

Australia's Top 8 mountain bike trails

Whether you're a mountain bike tragic or just thinking of giving it a go, **Toni Krasiki** finds some of the most radical (and predominantly) single track trails on offer.

Stromlo Forest Park

Canberra, ACT

A well-managed mountain bike park that offers something for every type of mountain bike rider and skill level. It has a combination of downhill and cross-country trails that cater for everyone from adrenaline junkies to those who just want a fun ride.

Ourimbah State Forest

Tuggerah, NSW

Littered with a maze of fire trails and sweet single tracks, Ourimbah State Forest is hugely popular, so expect to share the cross-country trails and the challenging downhill course known as Towers.

Bundadung Trails

Tathra, NSW

Starting behind the old Tathra Poo Ponds, this 50km network of well-built tracks was extended a few years ago to include the Doolagharl Circuit. Expect some flowy and

swoopy sections, tight and tetchy bends, as well as punchy climbs and fast downhills.

Wombat Track

Woodend, VIC

This purpose-built intermediate track is tight and technical and has plenty of log jumps, flowing downhill sections and short, sharp hills. Most of the 18km loop is a single track with only five percent on fire trails. Well worth the 45-minute drive from Melbourne.

Mt Buller

The High Country, Vic
Cross-country riders can enjoy a variety of tracks between 600 to 1800 metres above sea level, including obstacles and rugged terrain in the back country. Downhill adrenaline junkies can tackle ramps, jumps and berms, and have the choice of trails serviced by the Horse Hill Chairlift.



Are there any great mountain bike trails we haven't mentioned? Email us at editor@fitnessfirst.com.au.

Araluen

Alice Springs, NT

Essentially flat with small undulations and twists and turns, it's the place to crank up the pace once you get used to the mix of red dirt and loose gravelly terrain. Due to insurance issues, Mountain Bike Australia (MTBA) members can ride this trail for free but non-members must pay \$5.00 to be covered.

Smithfield Mountain Bike Park

Cairns, QLD

The epicentre of mountain biking in the far

north, Smithfield Park has a collection of interesting cross-country trail loops that wind through multiple terrains. While you're there, try the iconic "Kuranda Downhill Track" for jumps, roots and rocks.

North-South Track (Mt Wellington)

Hobart, TAS

Follows the escarpment of Mt Wellington to Junction Cabin and ends in Glenorchy Mountain Bike Park after a fast, flowy descent. Experienced cross-country riders will love the technical sections and the uneven natural rock surface.