Mountain Biking Guide
Queensland Parks and Forests
Holiday with your bikes

Riding can be a part of any Queensland holiday. Hit the trails in the morning, and then spend the rest of the day discovering more of the state’s authentic and inspiring destinations.

Only the best

Park Rangers, volunteers, clubs, local councils and contractors are at work to create and maintain world-class mountain biking opportunities in Queensland’s parks and forests. Long-term protection of the environment goes hand in hand with creating great trails for you to enjoy.

Know your limits

<table>
<thead>
<tr>
<th>Classification</th>
<th>Track description</th>
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<tbody>
<tr>
<td>Easy</td>
<td>Wide trail with gentle gradient and smooth surface. Some obstacles such as roots, logs and rocks. Suitable for beginner mountain bikers with basic mountain-bike skills and off-road bikes.</td>
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<tr>
<td>Intermediate</td>
<td>Trail with moderate gradients, variable surface and obstacles. May include steep sections. Suitable for skilled mountain bikers with mountain bikes.</td>
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<tr>
<td>Difficult</td>
<td>Suitable for experienced mountain bikers, used to physically demanding routes. Navigation and personal survival skills are highly desirable. Expect large, dangerous and unavoidable obstacles and features. Challenging and variable with long steep climbs or descents and loose surfaces. Some sections will be easier to walk.</td>
</tr>
<tr>
<td>Extreme</td>
<td>Suitable for highly experienced mountain bikers, used to physically demanding routes. Navigation and personal survival skills are highly desirable. Severe constructed trails and/or natural features—all sections are challenging. Includes extreme levels of exposure and/or risk. Expect large and unavoidable obstacles and features. Some sections will be easier to walk.</td>
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</tbody>
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Disclaimer

This information is a guide only. Every effort has been made to ensure this information is accurate at the time of writing. Conditions change and access and activities may occasionally be prohibited in some places. No liability is accepted by the Queensland Government for any decisions or actions taken on the basis of information in this guide.

Photos: Atherton Forest Mountain Bike Park © Damian Breach Photography (cover); Smithfield Mountain Bike Park © Tourism Tropical North Queensland (background)
Unforgettable riding in nature

Ride through world heritage-listed rainforests, tackle trails that challenge world champions, follow valleys and ridges cloaked in sun-dappled forests, or enjoy a leisurely pedal alongside clear creeks and sandy beaches.

Queensland’s national parks, state forests and conservation parks have a striking collection of mountain biking opportunities. Purpose-built mountain bike parks and shared trails showcase the state’s diverse landscapes.

From advanced competitors to beginners and families, you will discover trails to suit your skill level.
On two wheels
Here’s a taste of what Queensland’s parks and forests have to offer.
For the latest trail information, maps, grades, distances, riding times and other details, visit qld.gov.au/nationalparks

Gold Coast
Famous for fun, the Gold Coast provides a remarkable selection of trails in this outstanding part of Queensland.

Nerang National Park and Nerang State Forest
Glossy black-cockatoos and sleepy koalas are trail-side spectators along these shared and single trails that feature fast corners, technical features and creek crossings.

Brisbane
Just beyond Queensland’s vibrant capital city, a natural world of riding adventure beckons.

Bunyaville Conservation Park
Enjoy a ride through this peaceful bushland retreat, only 15km from the city centre, on a multitude of interwoven roads and trails that cross undulating landscapes. No matter your cycling ability, there’s an experience to suit every skill level.

Samford Conservation Park
Just a hop, skip and a jump from the city centre, this network of trails, flow track and kids’ track has something for everyone. Pack a picnic and spend the day!

Brisbane
Before hitting the trails, settle in with a few laps of the Lomandra warm-up area.

Many other parks and forests on Brisbane’s doorstep welcome mountain bike touring. Check out the roads and shared trails in D’Aguilar and Bellthorpe national parks, Moggill Conservation Park, and Glen Rock and Jimna state forests.

