

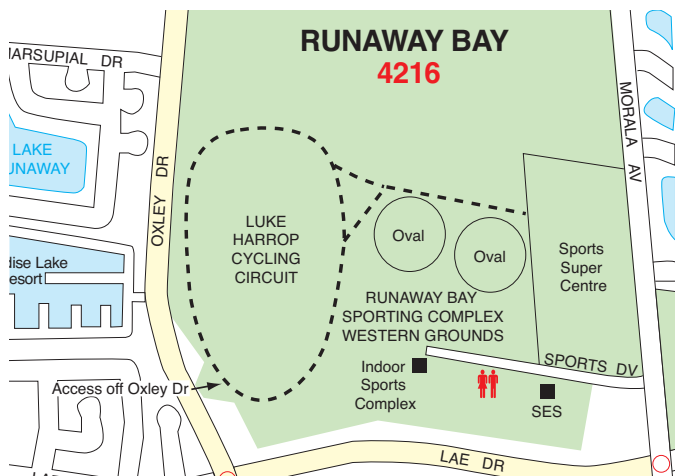
# Luke Harrop High Performance Cycling Circuit

## Runaway Bay

This cycling facility was officially opened in December 2004. The 1.9 kilometre long, eight metre wide, off-road training circuit is a permanent memorial to Australian triathlete, Luke Harrop, who was tragically killed while training in 2002. The track is available for use by cyclists of all grades and can be booked for

specific cycle events. Please note that the track is a shared use facility and can also be used by pedestrians.

It's free to use this facility, however it may be booked out for special events. For further information and bookings please contact Parks and Recreation Services on **1300 GOLDCOAST**.



# Gold Coast Cycle Centre

## Nerang

This cycling venue comprises an outdoor velodrome and a 1.5 kilometre purpose-built off-road criterium circuit. Both facilities are available for training use by clubs and individuals and can be booked for specific cycle events. There are change/shower facilities available as well as a kiosk.

It's free to use this facility, however it may be booked out for special events. For further information and bookings please contact the Venues Booking Officer on **1300 GOLDCOAST**.



# Mountain bike trails

## Old Tambo mountain bike track

Wongawallan Road, Eagle Heights

Opened in 2014, 'Old Tambo' is for experienced riders looking for a high adrenaline run. It features fast flowing corners, rollers, dips and gaps, and a nice chill out section through treed grasslands before the tight and technical bermed corners, drop offs and steep grades to the exit.

The descent is approximately three kilometres and takes experienced riders around 10 minutes. Newer riders should allow up to 20 minutes for a run. The trail exit is on Wongawallan Road (close to the intersection with Welches Road), and shuttling back to the trail head is a breeze using the main road to Tamborine Mountain.

The trail crosses sections of shared use fire trail so look out for other users. Please respect nature and neighbouring homes by parking away from houses and keeping noise to a minimum.



- Single direction (descending only).
- Suitable for advanced mountain bike riders.
- Suitable for most mountain bikes but best suited for 'All Mountain' and 'Downhill' bikes.
- Full face helmets, gloves and body armour recommended.

## Nerang National Park and State Forest

Nerang

## The Peter Hallinan Mountain Bike Precinct

Hinze Dam

Visit [gcmtnb.com.au](http://gcmtnb.com.au) for details





### Did you know?

It is legal to ride on footpaths in Queensland (unless signed otherwise).



## Freestyle BMX tracks

The Gold Coast is home to the most skate and BMX parks in Australia.

### Beginners

|                    |   |
|--------------------|---|
| <b>Elanora</b>     | Elanora Oval, Park Court, Elanora           |
| <b>Jacobs Well</b> | Riensenweber Park, 3 Bay Drive, Jacobs Well |
| <b>Ormeau</b>      | Norfolk Park, Pascoe Road, Ormeau           |
| <b>Parkwood</b>    | Driftwood Park, Driftwood Place, Parkwood   |

### Intermediate

|                     |   |
|---------------------|---|
| <b>Burleigh</b>     | Deodar Park, Omao Avenue, Burleigh Waters       |
| <b>Ovenford</b>     | Gambamora Park, Oxenford                        |
| <b>Tallebudgera</b> | Dolan Family Park, Dungogie Drive, Tallebudgera |

### Advanced

|                      |  |
|----------------------|--|
| <b>Parkwood</b>      | Abbot Park, 12 Woodlands Way, Parkwood                             |
| <b>Upper Coomera</b> | Upper Coomera Adventure Parklands, 221 Reserve Road, Upper Coomera |

To view all the skate and BMX parks visit [cityofgoldcoast.com.au/parks](http://cityofgoldcoast.com.au/parks)

The Ashmore BMX Club is sponsored by the City of Gold Coast and is located on the corner of Cotlew Street and Currumburra Road, Ashmore, Gold Coast.

# Children's bicycle education circuits

Bring your bike and try out one of the mini bike circuits located at Broadwater Parklands, Varsity Lakes, Currumbin Waters and Burleigh Waters. These facilities have been designed to improve children's road safety awareness and feature various examples of road signs, crossings and traffic lights.

|                             |                                   |
|-----------------------------|-----------------------------------|
| <b>Broadwater Parklands</b> | Marine Parade, Southport          |
| <b>North Shore Park</b>     | North Shore Avenue, Varsity Lakes |
| <b>Galleon Way Park</b>     | Galleon Way, Currumbin Waters     |
| <b>Coronet Park</b>         | Coronet Crescent, Burleigh Waters |



## Did you know?

Almost two-thirds of primary school students and half of all secondary school students live within three kilometres of their nearest school.

