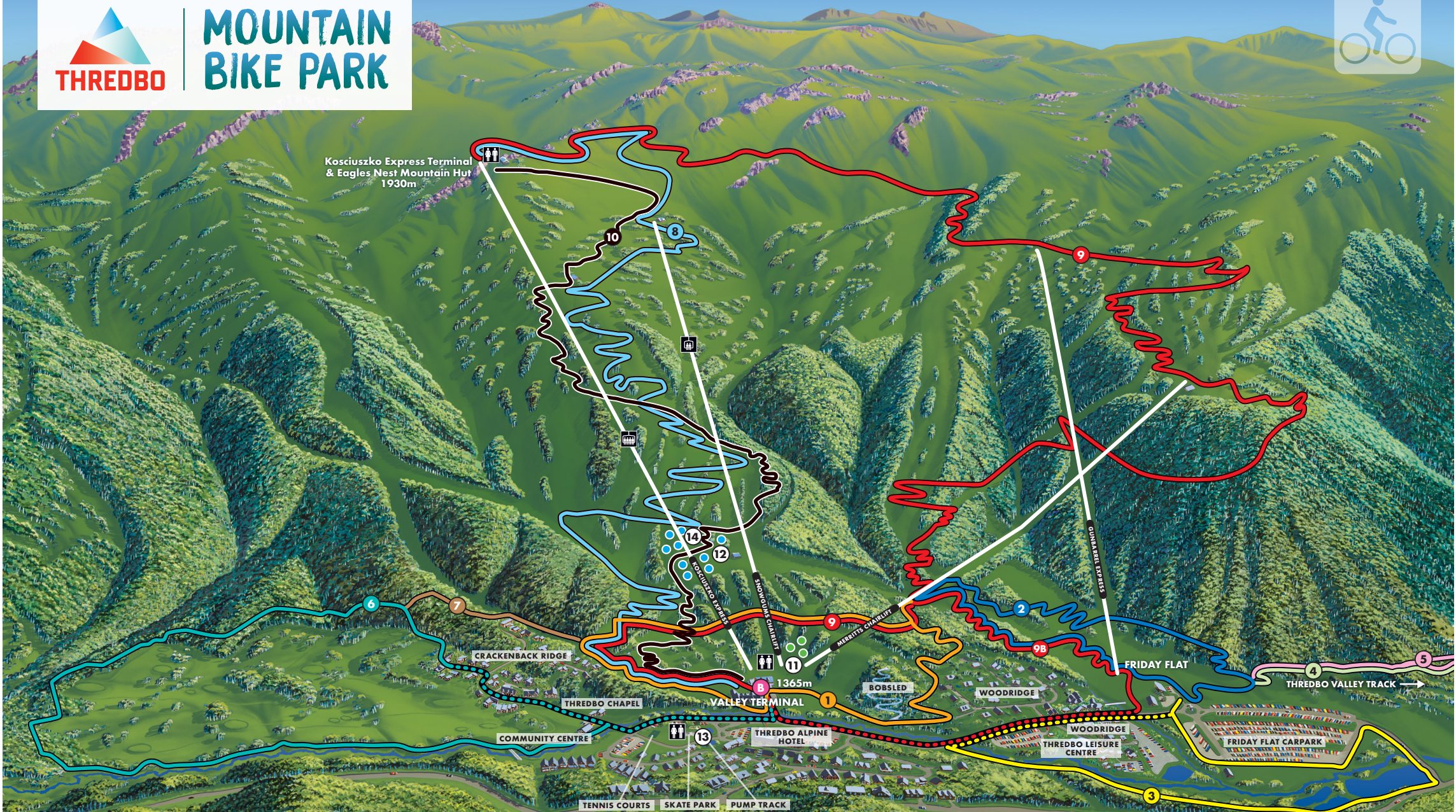




# MOUNTAIN BIKE PARK

2228m  
MT KOSCIUSZKO



Kosciuszko Express Terminal & Eagles Nest Mountain Hut  
1930m

CRACKENBACK RIDGE

THREDBO CHAPEL

COMMUNITY CENTRE

TENNIS COURTS SKATE PARK PUMP TRACK

VALLEY TERMINAL

THREDBO ALPINE HOTEL

BOBSLED

WOODRIDGE

WOODRIDGE THREDBO LEISURE CENTRE

FRIDAY FLAT

THREDBO VALLEY TRACK

FRIDAY FLAT CARPARK

### KEY TO SYMBOLS

- Beginner
- Intermediate
- ◆ Advanced
- ≡ Technical
- ~ Flow
- 🚶🚴 Shared Use Trail

### CROSS COUNTRY TRAILS

- 1 Village Loop
- 2 Friday Flat Loop
- 3 Pipeline Path
- 5 Bridle Trail Loop
- 6 Golf Course Loop
- 7 Golf Course Connector

### GRAVITY TRAILS

- 9 All-Mountain Trail
- 9B All-Mountain Village Return
- 8 Kosciuszko Flow Trail
- 10 Cannonball Downhill

### THREDBO VALLEY TRACK 🚶🚴

- 4 3 Bridges 5km return
- Rangers Station 12km return
- Ngarigo 9km one way
- Thredbo Diggings 1.5km one way
- Lake Crackenback 20km one way

### MTB PARKS

- 11 Skills Park – Beginner
- 12 Hollywood Jumps Park
- 13 Pump Track
- 14 Skills Park – Intermediate

### OTHER

- On-road
- B Thredbo MTB Base





# MOUNTAIN BIKING IN THREDBO

- Pump Track
- Skills and Jumps parks
- Retail store and MTB workshop
- A network of cross country trails
- Thredbo Valley Track shuttles
- Clinics, private lessons, custom and guided tours
- Lift serviced Cannonball Downhill, Flow Trail and All-Mountain Trail
- Downhill, Cross-Country and All-Mountain bike rental

