

## Aston Hill Mountain Bike Area



**Map:** OS MAP Explorer 181

**Route Difficulty:**

XC: ★★★  
BLACK RUN: ★★★★★  
DH4: ★★★★★  
DH3: ★★★★★  
RED RUN: ★★★  
4X: ★★★★★

**Fun Factor:**

XC: ★★★★★  
BLACK RUN: ★★★★★  
DH4: ★★★  
DH3: ★★★  
RED RUN: ★★★★★  
4X: ★★★★★

**Route Time:**

45mins + for XC  
All Downhill Trails 2-3min runs

### The Trails:

Aston Hill Mountain Bike Area has a unique mix of trails, from the infamously technical Black Run, the fast and flowing DH3, the all new Ultimate Pursuits Downhill\* and the all action Buckingham Bikes 4X course. Not forgetting Aston Hill's excellent rolling cross country circuit. All the trails are way marked using a rolling system based on the Blue, Red and Black ski run grading system. Here's a quick run down on what's on offer.

### Bucksmtb Guide of Aston Hill:

Aston Hill, in our opinion, is probably one of the best locations for mountain biking in Buckinghamshire. Aston Hill caters for all MTB disciplines including; downhill, cross-country, and BSX/duel/4X - it's all there on one hill!

The XC (cross-country) trail is five miles long and offers a great fast and twisty downhill section for pretty much half the trail. With roll-offs, semi-bermed corners, and extremely rooty sections it all adds up to a fulfilling and extremely exciting ride! The second half of the trail consists of a lot of uphill – oh the groans! But on the way up there are great views and flatter areas to catch your breath on. Sweeping round the golf course (watch out for low flying golf balls) the trail staggers up the hill through some very scenic locations. On the last quarter or so of the course are the bomb holes. All in all the XC trail at Aston is a great ride. In our perspective even if you're a beginner take it slow and you will enjoy it - and may even come out a better rider.

The downhill sections, including the Black Run, are super slick and very technical routes. Full body armour and full-face helmets are recommended! The routes are fast, popular and provide amazing action for riding, racing and spectating.

The duel/BSX track is another matter entirely. Riding past it on the XC trail you wouldn't believe the size of the jumps. The jumps and bermed corners tower high into the Aston Hill skyline and the riders fly along the course at ridiculous speeds. Unless you're confident, brave or utterly insane we would miss this one out! Full-face helmets and body armour are recommended. One thing is for sure - that no one could deny the excitement of a 4X/duel race.

## The Ultimate Pursuits Downhill (DH4)

Opened in August 2003 the Ultimate Pursuits Downhill literally dives off the top section of the Black Run after the Bomb Hole and then it twists turns and drops down over the steepest section of Aston Hill on an adrenaline fueled run to the bottom of the hill where it shares it's finish with the Black Run.

The top section of DH4 is pretty technical rolling into the first of 2 drops - this being the smaller of the two. A series of tight off camber rooty corners follows leading on to the new drop (next to the old chute). The bottom of the track is a hell for leather descent with roots, lots of off camber sections, and tight and twisty sections.

For your safety body protection and full face helmets are recommended.

The Ultimate Pursuits Downhill is sponsored by Madisons Ultimate Pusuits website [click here](#) to check out the latest products on offer through your local bike shop through the UP website.



## The Black Run

The ultimate test of Downhill Bikes and of you.

Once you turn off the top section and into the pine trees this is an all action run to the bottom of one of the most technical descents in the South of England. Not one for beginners though.

The course includes 2 drops, more roots than you can count, some severely difficult challenging corners, a root staircase and a selection of mini switchbacks, berms galore also.

For your safety body protection and full face helmets are recommended.



### DH3

DH3 is fast with loads of action and plenty of jumps and berms. Not quite as technical as the Black Run but the buzz is still the same. A much more flowing track with two fire road crossings too.

For your safety body protection and full face helmets are recommended.



### Buckingham Bike 4X Track

Recently rebuilt yet again in the winter of 2004. The track runs through the centre of the woods Aston Hill's 4X is an adrenaline filled track with plenty of jumps and berms to keep you on your toes, with multiple lines available. Used for the third round of the NPS 4X series the track was a big hit with the UK's top 4X riders.

For your safety body protection and full face helmets are recommended.



### The Red Run (DH & XC)

The Red Run doubles as a part of the cross country course as well as being a downhill track in its own right...

A splendid fun track to ride.

Berms, roots, off camber sections, the odd jump and some tight switchbacks make this track a great adrenalin buzz how ever fast you ride it, whether your on a DH or XC bike.

