

Aston Hill, Buckinghamshire



Black Run

Grade: **Orange (2 out of 3)**
Time: 1 min

The oldest downhill track at the park, and also the steepest. It starts on the red XC and then splits off, featuring rooty drop-offs, man-made rock gardens and a big tabletop jump to finish.

Root Canal

Grade: **Orange (2 out of 3)**
Time: 1 min

Starting with a large tabletop jump, the trail drops into series of jumps, loose rooty turns and ends with a twisting drop to the finish.

Ricochet

Grade: **Orange (1 out of 3)**
Time: 1 min

One of the speedier trails at the park, with sweeping turns and roots

4 Cross (4x)

Grade: **Orange (3 out of 3)**
Time: 1min

Formerly a regular venue for the national 4X series, the track features table tops, rollable doubles, road gap & 35ft jump.

Surface 2 Air

Grade: **Orange (2 out of 3)**
Time: 1min

Billed as Buckinghamshire's answer to Whistler, Surface 2 Air features a host of jumps, drops and optional step-downs.

Cross Country

Grade: **Red**
Dist: 8.8km/5.5m
Time: 25-40mins

A demanding XC loop which actually shares some parts with the downhill tracks at the venue.

THE CENTRE:

One of the UK's first pay-to-ride bike parks, featuring five downhill trails, an XC loop, a pump track and a 4X course. Day membership is £7 (purchase from the ticket machine in the car park, cash only).

The trails are suitable for a range of abilities - just take care in wet conditions due to the slippery clay surface.

HOW TO GET THERE:

Outside Wendover, north on the B4009, follow the brown signs. Aston Hill, Halton, Buckinghamshire, SAT NAV: HP22 5NQ

FACILITIES:

The site itself has car parking and a portaloo. There are also toilets and a café in Wendover Woods. There are local bike shops in Berkhamstead, Tring and Aylesbury.

USEFUL INFORMATION:

www.rideastonhill.co.uk
Day passes can be bought from the car park ticket machine.

aston hill Map and trail guide

Trails at the park
To truly appreciate what each trail has to offer scan the code next to the trail description. You can also do this on the trail header signs at the start of each trail.

Important information

- All Riders must wear a helmet to ride at Aston Hill. Riding without a helmet will revoke your membership and you will be asked to leave the site immediately.
- Please report any incidents or issues (such as ticket machine faults) to the Forestry Commission Duty Ranger on 07796 313 507

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

Want to improve your riding?
From beginner to expert, there are coaches ready to take your riding to the next level with a mountain bike skills course offering group or individual sessions tailored to meet your specific needs.

A popular course focused on the development of youth riders are the Devo sessions run by BIKE.

For more information visit:
bike.com
bikecoach.co.uk

Local bike shops:

- Mountain Mainia
- Lovely Cycleworks
- Walton Street Cycles
- Beeline
- Supernova

Nearest Cashpoint?

Places to stay?

On a final note Aston Hill is a technically challenging venue. Be realistic about your skill level, and how appropriate your bike and equipment are. If in doubt please contact us via the contact page address at rideastonhill.co.uk

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| <p>Surface to Air ●●● Length: Approx 1 min 30 seconds Surface to Air is the first all-weather track on the Hill; it takes contemporary freeride mountain biking and adds a touch of Whistler. Surface to Air is steep and fast with compulsory jumps and drops.</p> | <p>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.</p> | <p>Red Run ●●● Length: 1 min 30 seconds Traversing across the top of the hill before dropping into a couple of sweeping berms and tight turns before dropping you onto a section of boardwalk to the finish.</p> | <p>Four Cross ●●● Length: Approx 45 seconds All jumps are safe to roll, but for those with experience there's a chance for some serious air time.</p> |
| <p>Root Canal ●●● Length: Approx 1 min 30 seconds A twisty, rooty downhill track to test your bike handling skills to the max. Some would say Root Canal is the most technically challenging trail on the Hill.</p> | <p>Black Run ●●● Length: Approx 1 min 50 seconds A challenging downhill track with a mix of steep rooted sections, rock garden, switchbacks and chutes.</p> | <p>XC Loop ●●● Length: Approx 35 minutes A five mile cross country circuit with some fast descents, testing climbs and technical singletrack.</p> | <p>Pump Track ●●● A series of whoops, jumps and rollers, the Pump Track is the perfect place to develop your skills.</p> |

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 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.