

**Safety and comfort is your responsibility**

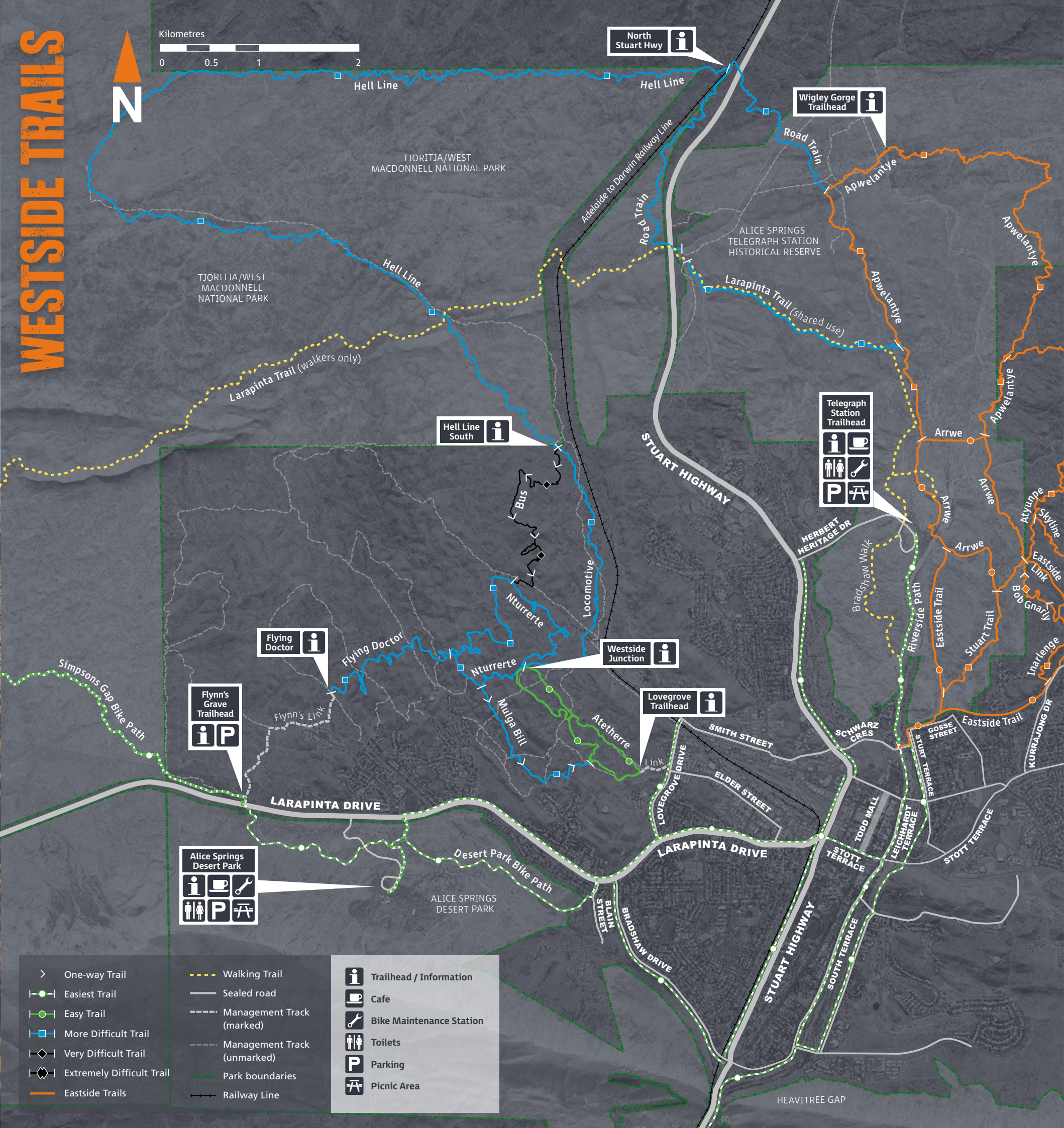
- Take plenty of water.** Drink at least 1 litre per hour and always take more than you think you'll need. Hydrolytes are recommended.
- Avoid extreme heat.** In hot weather plan your ride or walk for early morning or evening.
- Be sun-smart.** Apply sunscreen regularly and cover up.
- Wear a helmet.** Additional safety gear like gloves are also recommended. Armour should be considered on Black Trails.
- Prepare for flies.** Consider taking a fly net or fly cream.
- Plan ahead and be prepared.** Have a trail map or take a photo of the sign. Carry; tools, spare tubes, pump, first aid kit, extra water and food.
- Know and respect your equipment.** Ensure your bike and equipment are suitable for your chosen trails.
- Ride in groups and know your limits,** supervising children at all times. If alone, tell someone about your plans. Be aware of hazards and changes to trail conditions.
- Respect wildlife.** To minimise disturbance and for your safety, allow animals space and time.
- Carry a mobile phone.** Be aware that reception is unreliable and can often improve with higher elevation.
- Motorcycles are not permitted** on any trails, within Tjoritja/West MacDonnell National Park or Alice Springs Telegraph Station Historical Reserve.
- Give way to vehicles** which may be using management tracks.

