



### MAP KEY

- Minor roads
- Main roads
- Link Trail
- Water Ways
- 🚰 Forrest Trailhead & Skills Park



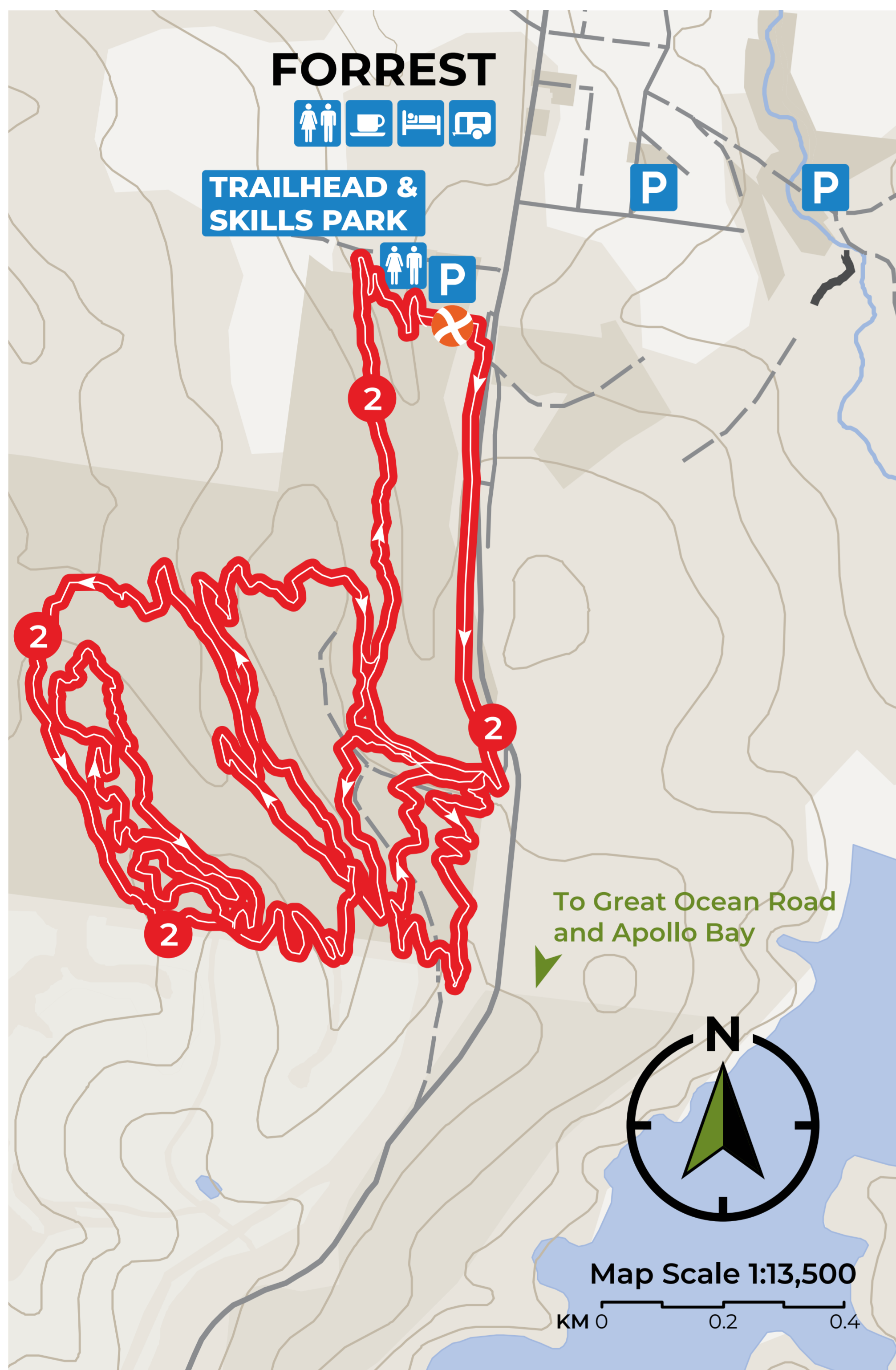
Make sure you share your photos with us on socials #rideforrest

## 1 BEGINNER RUN

**DISTANCE:** SHORT - 7.3KM / LONG - 11KM

**TRAIL GRADING:** Easy. Progress your riding with this fun course suitable for all ability levels

1. Leave Trailhead on Roller Coaster
  2. Ride Stomp Wallaby
  3. Return to Trailhead via Roller Coaster
  4. Ride Forrest Loop to Spaghetti Junction
  5. Ride Sandman's Slog
  6. Descend on Korac & PBJ Down
  7. Return to Trailhead via Sandman's Slog
- Option: Continue down Forrest Loop to Barlidjaru to test yourself on some Intermediate Trails*
8. Climb Barlidjaru until first intersection and descend Red Carpet
  9. Join Copper Shred
  10. Ride up Kaanglang Road onto Forrest Loop and return to Trailhead

