**THE COUNTRY PARK**

The Park is blessed with miles of gently undulating trails that are ideal for exploring on a bike. Join us to ride some of the lesser known trails and see another side to Rother Valley. Negotiate single track, short steep hill climbs, twisty down hill sections and narrow bridges. We will show you where and how.

Great for schools and youth groups, our instructors will show you the basics of bike set up and control before heading you out on a confidence boosting off road trail.

Our led sessions are tailor made to suit the needs and abilities of the groups, either one off sessions or a progressive program of fitness and skills can be catered for.

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**CYCLE CENTRE**

The brand new Rother Valley Cycle Centre has a fantastic range of cycles available for you to hire. Mountain bikes, traditional bikes, child trailers, family cycles, adapted accessibility bikes, wheelchair and mobility scooter hire, there is something for everyone.

The Centre is open from 9.30am daily except Christmas Day. Hire starts from 10.00am and runs throughout the day. Closing times vary throughout the year due to daylight hours and weather conditions so please look at our website [www.rvcp.co.uk](http://www.rvcp.co.uk) or contact us for information.

If you use the smart phone app STRAVA you will find many trail segments at Rother Valley. Popular ones are Diggers Downhill, Jump Track, Buzzard Banger and if you like going up hill look out for Lung Buster or Gravel Track Climb. Have fun but remember to be safe and look out for others.

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**HELP BUILD YOUR TRAILS**

The Red and Black trails at Rother Valley Country Park are built and maintained solely by volunteers. Extra help is always needed and everyone is welcome. If you have never helped build a mountain bike trail, why not give it a go? It can be very rewarding riding a trail you’ve built with your own hands.

Keep an eye on Facebook for news about the trails and the next ‘Dig Days’ at: [www.facebook.com/groups/rothervalleyriders](http://www.facebook.com/groups/rothervalleyriders)

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**CYCLE HIRE**

<table>
<thead>
<tr>
<th></th>
<th>1 HOUR</th>
<th>2 HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
<td>£7.00</td>
<td>£12.00</td>
</tr>
<tr>
<td>Concessions</td>
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<tr>
<td>Trailers</td>
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<tr>
<td>Family Bike</td>
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<tr>
<td>Family Trailer</td>
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<td>NA</td>
</tr>
<tr>
<td>Electric Family Bikes</td>
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<td>NA</td>
</tr>
</tbody>
</table>

Please note that a £5 cash deposit per cycle and I.D. is required to be left at reception for the duration of hire.

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**OUR TRAILS ON STRAVA**

If you use the smart phone app STRAVA you will find many trail segments at Rother Valley. Popular ones are Diggers Downhill, Jump Track, Buzzard Banger and if you like going up hill look out for Lung Buster or Gravel Track Climb. Have fun but remember to be safe and look out for others.

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**CONTACT US**

Rother Valley Country Park
Mansfield Road
Wales Bar
Sheffield S26 5PQ

Telephone [0114 247 1452](tel:01142471452)
Website [www.rvcp.co.uk](http://www.rvcp.co.uk)
Email [info@rvcp.co.uk](mailto:info@rvcp.co.uk)

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**EASY TO FIND**

The park is off the A618, just 4 miles from Junction 31 of the M1 Motorway. Just follow the brown tourist information signs.

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**MOUNTAIN BIKE TRAILS & FAMILY ROUTES**

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**FROM FAMILY TO ADVANCED GRADED MTB TRAILS**

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**CYCLE SALES & HIRE**

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**INSTRUCTORS & TOURS**
The park is criss-crossed with many other paths, bridleways and the National Cycle Networks. Not all of these trails are suitable for cyclists, but please feel free to explore the hidden corners of Rother Valley. Please be mindful of the other Park users and only ride within your capabilities.

**Green Route - Easy**
5km - Flat family route, suitable for all types of bikes including trailers, family bikes and the bike-ability adapted cycles. This is very easy to follow and loops around both of the main lakes on a good weather proof surface.

**Blue Route - Moderate**
4.2km - This Blue route is intended as an extension to the Green Route, branch off the green route by crossing the river via the ‘A Frame’ bridge. Follow the river path up stream to the park road. This trail then loops clockwise around the nature reserve to finish.

**Red Route - Difficult**
5.4km - A tougher ride for more experienced bikers. This route is fully way marked and includes big hills, steep climbs, fast twisty descents, technical trail features and single track. In wet weather some sections of this route are very boggy and tricky to ride. Get a proper buzz from descents like Jump Track, Diggers Downhill and Buzzard Wood, the best climbs include Lung Buster and Gravel Climb.

**Black Route - Advanced**
1km - The sculpted “Fort Elbow” downhill trail is for advanced mountain bikers only, this steeper and feature packed downhill track has rollable jumps, drops, rock gardens and large berms. Great fun but please be sure you can ride this safely.

Please be mindful of the other Park users and only ride within your capabilities.