MTB Riding Tips

RESPONSIBLE RIDING

1 Ride Open Trails. Respect trail closures and wishes of land managers. Ride trails only in the direction specified. Only KMBC and Munda Biddi signposted trails are sanctioned mountain bike trails. Bicycles are not allowed on the Bibbulmun Track.

2 Leave No Trace. Take out everything you brought in – do not litter.

3 Control Your Bike. Ride within your limits and avoid skidding, which tears up the trail and causes braking ruts in corners.

Plan Ahead. Know your equipment, your ability and the area in which you are riding and prepare accordingly.

6 Ride Within your Limits. If you're unsure of an obstacle, get off and have a look to determine the best line. Don't attempt features way beyond your skills - work up to them.

6 If it's Wet. Some trails with clay berms (like Lazarus) can be damaged if ridden in very wet conditions. Please consider another route.

WHAT TO TAKE

1 Bike. Ensure that your bike is suitable for the terrain and is in good working condition. The minimum standard is a proper mountain bike with disc brakes. You can hire a good quality mountain bike from a number of local bike shops

2 Helmet. You must wear an Australian certified cycling helmet by law. If you're regularly riding black trails, consider a full face helmet.

3 Protective Gear. Knee and elbow pads are good to have in the event of a tumble.

Water/Drinks. Ensure you have sufficient fluid to stay hydrated for the duration of your ride.

5 Food/Snacks. Take some food, like a muesli bar or lollies,

if you plan on riding the trails for more than an hour or so.

6 Spares and Tools. You might not be the greatest bike mechanic but as a minimum you should be able to repair a puncture. Tools and spares to consider include: inner tube, pump, tyre levers, multi tool, chain power link.

7 Mobile Phone. In case of emergency call 000. Your phone may be able to display map coordinates which are useful for emergency services to locate you.

8 This Map. Will help prevent you getting lost!

Suggested Loops. Everything from Beginner to Advanced

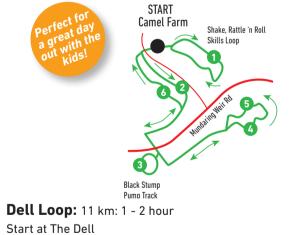
Beginners and Kids Loop: 5 km: 1 - 2 hour

Start at Camel Farm

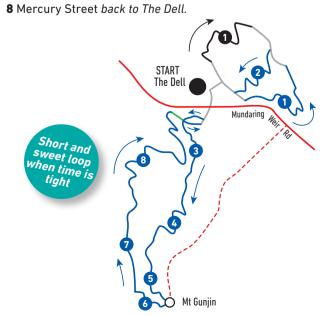
1 Laps around the Shake, Rattle 'n Roll Skills Track

- **2** Camel Train (up) **3** Laps around Black Stump Pump Track
- **4** Tangaroo Kick **5** Gottysnobble

6 Camel Train (down) back to Camel Farm.



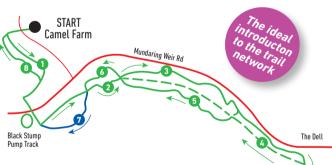
1 Metasoma (blue) or Lancaster (black) 2 Highway to Dell **3** Lost & Found **4** Rocky Balboa **5** Mother-in-Law 6 Goldilocks 7 Three Bears



