

SWINLEY FOREST

Trip overview

Distance	7.89 miles
Difficulty	Medium
Duration	2 hours
Traffic	Traffic free
Terrain	Mountain bike trails

Nearest station

Start/end: Martins Heron Rail



[See this route on Google Maps](#)

Those prepared to take the sixty minute train ride from the centre of London are rewarded with some of the best mountain biking in the UK. The lush green Swinley Forest is sure to thrill and test mountain bike riders. The fresh air and great outdoors makes for the perfect getaway from London. This short route takes in some of the best the forest has to offer and should help introduce you to the area.



◀ Leafy forest views greet you upon entry



The scenery changes throughout the park and provides the perfect backdrop for mountain biking ▶



◀ A mountain bike provides the suspension and traction to get the most out of this ride

ROUTE DESCRIPTION

Both the Martin Heron and Bracknell train stations provide easy access to Swinley Forest. The benefit of travelling to Martin Heron is that there is a cycle path that will take you all the way to the Look Out centre at the entrance of the forest.

Alternatively, you can travel by car. There is easy access from the M3 or M4 motorway and car parking is provided at the visitor centre.

To ride around Swinley Forest you'll need to purchase a permit. This helps support the upkeep of the trails. The cost is £2 for the day or alternatively a yearly pass is also available. This is done from the Look Out centre.

The forest has a good mix of singletrack and downhill sections. Most of the climbing in the route included is completed near the end on the way back to the visitor centre. There's plenty to explore and it isn't possible to include everything in one ride so you'll want to come back and veer off in other directions to explore.

All the facilities of the park are provided at the visitor centre. Toilets, café and bike hire are three of the key things you may need.

This route should be suitable for all ages. Although a couple of sections will definitely push you, completing them leaves you with a great feeling.

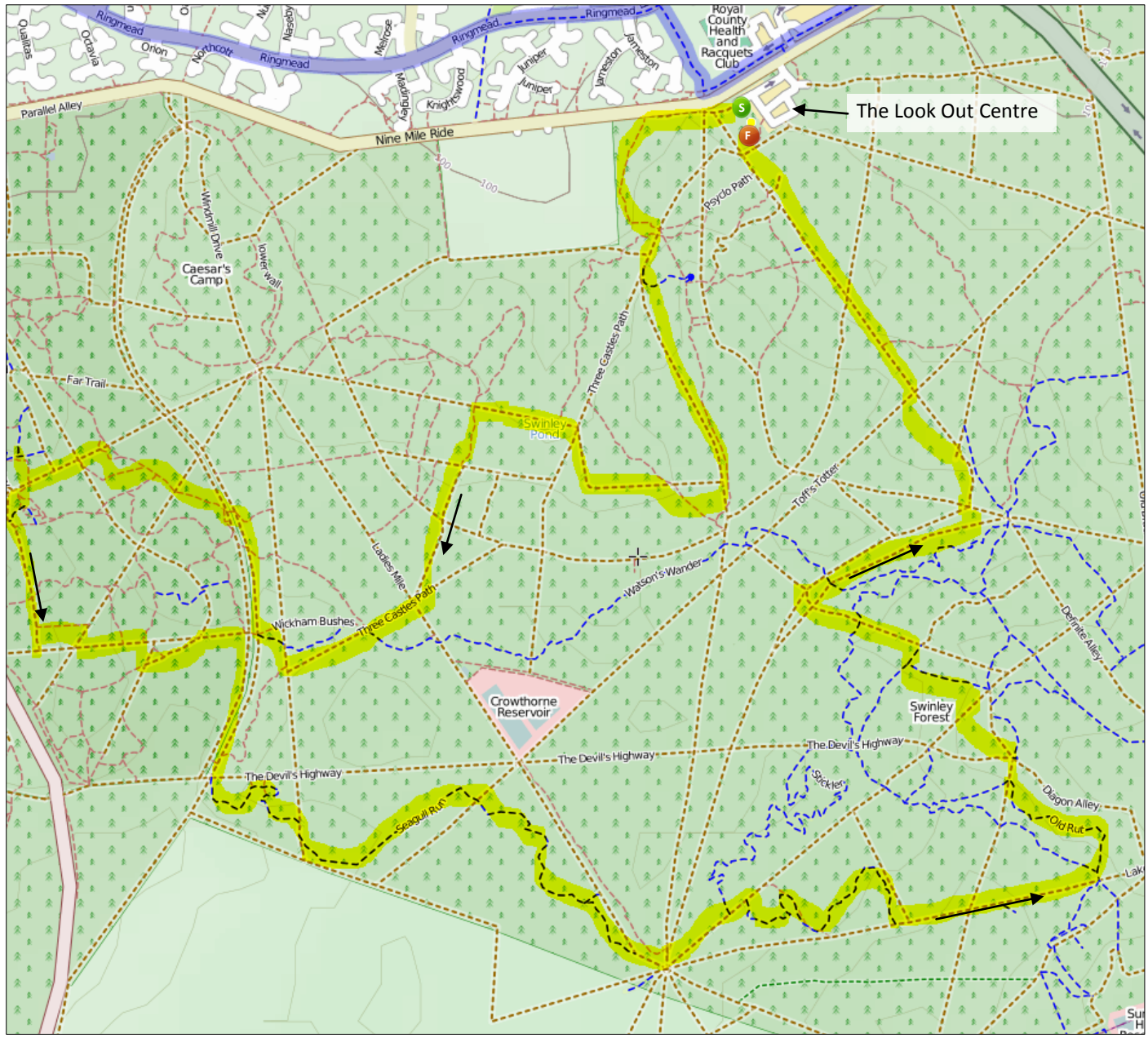
I recommend taking plenty of water, wear your mountain bike gloves and a helmet. Whilst you can ride around Swinley Forest on a hybrid bike along the main paths, to get the most out of it and take on more challenging trails, a mountain bike is needed.

Swinley Forest can be visited all year round. Each season has its own pleasures. From the leafy colours of autumn to the frosty winter rides.

For those looking to push things further then the expert mountain bike area is located in the south part of Swinley Forest near the Surrey Hill Reservoir. Aside from the pleasures of discovering things at your own pace there are also some excellent local mountain bike clubs that organise rides.



▲ Resting after a particularly fun downhill section of the route



This is a sample route from the
London Cycle Routes eBook.

For the full version please see:

<http://www.londoncyclist.co.uk/routes/london-cycle-routes-book/>