## MTB GRAVITY TRAILS

### 9 Thredbo All-Mountain Trail 10km

The Thredbo All-Mountain Trail starts in the unique alpine environment above the tree line near the top of the Kosciuszko Express Chairlift, at 1930m above sea level. The purpose built single track offers riders an unrivalled alpine biking experience with uninterrupted views of the Thredbo Valley. Riders travel over 10 kilometres down through the impressive mountain landscape to the village below.

Traversing across the slopes of the Central Spur area, the use of natural rock slabs rewards riders with spectacular terrain.

The trail then passes the top of the Gunbarrel Express Chairlift, the door to the Cruiser area that is regarded as some of the best flowing single track in region. Although not as steep as the Flow Trail, the All-Mountain trail offers intermediate and advanced riders plenty of variety and line choice with or without your wheels leaving the ground.

Towards the base of the trail at Creek Station, there are three options. Riders can traverse back to the Kosciuszko Express Chairlift via the Village Trail Loop that involves some climbing, take the easy cruise back via the Friday Flat Loop and Friday Drive roadway or alternatively continue the adventure along the Thredbo Valley Track.

Highlights: • Unrivalled alpine experience • Epic flowing single track  
• Lush forest sections • Undulating traverses

### 8 Kosciuszko Flow Trail (Intermediate Flow) 4.5km

Perfect for those looking for an introduction into downhill riding or a warm up for the Cannonball. Starting at the top of the Kosciuszko Express Chairlift, riders roll through single-track down the slopes of Thredbo with never ending rollers and smooth berms to keep the flow going, it is a blast top to bottom. The steady gradient gives riders a more mellow ride than the Cannonball, but still providing the adrenaline rush of downhill.

