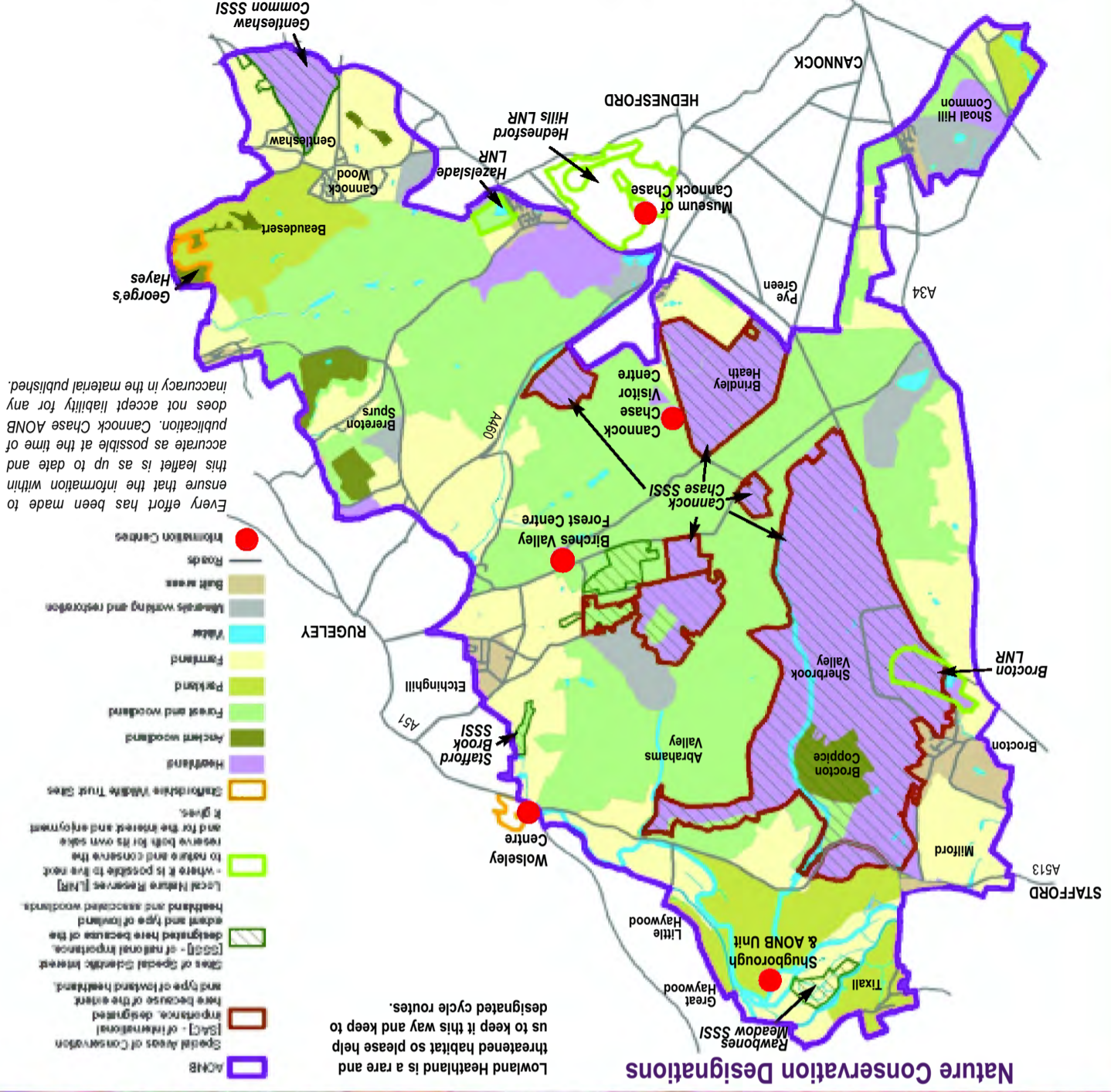


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In England and Wales, there is a huge variety of scenery and landscapes and those considered most valuable are protected as National Parks or AONBs. Cannock Chase AONB (6,800 hectares) was designated in 1958 because of its beautiful landscape, its wildlife and its history. Today, as well as being a living and working environment, the area is of vital importance from a nature conservation and a visitor management point of view. This leaflet gives a guide to how cyclists should behave in the AONB to keep the area as special as it is.

