













### Safety and Comfort is Your Responsibility

-  **Take plenty of water.** Drink at least 1 litre per hour.
-  **Avoid extreme heat.** In hot weather schedule your ride or walk for early morning or evening.
-  **Wear a helmet.** Additional safety gear like gloves and armour is recommended.
-  **Be sun-smart.** Apply sunscreen regularly.
-  **Beware of biting insects,** midges and mosquitos, wear protective clothing and apply insect repellent.
-  **Plan ahead and be prepared.** Carry a trail map or take a photo of the sign. Carry tools, spares, pump, first aid kit, water and food. If alone, notify someone about your plans.
-  **Know and respect your equipment.** Ensure your bike is suitable for the trails you plan to use.
-  **Carry a mobile phone,** reception can be intermittent.
-  **In event of emergency call 000.**
-  **Ride or walk within your limits.** Be aware of natural hazards and changes to trail conditions.
-  **Respect wildlife.** For your own safety and to minimise disturbance please give animals space and time.
-  **Motorcycles are not permitted** within the Reserves.

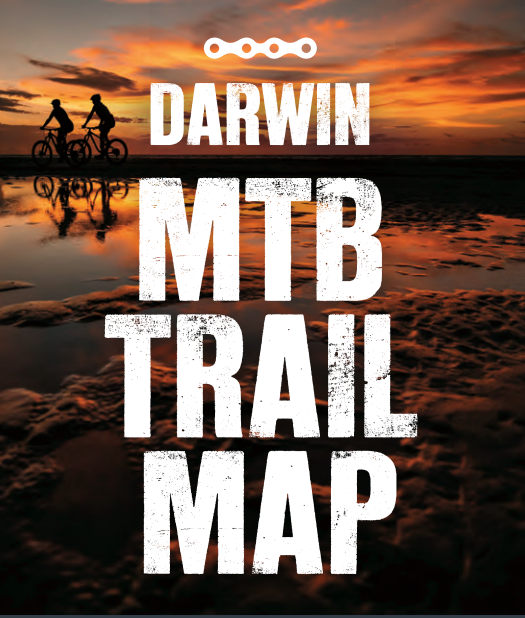
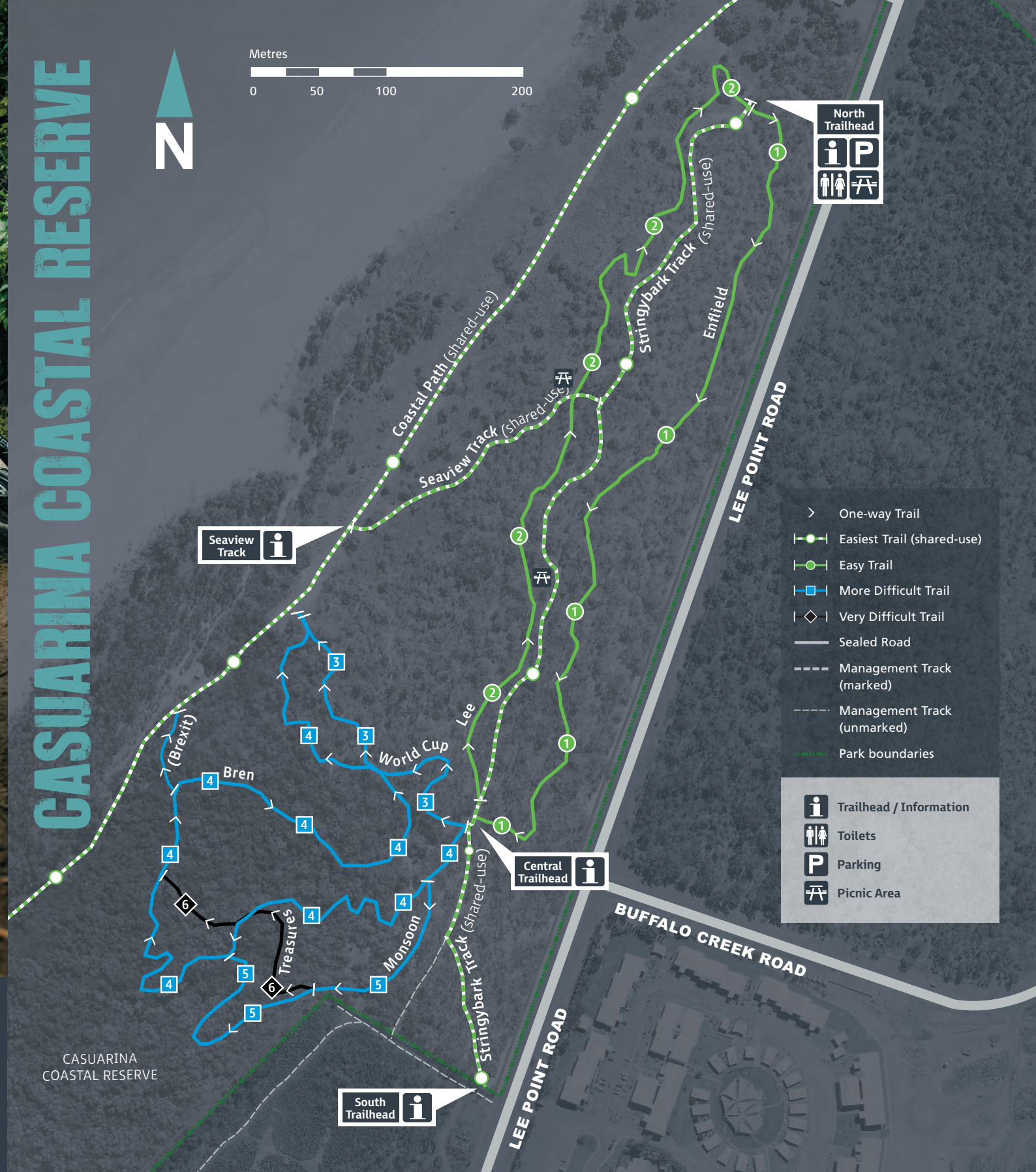
**Emergency Contacts**