Southern Queensland Country
Some of Queensland’s most accessible parks are within a short drive of Brisbane and the major regional city of Toowoomba.

Roads and trails within Yarraman and Benarkin state forests offer a range of riding experiences.
Sunshine Coast

Balmy weather, incredible natural wonders and riding adventures abound in this refreshing slice of the Queensland coast.

Tewantin National Park

A kaleidoscope of dramatic scenery and tricky trail features greets riders on these trails, where Mount Tinbeerwah dominates the skyline, a reminder of the area’s ancient volcanic history.

SHHHHHH

Keep an eye out for the amazing mossy groundcover on the Secrets Trail.

Parklands Conservation Park

The unofficial centre of mountain biking on the Sunshine Coast, these trails dip into palm-lined gullies and wind their way through eucalypt forests and subtropical rainforest, in the shadow of Radar Hill.

HOT TIP

Marvel at the change in forest types— from woodlands to sub-tropical rainforest and lush palm forests.

Mapleton National Park

Explore the northern end of the Blackall Range on the shared trails that wind through this park. Climb mountains, cross creeks, rest at waterfalls and marvel at rocky outcrops and endless views. Choose from a network of signed and graded trails, or pack your gear for a day of exploring the rougher roads and fire trails.

Stop to catch your breath in the towering stands of blackbutt trees.

Eumundi Conservation Park

More than 15km of wide shared trails snake through a medley of forest types in an area with a rich timber-harvesting history.

HOT TIP

Stop for a break at the dam and old cattle yards on the Blackbutt Trail.

Ewen Maddock Mountain Bike Trail

Capture some quality family time exploring the towering blackbutt forests, lush gullies of ferns and elegant melaleuca wetlands along this 12km trail.

HOT TIP

Stop along the way to take family shots with glistening Ewen Maddock Dam in the background.

Riding in the Sunshine Coast region isn’t limited to just these parks. Conondale, Dularcha, Tuchekoi and Woondum national parks, and Amamoor, Beerburrum and Imbil state forests also offer opportunities for exploring the area on two wheels.
Southern Great Barrier Reef (Gladstone, Bundaberg and Capricorn regions)

Ride through colourful parks, alive with wildlife and cultural experiences, which will capture your heart and stimulate your imagination.

**Promisedland Mountain Bike Trails**
_Cordalba State Forest_

Riders of all abilities can escape the city bustle and hit these roads and trails. Climb rugged hills, cross rocky gullies and creeks, and rest in the shade of towering forests.

**First Turkey Mountain Bike Reserve**
_Mount Archer National Park_

Rockhampton’s home of mountain biking is nestled in the German Street Bushland, beside Mount Archer National Park. Explore the network of trails winding through the national park.

**Toogoom Mountain Bike Trails**
_Vernon State Forest_

There’s something for everyone on this 13km network of undulating trails through fragrant woodlands and forests.

**Conway Circuit, Whitsunday Trails**
_Conway National Park_

For a coastal escape, mix it up on the Conway Circuit by sampling sections or tackling the whole 27.1km. Forest-framed glimpses of the Whitsunday coast and islands reward experienced riders.

**Mount Rooper Shared Trail**
_Conway National Park_

Climb through fragrant woodlands to lookouts over impressive views of Shute Harbour, Conway Range and the Whitsunday passage and islands.

**South Molle Island, Whitsunday Trails**
_Molle Islands National Park_

Escape the mainland for white sandy beaches, azure water and scenic coastal and reef views. The four trails of South Molle Island pass through grasslands and forests, to an ancient Aboriginal stone quarry and spectacular island summits.

For more adventures in this part of Queensland, ride the fire trails and roads throughout **Cathu** and **Crediton state forests** and **Eungella** and **Homevale national parks**.

**Whitsundays and Mackay**

National parks and state forests full of hidden riding treasures, and the chance to explore one of the Whitsundays’ island wonders, draw riders here from all over the world.

See humpback whales from the lookouts during their migration (June–November).

