

# Cycling & Walking Map

## Coastal & Hinterland

**NOOSA REGION**  
Effective May 2019



# COASTAL

### RIDE 1 Surf Beaches Ride

**Peregian Beach to Noosa Junction**  
(23 km return, 2-4 hrs Starts at Peregian Beach Village or Cooyar Street roundabout at Noosa Junction)

- Mainly off road along the coastal pathway.
- Moderate grades with a few short steep sections.
- Suitable for families.
- Some sections are along quiet residential streets.
- Great views and beach access along the entire route.
- This is a great way to see the Pacific coastline.

### RIDE 2 Noosa River Ride

**Tewantin to Noosa Heads**  
(13 km return, 2-3 hrs. Starts at Noosa Marina Information Centre, Tewantin or Noosa Heads Lions Park)

- A mix of on and off-road cycling.
- Mainly flat, suitable for families.
- On-road Bicycle Awareness facilities along Noosa Parade and Gympie Terrace.
- Caution when crossing bridges at Noosa Parade, Munna Point and Lake Doonella.
- Pleasant ride along the river and over to the cafes, boutiques and beaches of Hastings Street, Main Beach, Laguna Bay and Noosa Spit.
- Possible extension of ride to Noosa Heads National Park along Park Road but caution required on-road, not suitable for young children. Possible side trip to Noosa Junction which meets up with the start of Ride 1 Surf Beaches Ride.

### RIDE 3 Noosa Waters Ride

**Noosa Waters Circuit**  
(5km return, 1-2 hours, starts at Noosa Yacht and Rowing Club on Gympie Terrace or along the circuit)

- A mix of on and off road cycling.
- Mainly flat, easy riding.
- From Yacht Club head west and cross over timber bridge and turn left to ride under bridge and follow pathway into Portside Crt and under Gibson Road. Follow pathway along Riverbreeze Avenue and Shorehaven Drive. Alternatively use the road shoulder. Follow path into Waterside Crt and across the bridge at Saltwater Av. The return can be done via Seahorse Place and Mermaid Quay back onto Riverbreeze Ave.
- This is an easy ride with picnic opportunities along the canals.

### RIDE 4 Mangroves & Creeks Ride

**Gympie Terrace to Noosa Junction**  
(12km return, 1-2 hours, starts at Noosa Parade/Howard Street at Noosaville or Cooyar Street roundabout, Noosa Junction)

- Mainly off road or along quiet streets.
- Suitable for families.
- Mainly flat, easy riding, moderate climb on Leslie Drive.
- Take Care when crossing Weyba Road near AFL ground, can be busy on Market day.
- Explores Noosa's creeks and mangroves and takes you out to Lake Weyba and Weyba Creek.
- On-road Bicycle Lanes along Leslie Drive and Cooyar Street.
- Take Noosa Springs Dr or Langura St and follow Eerie Creek Rd to Noosa Civic on either the on road bicycle lanes or on the off road pathway.

### RIDE 5 Noosa North Shore Wilderness

**Tewantin to Noosa North Shore**  
(15km return, 2-4hrs, starts and finishes at Tewantin Information Centre, Poinciana Avenue)

- Mainly flat on-road, moderate climb up Moorindil Street some unsealed sections, suitable for mountain bikes and touring bikes.
- Ride along Blakesley Street and through Ward Park onto Moorindil Street. Head north to the ferry.
- Ferry access required to the North Shore, so take some money to pay for the ferry.
- The beach road has narrow shoulders so caution is required with young children.
- Care should be taken during holiday periods due to 4WD traffic.
- The North Shore beach is used by 4WD vehicles. Cyclists can access and ride on the beach and this is best done at low tide, however care should be taken to follow road rules and indicate your intentions to stop or turn left or right. 4WD vehicles may be travelling at high speeds. Be visible and predictable in your behaviour.

