



Mountain Bike Riding



Lysterfield Park

There are a number of Mountain Bike Trails within Lysterfield Park that cater for a broad range of cycling enthusiasts. The trail network is made up of existing management vehicle tracks, a newly designed State Mountain Bike Competition Course and a selection of recreation mountain bike trails to cater for all skill levels.

How to get there

Lysterfield Park (Melway 108 D2) is easily accessible by car. There is ample parking at the trail head located at Horswood Rd, which provides 24 hour access.

Tracks and trails

There are approximately 20km of trails designated for Mountain Bike use including the 6.3km State Mountain Bike Course – home of the Melbourne 2006 Commonwealth Games cross country mountain bike competition.

Explore the exciting network of trails from easy family rides around the lake and parkland, to a range of flowing single trails through established plantations or steep and technical sections of trail through rocky landscapes. All trails are graded and clearly sign posted with directional information.

Emergency bollards have been installed at several locations around the State Mountain Bike Course; in the event of an emergency, contact 000 and quote the number on the bollard.

Parks Victoria together with the Mountain Bike Association of Australia have carefully designed trail alignments to protect environmental values of the park, whilst providing a high quality mountain biking experience. The trail system has been designed for sustainable long term use. You can help ensure that these trails remain open for use by only riding on formally signed trails.

Group activities

Organised groups of more than twenty people require an Event Permit which requires approximately 6 weeks advanced notice. For further information on group activities please contact the Park Office on 13 1963.

Where can I cycle?

Cyclists are not permitted to create new tracks, ride through bush or ride on tracks other than those designated for Mountain Bike riding. Cyclists must take note of signs and must be aware of walkers and wildlife on tracks at all times. Tracks closed to cyclists display a “No Bikes” symbol. Refer to map overleaf for where you can ride.

There are a number of other trails within the park that are for shared use. Please respect the trails that are designated for walkers and equestrian use only.

Parks Victoria Rangers actively patrol tracks and trails throughout Lysterfield Park to promote and encourage the appropriate use of tracks for cycling, walking and horse riding within the park.



Community involvement

The Lysterfield Mountain Bike Group conducts working bees in the park and have a discussion page which provides local mountain bike information. If you would like to get involved call the Park Office on 13 1963 or visit their webpage <http://au.groups.yahoo.com/group/lysterfieldmtb/>

Further information

For further information on Mountain Biking in Lysterfield Park contact the Parks Victoria Information Centre on 13 1963 or visit www.parkweb.vic.gov.au. For Mountain Bike Information contact the Mountain Bike Association on www.mtba.asn.com.

For further information

Parks Victoria
Information Centre
Call 13 1963
or visit the
Parks Victoria website
www.parkweb.vic.gov.au

Other parks to
mountain bike in:

You Yangs Regional Park
(Melway Key Map 11)

Westgate Park
(Melway 56 F1)

Caring for the
environment

Help us look after your park
by following these guidelines:

Please take rubbish away
with you for recycling &
disposal

All native plants & animals
are protected by law,
please do not disturb them
in any way

Firearms are prohibited

Dogs, cats and other pets are
not permitted






Wood and solid fuel barbecues
are prohibited

No barbecues may be lit on a
day of Total Fire Ban

Leave the park as you find it

Please don't throw this park
note away. Keep it, return it for
others to use, or recycle it