**In the event of an emergency call 000**

Many trail markers display a grid reference which can help locate you.



**WESTSIDE TRAILS**



	One-way Trail		Walking Trail		Trailhead / Information
	Easiest Trail		Sealed road		Cafe
	Easy Trail		Management Track (marked)		Bike Maintenance Station
	More Difficult Trail		Management Track (unmarked)		Toilets
	Very Difficult Trail		Park boundaries		Parking
	Extremely Difficult Trail		Railway Line		Picnic Area
	Eastside Trails				

**Larapinta Trail**  
...expand your horizons

The Larapinta Trail is a world renowned walking trail spanning over 230 km through the West MacDonnell Ranges. The Larapinta Trail is for walkers only, with the exception of a 3 km section between the Alice Springs Telegraph Station and the Railway Line that is shared with mountain bikers. Please ride with care and give way to walkers.

	<b>Atetherre</b> [a-TUT-tha-da] Budgerigar. Gateway to the Westside trails and a great introduction to Red Centre riding.		4 km
	<b>Larapinta Trail</b> (shared) A short section of this iconic long distance walking trail is shared with mountain bikers. Please respect this privilege by riding with care and giving way to walkers.		3 km
	<b>Flying Doctor</b> Technical singletrack with great views. Connect to Flynn's Grave Historical Reserve via management tracks (extra 2km).		3 km
	<b>Nturrerte</b> [n-DOR-ud-da] Spinifex Pigeon. Progress your outback riding skills on this undulating and flowy singletrack loop.		6 km
	<b>Mulga Bill</b> One-way mostly descending trail through the woodland of Mulga Bill's namesake.		2 km
	<b>Locomotive</b> 'Watch where you're Ghan' on this fast and fun trail beside the railway line.		3.5 km
	<b>Hell Line</b> Extended outback cross-country trail for experienced riders only. Be prepared and carry plenty of water!		15 km
	<b>Road Train</b> Prime singletrack with great views. Links Hell Line with the Larapinta Trail and the Telegraph Station trails.		5.5 km
	<b>Bus</b> Challenging one-way trail featuring a climb to a spectacular lookout and a very technical rocky descent.		3.5 km

**ALICE SPRINGS**  
**MTB TRAIL MAP**

**WESTSIDE & EASTSIDE TRAILS**

*"Werte. Nhenhe apmere  
anwernekenhe-nhenge  
Arrernte-mape-akenhe  
Mwerre arlte  
arpe-amenhe-tyatthe  
Mwantge-ardheme. Kele."*

*"Welcome to Arrernte country. Have a good day and be aware of what's around you. Thank you."*  
Traditional Owners

- Please remember**
- Comply with all signs,** noting if a trail is one or two-way, for shared-use, walkers-only or riders-only.
  - Stay on the marked trails** for your own safety and to show respect for country and culture. Tread lightly and leave no trace, control your bike and take all rubbish with you.
  - Share the trails, respecting other users.** Remember, cyclists generally give way to walkers but, common sense should prevail according to the situation.

