



- **1** Forrest loop
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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.

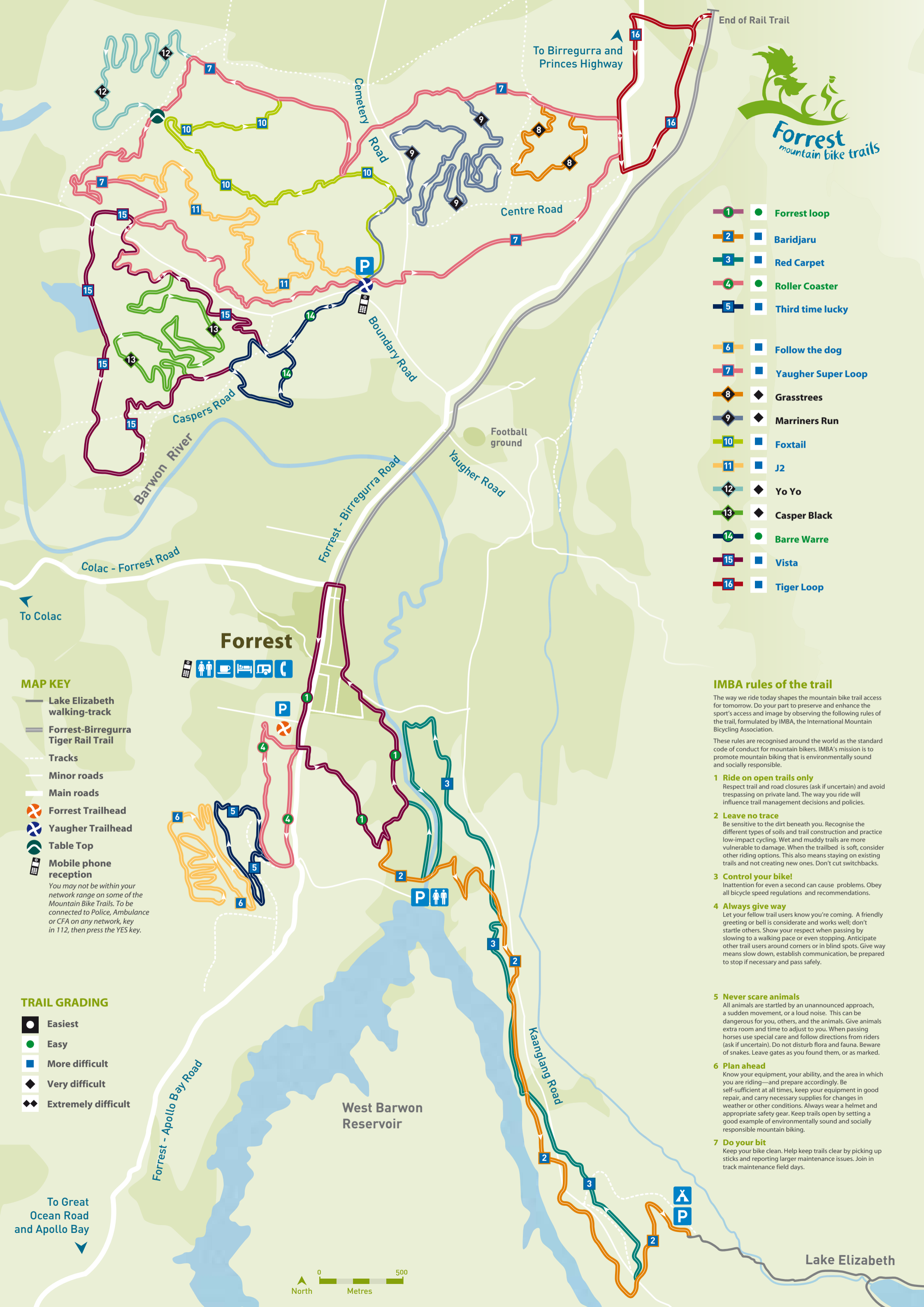
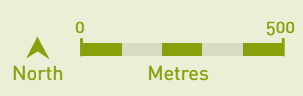
These rules are recognised around the world as the standard code of conduct for mountain bikers. IMBA's mission is to promote mountain biking that is environmentally sound and socially responsible.

