



ST HELENS MOUNTAIN BIKE TRAILS

You are here!

Half way

Finish



Distance: 40km
Level: Difficult
Time: 4.5hrs approx.



An adventure trail like no other! Starting high up on the Blue Tier in sub-alpine terrain you are instantly treated to endless vistas of the surrounding mountain ranges and stunning coast line. Before you know it you'll be ducking through majestic myrtle trees and whizzing by huge tree ferns. Giant Ash trees will tower over you before you drop into an eye watering descent shaped into perfect dirt. A traverse along a country road allows you to gather your thoughts before you are taken into a totally new style of environment.

The wide open and untouched terrain after Ansons Bay Rd is a stark contrast to where this journey began. It's hard to keep your eyes on the trail as you contour and climb through monolith granite boulders and suddenly catch glimpses of the world renowned Bay of Fires. The final descent darts across endless ridgelines before delivering you to the pure white sands of Swimcart beach.

Enjoy!

STAY SAFE on the trails...

Stay in Control...

You are responsible for avoiding people and obstacles on the trail as well as your speed. It's important to stay on the trail at all times so as not to cause any environmental damage.

Wear the right gear...

Helmets are compulsory while using the St Helens Mountain Bike Network. We would also recommend you wear gloves and knee pads. A full face helmet is strongly recommended if tackling any of the descents.

Are you prepared?

Do you have water, a snack and a first aid kit? There are mobile black spots on the trails so it's always a good idea to let someone know where you are headed and what time you will be back.

Do you have a puncture repair kit?

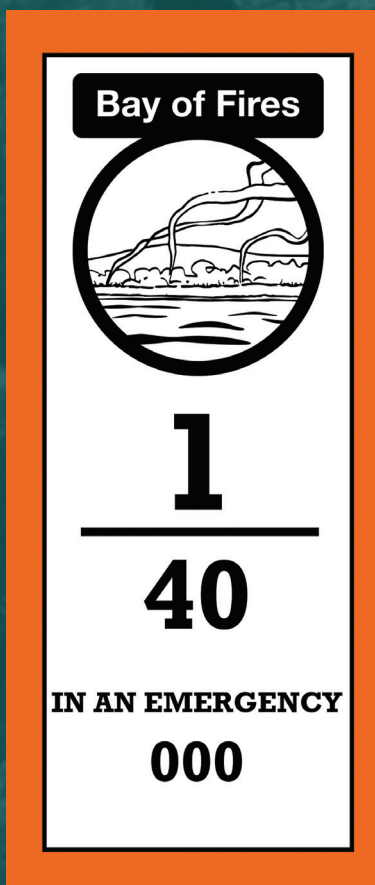
Do you have a first aid kit?

You can never be too prepared!

For more information on all trail elevations and profiles scan the code here for a quick link:



In an Emergency: Call 000



On the longer trails you will notice orange posts approx. every 1km. These posts state/show how many kms in to the trail you are. In an emergency, knowing which of these markers you are closest to will be crucial to the emergency services and help them determine the best way to get to you so please take note of these.

Please note that there are areas where you may not have mobile reception on the trails, that's why it's always a good idea to have a buddy with you.

KEEP IT CLEAN – YOUR BIKE WE MEAN!

The Bay of Fires trail allows riders to explore some of the most beautiful environments in the state so it is important that we all do all we can to protect them.

One significant issue that faces the native flora in this area is the spread of *Phytophthora cinnamomi* (PC). This is a fungal disease causing root rot and it can wipe out species from entire areas and turn native habitats on their head.

In order to protect the beautiful forests you are enjoying we ask ALL riders to Keep it Clean by starting clean and using the Bike Hygiene station located at the Ansons Bay Halfway point. The hygiene station is equipped with an anti-fungal solution that will kill PC on contact and control the risk of spreading the disease into the vulnerable forests further on. You will find more information and instructions for use at the Halfway point. Thank you for looking after our environment.



Disclaimer:
Sporting activities on St Helens Mountain Bike Trails may be dangerous and may result in injury or death to the person, and/or property loss or damage. Users participating and spectators viewing these activities do so at their own risk. To the extent permitted by law, Break O'Day Council excludes all liability, including but not limited to liability for personal injury, death, property damage, property loss, and consequential loss or damage of any kind arising from the use of and/or entry to St Helens Mountain Bike Trails, whether in contract, by negligent act or omission, or any other tortious action.

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