



Coaching area pre construction
(images above & below)

Mini wheels track preparation
(image right)



QECP
Bike
Base



Skills area following scrub clearance (image above)



Skills area early construction (image right & below)





Coaching area construction
(image above & below)

Mini wheels early construction
(image right)





Coaching area
construction
(all images)





Mini wheels track final phase construction (image above)

Coaching area final phase construction (image right & below)





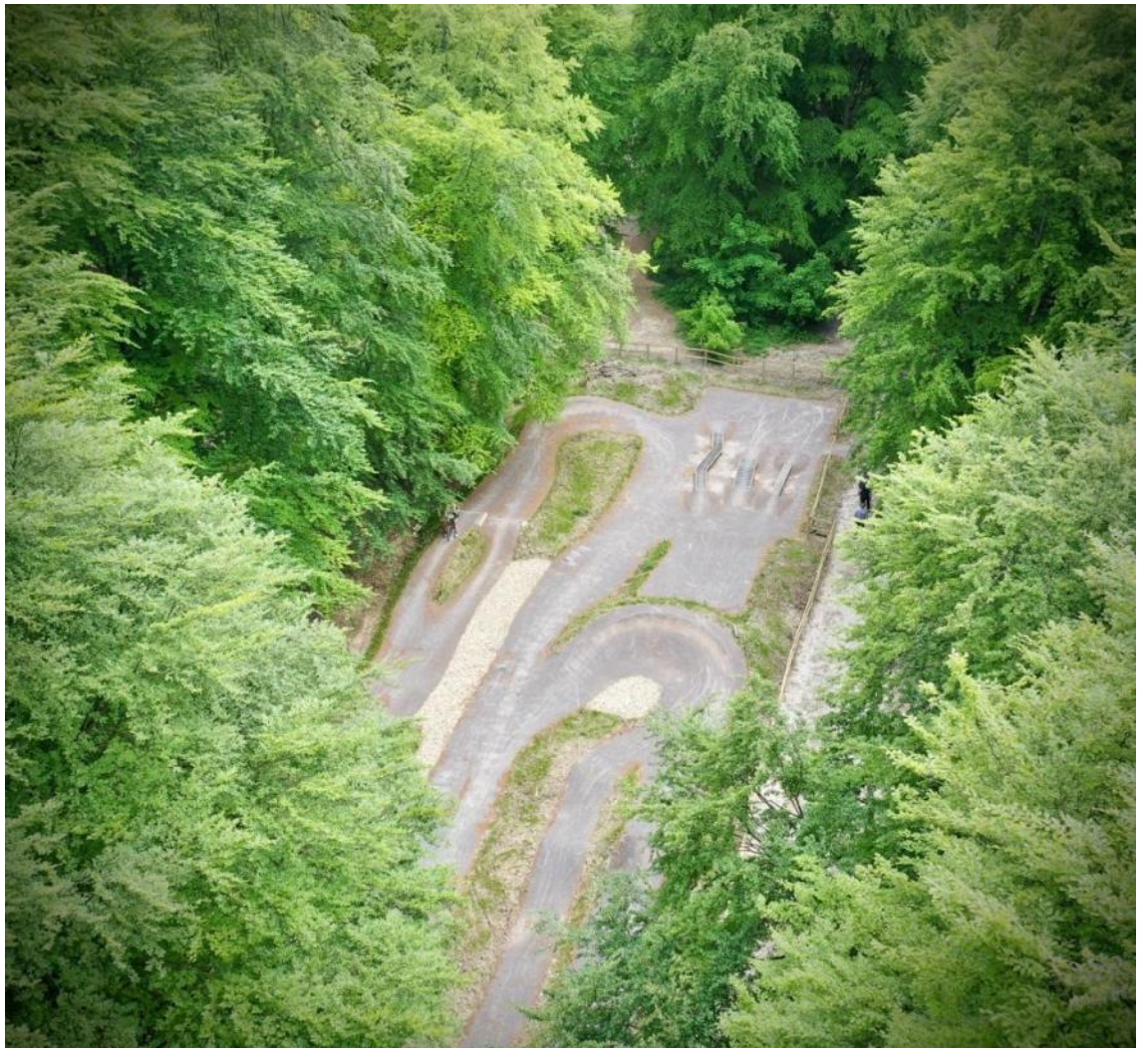
Mini wheels track (image above)

Coaching area (image below)





Mini wheels track aerial shot (image above)



Coaching area aerial shot (image right)



Coaching area (both images)





Coaching area
(image above)

Skills area
(image right)



MINI WHEELS TRACK

Ready steady ride!

Who can ride?