Highlights: • Fluid switchbacks • Epic views • Great intro to downhill riding

### 10 Cannonball Downhill (Advanced Technical) 3.3km

Thredbo's signature trail, the famous Cannonball DH Trail takes riders to their physical and mental limits. Starting at the top of the Kosciuszko Express Chairlift and descending 600m vertically through the tree-lined Supertrail slopes, Cannonball tests riders with off-camber roots, rock drops, jumps, wall-ride and other technical features that the gravity specialists dream about. **\*Full-face helmet compulsory.**

Highlights: • Snakes and Ladders technical section • Bunnywalk Gap Jump  
• Milk Run Wall Ride

## SKILLS AND JUMPS PARKS

**11 Beginner Skills Park** – Located at the base of the Merritts Chairlift on the valley floor, beginner riders will learn the fundamentals of mountain biking here. The features in this park will ensure riders progress quickly before taking their new found skills to the easier gravity trails on the mountain.

**12 Hollywood Jumps Park – Intermediate/Advanced Flow** – Flow Feature tabletops, step-ups, step-downs and hips to negotiate. With all features rollable, your wheels don't have to leave the ground.

**13 Village Green Pump Track – Beginner/Intermediate/Advanced**  
Great free-rolling fun for the whole family and all riding styles. The track design is free form with rollers, berms and jumps. It is great for your mountain biking skills and for fitness.

**14 Intermediate Skills Park** – Located mid mountain, here there is an array of progressive features from drops, jumps, rock gardens and off camber sections. This park is a great place to test your skills for the Cannonball Downhill.

## CROSS COUNTRY TRAILS

### 1 Village Loop (Beginner/Intermediate Flow) 2.9km

The Village Loop heads out from Valley Terminal past the base of Snowgums Chairlift then starts to climb. Traversing through forests, past waterways and rock pools it meets up with the Kosciuszko Flow Trail – Riders can either continue on to the Golf Course Connector to get to the Golf Course Loop or head back to Valley Terminal. This trail is accessed by the Friday Flat Loop, Valley Terminal and the All-Mountain Trail.

Highlights: • Technical climb • Village views • Fun descent back to village

### 2 Friday Flat Loop (Beginner/Intermediate Flow) 2.4km

Starting at the Thredbo Valley Track trailhead, riders cross undulating terrain, across bridges, through gum trees before a winding climb. This links the Thredbo Valley Track and Bridle Loop to the trail network.

Highlights: • Undulating creek crossings • Beginner switchbacks • Gradual climbs

### 3 Pipeline Path (Beginner Flow) 2km

With only a slight undulation, this path loops around the southern end of the village along the Thredbo River. From here riders can pedal onto the Friday Flat Loop, Bridle Loop or Thredbo Valley Track or simply follow the track behind the big carpark, onto Friday Drive back to the village.

Highlights: • A great warm up • Easy access from village • Quiet scenic ride

### 4 Thredbo Valley Track (Beginner & Beginner/Intermediate) Rides ranging from 5km return to 20km one way.

This impressive shared use trail takes riders down the picturesque Thredbo Valley and includes some amazing suspension bridges. Meandering along the banks of the famous Thredbo River, riders can maintain flow undulating through open grasslands and thick eucalyptus forests. The section to the third bridge (5km return) or Rangers Station (12km return) is perfect for the beginners with some climbing involved on the return trip.

Continuing downriver there are forests and open woodlands with smooth descents and short uphill bursts with rollers to keep the flow going. Riders can continue on to Thredbo Diggings (14.5km one way) or head onto to Lake Crackenback Resort (20km one way).

Highlights: • Unrivalled river views • Easy going riding • Picturesque rest areas

### 5 Bridle Trail Loop (Intermediate Technical) 1.9km

The Bridle Loop is a short and sharp technical loop accessed by the start of the Thredbo Valley Track. The trail has flow sections and a technical climb, sure to test any riders climbing skills.

Highlights: • Challenging climbs • Fluid descents • Links up with the TVT

### 6 Golf Course Loop (Intermediate Technical) 2.4km

Starting at the top of Crackenback Ridge, access is via Crackenback Drive close to the Thredbo Community Centre. Once through the top gate, riders head out on the single track skirting the 9 hole golf course, along the Thredbo River. With a few small steps, short technical climbs and the odd rock garden to negotiate, this one is for the more intermediate to advanced riders.