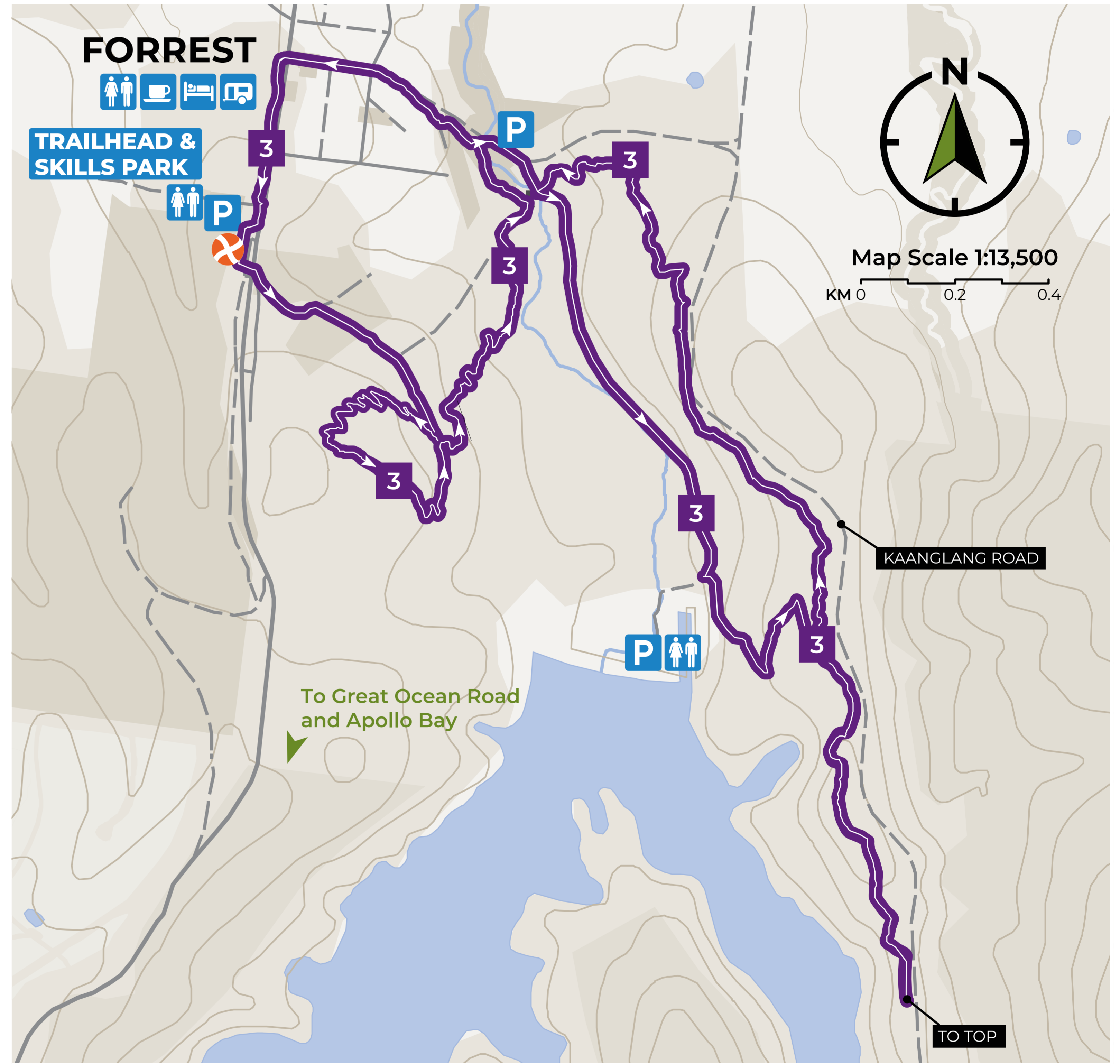


## 2 X-COUNTRY EXPRESS

**DISTANCE:** 10.2KM

**TRAIL GRADING:** Advanced. Fun flowing features with challenging climbs in and out of gullies

1. Ride Roller Coaster to start of Stomp Wallaby
2. Complete Stomp Wallaby
3. Ride Third Time Lucky to start of Follow the Dog
4. Complete Follow the Dog including Millers Mongrel
5. Return to Trailhead via rest of Third Time Lucky and Roller Coaster



## 3 INTERMEDIATE FLOW

**DISTANCE:** 14KM

**TRAIL GRADING:** Intermediate. Enjoy the best flow trails on the network all in one go

1. Leave Trailhead on Forrest Loop
2. Ascend Sandman's Slog at Spaghetti Junction
3. Descend on Steam Donkey & Bombora
4. Rejoin Forrest Loop using link trail
5. Cross Barwon River on Kaanglang Rd
6. Ride along Barwon River on Red Carpet to Barlidjaru
7. Ascend Barlidjaru to top of Red Carpet
8. Ride all sections of Red Carpet to bottom
9. Return Trailhead via Kaanglang Rd and Forrest Loop