

# MTB Skills & Trail Fact Sheet

NATIONAL CYCLING CENTRE  
HOME OF BRITISH CYCLING



- Philips Park MTB Skills area opened 14<sup>th</sup> April 2013
- Clayton Vale MTB trails opened 27<sup>th</sup> May 2013
- The trails & skills area are free to use
- First urban trail centre in the country that is open to all MTB riders
- 12KM of graded trails
- Trails are graded pale blue- easy- Clayton Vale Easy Rider, dark blue- moderate, red- difficult, black – severe and are typical to trail centres.
- The skills area is packed full of technical trail features (TTFs) that include;
  - **Berms** - banked corners,
  - **rock causeways** – a change of surface from gravel to rock with differing levels of difficulty
  - **Drop offs & rock steps** – drop offs are rocks placed in the trail at different heights designed for the rider to drop off during descending. Rock steps are placed in the trail designed for riders to ride up when climbing.
  - **Rock slabs** – designed to test rider skills, balance, co-ordination and weight shift
  - **Table tops** – a short bank up with a flat top and downside which you can ride without your wheels leaving the ground or jump, again designed for beginners through to advanced riders.
  - **Off camber** – where the trail banks up and will roll you to one side unless you have the skills to ride them.
  - **Rock garden** – a mix of medium to large rocks designed to test your line choice and bike handling skills
- All the TTFs featured in the skills area are also featured throughout the trail relevant to the grade of the trail.

- The MTB skills programme is designed to improve riders' bike handling skills and rider confidence.
- MTB skills programme is offered through Phase I – Beginner, Phase II – Beginner plus, Phase III – Core skills these courses are designed predominantly for 8yrs & upwards and are age defined after Phase I.
- There is a newly established local MTB junior club – Scorpions aimed at engaging young local MTB riders from Year 5 – Year 9
- The trails are used by GB riders as well as general public – something for all levels of ability
- The skills area and MTB trail cost £865,000 to build and was constructed late 2012 to Spring 2013.
- The skills & trail was funded through Sport England, British Cycling, Manchester City Council and The Velodrome Trust.
- The trail is typically one directional and predominantly single track (1metre wide)
- There is approximately 3km of disability accessible trail suitable for a variety of adapted bikes and trikes, with the path width extending to 1.5metres.
- The trail was designed by Architrail, Project managed by GB Solutions

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