**Cannock Chase Area of Outstanding Natural Beauty**

**Cannock Chase AONB**  
Useful Contacts for Information

**How You Can Help**

**Cannock Chase**  
Area of Outstanding Natural Beauty  
Cycling in the AONB

**Martin Nash**  
Director of Coaching  
Mountain-bike Instructors' Award Scheme (MIAS)  
07721 628114  
Email: [mias@bikerider.co.uk](mailto:mias@bikerider.co.uk)  
Web: [www.mountainbikeinstructor.com](http://www.mountainbikeinstructor.com)

**Cannock Chase Council**  
Countryside Service, Deavalls Farm, Hawks Green Lane, Cannock, WS11 2LP.  
Tel: 01543 450018. Fax: 01543 459946.  
Website: [www.cannockchasedc.gov.uk](http://www.cannockchasedc.gov.uk)

**Forestry Commission**  
Birches Valley, Rugeley, Staffordshire, WS15 2UQ.  
Tel: 01889 586593. Fax: 01889 574217.  
Website: [www.forestry.gov.uk/england](http://www.forestry.gov.uk/england)

**Lichfield District Council**  
Countryside Officer or Biodiversity Officer, Lichfield District House, Frog Lane, Lichfield, WS13 6YZ.  
Tel: 01543 308000. Fax: 01543 308200.  
Website: [www.lichfielddc.gov.uk](http://www.lichfielddc.gov.uk)

**South Staffordshire Council**  
Architectural & Landscape Services, Council Offices, Codsall, South Staffordshire, WV8 1PX.  
Tel: 01902 696408. Fax: 01902 846553.  
Website: [www.sstaffs.gov.uk](http://www.sstaffs.gov.uk)

**Stafford Borough Council**  
Environmental and Health Services, Civic Centre, Riverside, Stafford, ST16 3AQ.  
Tel: 01785 619000. Fax: 01785 619219.  
Website: [www.staffordbc.gov.uk](http://www.staffordbc.gov.uk)

**Staffordshire County Council**  
Development Services, Riverway, Stafford, ST16 3TJ.  
Tel: 01785 277254. Fax: 01785 277364.  
Website: [www.staffordshire.gov.uk](http://www.staffordshire.gov.uk)

- Act as the eyes and ears of the AONB
- Consider ways of conserving and enhancing the AONB
- Act in environmentally friendly and socially responsible ways when cycling in the countryside

If you want advice or feel you can help, please contact:  
Cannock Chase AONB Unit,  
Shugbrough Park Farm,  
Main Road,  
Milford,  
Stafford,  
ST17 0XB.  
Tel: 01889 882613. Fax: 01889 883912.  
Website: [www.cannockchaseaonb.org.uk](http://www.cannockchaseaonb.org.uk)  
Email: [cannockchase@staffordshire.gov.uk](mailto:cannockchase@staffordshire.gov.uk)

**Should you or someone you know require it, this leaflet can also be produced, on request, in large print. Please telephone 01889 882613 or fax 01889 883912.**

*Cannock Chase Area of Outstanding Natural Beauty is supported by:*  
Natural England, Staffordshire County Council, Cannock Chase Council, Stafford Borough Council, Lichfield District Council, South Staffordshire Council, AONB Parish and Town Councils, British Horse Society, Cemex UK Operations Ltd, Country Land and Business Association, Defra, Forestry Commission, Friends of Cannock Chase, Hanson Aggregates, National Farmers Union, Ramblers, Staffordshire Children's Trust, Staffordshire Parish Councils' Association, Staffordshire Wildlife Trust, Swinnerton Cycles Forest Centre Ltd, Walton Chasers, West Midland Bird Club



## Mountain-bike Instructor's Award Scheme

The purpose of the Mountain-Bike Instructors' Award Scheme is to promote the safe enjoyment of mountain biking in an off-road environment.

The scheme provides training and assessment in the technical and group management skills required by those who wish to lead groups in a variety of off-road environments in the United Kingdom other than in winter conditions. It integrates training, experience and assessment in a variety of testing conditions in off-road country.

Since its introduction in Birmingham in 1989 the award has quickly become recognised by many organisations as providing technical competence in this field. The scheme is recognised throughout the United Kingdom. It is the national gauge against which standards of competence are measured.

To prevent duplication and to compliment many of the existing awards which currently exist for wilderness country, this award is to be seen in conjunction with standards which have already been set. For example, the BEL and ML award or similar. Accredited by ABC,

ABCC, CTC. Adventuremark and Learning Outside the Classroom (LOtC), Recognised by AALE.

