**Activities and Attractions**

The Forest of Dean and Wye Valley has some great places to visit and let off steam.

**Cycling.**

There are very well established cycle and mountain bike trails throughout the Forest of Dean to cater for all your interests. Not far from Speech House you will find there is bike hire of all types, spares and repairs, bike kit for sale, cafés with locally sourced foods, free wifi and access to speedy downhill and family friendly trails. So try:

a. PedalaBikeAway at Cannop Valley, GL16 7EH.

 [www.pedalabikeaway.co.uk](http://www.pedalabikeaway.co.uk)

(who have very kindly donated prizes and two mountain bikes for use by officials over the BOC weekend)

b. Dean Forest Cycles at Parkend GL15 4HG.

 [www.deanforestcycles.co.uk](http://www.deanforestcycles.co.uk)

2. For guided bike rides try:

 Forest of Dean Mountain Bike Guides for guided family or more extreme routes. [www.fodmtbguides.com](http://www.fodmtbguides.com)

3. For cycling skills, dirt jumps, play track and nursery slope stuff try:

 Redhill Extreme at Newnham on Severn GL14 1JU.

 [www.redhillextreme.co.uk](http://www.redhillextreme.co.uk)

**Horse riding.**

You have to travel a little further for this one but if horse riding is your wish then try Greenacres Stables Riding Centre at Lea near Ross on Wye HR9 7JZ.

[www.greenacresstables.co.uk](http://www.greenacresstables.co.uk)

**Canoeing, walking, climbing, caving, diving, archery, adventure ropes and zip wires.**

If you survive all these you deserve a rest. Some canoeists believe the river Wye was created just for them. There is a wealth of places for parents trying to entertain active youngsters or for older people trying to forget they are growing old. You need go no further than:

1. Forest of Dean Adventure Activities at GL16 7EG Beechenhurst Lodge - just 5 mins down the road. Show your race bib and get £1 off your archery or climbing session or £2.50 off a combined session.

[www.forestofdeanadventure.co.uk](http://www.forestofdeanadventure.co.uk)

2. Goape near Blakeney, GL15 4HD. 10% off for members of British Orienteering.

[www.goape.co.uk](http://www.goape.co.uk)

3. Wyedean Canoe Hire, Symonds Yat East, HR9 6JL. Campsite near by.

[www.wyedean.co.uk](http://www.wyedean.co.uk) and [www.syecampsite.co.uk](http://www.syecampsite.co.uk)

4. Forestry Commission, Coleford, GL16 8BA. Activities galore.

[www.westengland@forestry.gsi.gov.uk](http://www.westengland@forestry.gsi.gov.uk)

and for more stuff see:

[www.visitforestofdean.co.uk](http://www.visitforestofdean.co.uk)

5. National Diving and Activity Centre near Chepstow NP16 7LH. Activities above and below water. Accommodation too.

[www.ndac.co.uk](http://www.ndac.co.uk)

6. Forest Adventure and Bushcraft activities near Coleford GL16 7 AJ

[www.forestadventure.co.uk](http://www.forestadventure.co.uk) and [www.forest-bushcraft.co.uk](http://www.forest-bushcraft.co.uk)

**Something more relaxing?**

**Just walking**

There is nothing more enjoyable than a simple walk through the forest. There is lots of information about Forest of Dean and Wye valley walks on the websites and try:

[www.forestry.gov.uk](http://www.forestry.gov.uk)

[www.forestholidays.co.uk](http://www.forestholidays.co.uk)

[www.royalforestofdean.info/walking](http://www.royalforestofdean.info/walking)

[www.wyedeantourism.co.uk/g\_leaflets](http://www.wyedeantourism.co.uk/g_leaflets) or [www.wyedeantourism/general\_walking](http://www.wyedeantourism/general_walking)

[www.goforawalk.com](http://www.goforawalk.com)

 You can download guides and maps onto your smart phone etc.

(Note that the BOC/BRC planners say the orienteering courses are no available prerace!)

[www.gloucestershirewildlifetrust.co.uk](http://www.gloucestershirewildlifetrust.co.uk)

[www.rspb.org.uk](http://www.rspb.org.uk) for Nagshead reserve, Parkend GL15 4LA. Hawfinch , nuthatch, kingfishers, chiffchaff, lesser spotted woodpeckers etc. Free entry, toilets, no café, dogs on leads.

**Railways**

Railways were being built in the Forest of Dean by the 1870s to transport raw materials from the coal and iron mines to Lydney on the river Severn estuary and elsewhere. They replaced and complimented the horse drawn tramways. With the decline of the mining industries, the railways and tramways were finally closed by the mid 20th century and are now mainly used for walking. But you can still ride the steam train from Parkend to Lydney (even with your dog) and there is free carparking :

[www.dfr.co.uk](http://www.dfr.co.uk)

[www.deanweb/info](http://www.deanweb/info)

**Other attractions**

1. The Dean Heritage Centre on the B4227 Soudley, GL14 2UB. Something for all ages.

[www.deanheritagecentre.com](http://www.deanheritagecentre.com)

2. Clearwell Caves near Coleford GL16 8JR. Nine caverns to explore and the Iron Mining Museum. Good place when it is raining!

[www.clearwellcaves.com](http://www.clearwellcaves.com)

3. International Centre for Birds of Prey near Newent GL18 1JJ. Over 250 species and stunning flying demonstrations.

[www.icbp.org](http://www.icbp.org)

4. Puzzlewood near Coleford, GL16 8QB. A great place for younger children with a willow maze, farm animals, indoor barns, café, cottages etc.

[www.puzzlewood.net](http://www.puzzlewood.net)

5. Taurus Crafts near Lydney GL15 6BU. Pottery, craft studios, exhibitions, café.

[www.tauruscrafts.co.uk](http://www.tauruscrafts.co.uk)

6. Kingfisher Cruises at Symonds Yat East, HR9 6JL. Guided cruises on the river Wye.

Tel: 07831297672

7. Tintern Abbey, Tintern NP16 6SE. Founded 1131 and a spectacular ruin to visit.

[www.tintern.org.uk](http://www.tintern.org.uk)

8. Littledean Jail at Littledean, GL14 3NL. The Forest’s former prison with amazing ‘baddie’ curiosities and lots more.

[www.littledeanjail.com](http://www.littledeanjail.com)