



**LENGTH** 4 miles **SURFACING** Hard packed, all weather  
**GRADE** BLUE / RED **DIRECTION** Clockwise

# ASHTON COURT MTB Trails Map

BETTER BY BIKE

## POINTS OF INTEREST

- A) Hyper Nova**  
Get a feeling for the off-road route on this first stretch with rollers and banked turns (berms).
- B) Stella Nova**  
Dive into Keepers Wood enjoy the fruits of winching up the gravel climb.
- C) The Picnic Bench**  
The perfect place to stop for lunch or a mid-ride snack.
- D) Lower Quarry Trail**  
Gentle singletrack climb through Pillgrove wood.
- E) Upper Quarry Trail**  
A rollercoaster descent with rollers and berms galore. Guaranteed to put a smile on your face.
- F) Super Nova**  
A harder red section with drops, rock gardens and a few jumps to really put your skills to the test.
- G) ADH**  
This section takes you back to the picnic area and is named after local hero Antony De Heveningham who started the Bristol Trails Group.
- H) The Wall**  
See how quickly you can get back to the cafe along this flowy and involving section of singletrack heaven.
- I) Goram's Drop**  
The last stretch with a choice

Mountain bikers have been using Ashton Court since the early 1990s and it was one of the first places in the country to get an official MTB trail. The trail is suitable to ride all year around and aimed at riders of all abilities.

Beginners can get the basics dialled and more experienced riders can use the trail's undulating surface to gain speed. There's an optional red descent in the middle of the trail, featuring a pumpy jumpy beginning and a rock-strewn lower section that wouldn't be out of place on a downhill track. There are also a few optional lines dotted round the trail, to keep things fresh even after repeated visits.

# ASHTON COURT

**Super Nova Trail**  
Red Grade (Difficult)  
0.8 km (0.5 miles)  
10 mins

**Nova Trail**  
Blue Grade (Moderate)  
6.5 km (4 miles) 45min - 1 hr



**Bike Hire**

- 
- 
- 
- 
- 

**Courtyard Café**

- 
- 
- 
- 



Bristol is a cycling city and fortunate to have some great off-road bike trails suitable for riders of all abilities, just minutes from the Clifton Suspension Bridge and only a short ride from the City Centre.

- Facilities**
- Café
  - Car Park
  - Picnic benches
  - Toilets
  - Daily bike hire
  - Trails suitable for all abilities

**Getting there:**  
**Car:** Use Church Lodge car park, which you can get to from Ashton Road on the B3128 by the Ashton Pub, and cycle up through the estate to the trail.  
**Bus:** To check public transport visit - [www.travelwest.info/jp](http://www.travelwest.info/jp)  
**Cycle:** To plan your ride - [www.betterbybike.info/jp](http://www.betterbybike.info/jp)

**Mountain bike hire:**  
 You can hire mountain bikes from Pedal Progression. [www.pedalprogression.com](http://www.pedalprogression.com)

For more info about local bike shops, visit Better By Bike.





# Yer Tiz trail LEIGH WOODS

Shorter but more feature-packed than the trail in Ashton Court, Yer Tiz follows the route of the unofficial trails that used to criss-cross the top of the wood. The trail includes a short skills area, with different types of obstacle grouped in increasingly difficult sets of three. There are also some short optional red sections including switchbacks and "rock shore" (Imagine a North Shore ladder bridge made of rocks).

Part of the trail is two-way so you can session the start or finish of the circuit.  
Riding the whole loop brings you back out at North Road.

Yer Tiz trail



**LENGTH** 2 miles  
**GRADE** Ungraded, but slightly harder than Nova and Yer Tiz trails



**SURFACING** Mixed, with dirt sections that become muddy when wet  
**DIRECTION** Clockwise from squeeze stile

# FIFTY ACRE WOOD

**A) Main Trail B) Easy Shortcut**

Fifty Acre Wood is a completely volunteer-built section of trail, mostly constructed by hand over a period of several years. The trail is armoured in places, but it's generally much more natural-feeling than the trails in Ashton Court and Leigh Woods. Expect roots, rocks, and mud if it's rained recently.

The trail includes a couple of tough technical climbs, numerous logs to ride over, and a rocky descent that traverses the side of a hill with a couple of (optional) medium-sized drop-offs. If you're in a rush or out with the family, the main trail can be bypassed via a wide surfaced track at the bottom – just follow the yellow signs.



## Get... INSPIRED

Discover the best route to get around quicker, cheaper, healthier, better

@betterbybike  
betterbybikeUK  
www.betterbybike.info



### TRAIL ESSENTIALS

1. Ashton Court / Leigh Woods and 50 Acre Wood are busy multi-user sites. Expect the unexpected – watch out for other visitors and prepare to stop if needed.
2. For your own and other's safety always follow the bike trails in the correct signed direction. Adhere to the warning signs and advice given.
3. Always wear the right safety clothing, at least a cycle helmet and gloves.
4. Only tackle challenges if you are sure you can do them – have a look on foot first.
5. Only ride on designated trails and take litter home.
6. Protect, respect and enjoy the wildlife, plants and trees, to help keep this a beautiful area.

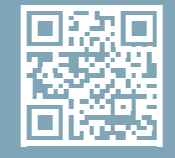


**LENGTH** 2.5 miles  
**GRADE** Blue with optional red sections and skills area



**SURFACING** Hard packed, all weather  
**DIRECTION** Anti-clockwise from North Road

Try our NEW cycle planner to find the quickest, quietest or most balanced route.  
betterbybike.info/cycleplanner



Special thanks to Bristol Trails Group and Pedal Progression for helping with this map