

Cannock Chase – trail centre profile



Riding & coaching at Cannock

Cannock Chase is largely natural, old growth woodland with some areas of dense plantation forest mixed in. Its flagship trail - "Follow the Dog" – was built to maximise the benefit of this mix, with fast, flowing singletrack as well as tight and twisty sections that wind through the dense trees.

The variety of singletrack terrain at Cannock, combined with minimal hills and lots of "pull outs" to allow sessioning of trail sections, all make this a great venue for coaching. The riding is varied with everything a good rider might demand, and it's set to get better as new sections are added.

Courses at Cannock

Singletrack Skills – Levels 1, 2, 3

The full range of singletrack skills courses are available at Cannock. For novices the wide tracks and easier sections of the red route are ideal. At level 2 we use every section of the superb "Follow the Dog" singletrack red route. At level 3 we'll use the same trail but at much higher speeds, including a range of techniques for attacking bermed corners, rolling singletrack and tight, tree-lined trails.

Jump, Pump and Drop – Levels 2

The rollers, lips and dips on the Cannock trails make this an ideal venue for learning how to pump the bike for manuals and drops. We use on and off-trail sections to allow us space to coach, even when this popular trail centre gets busy. When you are ready to progress to Level 3 we recommend that you check out the Ae Forest courses.

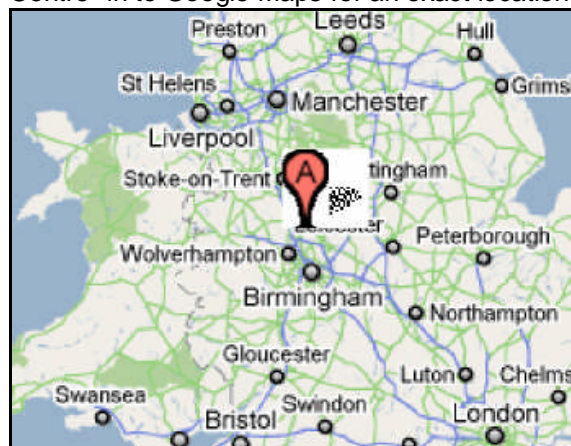
Trail centre info

Cannock Chase is managed by the Forestry Commission and Chase Trails, a local trail building group. It is well served by Swinnertons Cycles and an excellent café, all at the Birches Valley Forest Centre.

Cannock's main trail – the red graded "Follow The Dog" was created by local trailbuilders and became the first purpose built singletrack trail in the Midlands. Phase Two (opening April 2010) will almost double the trail length, adding new features and more challenges for advanced riders.

Location

Cannock is in the Midlands, just north of Birmingham. Type "Swinnerton Cycles Forest Centre" in to Google Maps for an exact location.



To reserve your space on a course at Cannock Chase:

Email us on info@cycleactive.co.uk

Call us on + 44 (0)1768 840400

Reserve online at www.cycleactive.co.uk



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