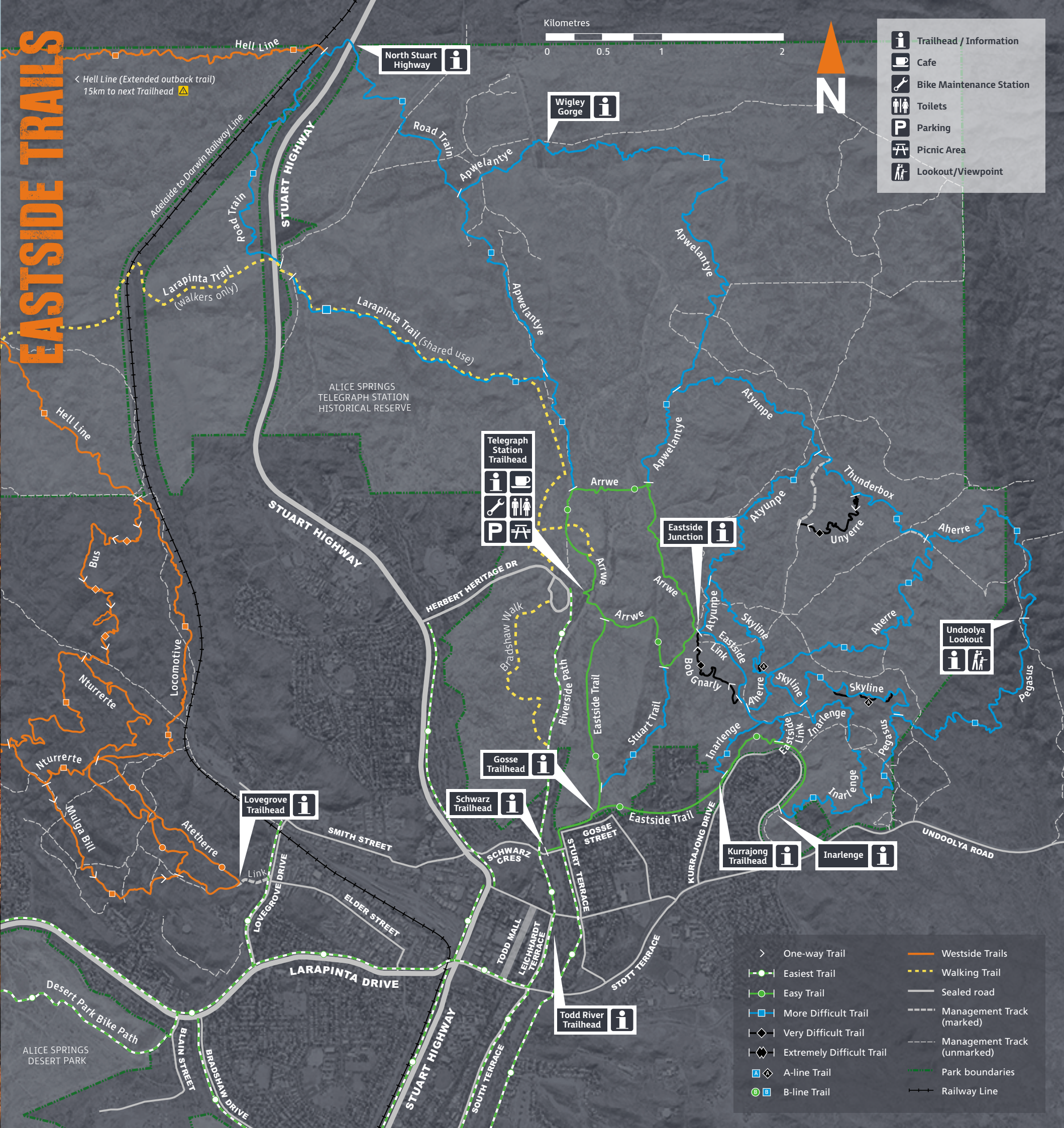
**Look after the trails by setting a good example of environmentally sound and socially responsible trail use.**

**Ride the Red Centre**

The Eastside & Westside Trails form part of a large network of mountain bike & shared-use trails across Central Australia.

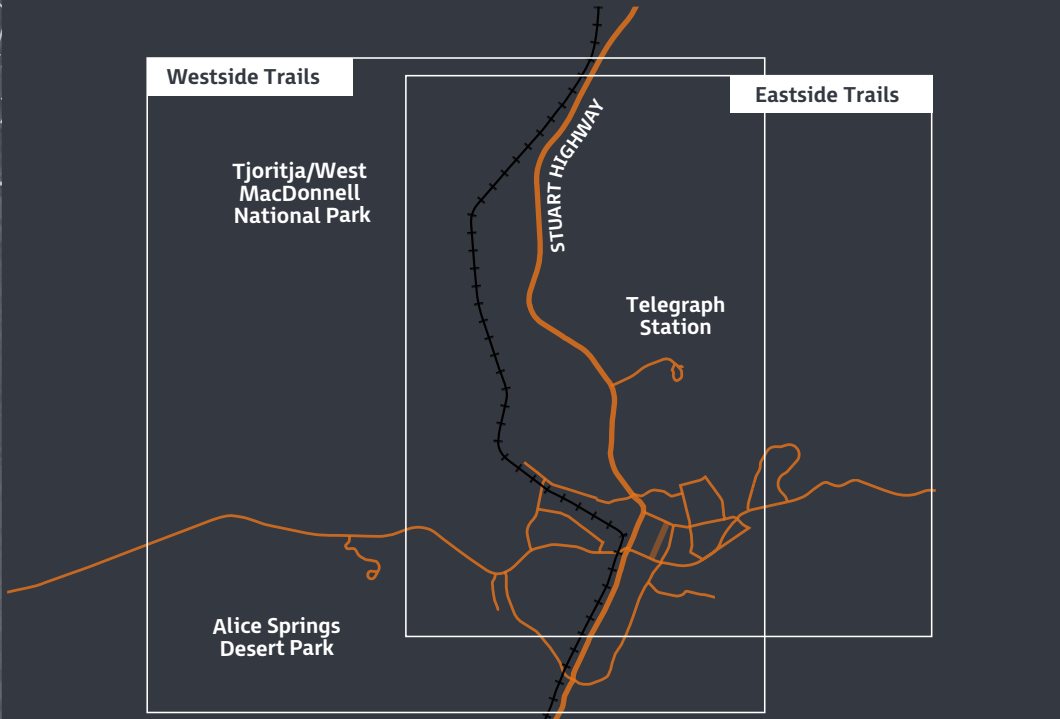
For more information about the trails, events & the trail community visit [www.northernterritory.com/mtb](http://www.northernterritory.com/mtb)





