



Cycling

You are welcome to cycle along all of the gravelled and tarmac paths except those along the Play Trail and around the Moors Lake. The best routes for cycling are waymarked for you to follow.

There is a central 2 mile circuit with optional additional loops that can extend your ride to 6 miles should you want to explore further, or a 4.4 miles circular singletrack route.

Moors Valley Cycling Code

Give way to horses and walkers

- Make sure they hear you approach
- Ride carefully when you pass

Stay safe

- Carry a snack and drink and take a mobile phone if you have one
- Wearing a helmet will reduce the risk of head injury
- Wear sensible clothing and footwear, especially in the winter or bad weather
- Always follow warning signs

All cycle routes start at the Totem Pole

Waymarked Cycle Trails

Suitable for: These routes are recommended for beginner/novice cyclists and are suitable for trailers and tag-a-longs.

Trail: Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles and other users. The trails are waymarked with round posts with a band of colour around the top.

Corsican Circuit

a central circuit of **2 miles / 3.2 km**

Starting at the Visitor Centre this circuit takes you in a loop through the forest along level, wide gravel tracks.

Crane Loop

adds **2 miles / 3.2 km** to the Corsican Circuit

Takes you alongside the Crane Lake and River through the golf course. Mainly tarmac with some gravel and dirt sections, narrow in places with one short hill. Suitable in all weathers. The additional section takes you out of Moors Valley into Potterne Park and returns via Potterne Wood.

Somerley Loop

adds **1 mile / 1.6 km** to the Corsican Circuit

Dirt and gravel tracks through the Forest and heathland with a steep uphill section near the start. Suitable in most weathers, there may be a muddy section in wet weather.

Watchmoor Loop

adds **1.5 miles / 2.3 km** to the Corsican Circuit

Takes you to some of the quieter areas of the forest including Pine Avenue along dirt and gravel tracks with some gentle ups and downs.

Through the Forest

Suitable for: This specially constructed singletrack route is recommended for cyclists with some basic off-road riding skills and is not suitable for trailers or tag-a-longs. It offers an exciting ride for everyone and is a challenge for all levels of rider.

Trail: The narrow track is edged by rocks and is waymarked with rectangular posts with blue arrows. Boardwalk sections can be slippery when wet.

Watchmoor Bike Park

Suitable for: Watchmoor has one downhill line with three table-top jumps, suitable for extreme level riders with high level technical skills. The Pump track is a sculptured track that includes berms and dips and encourages riders to 'pump' their way around the track with limited pedalling.

Please make sure you are appropriately equipped, sufficiently experienced and read the safety advice and emergency information found at the entrance.

The **Castleman Trailway** provides an off-road route from Ringwood to West Moors. The route continues on to Upton Country Park, Poole. For more details please contact Dorset County Council on **01425 483809** dorsetforyou.com/castlemantrailway

Key to map

Waymarked Cycle Trails

- Corsican Circuit
- Crane Loop
- Somerley Loop
- Watchmoor Loop
- Through the Forest

- Toilets
- Dog Waste Bins
- Boardwalk