



**Medical Response Call 0272 780 969**  
**Call 111 in case of emergency**

All riders must register PRIOR to entering trails.  
 All Riders Must wear a HELMET  
 Take a mobile phone, water and a trail map with you.  
 Strictly No riding on Selwyn, Inland and Mission Roads  
 Riding trails not on this map are strictly prohibited  
 Ride within your limits and choose trails carefully

FOREST ROAD			RECYCLING/RUBBISH
4WD TRACK			UP TRAIL
MAP STATION			UNDULATING TRAIL
GREEN TRAIL Beginner			DOWN TRAIL
BLUE TRAIL Intermediate			FORESTRY GATES
BLACK TRAIL Advanced			NO RIDING THESE ROADS

**Signposted Loops**

LOOPS are Signposted to and from the Carpark to make your ride simple and easy to navigate. Just choose your fitness level.

- Green 6km Cruise  
Fun Starter
- Blue 10km Ride  
Good Fitness Level & Ability Req'd
- Black 20km Journey  
Very Good Fitness & Ability Level Req'd

**CARPARK**