



MEDICAL ASSISTANCE
 CALL 027 278 0969 AND
 111 IN AN EMERGENCY

TRAIL GRADINGS:

- ~ BEGINNER
- ~ INTERMEDIATE
- ~ ADVANCED
- ~ EXPERT

Please be advised of the following:

- Helmets are mandatory.
- Please ensure you have paid and signed in prior to entering the trail network.
- Ride with a mobile phone & water.
- Ride within your limits. Adhere & take note of trail signs & gradings.
- Mountain biking is a potentially dangerous sport which can cause serious injury &/or death.



PARK HOURS:

MON - FRI	8:00am - 5:30pm
WED	8:00am - 9:00pm
SAT, SUN & PH	7:00am - 5:30pm

Icons for: Parking (P), Family friendly, First aid, Tools, Recycle, Mountain bike, Water, and Location pin.