

CYCLING TRAILS

VSCG Board Member John Ireland (a Safety Health and Environment Manager with the Forestry Commission) has been developing advice on managing risk for mountain biking. Based on experience learned over a number of years John has teamed up with Sport Scotland to make the guidance more widely available.

If you are starting from scratch, there is a complete template to lead you through all the stages of planning, design and construction:

- [Guide-to-Project-Development-MTB-facilities.pdf](#)



There is advice on grading cross country trails from easy through to severe:

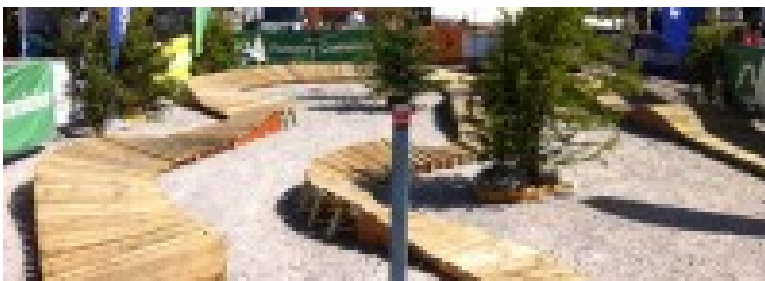
- [Guide_to_Cross_Country_Trails.pdf](#)



Downhill trails descend on steeper slopes than cross country resulting in higher speed and more extreme technical features.

This datasheet contains design characteristics for Downhill Extreme, Four Cross and Mini 4X Track:

- [Guide_to_Downhill_Trails.pdf](#)



Special facilities can be created for cyclists to develop their skills and techniques:

- [Guide_to_Skills_Areas.pdf](#)



Mountain bikers frequently set up their own trails. What should you do if you find something like this on your land?

- [Wild_Trail__Desire_Line_Management.pdf](#)
- There is a good example of the guidance being put into practice in [Dalby Forest](#), which appears as a case study on this website.
- Worcester County Council's Countryside Service grappled with the issue of wild trails in [Kingsford Forest Park](#). It was one of the earliest case studies published on our website over twelve years ago!

This case study was written by Ken Dodd and was published in October 2015

Copyright © 2015 [Visitor Safety in the Countryside Group](#).

You may reproduce any part of this article as long as you acknowledge the Visitor Safety in the Countryside Group as the original source, giving the web address www.vscg.co.uk