



How do I start?


Make sure you are confident with basic riding skills before starting to ride a mountain bike. It is more difficult to ride over rough terrain than on tarmac.

Learn how to change gear, brake and fall properly and how to cycle over and around obstacles.


Practice these skills on short, easy trails such as the blue trail at Eastridge Woods before moving on to more difficult terrain.


Where can I mountain bike in Shrewsbury?

There are no mountain biking facilities in central Shrewsbury; however the Shropshire countryside has some great places to mountain bike. There are excellent mountain bike trails for all abilities at the following Forestry Commission forests:

 **Eastridge Woods** (15km from Shrewsbury) – 3 cross country and 2 downhill trails of varying lengths. Most of the trails are unsurfaced and change with the weather conditions.

Please note work will take place during 2010 to change the cross country trails into one difficult and one moderate trail. The woods are still open.

 **Bringewood** – Mortimer Forest (39km from Shrewsbury) 3 downhill trails

 **Hopton Wood** (37km from Shrewsbury) – At the time of print (Spring 2010) this site is undergoing improvements for various cross-country and downhill trails. Please check the website for further details.

These forests are brilliant whether you want to ride cross-country, downhill or a simple fun ride with the family.

More information

Forestry Commission up to date maps of trails around Shropshire:
www.forestry.gov.uk/marches

Shropshire Hills mountain bike and outdoor pursuits centre, Marshbrook
www.blazingbikes.co.uk (new from summer 2010)

For advice on buying a bike see our **Getting Started** leaflet or visit our website. To find out more about family cycling in Shrewsbury and Shropshire, including events, advice on buying a bike, training and our online route planner, go to:

www.cycleshrewsbury.co.uk

Email: cycle.shrewsbury@shropshire.gov.uk • Tel: 01743 253008






FREE

FAMILY FRIENDLY RIDES Shrewsbury's BMX tracks and ramps and mountain biking



Off-road cycling is a good way for children and young people to have fun and keep fit and active. It's something that can be done with friends but can also be enjoyed by the whole family.

This leaflet contains information on BMX and mountain biking, including:

-  Good locations to cycle in Shrewsbury and Shropshire
-  Advice on equipment
-  Information about cycling clubs and training





BMX tracks and ramps

What is BMX?

BMX stands for bicycle motorcross. BMX bikes were originally designed for racing on dirt tracks. They are now also used for freestyle racing and jumps.

BMX bikes have lightweight frames, small, knobby tyres and a strong rear brake.

What do I need?

Different types of BMX bikes are available tailored to whether you want to use them for track or freestyle racing. It is very important to have a good rear brake.

It is also advisable to wear protective gear such as a helmet, arm and knee pads, full length tops and trousers and full finger gloves. Full face helmets and other types of body armour are also available.

How do I start?

If you want to start BMX racing or you want to find other people to ride with to help improve your BMX skills or learn new tricks join a BMX club.

The Wrekin Riders offer cycling sport coaching across Shropshire. Visit www.wrekinriders.co.uk or contact Derek Owen on **07976 100463** to find out more.

A new BMX club is being started in Upton Lane. To find out more contact Leisure Development on **01743 255933**.

The Cycle Shrewsbury cycling coach provides cycle training and will be setting up cycling clubs. Visit www.cycleshrewsbury.co.uk for the latest information.



Where can I ride my BMX in Shrewsbury?

Tracks

Four BMX tracks in Shrewsbury have recently been refurbished to a professional standard. These tracks are located at:

- 🚲 Upton Lane in Monkmoor
- 🚲 Little Harlescott Lane in Harlescott
- 🚲 Shorncliffe Drive in Shelton
- 🚲 Lythwood Road, Bayston Hill

Helmets are strongly recommended at these tracks.

Ramps

There is a concrete skate park located at the Shrewsbury Sports Village on Sundorne Road and ramps at the BMX track at Shorncliffe Drive. Ramps are also located at Monkmoor Recreation Centre, Monkmoor Rd and Kynaston Road, Harlescott (adjacent to the community centre).

How do I report problems?

Problems with BMX **tracks** should be reported to Shropshire Council Leisure Development on **01743 255933**.

Problems with BMX **ramps** should be reported to Shrewsbury Town Council on **01743 281571**.



Mountain biking

What is mountain biking?

Mountain biking consists of riding bikes off-road often over rough terrain. Mountain bikes are adapted to make it easier and more comfortable to ride on steep hills and over loose or uneven ground. For example mountain bikes have wide, knobby tyres to improve traction, a stronger frame and more gears.

There are different types of mountain biking including cross-country, downhill and dirt-jumping.

What do I need?

To ride on mountain bike trails you need a mountain bike. Bikes not designed for trails may not be strong or comfortable enough and the tyres may be more likely to get punctures.

Always wear a helmet. Other protective gear such as knee and elbow pads and full finger gloves is also advisable