Police, Fire, Ambulance 000

Parks, Wildlife & Heritage Darwin Urban Park Rangers 08 8946 5126



# CASUARINA COASTAL RESERVE



## CHARLES DARWIN NATIONAL PARK CASUARINA COASTAL RESERVE

*"Welcome, enjoy the trails and please respect our country and it will look after you"*

Nadine (Birrimalangga) Lee  
Larrakia Traditional Owner

### Ride the Top End





The Charles Darwin and Casuarina Trails form part of a wider network of mountain bike and shared-use trails across the Top End. For more information about the trails, events and the trail community visit [www.northernterritory.com/mtb](http://www.northernterritory.com/mtb)

### Please Remember

- **Stay on the marked trails** for your own safety and to show your respect for country and culture.
  - **Comply with all signs,** noting if a trail is one-way or two-way, and for shared-use, walkers-only or riders-only.
  - **Respect other users and share the trails.** Generally, cyclists give way to walkers.
  - **Tread lightly and leave no trace.** Stay on marked trails only, control your bike and take rubbish with you.
  - **Report hazards,** issues or concerns about the trails to the Rangers on (08) 8946 5126.
- Look after the trails by setting a good example of environmentally sound and socially responsible trail use.**

<b>1 Enfield</b> Gently climbing singletrack through Eucalyptus woodland. 0.8 km	<b>3 World Cup</b> Descending flow trail with berms and jumps. 300 m	<b>5 Monsoon</b> Hand-built singletrack with some technical challenges. 400 m
<b>2 Lee</b> One-way singletrack descent and a great introduction to Top End riding. 0.8 km	<b>4 Bren</b> Fast and flowy one-way single-track that descends and climbs through the monsoon rainforest. 1.2 km	<b>6 Treasures</b> Short and steep technical singletrack descent. 300 m

