

Welcome to Parklands mountain bike trails

Parklands Regional 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 can be used by mountain bike riders, horse riders, walkers and runners.

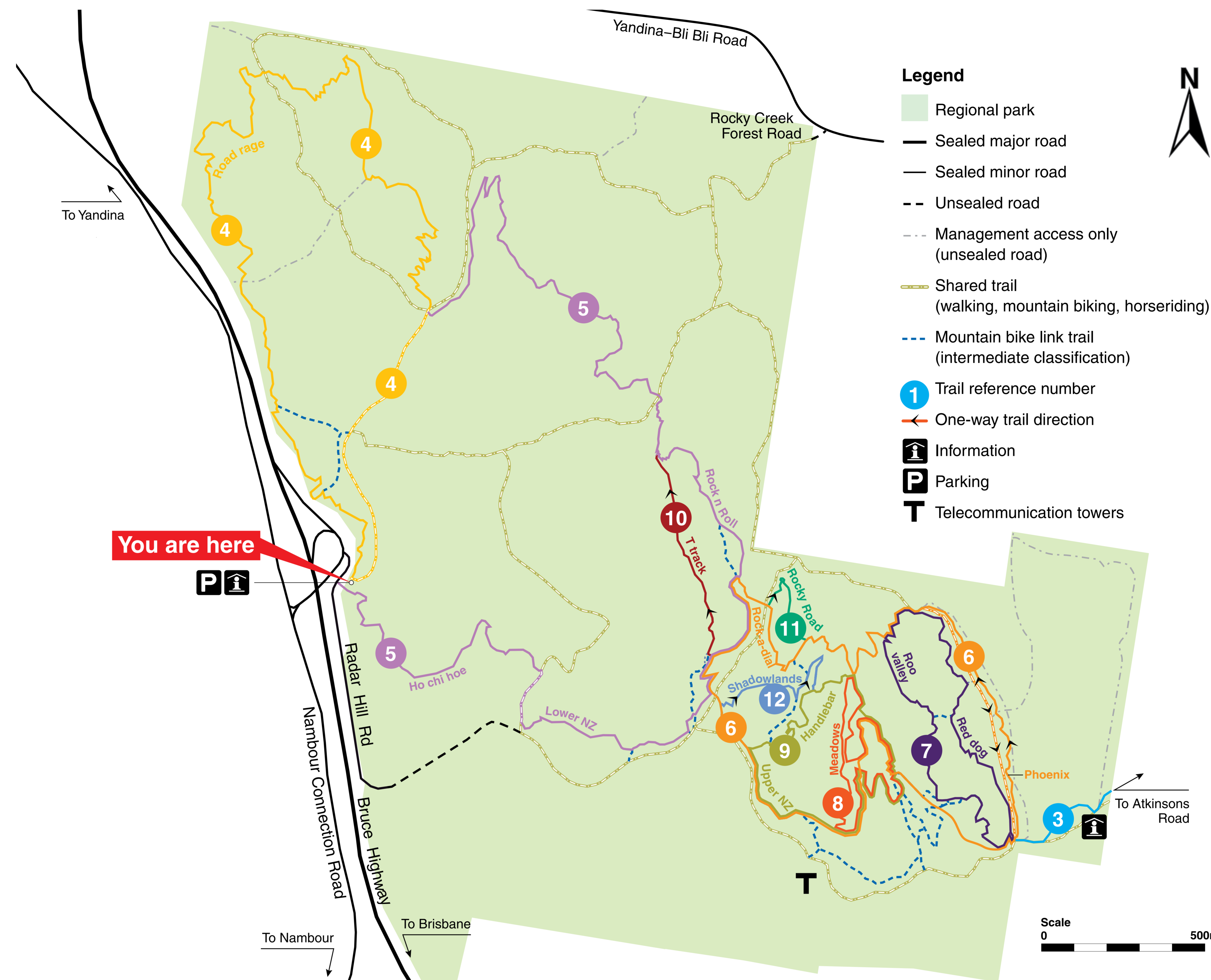
Some trails are one-way—check the direction of each trail on the map before commencing your ride.

Watch out for other users and wildlife.

Make sure your bike is suitable—trails are designed for mountain bikes, not road bikes.