Highlights: • Golf Course views • Follows the Thredbo River • Variety of terrain

### 7 Golf Course Connector (Intermediate) 600m

An intermediate short connector trail running from the Village Loop and Kosciuszko Flow Trail through to the Golf Course Loop.

## Bike Patrol 6459 4147

**CHAIRLIFT** The Kosciuszko Express is the main operating chairlift in summer. At times, during adverse weather or maintenance, Snowgums Chairlift will operate. Other lifts marked on this map are for reference points only.

## MTB GROUP CLINICS

Clinic	Trail	Lesson Outline
<b>Beginner</b>	Skills Park	Great introductory to riding in Thredbo
<b>Intermediate</b>	Flow Trail/ All-Mountain	Improve gravity riding on a more advanced terrain
<b>Advanced Downhill</b>	Cannonball Downhill	Correct line choices, aggressive riding positions and dynamic cornering. <b>1pm only</b>
<b>Price</b>	\$50 per person	
<b>Time</b>	<b>Beginner and Intermediate</b> – 2 hours at 10am and 1pm <b>Advanced</b> – 2 hours at 1pm only	
	<ul style="list-style-type: none"> <li>• Bookings essential.</li> <li>• Lift access not included.</li> <li>• Rental and protective equipment not included.</li> </ul>	<ul style="list-style-type: none"> <li>• Max 4 people per clinic Beginner &amp; Intermediate</li> <li>• Max 2 people per clinic Advanced</li> <li>• Clinics available for ages 10+ years</li> </ul>

## PRIVATE LESSONS

A more intensive session focused on you and your outcomes.

**Cost** \$180 for up to 3 people **Level All** **Time** 2.5 hrs at 9.30am and 1pm

- Bookings essential – in-store only
- Max 3 per lesson
- Lift access, rental and protective equipment not included

## BIKE PARK LIFT PASSES

	Lift pass	Adult	Midweek	Child	Midweek
Cost	1 any day	\$75	\$56	\$53	\$40
	2 day	\$135	\$101	\$95	\$71
	Sample MTB access	\$35		\$18	
	Additional multi-days available				
Buy	Thredbo eStore or in person at Thredbo Sports				
Enquiries	Thredbo MTB (02) 6459 4188				
<b>Mid-week deals</b>	Ride Thredbo midweek Tuesday to Thursday for up to <b>25% discount</b> on your lift pass or take up to <b>20% off</b> your midweek lift and rental package. Midweek pricing available Tuesday to Thursday from 22 November to 15 December 2016 and 31 January to 27 April 2017.				
Packages	There are packages that bundle up lift, rental and lesson. Visit <a href="http://thredbo.com.au/mtb">thredbo.com.au/mtb</a> for all options				

## MOUNTAIN BIKE RESPONSIBILITY CODE

### KNOW THE MOUNTAIN BIKE CODE. IT'S YOUR RESPONSIBILITY

1. Know your ability and always stay in control at all times. It is your responsibility to avoid other people and objects around you. It is your responsibility to stay in control on the ground and in the air.
2. Take lessons from professional instructors to learn and progress.
3. Do not stop where you obstruct the trail or are not visible from above.
4. When entering a trail or starting downhill, you should look uphill and give way to other riders.
5. Before using any lift you must have the knowledge and ability to load, ride and unload safely and always use restraining devices.
6. Please assist if you are involved in or witness a collision or accident and identify yourself to the Bike Patrolters.
7. Do not use a lift or undertake any form of mountain biking if your ability is impaired by drugs or alcohol.
8. Keep off closed areas and obey all signs and warnings.
9. Stay on marked trails. Do not cut switchbacks.
10. Observe and obey all "Walking Zones" Dismount your bike and walk.
11. It is mandatory to wear a helmet on all trails. Full-face helmets are highly recommended on all gravity trails.
12. Full-face helmets are mandatory on the Cannonball Downhill Trail.

Failure to observe the code may result in cancellation of your pass by bike patrol or other authorised personnel

**For more information visit [thredbo.com.au](http://thredbo.com.au)**