



**MEDICAL ASSISTANCE
CALL 0272780969 AND
111 IN AN 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 Reqd
- Black 16km Journey Very Good Fitness & Ability Level Reqd
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