

# aston hill BIKE PARK

# Map & trail guide

## Emergency info

If you witness or have an accident, inform others around you.

- Name of this location:** Aston Hill. Situated on St Leonards Road. 500 metres up the road from Chiltern Forest Golf Club, Postcode: HP22 5NQ
- Nearest A&E hospital:** Stoke Mandeville, Aylesbury, HP21 8AL
- In case of emergency:** Call 999 or 112 and ask for an ambulance.
- Mobile phone coverage:** Good.
- Inform Forestry Commission England:** Please inform us of any accidents or trail problems on 07796 313507.

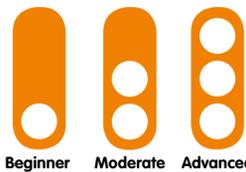
## Your safety

- Mountain biking is a potentially hazardous activity carrying a significant risk. It should only be undertaken with a full understanding of all inherent risks. The guidelines on this panel must always be used in conjunction with the exercise of your own experience, intuition and careful judgement.
- Routes may change owing to tree felling and other forest operations.
- No motorbikes, quadbikes, dogs or horses are allowed on the MTB trails.**



## Bike park features

Features are graded with these symbols:



More white dots: more skill required!

## Code of conduct

- Look before you leap: check out the trail and features before you ride it, and never jump blind.
- Ride within your control and ability.
- Be courteous and respect other users of the woodland.
- Wear a helmet and gloves (body armour strongly recommended).
- Ensure your bike is in good working order and suitable for severe trails. Lower your seat for better control.
- Do not walk, ride or push your bikes back up the actual trails.
- Respect other riders and help those less experienced than you. Look out for them and give them plenty of space. Riders ahead of you have right of way.
- Take your litter home: help keep the trails and forest looking great.
- Keep your riding to the trails area.
- If in doubt, stay out.
- Spot a fault on the trails? Please let us know.

Thanks for reading!

## Trails at the park

To truly appreciate what each trail has to offer scan the code next to the trail description, you can also do this on the trail header signs at the start of each trail.

<p><b>Surface to Air</b> ●●●● Length: Approx 1 min 30 seconds Surface to Air is the first all-weather track on the Hill; it takes contemporary freeride mountain biking and adds a touch of Whistler. Surface to Air is steep and fast with compulsory jumps and drops.</p>	<p><b>Ricochet</b> ●●●● Length: Approx 1 min 50 seconds This trail has a bit of everything, build your confidence and skills here before you hit the other runs.</p>	<p><b>Red Run</b> ●●●● Length: 1 min 30 seconds Traversing across the top of the hill before dropping into a couple of sweeping berms, tight turns before dropping you onto a section of board walk to the finish.</p>	<p><b>Four Cross</b> ●●●● Length: Approx 45 seconds All jumps are safe to roll, but for those with experience there's a chance for some serious air time.</p>
<p><b>Root Canal</b> ●●●● Length: Approx 1 min 30 seconds A twisty, rooty downhill track to test your bike handling skills to the max. Some would say Root Canal is the most technically challenging trail on the Hill.</p>	<p><b>Black Run</b> ●●●● Length: Approx 1 min 50 seconds A challenging downhill track with a mix of steep rooted sections, rock garden, switchbacks and chutes.</p>	<p><b>XC Loop</b> ●●●● Length: Approx 35 minutes A five mile cross country circuit with some fast descents, testing climbs and technical singletrack.</p>	<p><b>Pump Track</b> ●●●● A series of whoops, jumps and rollers, the Pump Track is the perfect place to develop your skills.</p>



## Key

- Caution
- Push bike path
- Parking
- Toilets