

Going bush gains momentum

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WHETHER gently trundling through the bush, riding on a bikepacking adventure or hurtling down a flow trail, mountain biking is a multifaceted sport with something for everyone.

It's enjoyable and builds fitness and coordination skills while getting you to some incredibly beautiful environments that many others would probably never get to see.

The Bushrangers mountain bike club recently celebrated its 20th anniversary and since 1995 our members have been riding all over the Sunshine Coast and on trails all over the world.

We have weekly club rides, GoGIRL women-only rides, rookie rides for beginners, interclub rides and we also travel away for rides in Brisbane, Gympie and Hervey Bay. We are also introducing a new style of ride called a "gravel grinder" which is a long-distance ride mostly along dirt roads and trails.

Where to ride

The Sunshine Coast has some amazing and varied trails and the Bushrangers rotate through them all with our weekly club rides.

There are trails at Cooloolabin, Glasshouse Mountains, Mapleton and Pomona and if you are up for a drive, then the trails at Brisbane, Toowoomba, Gympie, Hervey Bay and Gold Coast are worth the trip.

Here are some local tracks that are popular with the coast's mountain bike riders.

Parklands Conservation Park

The Parklands trails (near Nambour) are varied, rugged and challenging with mostly intermediate and advanced-level trails.



Wooroi Conservation Park

The Wooroi trails are fast and flowy and travel through some beautiful environment.

Sugarbag trails

The Sugarbag Rd trails in Caloundra are a small network of tight tracks filled with fun timber features.

Ferny Forest trail

The Ferny Forest trail is a beginners' loop opposite the Big Cart Track on Steve Irwin Way. This 10km beginner-level loop goes through some beautiful forest and along the Ewan Maddock Dam.

Hennessey Hill

Hennessey Hill is a fast, advanced-level downhill track following the Beerburum-Woodford Rd.

Current projects

Parklands upgrade

The Bushrangers are applying for funding to upgrade the Parklands Conservation Park to include beginner trails, a covered area and a skills development area to help build up rider skills.

This is the first part of a master



Locations such as Wooroi are popular for riders on the Coast.

PHOTO: NEIL ENNIS

plan to get Parklands open to riders of all level riders.

Races

The new Parklands Dash mountain bike race and an inaugural CycloCross (CX) race are being planned for later this year.

Sunshine Coast Trail Alliance

The Bushrangers are pushing for the creation of a Sunshine Coast Trails Alliance. The SCTA would build and maintain trails throughout the Sunshine Coast. It would be run and supported by the relevant sports clubs, councils and other landowners.

Supporting local bike shops

We are starting a program where we try to support all the local bike shops by inviting them to our rides so they can show off their wares and we can get to know each other.

GoGIRLs riding group

A women's advocacy officer position was made on the committee and Susie Hume has

created a riding group to encourage more women to try mountain biking. They have regular rides and training workshops.

Their Facebook page is www.facebook.com/groups/1575444699344916.

One final note

Our club believes the Sunshine Coast has the potential to be a world-class location for mountain biking with its beautiful location and tourism infrastructure. It could easily compete with the eco-tourism hotspots in the US, NZ and Europe. All it needs is some more upgrades to its already impressive trails and buy-in from government, businesses and the community to make it happen.

For more information visit the Bushrangers website at www.bushrangers.org or visit our Facebook page, www.facebook.com/BMTBSC.



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