

Welcome to Parklands mountain bike trails

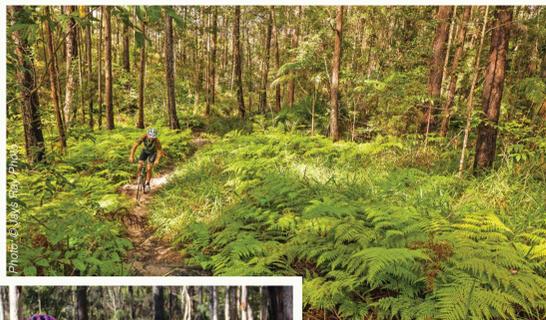
Parklands Conservation Park



Get on your bike...

Ride through tall eucalypt forest and rainforest, past rocky platforms, steep gorges and trickling creeks on purpose-built mountain bike trails.

In addition, four wide shared trails are provided for mountain bike riders, horse riders, walkers and runners.



Above: Picturesque scenery abounds along the Road Rage trail.
Left: Beginner rider trying out the Mountain bike skills area.



Ride safely

- ✓ Always wear a helmet and appropriate safety gear.
- ✓ Only ride on trails that suit your riding abilities.
- ✓ Pay attention to trail grades and safety signs.
- ✓ Ride according to trail conditions.
- ✓ Watch out for other trail users, fallen trees and wildlife.
- ✓ Never ride if you see smoke in the forest; bushfires can spread quickly.

Ride responsibly

- ✓ Slow down and warn other riders when approaching.
- ✓ Avoid skidding and sliding around turns and downhill to prevent collisions and minimise trail damage.
- ✓ Keep trails in good condition by not riding during or immediately after wet weather.
- ✓ Respect areas closed to riding—ride on open trails only.

Ride lightly

- ✓ Stay on marked trails and formed roads.
- ✓ Take your rubbish with you when you leave.
- ✓ Remember everything is protected—do not take or disturb plants and animals.



Ranger's tip!
Take a photo of this map. It may be handy if you want to change your route plans.

Signs you will see on your ride

No entry (Red X sign)

Mountain bike trail only (Bicycle icon sign)

Shared trail junction—give way (Give Way sign)

Grade coloured trail numbers and arrows are used to identify routes.

LINK TO 5

In an emergency call Triple Zero (000)

Beware

Walking and running on mountain bike trails is not recommended—mountain bikes travel at speed from either direction on narrow, uneven trails. Headphone use increases danger as it masks the ability to hear approaching bikes.

Walkers, runners and horse riders should only use the wider shared trails. For details see the shared trail information sign on the other side of this sign shelter.



Mountain bike trails

Most trails are suitable for intermediate and experienced riders. There are two easy trails and a skills area for beginner riders.

- ➔ **Some mountain bike trails are one-way.** Check the direction of each trail on the map before commencing your ride.
- 👁️ **Watch out for other users and wildlife.**
- 🚲 **Make sure your bike is suitable**—trails are designed for mountain bikes with good suspension.

Easy trails	
🚲	Wide trail, gentle gradient, some obstacles. For beginner mountain bikers with basic mountain-bike skills.
1	770m—allow 10mins Features Rookie Road trail. Two way trail.
2	3.1km—allow 45mins Features Lush trail. One way trail: clockwise.
Intermediate trails	
🚲	Moderate gradient, obstacles and some steep sections. For skilled mountain bikers.
3	550m—allow 3mins Features Blue Tongue trail. For experienced riders to test their skills. One way trail: downhill only.
4	6km—allow 1hr Features Road Rage trail. Best direction: clockwise.
5	5.9km—allow 1hr Features Rock'n'Roll, Lower NZ and Ho Chi Hoie trails. Best direction: clockwise.
6	5km—allow 1hr Features Phoenix, Rock-a-dial and Upper NZ trails. Best direction: anti-clockwise.
7	2.4km—allow 30mins Features Red Dog and Roo Valley trails. Two way trail.
8	1.4km—allow 15mins Features Meadows trail. Best direction: clockwise.
9	2.1km—allow 30mins Features Handlebar trail. Best direction: clockwise.
10	700m—allow 10mins Features T Track trail. Two way trail.
Difficult trails	
🚲	For experienced mountain bikers. Challenging trail. Large, unavoidable obstacles and features. Long steep climbs or descents and loose surfaces.
11	320m—allow 5mins Features Rocky Road trail. One way trail: downhill only.
12	530m—allow 5mins Features Shadowlands trail. One way trail: downhill only.
13	750m—allow 5mins Features Tazer trail. For highly experienced riders to test their skills. One way trail: downhill only.