Easy Cruisey Loop: 8 km: 1 - 1.5 hour

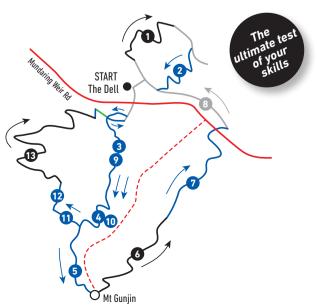
Start at Camel Farm

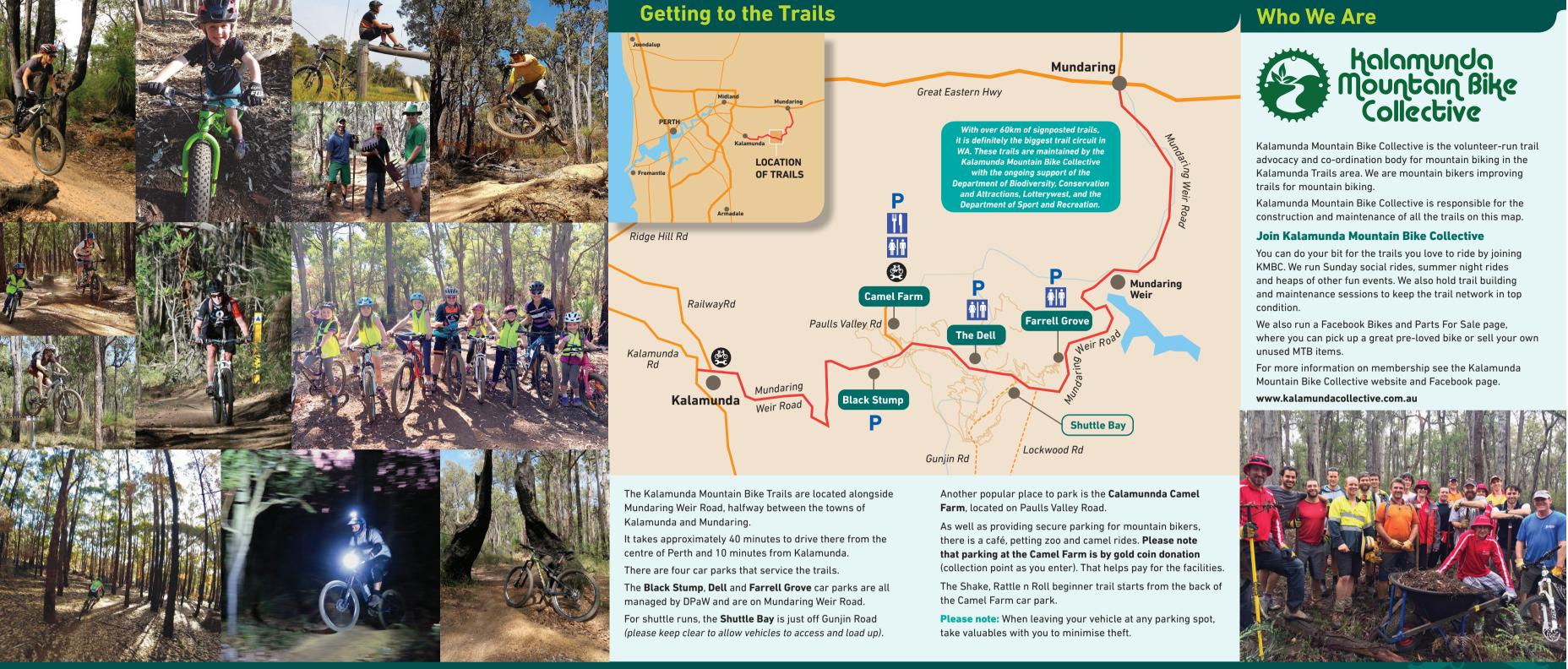
1 Camel Train (up) to Black Stump **2** Tangaroo Kick **3** Flaccid Ashback **4** Fire Road **5** Gridlocked **6** Gottysnobble 7 Horny Devil (last section) 8 Camel Train (down) back to Camel Farm.



Three of Spades Loop: 14 km: 1.5 - 2 hour Start at The Dell

1 Lancaster **2** Highway to Dell. **3** Lost & Found 4 Rocky Balboa 5 Mother-in-Law 6 Loco En El Coco 7 Alchemy 8 Fire Trail 9 Lost & Found 10 Rocky Balboa **11** Apollo **12** Mercury St (top section only) **13** Lovin' Shovels back to The Dell.

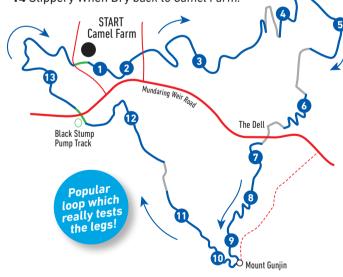




The Kalamunda Circuit Loop: 22 km: 2 - 3 hour

Fully signed • Start at Camel Farm

- 1 Joeys Line 2 Dugite 3 Camakazi 4 X-Files 5 FJ
- 6 Highway to Dell 7 Lost & Found 8 Rocky Balboa
- 9 Mother-in-Law 10 Goldilocks **11** Muffin Tops **12** Horny Devil
- 14 Slippery When Dry back to Camel Farm.



