

Refreshments & Facilities: National Trust Servery at Frensham Little Pond • Snack bar at Frensham Great Pond • Barley Mow Pub, Tilford.

LONDON MARATHON CHARITABLE TRUST

cycling

SurreyHills Trust Fund

Is this for you?



This Surrey Hills Cycle route is designated:-



Blue – Moderate

More Information: Finding the right cross-country single-track trail grade for your abilities.

| Grade | Suitable for | Trail |
|-----------------|---|---|
| Green – Easy | Beginners in good health with basic skills. Most types of bike. | Relatively flat and wide. |
| Blue- Moderate | Riders in good health with basic off-road riding skills and fitness. Basic mountain bikes. | Some 'single track' sections and small obstacles or roots and rocks. |
| Red – Difficult | Proficient mountain bikers with good off-road riding skills and fitness. Good mountain bikes. | Challenging climbs, tricky descents and technical features such as drop-offs and large rocks. |
| Black- Severe | Expert mountain bikers with good off-road riding skills and fitness. Quality off-road mountain bikes. | Greater challenge and difficulty. Expect large and unavoidable features. |

Mountain Biking is a potentially hazardous activity carrying a significant risk.

You can download this cycle route & others by visiting: www.cyclesurreyhills.org



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