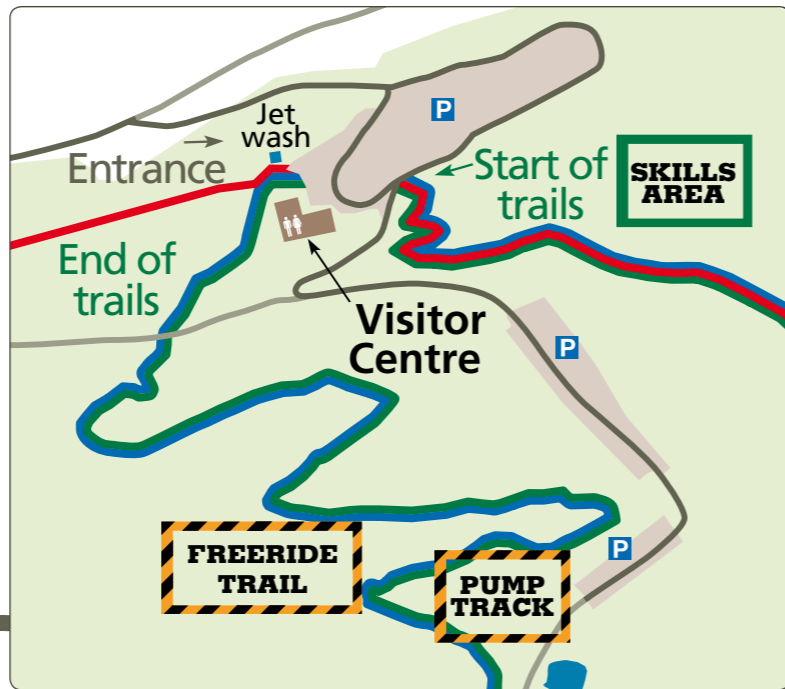
## PERSONAL SAFETY

-  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

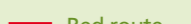






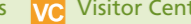


The trails are evolving all the time. For up-to-date safety and diversion information see our website:

[WWW.COEDLLANDEGLA.COM](http://WWW.COEDLLANDEGLA.COM)

You can even post your photos online!



**KEY**

|   |  |  |
|---|--|--|
|  Green route   |  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) |