TRAIL GRADING TABLE

| TRAIL GRADING SYMBOL |  |  |  |  |  |
|--|---|---|--|--|--|
| SYMBOL DESCRIPTION | WHITE CIRCLE | GREEN CIRCLE | BLUE SQUARE | BLACK DIAMOND | DOUBLE DIAMOND |
| TRAIL GRADING | EASIEST | EASY | MORE DIFFICULT | VERY DIFFICULT | EXTREMELY DIFFICULT |
| TRAIL WIDTH | 180cm | 90cm | 62cm | 32cm | 16cm |
| TREAD SURFACE | Hardened or surfaced | Firm and stable | Mostly stable with some variation | Widely variable | Widely variable and unpredictable |
| AVERAGE TRAIL GRADE | Less than 5% | 5% or less | 10% or less | 15% or less | 20% or more |
| MAXIMUM TRAIL GRADE | Max 10% | Max 15% | Max 15% or greater | Max 15% or greater | Max 15% or greater |
| NATURAL OBSTACLES AND TECHNICAL TRAIL FEATURES (TTF) | None | Unavoidable obstacles 5cm tall or less Avoidable obstacles may be present Unavoidable bridges 92cm or wider | Unavoidable obstacles 20cm tall or less Avoidable obstacles may be present Unavoidable bridges 60cm or wider TTF's 5cm high or less, width of deck is greater than ½ the height | Unavoidable obstacles 40cm tall or less Avoidable obstacles may be present May include loose rocks Unavoidable bridges 60cm or wider TTF's 10cm high or less, width of deck is greater than ½ the height Short sections may exceed criteria | Unavoidable obstacles 40cm tall or less Avoidable obstacles may be present May include loose rocks Unavoidable bridges 60cm or narrower TTF's 10cm high or less, width of deck is greater than ½ the height Many sections may exceed criteria |

IMBA - Rules of the Trail

The way we ride today shapes mountain bike trail access tomorrow. Do your part to preserve and enhance our sport's access and image by observing the following rules of the trail, formulated by IMBA, the International Mountain Bicycling Association. These rules are recognized around the world as the standard code of conduct for mountain bikers. IMBA's mission is to promote mountain bicycling that is environmentally sound and socially responsible.

1. RIDE ON OPEN TRAILS ONLY

Respect trail and road closures (ask if uncertain), avoid trespassing on private land, obtain permits or other authorisation as may be required. Federal and State Wilderness areas are closed to cycling. The way you ride will influence trail management decisions and policies.

2. LEAVE NO TRACE

Be sensitive to the dirt beneath you. Recognise different types of soils and trail construction, practise low impact cycling. Wet and muddy trails are more vulnerable to damage. When the trail bed is soft, consider other riding options. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in.

3. CONTROL YOUR BICYCLE

Inattention for even a second can cause problems. Obey all bicycle speed regulations and recommendations.

4. ALWAYS YIELD TRAIL

Let your fellow trail user 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. Yielding 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 the horseback riders (ask if uncertain). Running cattle and disturbing wildlife is a serious offence. 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. A well-executed trip is a satisfaction to you and not a burden to others. Always wear a helmet and appropriate safety gear.