### RIDE 6 Doonella Lake Ride

**Doonella Lake Loop including Alec Loveday Park**  
(5km loop, not including the park, starts and finishes at the schools)

- All off road route, suitable for families & young children
- Flat ride with a slight rise up Swanbourne Way (if cycling the route clockwise)
- Enjoy the wide cycle pathways as you pass by Doonella Lake all the while enjoying the Tewantin bushland
- For a little extra scenery, cycle through the pathways in Alec Loveday Park

### Map Legend

- Shared Pathways
- Onroad Bike Lane
- Cycle Awareness Zone
- Major Road
- Dirt Road
- Aerial Road
- Highway
- Roundabout
- Bridge
- Public Toilets
- Restaurants
- Information Centre
- Surf Lifesaving Club
- Camping Grounds
- Lookout
- Wheelchair Access
- BBQ Facilities
- Car Parking
- Showers
- Water
- Picnic Area
- Playground

### Scenic Cycle Routes

- Surf Beaches Ride
- Noosa River Ride
- Noosa Waters Ride
- Mangroves and Creeks Ride
- Noosa North Shore Wilderness
- Doonella Lake Ride
- Mount Timberwah
- Lakes Ride
- Noosa's Tri Road Course
- Sunrise Hills Loop
- Pomona Loop
- Black Mountain Ride

### Get to know these signs

- On-road Bicycle Lane**  
Part of the road is designated for use by cyclists. These can either be on the vehicle carriageway or separate from it. When a bicycle lane has been designated, cyclists should, wherever possible, try to use this lane.
- Bicycle Awareness Zone**  
Yellow bicycle symbols on the road alert motorists to the possibility of encountering cyclists. They advise cyclists they must share the road with traffic. Not a dedicated bicycle facility.
- Bicycle Route**  
A route for cyclists, which may combine linked sections of local streets, bicycle lanes, bicycle paths and shared pathways.
- Green Bicycle Lanes**  
Some sections of Noosa's bicycle lanes are painted green to improve safety and raise awareness to motorists of the presence of cyclists.



### Places of interest

- Noosa Heads National Park
- Noosaville Foreshore
- Hastings Street and Noosa Main Beach
- Noosa Regional Gallery
- Noosa Council
- Noosa Library
- Mangrove Walk
- Noosa Aquatic Centre
- North Shore Ferry
- Wooroi Day Use Area
- Mount Timberwah
- Skate Park

### Wooroi Trails

Legend

- National park
- Creeks
- Sealed road
- Unsealed road
- Shared trail - walkers and mountain bike riders
- Management track
- Parking
- Information
- Picnic table
- Locked gate
- Difficult
- Walking track
- Grade 2
- Palm Grove walking track

### Mountain-bike trails

- Easy
  - Tail 1—1.3km
  - Tail 2—4.7km
  - Tail 3—3.5km
  - Tail 4—4km
  - Tail 5—3km
  - Tail 6—3.5km
  - Tail 7—12km
- Intermediate
  - Tail 8—600m
  - Tail 9—800m
  - Tail 10—1.5km
- Mountain-bike link trails
  - Intermediate

### A = AIR

- Is there air in the tyres?
- Are the tyres in good condition?

### B = BRAKES

- Are the brakes in good working order?
- Are the brakes in good condition?
- Note: Bikes are required to have at least a working rear brake or they are not road worthy. It is better to have front and back brakes

### C = CHAIN

- Is the chain clean, oiled and firm?
- Does the drive train and derailleur (if applicable) spin freely?

### TIGHT

- Are the handlebars tight?
- Are the handlebars straight?
- Do the wheels and cranks move from side to side?
- Does everything stay in place with the 10cm drop test?

**X** If a bike does not pass this checklist it is not safe to ride.

### Shared Pathway Tips

All paths in Noosa are shared and cyclists can legally ride on pathways unless otherwise signed. Follow these simple tips to ensure everyone can enjoy using the pathway.

#### Cyclists:

- Ride on the left side of the path
- Control your speed
- Sound your bell or simply call out "passing on the right" as you approach pedestrians
- Slow down and give way to pedestrians and pass on the right

#### Pedestrians:

- Keep to the left
- Keep your dog/s on a short leash
- Try not to block the path, allow others to pass easily.

### Safe Road Cycling

#### On the Road

Cyclists need to obey the same road rules and regulations as motorists. By following the rules and tips below you will be safer on the road:

- Wear an approved bicycle helmet
- Obey traffic signs and road laws
- Use lights and reflective clothing when riding at night
- Ride no more than two abreast, preferably single file on narrow roads and in heavy traffic, be courteous to others. You can take up the whole lane with caution and only when making a manoeuvre, ie turning right
- Look well ahead and scan the road for hazards
- Be predictable, clearly signal your intentions
- Use cycling facilities if provided, keep to the left
- Give way to pedestrians at pedestrian crossings

### Safe Road Cycling cont.

Noosa has many roundabouts in its road system, so it is important to know how to travel through them safely, particularly when you wish to turn right. There are two ways to do this.

