

WELCOME TO CLAYTON VALE MOUNTAIN BIKE TRAILS

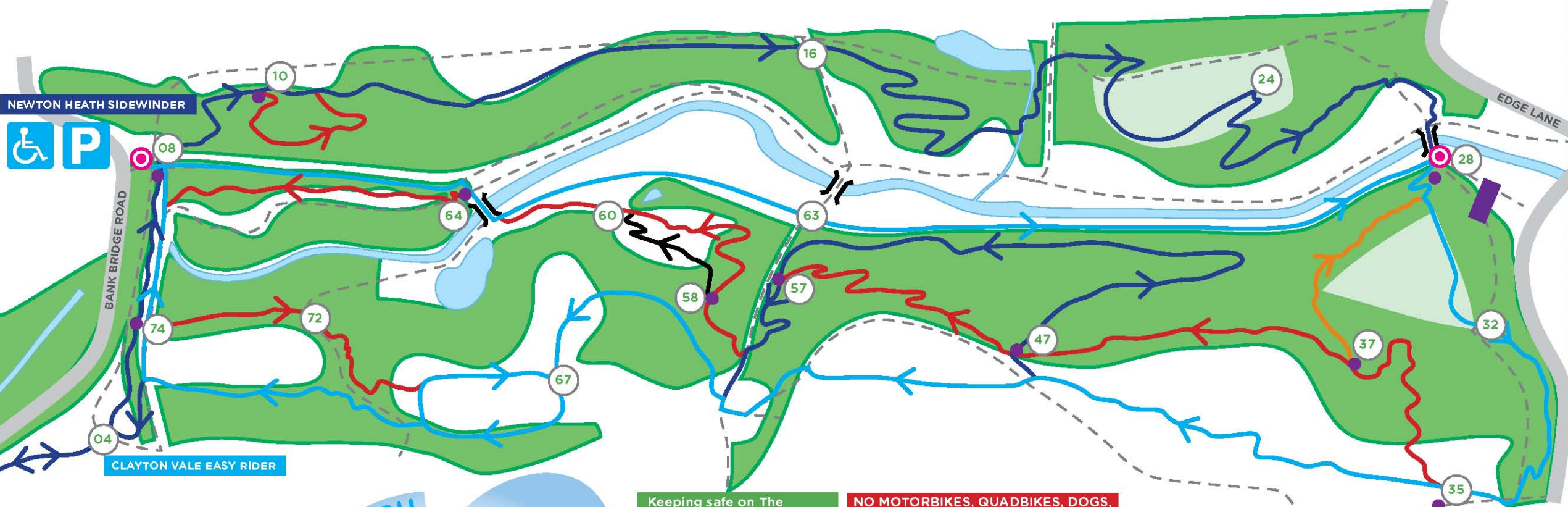


Key

- Accessible Blue Trail
- Blue Trail
- Red Trail
- Black Trail
- Phillips Park MTB Skills Zone
- Clayton Vale Visitor Centre
- Woodland
- Water
- Building
- Bridge
- Road
- Main Road
- Footpath
- Marker Post
- Information Board
- Trailhead Sign

Amenities

- Bike Wash
- Toilet
- Café
- Bike Shop
- Parking



THE SKILLS ZONE



BIKE WASH

Before you head for a break in the Velopark Cafe, give your bike the VIB treatment with a bike wash blast. The bike wash is located adjacent to Evans Cycles. If you are on the rear car park, please follow the wash signs. The unit is £1 coin operated so don't forget to pop a quid in your pocket before you hit the trail.

Remember to take tools and spares for bike repairs and first aid supplies for any minor accidents.

NATIONAL CYCLING CENTRE
HOME OF BRITISH CYCLING

TO THE MTB TRAILS

AMENITIES: P, Toilet, Café, Bike Wash, Bike Shop

Keeping safe on The MTB Trails

- Wear the right safety gear for each and every ride.
- Protect your bonce with a helmet that fits well and fasten it, otherwise it's pointless having it on your head.
- Gloves not just for keeping your hands warm, but also great if you do fall off for keeping your little pinkies in good shape.
- If you are riding alone, tell someone where you are going and when you expect to return.
- Ride within your ability, try riding technical trail features (TTF's) in the MTB Skills Zone in Phillips Park, BEFORE trying them on the trail.
- The trails are typically single direction so please ensure you follow the directional signage, but expect to encounter other users and wildlife.
- Clayton Vale is a busy multi user site and at times crosses or shares footpaths and multi user routes. For your own and others safety, always follow warning signs and any trail advice you are given. Expect the unexpected and respect other users.
- The MTB trails are for mountain bikes and other suitable bikes for the terrain.

Simple stuff that makes a difference

- Be polite to other users in the Vale.
- Respect other users right to be in the Vale when crossing footpaths and shared areas.
- Please take any litter home to keep the trails looking good for everyone.

NO MOTORBIKES, QUADBIKES, DOGS, HORSES OR WALKERS are allowed on the MTB trail



Emergency Information

Trail markers are used throughout the trail, in the event of an accident dial 999 and use the trail marker post numbers to accurately identify where you are on the trail, state your location as the **National Cycling Centre MTB Trails** so that the emergency services can reach you quickly.

PHILIPS PARK SKILLS ZONE

THE SKILLS ZONE
NATIONAL CYCLING CENTRE

ENTRANCE

TO THE MTB TRAILS

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