- 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 Yaagher 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



16 trails showcasing the natural beauty of the Otway Ranges



- TRAIL SIGN KEY**
- Right turn
 - Left turn
 - Straight ahead
 - Straight ahead slow
 - Two way
 - Caution
 - Extreme Caution
 - Wrong way
 - Bridge ahead



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1 Forrest loop

RATING: Easy
DISTANCE: 3Km

The Forrest Town Loop is a dual use trail for walkers and cyclists of all abilities. It has long flowing corners that descend to the West Barwon valley and then climbs back to Forrest where it joins the Forrest Heritage Trail.

2 Barlidjaru

RATING: More difficult
DISTANCE: 6Km

The local indigenous word for Platypus is Barlidjaru, (*bar-lid-ja-ru*). This trail links Forrest to Lake Elizabeth and climbs most of the way to the Lake Elizabeth carpark. You can leave your bike here and enjoy a walk to the Lake and maybe catch a glimpse of one of the lake's resident platypus.

3 Red Carpet

RATING: More difficult
DISTANCE: 4.5Km

The Red Carpet is a single track return trail from Lake Elizabeth. This trail flows through tall Eucalypt forests featuring fun, challenging descents and tight technical climbs for an exciting return option to Forrest.

4 Roller Coaster

RATING: Easy
DISTANCE: 2Km

Connecting to the main Forrest Mountain Bike Trails trailhead, Roller Coaster takes you on a wide, smooth and free flowing trail. With no obstacles it is ideal for beginners or a quick warm up lap before heading out on a more extended ride.

5 Third time lucky

RATING: More difficult
DISTANCE: 2Km

Third Time Lucky has plenty of trail features including bermed corners and jumps. This is an excellent trail to learn the different skills needed for mountain biking while enjoying the thrilling sensation of riding through the bush.

6 Follow the dog

RATING: More difficult
DISTANCE: 4.5Km

This free flowing trail through tall open eucalypt forest and dense fern gullies offers extended riding with loads of trail features along the way. Long climbs and fast flowing descents characterise this exciting trail.

7 Yaughar Super Loop

RATING: More difficult
DISTANCE: 11.5Km

The Yaughar Super Loop provides access to the entire Yaughar trail network. It is a mixture of single track and fire trails with a full range of trail features all with A and B lines.

8 Grasstrees

RATING: Very difficult
DISTANCE: 1.5Km

Grasstrees packs enough technical features and variety to challenge all riders. Extensive trail features include log rides, rollovers, step ups, drop offs, big 4X berms and jumps.

9 Marriners Run

RATING: Very difficult
DISTANCE: 4.5Km

With long climbs and fast flowing descents, this trail will test your limits. The middle section has enough technical features to pack a punch for the most experienced rider.

10 Foxtail

RATING: More difficult
DISTANCE: 3.5Km

Long fast straights and open corners provide a fun flowing ride with well spaced technical features. This trail takes you from the Yaughar trailhead to Tabletop and on to join the Yaughar Super Loop.

11 J2

RATING: More difficult
DISTANCE: 4Km

Another long flowing descent trail from the Yaughar trailhead. This trail has plenty of features along the way and joins the Yaughar Super Loop for a quick lap.

12 Yo Yo

RATING: Very difficult
DISTANCE: 3Km

A tight and technical trail that as the name suggests goes up and down to test your legs, lungs and skills.

13 Casper Black

RATING: Very difficult
DISTANCE: 5.5Km

Twisting technical climbs and descents with walls of tea tree characterise this tough and challenging trail.

14 Barre Warre

RATING: Easy
DISTANCE: 2Km

The Barwon River takes its name from the local indigenous word Barre Warre (*Bar-rah War-rah*) meaning from hills to sea. This high vantage point looks down on the Barwon River valley taking in the view back over the Forrest Township. A good warm up or warm down ride.

15 Vista


RATING: More difficult
DISTANCE: 5.5Km

This long flowing trail has some great fire trail descents and climbs with rewarding valley views. The southern loop has some tough technical climbing thrown in for good measure.

16 Tiger Loop

RATING: More difficult
DISTANCE: 3Km

Provides a link from the Forrest-Birregurra Tiger Rail Trail to the Yaughar Trails network.

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Designed around the village of Forrest, these trails showcase the natural beauty of the Otway Ranges, passing through tall eucalypt forests, dry heathy scrub and dense fern gullies.

The trails have been built with real mountain bikers in mind and offer experiences for beginners and the most hard-core dirt fanatics, choose a trail that suits you.