- You may turn right by signalling and then moving across to the right hand (inner) lane when vehicle traffic behind you allow this, Or
- You can traverse the roundabout through the left hand (outer) lane, but must give way to vehicle traffic at each exit point.

#### Cycling on rural roads in the Noosa region:

Noosa has a range of cycle routes in rural areas for the more active cyclist. These routes are primarily found in the Cooyar, Pomona, Cooran, Kin Kin and Boreen Point area. The terrain found in these areas is undulating and the roads are open with a range of shoulder widths. These routes are more suited to experienced sport and touring cyclists with above average fitness levels. The rides are challenging and cyclists will encounter steep climbs and fast descents on narrow roads.

Cyclists using rural roads should be aware that they may encounter heavy industrial vehicles and will be riding in a high-speed environment along certain cycle routes. Cyclists should be aware that conditions may change at any time. Care should be taken to prepare appropriately and take sufficient food, water and spare equipment in case of punctures and emergencies. Ensure you notify a family member or friend of your route and expected ride time. Carry a mobile phone at all times.

# Noosa Trail Network

The Noosa Trail Network is a series of eight (8) multi use trails suitable for **Bushwalkers, Mountain Bike Riders and Horse Riders**. There are five lookouts on the trail that offer spectacular views of the coast and hinterland. The trails are well signposted, with picnic shelters, water tanks, interpretative signs and scenic lookouts. The trails are of various lengths and some require high levels of fitness and are very challenging.

A more detailed map is available from Noosa Council's website at [www.noosa.qld.gov.au](http://www.noosa.qld.gov.au) or by calling Customer Service on (07) 5329 6500. Please check the website regularly for trail updates including closures.

### General Trail Rules

- Shut all gates
- Take all rubbish with you
- Give way to horse riders
- Stay on the marked tracks do not explore neighbouring private land
- Follow the 'Mountain Bike Code'

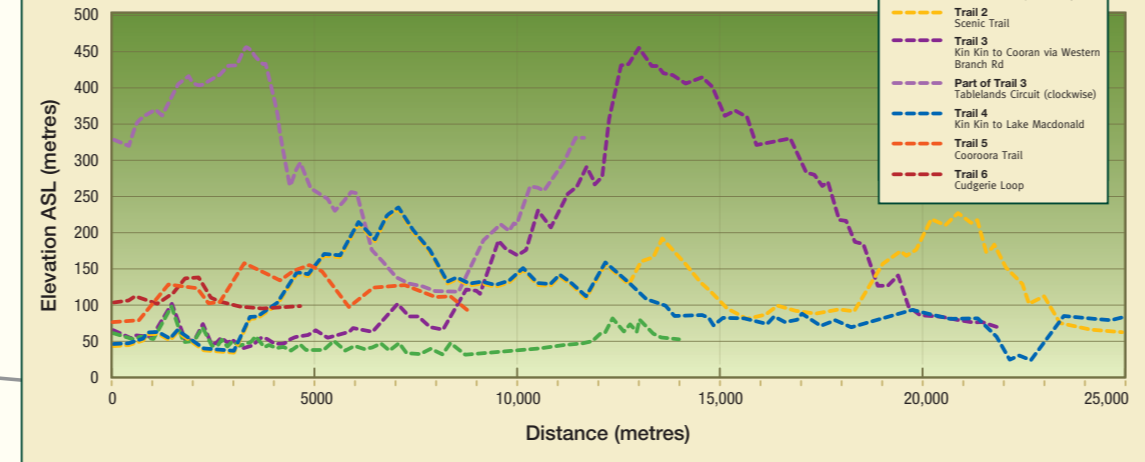
To report any problems contact Noosa Council on 07 5329 6500.



### Noosa Trail Legend

- Trail 1 Kin Kin Countryside Loop
- Trail 2 Scenic Trail
- Trail 3 Kin Kin to Cooran via Western Branch Rd
- Trail 4 Kin Kin to Lake Macdonald
- Trail 5 Cooroora Trail
- Trail 6 Cudgerie Loop
- Trail 7 Mac 'N' Back
- Trail 8 Cooroy Wanderer

### NOOSA TRAIL PROFILES



### Scenic Cycle Routes

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- Showers
- Playground

### Contacts

**Noosa Council Tewantin Office**  
(07) 5329 6500 (24 hrs, 7 days)  
[www.noosa.qld.gov.au](http://www.noosa.qld.gov.au)