Farrell Grove Loop: 11 km: 1.5 - 2 hour Start at Farrell Grove 1 Up Up & Away 2 Scorpion 3 Creek Trail Farrell Grove 4 Brand New Second Hand 5 Drago 6 Mother-in-Law 7 Judderbars or Lazarus 8 Alchemy 9 Lube me Up **10** Feral Groove back to Farrell Grove. Mundaring Weir F



Improve Your Skills

If you are new to mountain biking, or simply want to hone your existing skills, check out the **Shake, Rattle 'n Roll** skills loop adjacent to the Camel Farm.

The 800m track has interpretive signs that explain how best to tackle the obstacles that you will encounter.



a go at the inner Sidings loop number of harder log rides.

The Shake, Rattle 'n Roll trail was constructed by Rock 'n Roll Mountain Biking, in conjunction with KMBC and the Live Lighter campaign.

Mountain Bike Courses and Bike Hire

There are a number of MTB course options available for all levels, by Rock n' Roll Mountain Biking, Jump n' Pump Nation and local bike shops at Kalamunda and Cannington.

You can hire suitable mountain bikes for the Kalamunda MTB trails from Rock n' Roll Mountain Biking (08) 9451 5595 and Kalamunda Cycles (08) 9293 2115.

Which Trail for Me?

Kalamunda Mountain Bike Collective uses the IMBA (International Mountain Biking Association) Trail Difficulty Rating System.

This system is a basic method used to categorise the relative difficulty of trails.

Important! Choose a trail which is within your capabilities. Mountain biking is potentially hazardous and attempting a trail beyond your skill level may result in serious injury. The ratings are shown below. The coloured shapes that designate the trail difficulty are located on sign posts at the start of each trail. If you are not sure, the colour of the arrows on the trail also indicate the rating.

\bigcirc	Easiest	Fairly flat, wide and smooth, no significant climbs or difficult obstacles.
•	Easy	Gentle climbs, up to 1 metre width, good surface, obstacles up to 5 cm or avoidable.
	More Difficult	Steeper slopes, narrower trail, tight corners, obstacles up to 20 cm, rollable drop-offs, technical trail features up to 60 cm.
�	Very Difficult	Variable surface, steep slopes, unavoidable obstacles up to 35 cm, loose rocks, unrollable drop- offs and gap jumps, technical tra features up to 1.2 m.
**	Extremely Difficult	Unpredictable surface, very steep slopes, obstacles greater than 35 cm, technical trail features highe than 1.2 m, large drop-offs and gap jumps.
en trail – suitable Blue trail – when you Black trail – only		

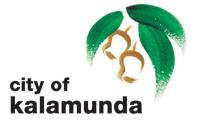
Gree for all abilities want more challenges.

experienced riders.





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Kalamunda Trails Map & Information





Trail Descriptions

📥 Green Trails - Easy

Shake, Rattle 'n Roll skills loop
Map C3

This 800m long interpretive beginner skills loop is a great place to warm up or hone your skills. Along-the-way hints for climbing, cornering, berms and negotiating obstacles. Camel Train
Map B4-B3

This two way trail provides a fast and fun link between the Black Stump car park and the Camel Farm. A great little short cut if you don't have the time or energy to tackle Slippery When Dry.

Tangaroo Kick
Map C4-D4

This easy climb is as flowy as you can get going uphill. **Gottysnobble** Map D4-C4

A fun twisty descent suitable for all levels and abilities.

Flaccid Ashback
Map D4-F5

Is this the best flow trail around? Endless berms and turns on this easy flowy descent. Just be warned that the corners can bite back if you over cook it, so sit back and enjoy the ride. **Gridlocked** Map E4-D4

What goes down must come up. Picturesque climb which avoids the alternative gravelly and steep fire trail climb back from the Dell. Features cattle grids each end (dieback protection). Black Stump Pump Track
Map B4

An outstanding facility suitable for riders of all ages and abilities. Pump tracks are great fun for riders of all abilities and are both a great introduction to mountain biking and a way for more experienced riders to hone their skills.

Munda Biddi
Map F1-E8 The Munda Biddi trail is a long distance offroad touring trail that runs from Mundaring to Albany (1000km). A section of the Munda Biddi passes through the centre of the Kalamunda Trails and is a useful "spine" to the network.

Blue Trails - More Difficult

Joeys Line Map C3

This section of trail named after Canadian trail builder Joey Klein who ran a trail workshop here. An easy climb with a few rocks thrown in to get the legs warmed up. Dugite Map C3-D3 A snaking trail with one small jump and lots of fast corners.

