



# WITTON PARK PUMPTRACK

WITTON PARK  
CYCLE CENTRE



- ⚙️ ALL RIDERS RIDE AT THEIR OWN RISK
- ⚙️ NO RIDING WHEN ORGANISED SESSIONS ARE TAKING PLACE
- ⚙️ BICYCLES ONLY - NO MOTORISED VEHICLES ALLOWED
- ⚙️ CHILDREN TO BE SUPERVISED BY ADULTS AT ALL TIMES
- ⚙️ ALWAYS WEAR A HELMET AND SUITABLE PROTECTIVE CLOTHING

## BERMS

The aim is to keep a good cornering position, exiting on the other side with more speed than you entered. As the berm begins, steer gently up the bank and lean your body towards the inside of the corner, allowing the angle of the berm to maintain your speed whilst still cornering through. As you ride the berm, make sure you are looking through the turn to your exit point.

Cycle Centre  
and Cafe



Cycle  
Hub

Pavilion  
Building

Start of  
Weavers Wheel  
Cycle Route

## ROLLERS

As you approach a roller, take your weight off the front wheel. As the wheel crests the top, transfer your weight forward and push down with your arms, then with your feet to power through the downslope. Repeat this technique through each roller. This "pumping" action will generate and maintain your speed through the track.

YOU  
ARE  
HERE

## GENERAL TIP

Try to maintain a relaxed upper body, keeping a smooth line whilst the bike moves beneath you.

Landscape  
ENGINEERING LTD

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

## PERSONAL SAFETY

- Ride within your ability
- Ensure your bike is safe to ride
- Always carry some identification
- In case of emergency call 999

Billinge Woods  
Mountain  
Bike Trails

## Contact

Witton Park Cycle Centre, Witton Park,  
Preston Old Road, Blackburn, BB2 2TP.  
Tel: 01254 54855

## Emergency



Nearest A&E Hospital facilities: Royal Blackburn Hospital,  
Haslingden Road, Blackburn, Lancashire, BB2 3HH.  
Tel: 01254 263555 (24 hour switch board number)

## Junction 4 Skatepark



For indoor scooter, skateboarding, BMX & inline skating  
fun, visit the Junction 4 Skatepark, Blackburn Road,  
Darwen BB3 0AL. Tel: 01254 705954

