



# THE WEST BAY

## COUNTRY CLUB & SPA

### A Guide to our Recommended Cycling Routes

	GREEN	BLUE	RED	BLACK
GRADE	EASY	MODERATE	DIFFICULT	SEVERE
SUITABLE FOR	Novice cyclists and families. Children 4+yrs riding solo, bikes with child seats or trailers. Touring bikes. Bikes for those with disabilities.	Occasional cyclists with some experience of road use or easy trails. Reasonably fit families. Children 10+yrs riding solo. Suitable for mountain bikes, hybrids, road or robust touring bikes.	Regular cyclists with experience of moderate trails or routes. Suitable for off-road quality mountain bikes or road bikes depending on route type. Good standard of fitness level required.	High level cyclists who expect and relish either a highly technical off-road ride or a physically exhausting road ride. Very high levels of fitness will be required. Suitable for quality off-road and road bikes only.
TRAIL TYPES	Rail trails, towpaths, reservoir trails, estate or forestry tracks. Traffic quietened roads, and those regulated by bylaws or other restrictions.	As "Green" plus bridleways, byways and unsurfaced unclassified roads, lightly trafficked roads & lanes.	Road routes: Busy main roads and intersections with a few challenging climbs.  Off-road routes: As "Blue" plus: any usable trail with pushing or portage unlikely to exceed 2% of total distance.	Road routes: Busy main roads and intersections with many challenging climbs.  Off-road routes: Any, but with the expectation of technical riding, could include unforgiving terrain, the number of severe climbs and descents, and/or considerable distances.
GRADIENT	Shallow climbs and descents capable of being ridden by children and less active adults.	Shallow / moderate climbs +/- short sections of steeper climbs which may have to be walked.	Road routes: a couple of challenging climbs and fast descents.  Off-road routes: A wide range of climbs and descents of a challenging nature.	Road routes: Will include many very challenging climbs and fast descents.  Off-road routes: Will include any rideable or usable gradient. May include "drop offs".
SURFACE / WIDTH	Blacktop or compacted limestone or gravel. Essentially smooth with a minimum content of loose surfaces. Normal width 2 to 4m.	Road routes: Tarmacked road surfaces  Off-road routes: Mostly stoned or tarmacked road surface. < 10% earth based single track of width <2m.	Road routes: Any road types  Off-road routes: Widths from 1m, and any usable surface. Likely to include single track and other technical sections.	Road routes: Any road types  Off-road routes: Expected to include a significant proportion of single track, with challenging surfaces.
ACCEPTABLE HAZARDS	These trails carry a very low risk... Any unavoidable hazards will be identified in route literature and through notices on the trail and at site of hazard.	Road routes: Road junctions, traffic lights and light traffic (Mostly cars).  Off-road routes: Some loose surfaces, ruts, potholes and / or tree roots may be expected.	Road routes: Same as "Blue" plus busier roads (A roads and dual carriageway) with more traffic including HGV's.  Off-road routes: The route is judged on the basis that a reasonably experienced cyclist, riding within his/her level of skill, fitness level and prevailing conditions on route, would not be expected to fall or fail to complete route.	Road routes: same as "Red".  Off-road routes: Hazards are expected, the chance of falling off will be high.
<b>ADVISORY PARAMETERS</b>				
TARGET LENGTH	5 – 20 km	10 – 20km	10 – 50km	<1 to 100km including "skills" courses
MAXIMUM CLIMB	<50m	<100m	<500m	<1000m

#### Just to let you know...

The route for young families starts at the Yarmouth Car Park to avoid the busy road.

If you are hiring bikes these can be collected from the hire centre which is just a short walk from the car park along the cycle path. All routes are colour coded according to their level of difficulty and the level of cycling experience or fitness required. Each route includes a detailed description so that you can judge the suitability of the route for your family or group.