After your ride cool down in the lagoon at Airlie Beach.

If the grasstrees are flowering, stop to see what insects are feeding on their nectar.

See **rockhampton.qld.gov.au** for info on all the other trails in the council park.

Develop skills and gain confidence on the Joey Trail.

Also try the sun-dappled roads in **Coominglah and Byfield state forests**, beneath towering plantations and forests.

**Promisedland Mountain Bike Trails**
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Photo: © John Gatley

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Photo: © John Gatley

**First Turkey Mountain Bike Reserve**

Photo: © Maxime Coquard © Queensland Government

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**South Molle Island, Whitsunday Trails**

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Townsville North Queensland
Wheel your way through a region studded with outback and coastal natural wonders and a range of riding opportunities.

Cape Pallarenda Trails
Cape Pallarenda and Townsville Town Common conservation parks

Winding around headlands scattered with World War II relics, more than 10km of shared trails cross the northern and western slopes of Many Peaks Range, pausing at sandy beaches with views of coastal islands and the Coral Sea.

Outback Queensland
Quintessentially Australian, Queensland’s outback teems with ancient history, interwoven cultures and unique natural landscapes.

Heading inland, the roads and fire trails in White Mountains, Dalrymple and Blackwood national parks also offer exciting mountain biking experiences.

Tropical North Queensland
Adventurous by nature, this unspoilt portion of the state hosts a range of purpose-built mountain bike trails, making it a world-class mountain biking destination.

Smithfield Mountain Bike Park
Smithfield Conservation Park

Clad in coastal rainforest and offering views of the Great Barrier Reef and the Coral Sea from its highest point, this park has a variety of trails to suit beginners, families, advanced competitors and everyone in between.

Get your thrills riding the same trails as the competitors in the World Cup and Championships!

Davies Creek Mountain Bike Park
Dinden State Forest and Dinden West Forest Reserve

Navigate six, gently flowing, single trails that wind along the rain-shadowed slopes of the Lamb Range.

The highest point of the network is on Trail 3 where there are sweeping views to the north and west.

Atherton Forest Mountain Bike Park
Herberton State Forest and Baldy Mountain Forest Reserve

Criss-crossing the lower slopes of the Herberton Range, more than 50km of single trail dip into rocky gullies and clear creeks, climb forest-clad valleys and ridgelines and offer awe-inspiring views of the surrounding landscape.

For expansive views and a flowing gravity ride back to the valley floor, head straight for Trail 6.

Look for brolgas and other waterbirds at Freshwater Lagoon.
Misty Mountains Wilderness Tracks

Explore a network of trails through lush rainforest, along crystal-clear creeks and overlooking thundering waterfalls and panoramic views.

Stop for a swim and a bite to eat beside beautiful Downey Creek on the Gorrell trail.

Musgravea Track
Djiru National Park

Follow an old forestry trail deep into world heritage-listed rainforest. The trail was originally used in the ‘60s and ‘70s to haul timber from South Mission Beach to the mill in El Arish.

You’re more than likely to share the trail with endangered southern cassowaries!

Grab your bike and head to other trails in this adventure-filled region on Black Mountain Road, Twin Bridges Trail and the Bump Track in Kuranda and Mowbray national parks; and the Goldfield Trail in Wooroonooran National Park.

Ride responsibly

- Riding is only allowed in certain places, in some parks and forests. Check before you ride.
- Don’t skid and slide around turns and down slopes—it tears up the trail and you can collide with others.
- Help to keep trails open and in good condition by not riding during or right after rain.
- Heed all closure, access and safety information and signs.

Ride safely

- Wear the right safety gear, know the trail grades and be realistic about your abilities.
- Trails are for everyone. Be aware of other riders, walkers, horses, cattle, wildlife, vehicles and logging trucks, and give way where you should.
Further information
For the latest access and trail details in Queensland’s parks and forests
qld.gov.au/nationalparks
qld.gov.au/park-alerts

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