The Mountain-bike Instructors' Award Scheme offers the opportunity to gain competence in leading cyclists in off-road environments.

### Mountain Biking:

Mountain biking is often associated with freedom, adventure, discovery, exercise and promotes an opportunity to explore local and national wilderness environments.

Group leaders should always foster a high regard for the environment and other users and inhabitants and encourage in others an understanding of the problems of conservation, access and erosion. The scheme includes consideration of these aspects which are vital if the ethics and traditions of the outdoors are to continue.

MIAS is pleased to form links with Cannock Chase AONB Partnership  
*Martin Nash*  
Director of Coaching  
MIAS

## Qualifications within MIAS

1. MIAS Mountain Bike Instructor and Assessor Award
2. MIAS Welsh Mountain Bike Instructor and Assessor Award
3. MIAS Cycling Gears Award
4. MIAS Emergency Services Cycle Patrol Award
5. Cycle FIT Maintenance Course Award
6. Bikeability Conversion Course
7. Alpine Mountain Biking
8. Night Riding Courses

**All courses are NVQ standard accredited by NCFE and quality assured through Adventuremark & Learning Outside the Classroom (LOtC)**

**All of our courses are geared up for the individual from Low Level Terrain to Mountainous Terrain. You select the level!**  
[www.mountainbikeinstructor.com](http://www.mountainbikeinstructor.com)

## AONB Codes of Conduct

- Be aware people, dogs and horses might not hear you / realise you are there, take care and slow down when approaching and call out a friendly 'hello' as a warning.
- For your own safety and that of others, please wear bright clothing and a helmet.
- Keep to designated tracks to avoid disturbing animals and plants.
- Try to stay off soft wet areas and avoid skidding to help prevent erosion.
- Please ride safely, don't speed, and be careful, courteous and friendly.

### ATB Code of Conduct

- **Maintain control & expect the unexpected**  
Ride within your ability. Losing control increases your risk of injury, the risk of injuring others and your impact on the environment.
- **Ride to the conditions**  
Your ability to control your bike will be different in different conditions. Ride within the conditions to protect yourself, others and the environment.
- **Give plenty of warning**  
Let others know you are there well in advance. Mountain bikes travel quietly and often at high speeds. This can be very startling for others and is one reason why many track users are so intolerant of mountain bikers.
- **Limited visibility - slow down**  
Where your visibility is restricted, slow down. There may be somebody just around the corner.
- **Keep left where possible**  
This is consistent with traffic regulations and because of people's natural tendencies should minimise risk of collision.
- **Pass with care**  
Be sure when passing other users that, if the

unexpected occurs, you will still be able to pass safely (when passing bikes call "bike right").

- **Be courteous**  
Being polite and courteous to others can do nothing but improve the image of all mountain bikers. A polite greeting will suffice.
- **Always give way**  
Always give way to walkers, runners, and horse riders (by law bikes come last).
- **Avoid skidding**  
Skidding reduces your control and damages the track.
- **Minimum impact code**  
Observe the minimum impact code. Take only photographs and leave only tyre prints.
- **Avoid sensitive areas**  
Avoid delicate vegetation and soft surfaces. Take extra care in damp conditions.
- **Access - rights of way/get permission**  
Access is a privilege, not a right, know your rights of way and stick to them. Check if permission is required from landowners before heading out.
- **Shut the gate**  
If you have to open a gate while riding, ensure that you close it properly behind you.
- **Do not run livestock**  
Give animals a chance to get out of your way. Avoid farmland during sensitive times where possible e.g. lambing.
- **Respect areas closed to mountain biking**  
These areas have been closed for a good reason. You are not helping the reputation of mountain bikers by riding in these areas.
- **Working forests**  
Remember, other vehicles use forest roads. Keep away from forestry operations and do not pass vehicles loading timber until told to do so.

## Cycle Route Grading within Cannock Chase

**Green: Easy with trail relatively flat and wide.**

**Blue: Moderate with some single track, small obstacles, roots and rock.**

**Red: Difficult with challenging climbs and descents. Technical features such as drop offs and large rocks.**

**Black: Severe for the expert mountain biker with large unavoidable features that are extremely challenging and difficult.**

There are two major mountain bike routes within Cannock Chase:

- Follow the Dog 11km/7 miles
- The Monkey Trail 24km/15miles (Distance includes Follow the Dog route)

Maps are available from the Forestry Commission.