**Noosa Visitor Information Centre**  
(07) 5430 5000 - [www.tourismnoosa.com.au](http://www.tourismnoosa.com.au)

**National Parks**  
13 74 68

**Injured Wildlife:**  
call **Wildlife Volunteers Assoc (WILVO's)**  
(07) 5441 6200

**Noosa Heads Police - (07) 5440 8111**  
(For accidents requiring an ambulance or police dial 000)

## RIDE 7 Mount Tinbeerwah - see also coastal side map for detailed directions

**Tewantin to Mount Tinbeerwah**  
(21km return, 2-4hrs, starts and finishes at Tewantin Information Centre, Poinciana Avenue)

- Takes you to Mt Tinbeerwah Lookout where you will see exceptional views of the Coast and Hinterland
- Mainly off road with a flat ride along Cooroy Noosa Road until reaching Gyndier Drive.
- Moderate 3km climb up Gyndier Drive to Sunrise Road, turn right and head to Cooroy Noosa Road crossing point.
- Care when crossing Cooroy Noosa Road into Tinbeerwah Rd due to limited sight distances, and traffic volumes.
- Steep grades with approx 1 km of unsealed road along Tinbeerwah Rd. Caution needs to be taken with young children.
- Suitable for Mountain Bikes and Touring bikes.
- Picnic shelter and water available at Mt Tinbeerwah car park.

## RIDE 8 Lakes Ride

**Tewantin to Boreen Point & Lake Cootharaba**  
(40km return, 3-4hrs, starts and finishes at Tewantin Information Centre, Poinciana Avenue)

- Not suitable for families, ideal for experienced sport and touring cyclists.
- Mainly flat and on-road.
- Take care on narrow sealed roads
- From Tewantin ride out to McKinnon Drive, turn right into Lake Coorobah Road. Left into Jirrima Cres and left onto Illoura Pl. This will bring you back onto Tewantin-Boreen Point Road and is a quitter route than the main road.
- At Boreen Point, do a loop along the foreshore.
- Opportunity to camp at Boreen Point or Lake Cootharaba.

## RIDE 9 Noosa Tri Road Course

**Noosa Heads to Cooroy**  
(40km return, 2-3hrs, starts and finishes at Lions Park at Noosa Parade, Noosa Heads)

- On-road route, not suitable for families, ideal for experienced sport and touring cyclists.
- Flat ride out of Noosa along Noosa Parade and Gympie Terrace to Tewantin and onto Cooroy Noosa Road.
- Moderate 3km climb up Gyndier Drive to Sunrise Road, turn right and head to Cooroy Noosa Road.
- Mostly flat ride to Cooroy along main road, take care along narrow shoulders.
- Turn around at Swift Rd, but take care limited sight distances and moderate traffic.
- Need to control speed on downhill section at the top of the range.
- Ride back through Tewantin, along Gympie Tce, right onto Weyba Rd, left onto Noosa Pde & end at Lions Park.

## RIDE 10 Sunrise Hills Loop & Lawville Loop

**Tewantin to Cooroy**  
(30km return, 2-3hrs, starts and finishes at Tewantin Information Centre, Poinciana Avenue)

- This ride is an extension of the Triathlon Route, with panoramic hinterland views off Sunrise Rd.
- On-road route, not suitable for families, ideal for experienced sport and touring cyclists. This is a challenging ride.
- Mainly undulating with narrow shoulders, care should be taken.
- Moderate 3km climb up Gyndier Drive to Sunrise Road, follow signs to Cooroy.
- From Cooroy ride over the railway bridge and turn left into Myall St, turn onto Nandroya Rd and ride along Eumundi Range Rd, this section is hilly but offers great views to the west across to Kenilworth. Turn into Sunrise Rd and head back to Gyndier Drive (this loop can be done in reverse for added difficulty)
- If you feel fit add the Lawville loop to this ride which will take an extra 30 minutes. Undulating with a few tough climbs and fast descents.
- If you're looking for a shorter loop, turn at Dath Henderson Rd for a quiet ride through farming country with great views of Mt Cooroy.

