



- 1 Forrest loop
- 2 Baridjaru
- 3 Red Carpet
- 4 Roller Coaster
- 5 Third time lucky
- 6 Follow the dog
- 7 Yaughter Super Loop
- ◆ 8 Grasstrees
- ◆ 9 Marriners Run
- 10 Foxtail
- 11 J2
- ◆ 12 Yo Yo
- ◆ 13 Casper Black
- 14 Barre Warre
- 15 Vista
- 16 Tiger Loop

Ride Forrest
 AUSTRALIA'S #1 Mountain Bike Destination
www.rideforrest.com.au

IMBA rules of the trail

The way we ride today shapes the mountain bike trail access for tomorrow. Do your part to preserve and enhance the sport's access and image by observing the following rules of the trail, formulated by IMBA, the International Mountain Bicycling Association.

These rules are recognised around the world as the standard code of conduct for mountain bikers. IMBA's mission is to promote mountain biking that is environmentally sound and socially responsible.

- 1 Ride on open trails only**
 Respect trail and road closures (ask if uncertain) and avoid trespassing on private land. The way you ride will influence trail management decisions and policies.
- 2 Leave no trace**
 Be sensitive to the dirt beneath you. Recognise the different types of soils and trail construction and practice low-impact cycling. Wet and muddy trails are more vulnerable to damage. When the trailbed is soft, consider other riding options. This also means staying on existing trails and not creating new ones. Don't cut switchbacks.
- 3 Control your bike!**
 Inattention for even a second can cause problems. Obey all bicycle speed regulations and recommendations.
- 4 Always give way**
 Let your fellow trail users know you're coming. A friendly greeting or bell is considerate and works well; don't startle others. Show your respect when passing by slowing to a walking pace or even stopping. Anticipate other trail users around corners or in blind spots. Give way means slow down, establish communication, be prepared to stop if necessary and pass safely.
- 5 Never scare animals**
 All animals are startled by an unannounced approach, a sudden movement, or a loud noise. This can be dangerous for you, others, and the animals. Give animals extra room and time to adjust to you. When passing horses use special care and follow directions from riders (ask if uncertain). Do not disturb flora and fauna. Beware of snakes. Leave gates as you found them, or as marked.
- 6 Plan ahead**
 Know your equipment, your ability, and the area in which you are riding—and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary supplies for changes in weather or other conditions. Always wear a helmet and appropriate safety gear. Keep trails open by setting a good example of environmentally sound and socially responsible mountain biking.
- 7 Do your bit**
 Keep your bike clean. Help keep trails clear by picking up sticks and reporting larger maintenance issues. Join in track maintenance field days.

- MAP KEY**
- Lake Elizabeth walking-track
 - Forrest-Birregurra Tiger Rail Trail
 - - - Tracks
 - Minor roads
 - Main roads
 - X Forrest Trailhead
 - X Yaughter Trailhead
 - X Table Top
 - P Mobile phone reception
- You may not be within your network range on some of the Mountain Bike Trails. To be connected to Police, Ambulance or CFA on any network, key in 112, then press the YES key.*

- TRAIL GRADING**
- Easiest
 - Easy
 - More difficult
 - ◆ Very difficult
 - ◆◆ Extremely difficult

To Great Ocean Road and Apollo Bay