### Trail Difficulty Ratings

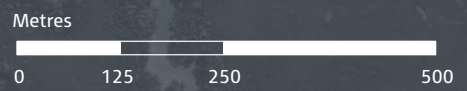
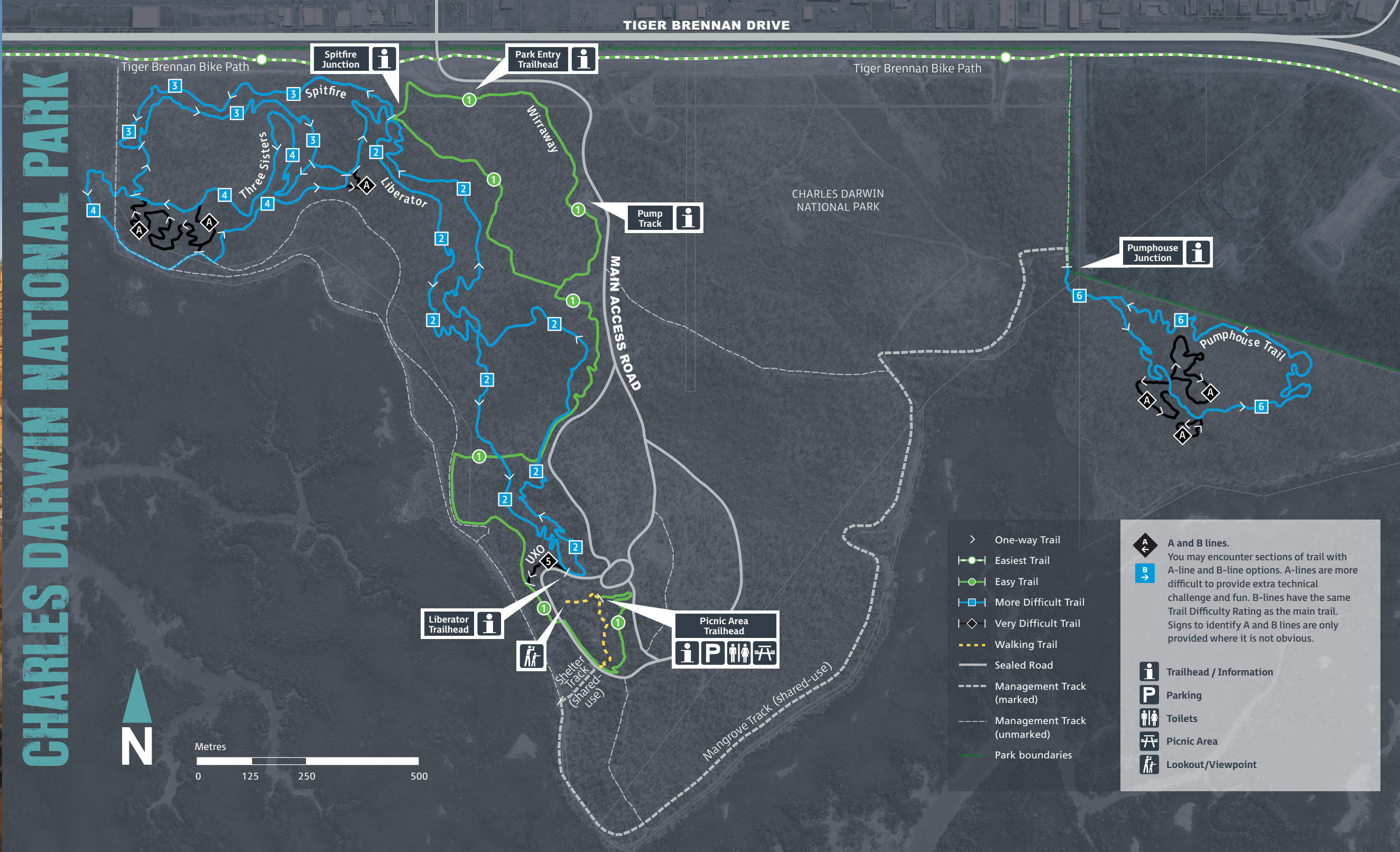
-  **Easiest.** Suitable for beginner cyclists and for most bikes. Usually a wide trail with gentle gradients, smooth and firm surfaces, and no obstacles.
-  **Easy.** Suitable for beginner mountain bikers and for off-road bikes. Usually a wide single trail with gentle gradients, mostly smooth and firm surfaces, and few obstacles. Short sections may exceed these criteria.
-  **More Difficult.** Suitable for skilled mountain bikers and for mountain bikes. Usually a single trail with moderate gradients, variable surfaces and some obstacles.
-  **Very Difficult.** Suitable for skilled and experienced mountain bikers and for better quality mountain bikes. Usually a challenging single trail with steep gradients, variable surface and many obstacles.







# CHARLES DARWIN NATIONAL PARK



> One-way Trail

—●— Easiest Trail

—○— Easy Trail

—□— More Difficult Trail

—◇— Very Difficult Trail

--- Walking Trail

— Sealed Road

--- Management Track (marked)

--- Management Track (unmarked)

--- Park boundaries

**A** **B** A and B lines. You may encounter sections of trail with A-line and B-line options. A-lines are more difficult to provide extra technical challenge and fun. B-lines have the same Trail Difficulty Rating as the main trail. Signs to identify A and B lines are only provided where it is not obvious.

**i** Trailhead / Information

**P** Parking

**♿** Toilets

**☰** Picnic Area

**👁** Lookout/Viewpoint

## Clubs

- Darwin Off Road Cyclists (DORC) [dorc.com.au](http://dorc.com.au)
- Darwin Cycling Club [darwincyclingclub.com.au](http://darwincyclingclub.com.au)
- Darwin Triathlon Club [darwintriathlon.com](http://darwintriathlon.com)
- Katherine Multi Sports Club [kmsc.com.au](http://kmsc.com.au)

For more information on Mountain Biking in Darwin, head to [northernterritory.com/mtb/darwin](http://northernterritory.com/mtb/darwin)

**1 Wirraway**  
Gateway to the Charles Darwin trails and a great introduction to Top End riding.  
3.5 km

**2 Liberator**  
One-way cross-country single-track that undulates through the park's Eucalyptus woodlands.  
4 km

**3 Spitfire**  
Fast and flowy one-way singletrack with a few technical challenges.  
2 km

**4 Three Sisters**  
Old school cross-country singletrack with several A-lines for extra challenge.  
2 km

**5 UXO**  
Short and steep technical singletrack descent.  
200 m

**6 Pumphouse Trail**  
Cross-country singletrack loop with some steep rocky A-lines.  
2 km

## Distance to

- From Casuarina Coastal Reserve to
  - Casuarina Shopping Centre — 3km
  - Charles Darwin National Park — 13km
  - Darwin CBD — 14km
  - Palmerston CBD — 22km
- From Charles Darwin National Park to
  - Darwin CBD — 8km
  - Casuarina Coastal Reserve — 13km
  - Palmerston CBD — 18km