## RIDE 11 Pomona Loop

**Tewantin to Cooroy to Pomona**  
(54km return, 3-4hrs, starts and finishes at Tewantin Information Centre, Poinciana Avenue)

- On-road route, not suitable for families, ideal for experienced sport and touring cyclists. This is a challenging ride.
- From Cooroy, head along Yuroi Forest Drive to Pomona, follow Kin Kin Rd, turn right into Louis Bazzo Dr and left into Tewantin Boreen Point Road. Additional extra section along Cootharaba Rd and Junction Rd.
- Need to control speed on downhill sections.
- Mainly undulating with narrow shoulders, testing section along Louis Bazzo Dr and flat run into Tewantin.
- Add on's to Kin Kin, Cooran and Traveston.
- Take plenty of water and food for this ride.

## RIDE 12 Black Mountain Ride

**Cooroy to Black Mountain & Pomona**  
(22km return, 2-3hrs, starts and ends Cooroy Post Office, Maple Street)

- On-road route, not suitable for families, ideal for experienced sport and touring cyclists. This is a challenging ride.
- Undulating roads with 2 moderate climbs, narrow shoulders and moderate descents, care should be taken.
- From Cooroy head out along Mary River Rd, commence the climb up Black Mountain Road, turn right onto Flange Road.
- Take extreme care crossing the Bruce Highway into Pioneer Rd.
- This ride can be an 'add on' to rides 8, 9 or 10.
- Places of interest in Pomona: Mt Cooroora, Cooroora Museum, Pomona Theatre and Pomona Railway Station Gallery.

### Mountain Biking Code of Conduct

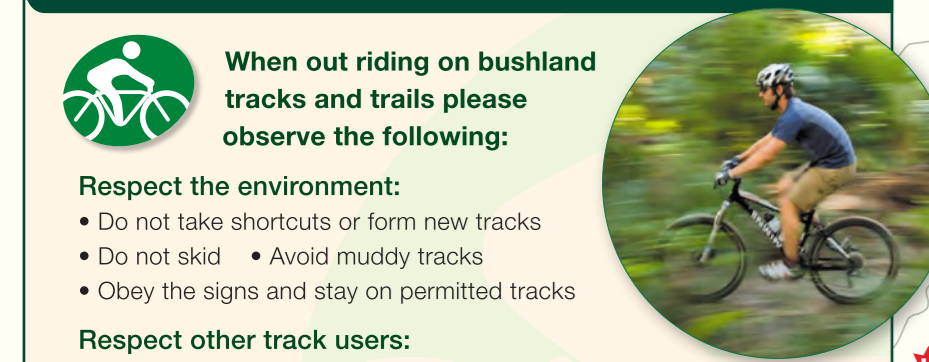
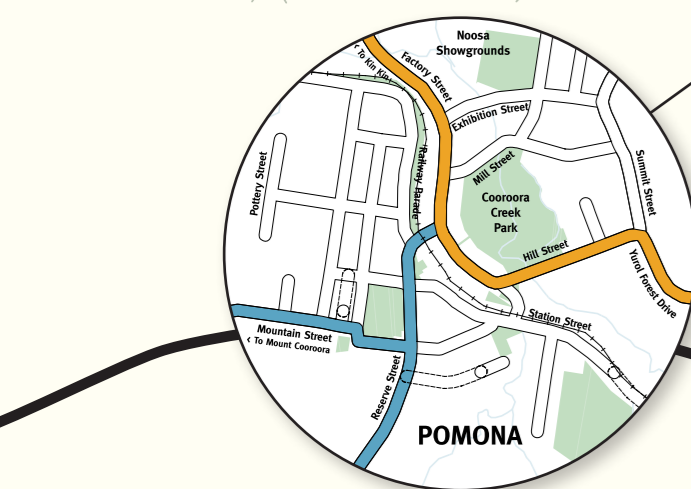
When out riding on bushland tracks and trails please observe the following:

- Respect the environment:**
- Do not take shortcuts or form new tracks
  - Do not skid
  - Avoid muddy tracks
  - Obey the signs and stay on permitted tracks

- Respect other track users:**
- Control your bicycle
  - Give Way to pedestrians & horse riders, slow down as you pass

- Be a safe rider:**
- Plan ahead
  - Enjoy your ride with mates
  - Wear a helmet
  - Drink plenty of water
  - Ride within your ability and according to track conditions
  - Carry emergency repair equipment and mobile phone

**Mountain Biking in National Parks and Forest Reserves**  
Cycling is not allowed in Noosa Heads National Park. However, cycling within Tewantin National Park is allowed, along with State Forest Reserves. Care should be taken riding in these areas due to challenging terrain. Follow the code, obey all signs and stay on permitted tracks.



**CAUTION**  
Extreme Care to be taken when crossing Bruce Highway