Camakazi 🗖 Map D3-G2 A real favourite; a predominantly downhill (heading east) trail with berms, some small jumps and a few rocks to keep it interesting.

X-Files Man G2 A climbing linking trail, from the Munda Biddi. Named after the prison crew who constructed this section of trail who were supervised by Officer Scully and went missing afterwards... FJ 📕 Map G2-H2

A flat, weavy section of the Kalamunda Circuit that passes by an old burnt out Holden FJ. Highway to Dell Map G4

A twisty climb up through the pines which takes you gradually to the Dell. So gentle that it doesn't even feel like a hill.

Metasoma 🔳 Map G5-H5 A fun, tight downhill trail that leads from the top of Highway to Dell towards Lube Me Up. Lost and Found Map F5-F6

A gentle climb that weaves back up the bottom third of the hill. Mercury Lane Map F6-F5

A short flowy trail that links into the bottom part of Mercury Street from the end of Lost and Found. Great for beginners looking to step it up a level.

Rocky Balboa Map F6-F7 A technical climb with many hairpin corners and exposed rocks to catch you out - a good

challenge to take the mind off the screaming legs. Drago Map F7

This climb is not as hard as Rocky Balboa and is $% \left({{\mathbf{r}}_{\mathbf{r}}} \right)$ a simple non-technical climb for those who want to cruise back to the top of Mt Gunjin to do it all again. Apollo Map F7

Starting from the end of Drago and Rocky Balboa, this rocking and twisty trail provides a good link to the start of Mercury Street.

Mercury St Map F6-F5 Long, fast and fun downhill with many tabletop jumps, fast corners and a challenging log ride. Mother-in-Law Map F7-F8

Like the mother-in-law, this final part of the climb to Gunjin is going to be hard work. Try not to bite your tongue though, just think you could be climbing the pea gravel road to the left. Goldilocks Map F8

This flow trail might be short but it packs a lot of fun in. Descending from the top of Gunjin it takes you to the start of Muffin Tops or Three Bears.

Three Bears Map F8-F6

These three bears (tabletops) when linked in with Goldilocks and then continuing on to Mercury St makes a sweet l-o-o-o-ng descent from Mt Gunjin. Muffin Tops Map F8-D6

The fastest downhill blast around. Take your hands off the brakes and enjoy the ride. There are several table top jumps to add to the fun!

Horny Devil Map D6-C4 A fast flowing trail, marked with a pair of Devil's Horns (trees) at its start. The first few corners are a bit tight but it just gets faster and faster! Beware the slippery tree roots. The last section (which has become known as 'Burn and Turn') is a set of lightning fast sweeping turns though

woodland that will make you want to do it all again!

Slippery When Dry Map B4-B3 This is one of the first sections of trail to be constructed and contains challenging rock gardens, fast corners, fun jumps and one Black Diamond log ride shortly before you descend to the Camel Farm.

Judderbars Map F8-G7

You want flow? This trail is packed full of rollers which you pump, manual or link up and double if your speed allows. It continues in to Alchemy when the gradient flattens out. Lazarus 📕 Map F8-G7

Loco's little brother is a great training ground for those who like it technical. Littered with rock gardens, rock drops, ramps, ladder drops and tricky lines.

Alchemy Map G7-H6

This trail provides a little calm before the storm with a flattish section to catch your breath. They it is time to hit the smooth sweet berms and pump the rollers befor the final big tabletop to finish