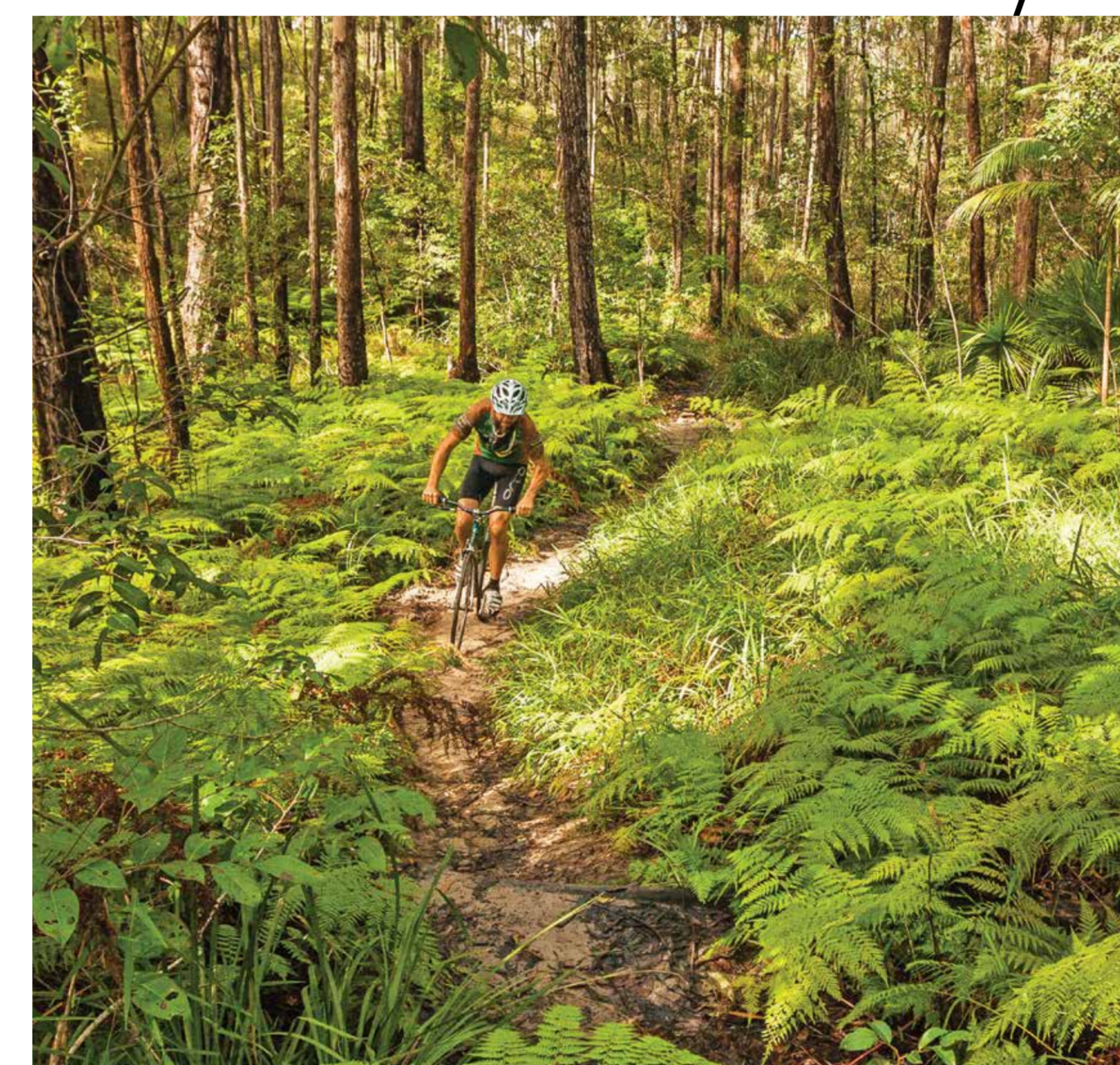
Mountain bike trails

Trails in Parklands are suitable for intermediate and experienced riders.



Intermediate trails	
	Trail with moderate gradients, variable surface and obstacles. May include steep sections. Suitable for skilled mountain bike riders with mountain bikes.
3	570m—allow 5mins
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 Hoe 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. Best direction: either direction.
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. One way trail: downhill only.