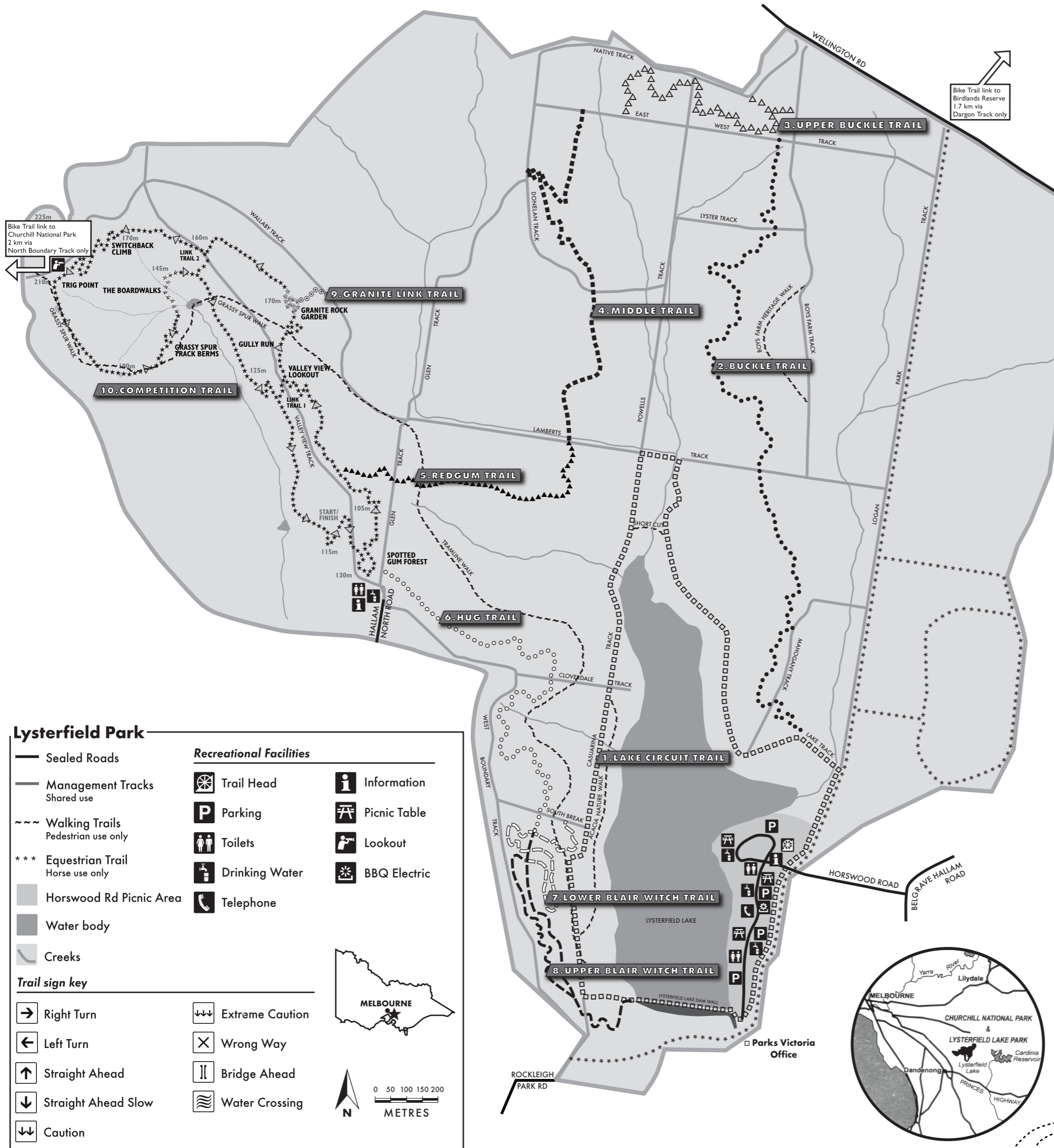
Keep trails open by setting a good example of environmentally sound and socially responsible off-road cycling.