<b>Arrwe</b> [arrWAH] Wallaby. Gateway to the Alice Springs trail network providing fun for everyone. 5 km	<b>Skyline</b> Panoramic singletrack with technical challenges and multiple line options. 4.5 km
<b>Eastside Trail</b> Beginner-friendly trail connecting Eastside with the Telegraph Station. 4 km	<b>Atyunpe</b> [a-chorn-pa] Perentie. Undulating flowy XC-style trail. 5 km
<b>Eastside Link</b> Direct link to the Telegraph Station from Eastside. 1.6 km	<b>Thunderbox</b> For when nature calls in the outback. 1.5 km
<b>Apwelantye</b> [aPULLundge] Black Kite. An Alice Springs cross-country classic. 11 km	<b>Road Train</b> Prime singletrack with great views. Links the Telegraph Station trails to Hell Line. 5.5 km
<b>Stuart Trail</b> Start your outback exploration on this intermediate link trail. 1.5 km	<b>Larapinta Trail (shared)</b> A short section of this iconic long distance walking trail is shared with mountain bikers. Please respect this privilege by riding with care and giving way to walkers. 3 km
<b>Inarlenge</b> [in-arl-ung-a] Echidna. Like its namesake this lovable quirky trail has a few spikey bits. 4.5 km	<b>Unyerre</b> [oon-yirr-a] Thorny Devil. Technical one-way singletrack; handle with care. 1.2 km
<b>Pegasus</b> A stellar trail link to Undoolya Lookout. 4 km	<b>Bob Gnarly</b> Challenging one-way trail with great views and a technical descent. 1 km
<b>Aherre</b> [a-herra] Kangaroo. Classic outback trail with a bit of everything. 6 km	

Please note that the Eastside Trails are under development, with signage due to be installed by mid-year 2020. This may result in minor adjustments to the track alignments shown on this map.



### Trail difficulty ratings

- Easiest.** Suitable for beginner cyclists and most bikes. Usually a wide trail with gentle gradients, smooth & firm surfaces and no obstacles.
- Easy.** Suitable for beginner mountain bikers and off-road bikes. Usually a wide single trail with gentle gradients, mostly smooth and firm surfaces with a few obstacles. Short sections may exceed these criteria.
- More Difficult.** Suitable for skilled mountain bikers and mountain bikes. Usually a single trail with moderate gradients, variable surfaces and some obstacles.
- Very Difficult.** Suitable for skilled and experienced mountain bikers and better quality mountain bikes. Usually a challenging single trail with steep gradients, variable surfaces and many obstacles.
- Extremely Difficult.** Suitable for highly skilled and experienced mountain bikers & high quality mountain bikes. Very challenging terrain with steep gradients, highly variable surfaces and severe obstacles.

- A and B lines.**  
There are many sections of the trails with A-line and B-line options.
- A-lines** are more difficult to provide extra technical challenge and fun.
  - B-lines** have the same trail difficulty rating as the main trail.
- Signs to identify A & B lines are only provided where it's not obvious.

### Local contacts

- Report trail hazards, maintenance issues or other concerns, to the Rangers:
- Eastside Trails** (at the Telegraph Station)  
> Call (08) 8952 1013
  - Westside Trails** (at Simpsons Gap)  
> Call (08) 8955 0310
- For injured wildlife  
Wildcare Alice Springs  
> Call 0419 221 128
- Local MTB Club**  
Central Australian Rough Riders Club



For more information on Mountain Biking in Alice Springs, check out [northernterritory.com/mtb/alicesprings](http://northernterritory.com/mtb/alicesprings)