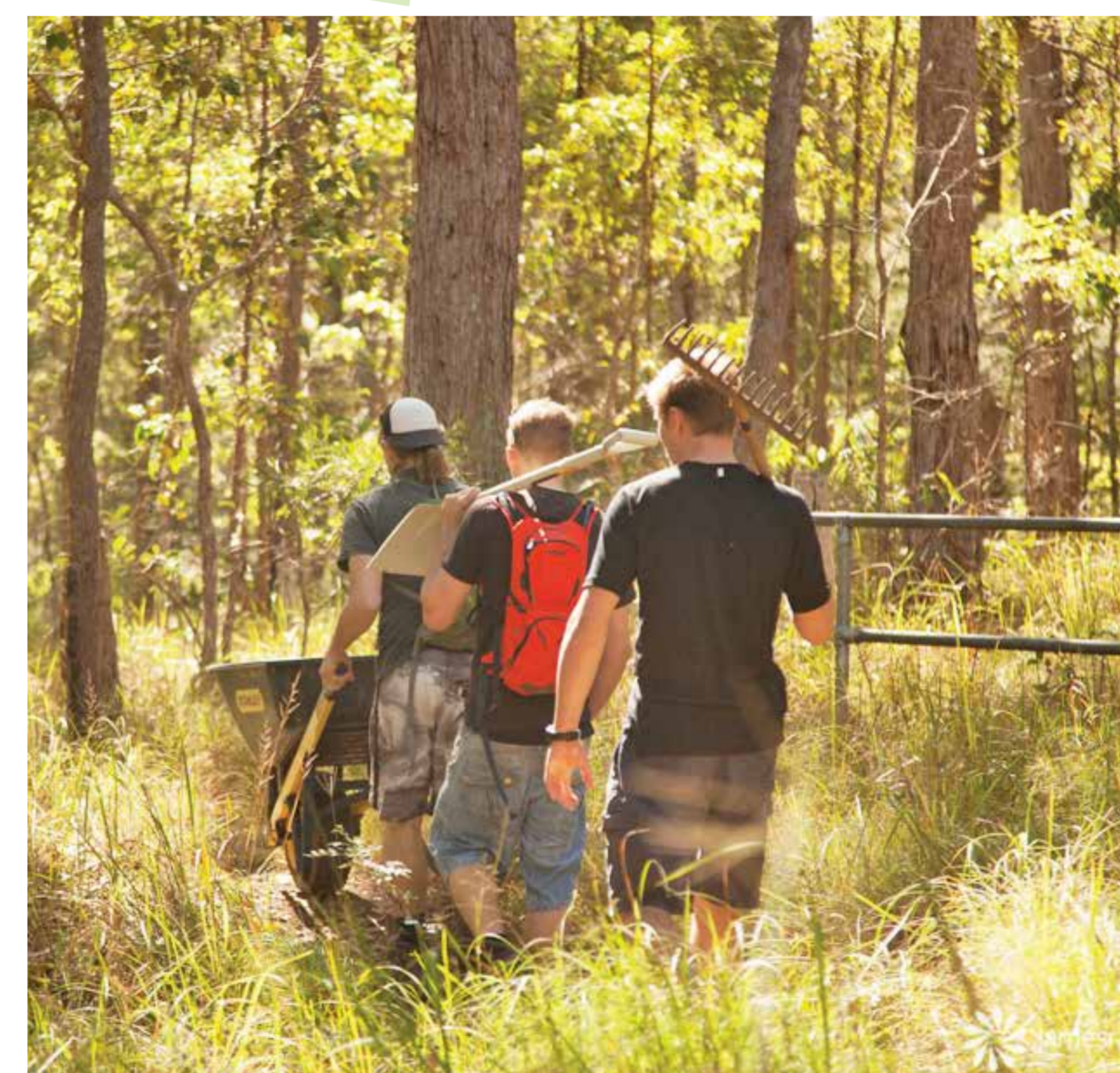
Difficult trails	
	For experienced mountain bike riders. Challenging trail. Large, unavoidable obstacles and features. Long steep climbs or descents and loose surfaces.
11	320m—allow 5mins An area for highly experienced riders to test their skills.
12	530m—allow 5mins An area for highly experienced riders to test their skills.



Picturesque scenery abounds along the Road rage trail.
Photos: © Jays Ray Photo.



Riders glide around berms along the Phoenix trail.



Sunshine Coast Trail Alliance volunteers work with park rangers to keep trails maintained for riders.

Walkers beware! These trails are for mountain bike riding. Walkers and runners who choose to use these trails do so at their own risk. The trails are narrow and rough in places. Bike riders may approach at speed from either direction—give way to them at all times.

See the Parklands shared trails sign on the other side of this sign shelter for trails for walkers, runners, horse riders and mountain bikes—these are wider trails.

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.

Signs you will see on your ride

In an emergency phone 000



Parklands mountain bike trails are maintained by the Sunshine Coast Trail Alliance and Incorporated volunteers, in partnership with the Queensland Government.