

VISITOR INFORMATION

Beechenhurst Lodge Visitor Centre
Speech House Road, Broadwell, Coleford GL16 7EG

Old Shambles Charity Shop, Newent GL18 1PP

Coleford High Street GL16 8HG

RECYCLING CENTRES

Aylburton	Newent
Beachley	Parkend
Birdwood	Ruspidge
Broad oak	Ruardean
Cinderford	Sedbury
Clearwell	Soudley
Coleford	Whitecroft
Drybrook	Yorkley
Ellwood	
English Bicknor	
Hartpury	
Huntley	
Lydney	
Mitcheldean	
Mile End	

CYCLE HIRE AND
ROUTE INFORMATION

Pedalbikeaway Cycle Centres
Coleford GL16 7EH
01594 860065

Monmouth NP25 3NG
01600 772821

Pedalaway
Ross-on-Wye HR9 6NH
01989 770357

Trails Waymarked in yellow
Cannop, Coleford GL16 7EH

Family Cycle Trail
Suitable for all ages and abilities

FODCA
Challenging off road mountain bike
trail for experienced riders only

Welcome to the Forest of Dean

Be the PERFECT visitor

Every endeavour has been made to ensure the accuracy of the information
Cotswolds and Forest of Dean Tourism cannot accept responsibility for any errors. April 2010.

Please call 01242 864171 to re-order this card.

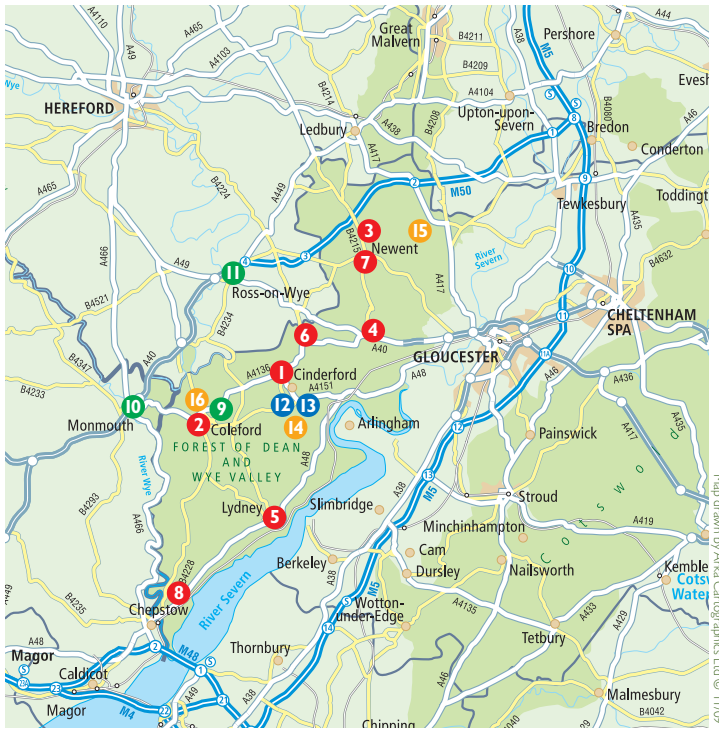
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The Perfect Visitor programme is coordinated by Cotswolds & Forest of Dean Tourism. Supported by



South West
England

How to be a Perfect Visitor



WHERE TO FIND YOUR NEAREST...

RECYCLING POINTS

- 1 Cinderford
- 2 Coleford
- 3 Hartpury
- 4 Huntley
- 5 Lydney
- 6 Mitcheldean
- 7 Newent
- 8 Sedbury

CYCLE HIRE*

- 9 Pedalabikeaway Cycle Centres, Coleford
- 10 Pedalabikeaway Cycle Centres, Monmouth
- 11 Pedalaway, Ross-on-Wye

CYCLE TRAILS

- 12 Cannop
- 13 FODCA

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*Other cycling options are available – ask locally!

IN YOUR ROOM – Switch off and relax

- Be willing to use towels and sheets for more than one day
- Turn the TV 'stand by' button off
- Switch off the lights when leaving the room and you will be able to see the stars at night

TAKE A BREAK FROM DRIVING – Go local

- Stretch your legs and get to know the local area – visit some of the smaller attractions such as art galleries, churches or museums
- Take the bus – for information on bus services and how to plan your day out by bus call Traveline **0871 200 2233**
- Hire a bike for an alternative way to explore the Forest of Dean, there are plenty of cycle routes (details opposite)
- Should you have access to WiFi log on to www.visitforestofdean.co.uk for further information on what to see and do

FOOD & DRINK IN THE FOREST OF DEAN – Eat and buy local

- Treat yourself to our locally produced food – check out our great markets, farm shops, local butchers, vineyards and delis or visit the Forest Food Showcases in May and October
- Sample some of the Forest specials from Stinking Bishop cheese to Freeminer beer – there's a lot to tickle your taste buds
- Choose eating establishments that use local produce on their menu. Tip: Check out pub blackboards as well

LOOKING AFTER THE ENVIRONMENT – Country Code

- Leave nothing but footprints, take nothing but photographs
- Leave land as you find it for others to enjoy, never pick wild plants or flowers
- Tread gently, don't disturb wild or farmed animals and stick to footpaths
- Fire – never drop a lighted cigarette or match
- Pack it in, pack it out – never leave litter in the countryside, either bin it or take it home
- Recycling points are located around the Forest of Dean – please see map for locations