

CTC Coventry OffRoad Buddies -

Advice for riding Newbold Comyn MTB Trails 28<sup>th</sup> April



# NEWBOLD COMYN MTB TRAILS

FOR YOUR OWN SAFETY

## CHOOSE YOUR TRAIL...

RIDE THE TRAILS THAT MATCH YOUR ABILITIES

### NEWBOLD COMYN GREEN TRAILS

**Grade: Easy (green)**

Relatively flat and wide. Includes flowing singletrack style sections. The trail surface may be loose, uneven or muddy at times. Climbs and descents are mostly shallow. No challenging features. Accessible to all cycling abilities.

### NEWBOLD COMYN BLUE TRAILS

**Grade: Moderate (blue)**

Specially constructed surfaced flow trails. Trails will include rollers (bumps) and berms (banked turns). Most gradients are moderate but may include short steep sections.

### NEWBOLD COMYN RED TRAILS

**Grade: Difficult (red)**

Specially constructed surfaced flow trails with a high frequency of **unavoidable** features. Expect large berms, table-top jumps, hip jumps and step-downs. Steeper and more intense with variable gradients, includes narrower sections within the trees.



### HOW CYCLE TRAILS ARE GRADED

|                     |  |                        |  |                        |   |                      |   |                               |   |                           |   |
|---------------------|--|------------------------|--|------------------------|---|----------------------|---|-------------------------------|---|---------------------------|---|
| <b>Easy - Green</b> | Typical: Relatively flat, wide and smooth trails. May include gentle climbs, descents, rollers and berms, with only occasional technical features. | <b>Moderate - Blue</b> | Typical: A mixture of climbs and descents with moderate gradients, technical features like tree roots and rock steps, jumps and berms. | <b>Difficult - Red</b> | Typical: A mixture of steep climbs, descents and/or variable features. Larger berms, jumps and rollers, features of controlled speed. Technical features such as table-top jumps. | <b>Black - Black</b> | Typical: Long and steep climbs, descents and jumps. Numerous hazards including steep-offs and severe features. Rapid rate of surface change. Commitment required. | <b>Double-Black - Extreme</b> | Typical: Very fast and steep descents. Large steep-offs, jumps and unavoidable obstacles that require high levels of skill and commitment. Extreme rate of exposure to the natural terrain. | <b>Road &amp; Similar</b> | Typical: Good links can be dropped or variable. Surfaces may be uneven. Some or no road. Navigation skills are essential and safety gear needed. Look out for vehicles, motorbikes and other. |
|---------------------|--|------------------------|--|------------------------|---|----------------------|---|-------------------------------|---|---------------------------|---|

To report any incidents, vandalism or damage, please call Warwick District Council: 01926 496123 (option 1 followed by option 4) Monday to Friday 9.30am to 5.30pm 01909 3033573 - evenings and weekends

Scan the QR code for more information and 

### NO HELMET = NO RIDE

Off-road cycling is a hazardous activity carry some inherent risks. Please consider your skills abilities and fitness carefully, and always make sure your bike and helmet are safe to use. handlebar ends must be capped before you ride

### PRE-RIDE BEFORE YOU FREERIDE

Only tackle challenges if you are sure you can them – have a look first and choose a trail that matches your abilities.

Although the trails are checked regularly, we are unable to guarantee that there will not be any obstructions or debris on the trails due to the nature of an open facility. Ride at your own risk

Trails are designed to be **one-way**. Please follow the directional signs.

### SHARE THE TRAIL

Watch out for other users and visitors and expect the unexpected on and off the trails. For your own and others' safety always follow warning signs and any advice you are given.

### BE PREPARED

Aim to be self-sufficient whilst riding the trails. Ensure you carry appropriate equipment for the technical difficulty of the trail and know how to use it.

Phone 999 for emergency assistance if required

Make sure you have **WHAT THREE WORDS** or more devices in case of an emergency.

Suggest that you have a couple of goes at the Green route, then do a Blue route several times to build up your experience on that, then try another Blue route and once again work on your skills on that. Try different speeds and lines through the corners. Then once you are feeling good just give the Red route on the right a go at a slowish speed – its lovely through the woods. Take a look at the middle Red route before you do it !

## **Some advice if it is your first time ....**

Standup when riding features – Pedals level, knees slightly bent

Let the bike move underneath you.

When going downhill have your weight more to the back of your bike

Brake when you are straight & upright **before** corners and berms .... slow in fast out !

Try turning your inside knee into the corner

Look ahead – be looking at the exit

Never concentrate on an obstacle – that will make you ride into it !

When riding berms try going in under control and high ....then try a lower entry point.

Each one is different and will be done at different speeds and entry height – it is fun working out what works best for you !

You are not going to be able to do jumps so control your speed to roll over those features !

You will get faster and you will have more fun the more times you try a route