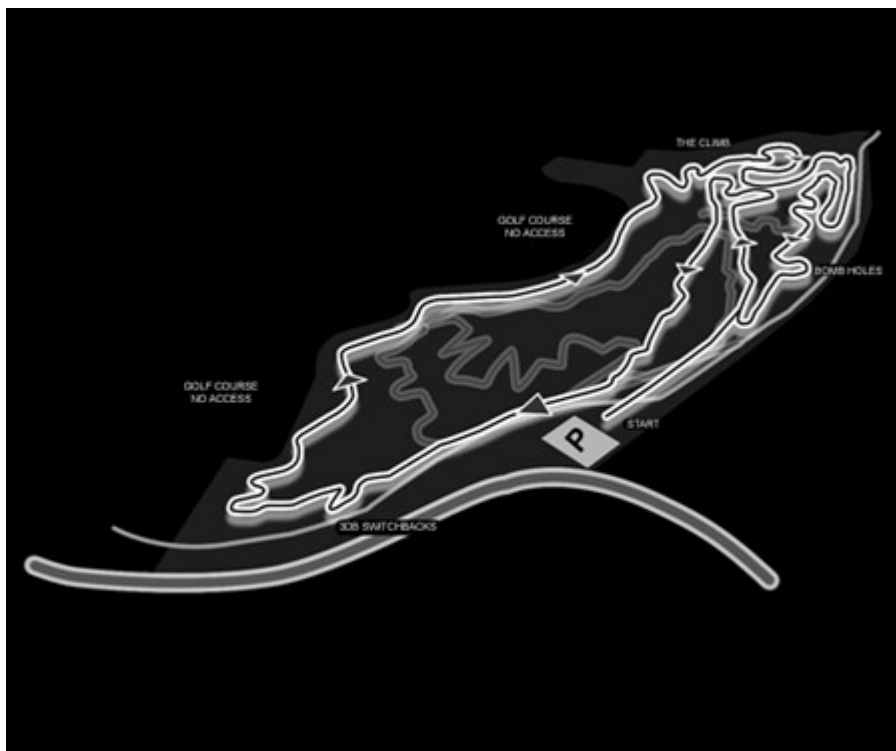


### The Cross Country Course:

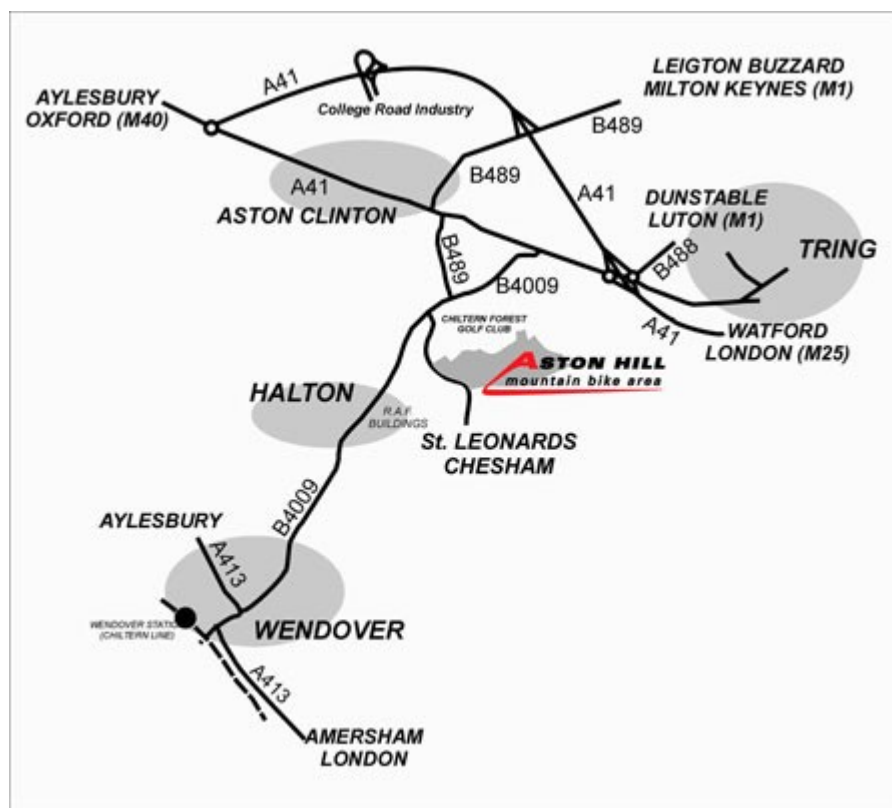
Aston Hill's cross country course is all action from start to finish with fast descents and testing climbs make this 5 mile circuit one of the most popular in the South. Aston Hill has been working hard on extending the course.

The XC course also utilises the Red Run DH run

If the 6 mile circuit is a little out of your league smaller less testing circuits can be put together using the top sections of the course.



Directions:



More info:

[www.astonhill.com](http://www.astonhill.com) / [www.rideastonhill.co.uk](http://www.rideastonhill.co.uk)