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:

Beginner · Moderate · Advanced

More white dots: more skill required!

Key

- Caution
- Push bike path
- Parking
- Toilets

No Helmet? No ride

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!

Forestry Commission England

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forestry.gov.uk/visit

Aston Hill Bike Park is managed by the Aston Hill Volunteer committee partnership with the Forestry Commission.

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Trails at the park

Ricochet ●●●

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.

Aston Hill is closed to other riders on Race Day - Sunday 10th June 2018