- Skill level: **Beginner**
- Balance bikes, scooters, and small pedal bikes **ONLY**
- Children only: **Maximum height 1.4m**

NO E-scooters, E-bikes or remote controlled equipment

How do I ride?

Always ride clockwise - (see arrows on track plan).
Keep a safe distance and no stopping on the track.
Track features include rollers (smooth mounds) and berms (steep turns).

Pumping

Pump your way around the track using the rollers and berms without pedalling.
Pumping is carefully timed body motions, pushing up on the face of a roller and pushing down on the backside to create momentum (see image below).



Bike Safe

- Always wear a helmet.
- First aid kit in the visitor centre.
- NO dogs.
- Keys/walkies package.
- 023 9259 5040 (visitor centre).

Queen Elizabeth Country Park accept no responsibility for personal injury sustained whilst using this facility.



Signage for each track area

MINI WHEELS SKILLS AREA

Ready steady ride!

Who can ride?

- Skill level: **Beginner**
- Balance bikes, and pedal bikes **ONLY**

NO E-scooters, E-bikes or remote controlled equipment

How do I ride?

- Start Platform** - used to launch off and provide initial momentum.
- Tabletop** - a double sloped feature for jump practice.
- Berm** - a steeply banked corner that can be taken at speed.
- Rollers** - series of smooth mounds to practice pumping.
- Rock Garden** - an area of rocks with multiple paths through used to develop handling skills.



Bike Safe

- Always wear a helmet.
- First aid kit in the visitor centre.
- NO dogs.
- orumbles/croustons/hazelnuts.
- 023 9259 5040 (visitor centre).

Queen Elizabeth Country Park accept no responsibility for personal injury sustained whilst using this facility.



MOUNTAIN BIKE COACHING AREA

Great for riders to warm up as well as test and improve their skills.

WHO CAN RIDE?

- Skill level: **Beginner and intermediate** riders with basic off-road skills.
- Beginner** - use the lower flat section including balance area.
- Intermediate** - there are two runs that lead down into the lower section (see track plan).

COACHING SESSIONS

Please do not use this area during coaching sessions.
The coaching area is available to book by qualified MTB instructors. For more information, please visit the visitor centre.

HOW DO I RIDE?

Always ride in one direction (see arrows on track plan).
Runs - both runs begin from the start point and include a short downhill section followed by either takeaways or rollers (going flat).
Balance area - this includes a balance beam, large roller, and slippy balance beams.
Start platform - helps to provide some momentum when using the flat area and the feature within it. These include drops, berms, and rock gardens.
Respect the trail. Please follow the trail routes.



Bike Safe

- Always wear a helmet and protective equipment.
- First aid kit in the visitor centre.
- NO dogs.
- 023 9259 5040 (visitor centre).

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MOUNTAIN BIKE SKILLS AREA

Great for riders to warm up as well as test and improve their skills.

WHO CAN RIDE?

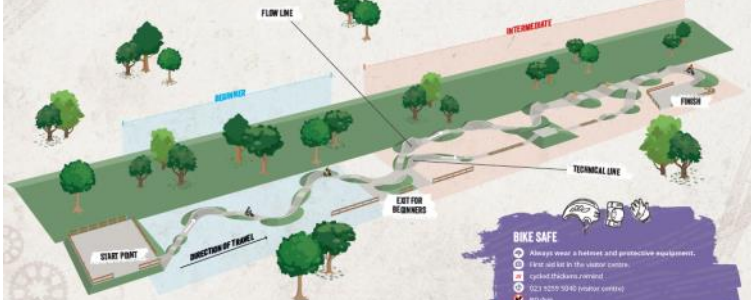
- Skill level: **Beginner and intermediate** riders with basic off-road skills.
- Beginner** - use the first section only (see track plan).
- Intermediate** - includes two different routes, technical or flow line track plan.

COACHING SESSIONS

Please do not use this area during coaching sessions.
The coaching area is available to book by qualified MTB instructors. For more information, please visit the visitor centre.

HOW DO I RIDE?

Always ride in one direction (see track plan).
Beginner - a flow trail of rollers and berms is followed by an exit point. For novice riders use the flat rideable surface on the inside of each berm.
Intermediate - after the beginner's section the trail splits to two with a technical or flow line.
Technical line - features include uneven ground, rock gardens/boulders, sandtraps, and a steep section with a drop off. The line ends by emptying back into the flow line below a 180 degree berm leads the rider into the finish area.
Flow line - focus is on riders keeping speed and momentum with features such as berms and takeaways. There are also two optional jumps alongside the takeaways. Each one includes exit ramps prior to a confidence. The line ends with a 180 degree berm leading the rider into the finish area.



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