April 2007

Printed on Australian - made 100% recycled paper

LYSTERFIELD PARK

MOUNTAIN BIKE TRAILS & STATE MOUNTAIN BIKE COURSE



LYSTERFIELD PARK MOUNTAIN BIKE TRAILS

| TRAIL AND TRAIL SYMBOL | GRADING AND TRAIL NUMBER | DISTANCE | TERRAIN | THE RIDE |
|---|--------------------------|----------|--|---|
| 1. LAKE CIRCUIT TRAIL [Symbol: White Circle] | 1 White Circle | 6.25 km | Wide gravel maintenance access tracks with minimal to moderate gradients and no obstacles | Easy riding on well formed maintenance tracks, with lake and forest views, makes trail a great introduction to the park for all ages and abilities |
| 2. BUCKLE TRAIL [Symbol: Blue Square] | 2 Blue Square | 2.4 km | Narrow single track with moderate climb or descent, with obstacles and hazards | Long fast single track with sections of twisting trail and fast flowing descents through Eucalyptus forest. Technical log obstacles and jumps (with bypasses) will challenge for the more experienced rider. Best ridden downhill towards lake |
| 3. UPPER BUCKLE TRAIL [Symbol: Blue Square] | 3 Blue Square | 770 m | Narrow twisting single track, moderate climb or descent, with a few obstacles | Short twisting single track, linking Middle Trail to Buckle Trail in the northern most area of the park |
| 4. MIDDLE TRAIL [Symbol: Blue Square] | 4 Blue Square | 1.9 km | Narrow single track, moderate climb or descent, short steep section, with a few obstacles | Long twisting single track weaving through forest with a couple of steep (switchback) climbs and a tight technical twisting section north of Lamberts Track with some obstacles |
| 5. RED GUM TRAIL [Symbol: Blue Square] | 5 Blue Square | 1.2 km | Narrow single track. Minimal gradients, no obstacles | Section of single track that links east-west across park from SMBC, through Red Gum forest to Lamberts Track. Best ridden from Glen Track towards the lake |
| 6. HUG TRAIL [Symbol: Blue Square] | 6 Blue Square | 1.5 km | Narrow twisting single track, moderate climb or descent with a few obstacles and hazards | Long fast twisting single track, best ridden on descent from Glen Track with some jumps and obstacles, then weaves through open forest along contour towards Blair Witch |
| 7. LOWER BLAIR WITCH TRAIL [Symbol: Blue Square] | 7 Blue Square | 600 m | Narrow twisting single track, moderate climb or descent with a few obstacles and hazards | Short fast twisting technical trail through dense Spotted Gum Forest with few obstacles |
| 8. UPPER BLAIR WITCH TRAIL [Symbol: Blue Square] | 8 Blue Square | 2 km | Narrow twisting single track, moderate climb or descent with a few obstacles and hazards | Fast flowing and twisting technical trail through dense Spotted Gum Forest with some obstacles |
| 9. GRANITE LINK TRAIL [Symbol: Double Diamond] | 9 Double Diamond | 200 m | Steep rocky single track descent, rock obstacles and berms | Short, steep tight technical rocky descent from the Granite Rock Garden to Wallaby Track, with no room for error and three fast berms at the base |
| 10. COMPETITION TRAIL [Symbol: Black Diamond] Bike use only | 10 Black Diamond | 6.38 km | Varied terrain from narrow single track to open fast trails, with moderate to steep climbs and descents, technical obstacles, boardwalks and berms | This is the Commonwealth Games Mountain Bike Course and challenges the experienced rider with tight single track, technical rocky sections, high speed descents with inclined berms, timber boardwalks and steep hill climbs. To be ridden anti-clockwise |

Lysterfield Park

Sealed Roads

Management Tracks
Shared use

Walking Trails
Pedestrian use only

Equestrian Trail
Horse use only

Horswood Rd Picnic Area

Water body

Creeks

Recreational Facilities

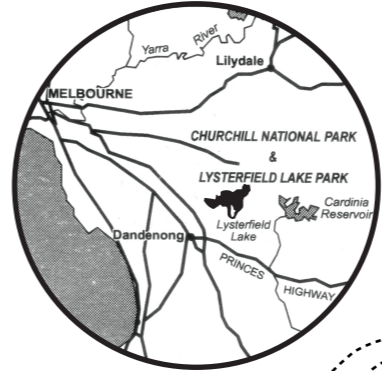
- [Icon] Trail Head
- [Icon] Information
- [Icon] Parking
- [Icon] Picnic Table
- [Icon] Toilets
- [Icon] Lookout
- [Icon] Drinking Water
- [Icon] BBQ Electric
- [Icon] Telephone

Trail sign key

- [Icon] Right Turn
- [Icon] Extreme Caution
- [Icon] Left Turn
- [Icon] Wrong Way
- [Icon] Straight Ahead
- [Icon] Bridge Ahead
- [Icon] Straight Ahead Slow
- [Icon] Water Crossing
- [Icon] Caution

MELBOURNE

0 50 100 150 200 METRES



TRAIL GRADING NOTE
Trail grading shown is the most difficult for that trail and some sections may be easier