

Visitor Guide

---

# Cycling in Royal National Park



[nswnationalparks.com.au](http://nswnationalparks.com.au)



**Location**



**Cycling in Royal NP**



**Further information**



**No sign, no ride**



**Park map**



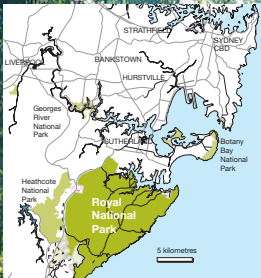
**Popular rides**



**Code of conduct**



**Become involved**



# CYCLING IN ROYAL NATIONAL PARK

---

Royal National Park is a popular destination for cyclists due to its easy access, close proximity to a large population and the relatively flat to undulating terrain.

Due to the popularity of cycling in Royal the NPWS, in consultation with cyclists, has identified a network of trails that are suitable for bicycle access.

These include public roads, management trails and a carefully selected series of single track in the Loftus and Heathcote areas.

The single tracks were selected for their ability to sustain moderate to heavy bicycle use with minimal maintenance as well as being safe for all users.

The single tracks link with existing fire trails to form a network of loop tracks which provide a diverse riding experience catering for the beginner to the advanced rider.

## CONTENTS

The park has a 'no sign- no ride' policy. Cycling is permitted on all management trails, and only on single tracks where a sign indicates that cycling is permitted. If a track does not have a cycling post and sign then it is not permissible to ride on.

## **VOLUNTEERING PROGRAM**

.....

A small group of dedicated cyclist is working closely with the National Parks to help keep the cycling trails maintained and accessible for all riders.

The group generally meet once a month, for a half day, undertaking track work to mitigate erosion and keep the trails safe. If you would like to help or would like more information about the program please call the Royal Area office on 9542 0632.

## **FOR FURTHER INFORMATION**

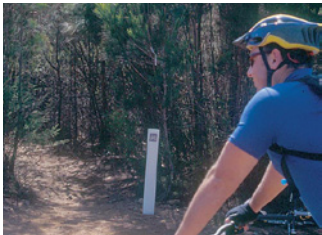
.....

Royal National Park. ph (02) 9542 0632  
[www.nswnationalparks.com.au](http://www.nswnationalparks.com.au)

## NO SIGN, NO RIDE

---

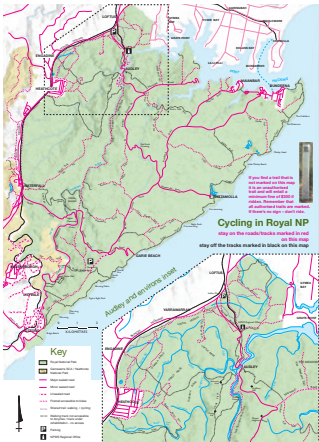
A 'no sign – no ride' policy has been adopted in the park and it is illegal for you to ride on any single track that has not been sign posted as a cycling track. Fines will apply.



Cycling in Royal National Park is also permitted on all 4WD tracks (known as fire or management trails) which are closed for public vehicles.

## CONTENTS

# PARK MAP



This map is scaleable. Zoom in for detail.

# POPULAR BICYCLE RIDES

.....

## Lady Carrington Drive

This is an undulating 3 metre wide track which is 9.6km one way. Recommended for supervised children and family groups and those seeking a chance encounter with an echidna or lyrebird.

Enter via McKell Ave to park at the southern end of the trail. For parking at the northern end of the trail enter the park on Farnell Avenue, go across the Audley weir.



Turn right just pass the Audley dance hall, then proceed straight ahead (do not cross over bridge) and go to the end of the road to the carpark.



## East Heathcote Trails

A variety of loops can be accessed from Heathcote train station or Bottle Forest Rd & The Avenue in East Heathcote. Terrain is generally flat although some steep sections are encountered at creek crossings.

## Loftus & Grays Point Trails

Park at Loftus Oval, the Royal Area Office on Farnell Ave, or at the end of Florence Parade in Grays Point. Comprises some 8km of fire trail and 2km of single track accessible from a variety of locations.

Terrain varies from flat, wide open trails, to steep rocky fire trail to medium grade single track.

**WARNING:** Steep sections of fire trail not recommended for inexperienced riders. Take care at tramway crossings - trams have right of way at all times.

# CYCLING CODE OF CONDUCT

---

The way we ride today shapes the mountain bike access for tomorrow.

Do your part to preserve and enhance the sport's access and image by observing the following rules of the trail, based on those formulated by the International Mountain Bicycling Association (IMBA).



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 sustainable and socially responsible.

## CONTENTS

## **1. Ride on open trails only**

Respect trail and road closures. Do not make new trails, move bush, rocks or logs or prune or cut native vegetation. A 'no sign, no ride' policy operates in the park and it is illegal to ride on a walking track that is not clearly signposted as permitting cycling.

## **2. Leave no trace**

Be sensitive to the dirt beneath you. Wet and muddy trails are more vulnerable to damage than dry ones. During wet weather please ride on management trails.

## **3. Control your bike**

Inattention for even a moment can put yourself and others at risk. Ride within your limits.

## **4. Always give way**

Let your fellow trail users know you are coming, especially on blind corners or when approaching from behind. Show respect when passing by slowing to a walking pace or even stopping.

## 5. Never scare animals

All animals are startled by an unannounced approach, sudden movement or loud noise. Take care and be aware that you are a visitor and it is the native animal's home.

## 6. Do your bit

Clean your bike before entering the park. The mud on your bike may carry weed seeds, soil diseases or fungal spores which are a serious threat to the plants and animals. Help keep trails clear by picking up sticks and reporting maintenance issues.

## 7. Plan ahead

Know your equipment, your ability and the area in which you are riding. Prepare accordingly. Always wear a helmet and appropriate safety gear. Let others know where you are riding. Please be aware that there is no mobile phone coverage in some sections of the park. **In an emergency call 112 (global coverage provided via satellite so reception not required)**

## Become involved ...

.....



The mountain bike network has been developed by the National Parks and Wildlife Service in conjunction with local mountain bike riders and loyal volunteers.

If you would like to join in track maintenance field days please call the NPWS office on 9542 0632 for details.

**CONTENTS**



[www.ranger-nsw.com.au](http://www.ranger-nsw.com.au)