Lube Me Up 🔳 Map H5-J5

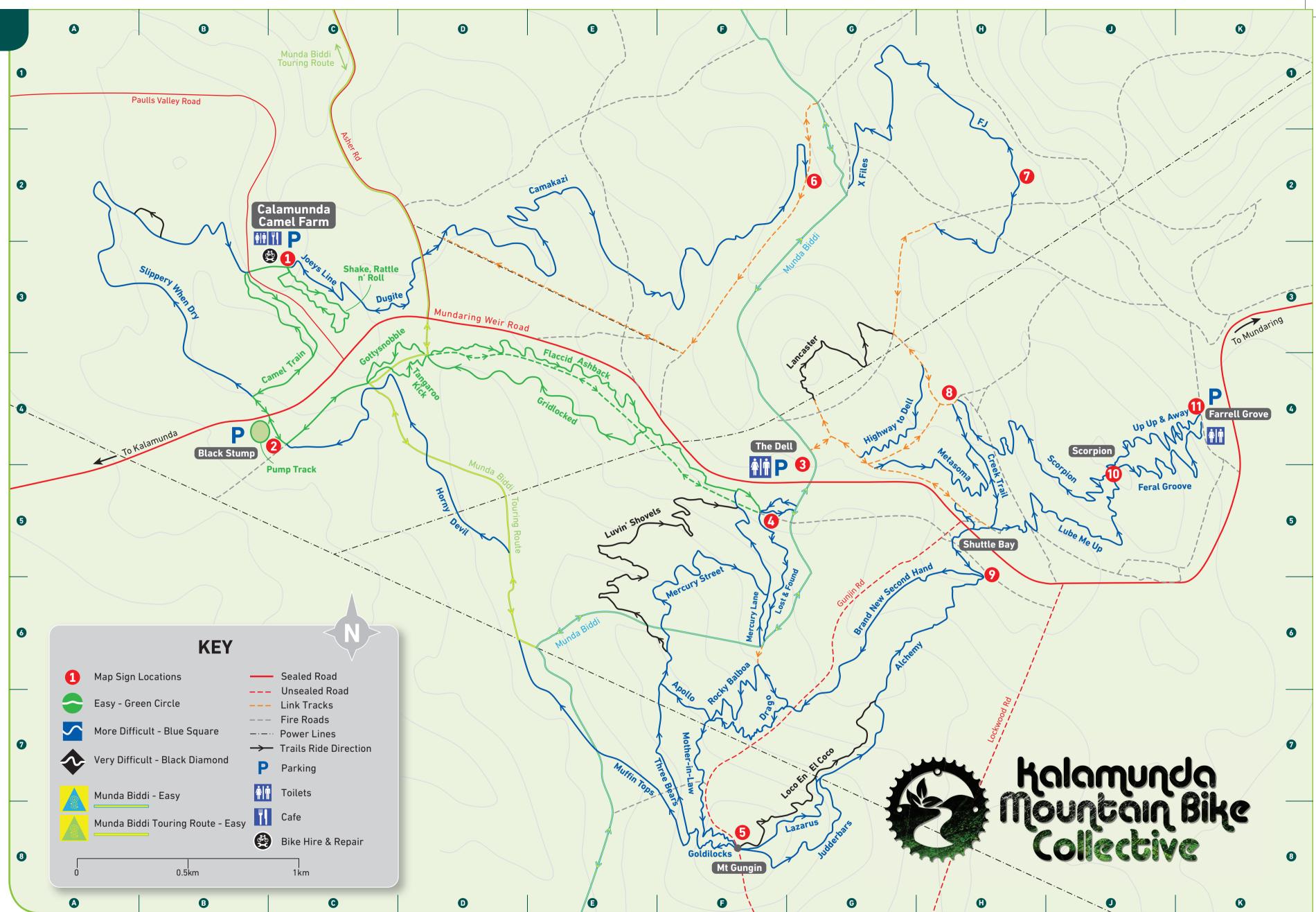
This climb takes you from Creek Trail all the way to the very top of the hill and the start of Scorpion and Feral Groove trails - beware the tight corners. Scorpion Map J5-H4

An old favourite that has been given a new lease of life. The speed you can rip around the wood lined berms - or should we say wall rides, will leave you grinning ear to ear. Feral Groove Map 15-14

Fast, flowy trail with wooden berms and plenty of jumps. Gets faster and faster as it spits you out at the Farrell Grove carpark.

Up Up And Away Map J4-J5 Steady climb from the Farrell Grove car park and picnic area to the start of Scorpion and Feral Groove trails. Not as steep and tight as Lube Me Up.

Creek Trail Map H4-H5 A handy link that runs from the end of Scorpion trail, linking with Metasoma on the way, for those either looking to do it all again or to link into an easier ride up Mt Gunjin.



Black Trails - Very Difficult

Luvin Shovels Map F6-F5

This advanced trail has large and fast jumps and non-rollable drop offs. Its high and technical log rides are legendary, if you're skilled enough.

Lancaster \blacklozenge *Map G*4-*G*3 This trail starts tight and slow before a small drop off leads you in to a couple of nice berms that ramp up your speed for a series of table tops, log ride, small jumps and ladder drops.

Loco en el Coco 🔶 Map F8-G7 This advanced trail has two faces. The top part will test your skills with large drop offs, ladder ramps and a large wall ride. Further down the trail style turns moderately bike park style with largish doubles, rollers and berms to put a smile on your dial.

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