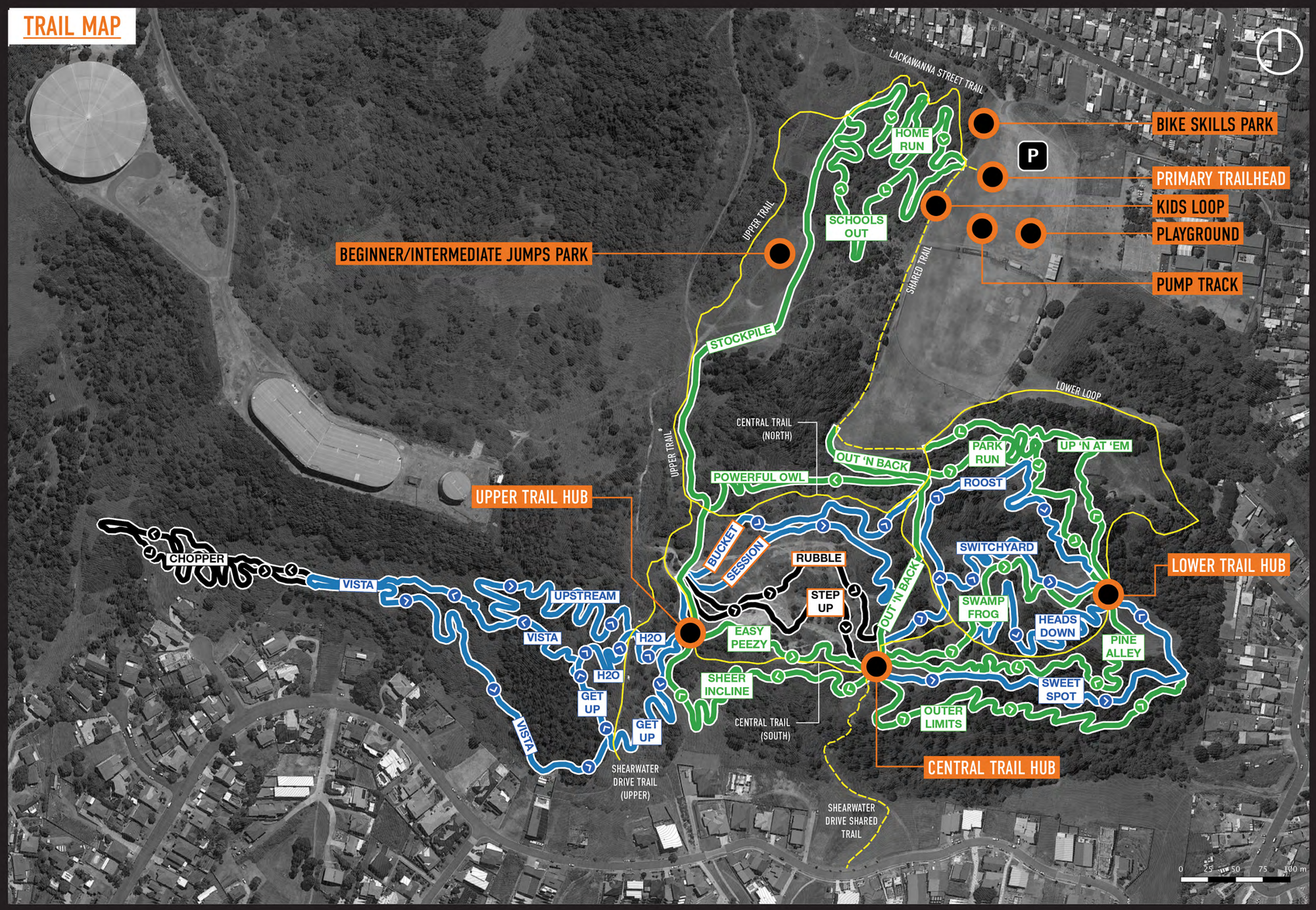
CRINGILA HILLS BIKE PARK

wollongong
city of innovation

TRAIL MAP



MOUNTAIN BIKE TRAILS

TRAIL NAME	DIFFICULTY	TYPE	LENGTH (KM)
KIDS LOOP	Green circle	Bike, Walk	0.2
HOME RUN	Green circle	Bike	0.5
SWEET SPOT	Blue square	Bike	0.5
SCHOOLS OUT	Green circle	Bike	0.5
OUT N' BACK (TWO-WAY)	Green circle	Bike	0.4
STOCKPILE (TWO-WAY)	Green circle	Bike	0.6
ROOST	Blue square	Bike	0.4
SWITCHYARD	Blue square	Bike	0.4
SWAMP FROG	Green circle	Bike	0.4
PINE ALLEY	Green circle	Bike	0.5
SHEER INCLINE	Green circle	Bike	0.5
EASY PEEZY	Green circle	Bike	0.3
STEP UP	Orange diamond	Bike	0.3
RUBBLE	Orange diamond	Bike	0.4
SESSION	Orange square	Bike	0.4
BUCKET	Orange square	Bike	0.4
GET UP	Blue square	Bike	0.4
H2O	Blue square	Bike	0.3
PARK RUN	Green circle	Bike	0.5
VISTA	Blue square	Bike	1.0
CHOPPER	Black diamond	Bike	0.8
UP 'N AT 'EM	Green circle	Bike	0.4
POWERFUL OWL	Green circle	Bike	0.3
HEADS DOWN	Blue square	Bike	0.4
OUTER LIMITS	Green circle	Bike	0.6
UPSTREAM	Blue square	Bike	0.5

TRAIL DIFFICULTY RATINGS

GREEN CIRCLE (EASY)
These trails are characterised as singletrack or wider 'shared-use trails' with a gentle gradient, smooth surface and relatively free of unavoidable obstacles. Well-suited to beginner / novice mountain bikers.

BLUE SQUARE (MORE DIFFICULT)
Singletrack trails with moderate gradients, variable surface and obstacles. Suitable for skilled intermediate mountain bikers.

BLACK DIAMOND (VERY DIFFICULT)
Challenging singletrack trails with steep gradients, variable surface and many unavoidable obstacles ranging from logs, roots, rocks, drop-offs and constructed obstacles.

FREERIDE / JUMPS TRAIL - BLUE SQUARE (MORE DIFFICULT)
These trails offer a wider trail tread with freeride features ranging from rollers and tabletop jumps. Jumping experience required.

FREERIDE / JUMPS TRAIL - BLACK DIAMOND (VERY DIFFICULT)
These trails offer a wider trail tread with freeride features that contain larger jumps with mandatory gaps as well as non-avoidable drops / step-down features. Advanced jumping skills required.

WALKING TRAIL
These trails are specifically designed to allow walkers to be separated from bikers. They are characterised by moderate gradients with a consistent and compacted trail surface.

WALKING / SHARED-USE TRAILS

TRAIL NAME	DIFFICULTY	TYPE	LENGTH (KM)
SHARED TRAIL	Dashed line	Bike, Walk	0.4
SHEARWATER DRIVE SHARED TRAIL	Dashed line	Bike, Walk	0.2
UPPER TRAIL	Yellow line	Walk	0.6
CENTRAL TRAIL (NORTH)	Yellow line	Walk	0.3
CENTRAL TRAIL (SOUTH)	Yellow line	Walk	0.4
SHEARWATER DRIVE TRAIL (UPPER)	Yellow line	Walk	0.2
LACKAWANNA ST TRAIL	Yellow line	Walk	0.4
LOWER LOOP	Yellow line	Walk	0.9