







- 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.**

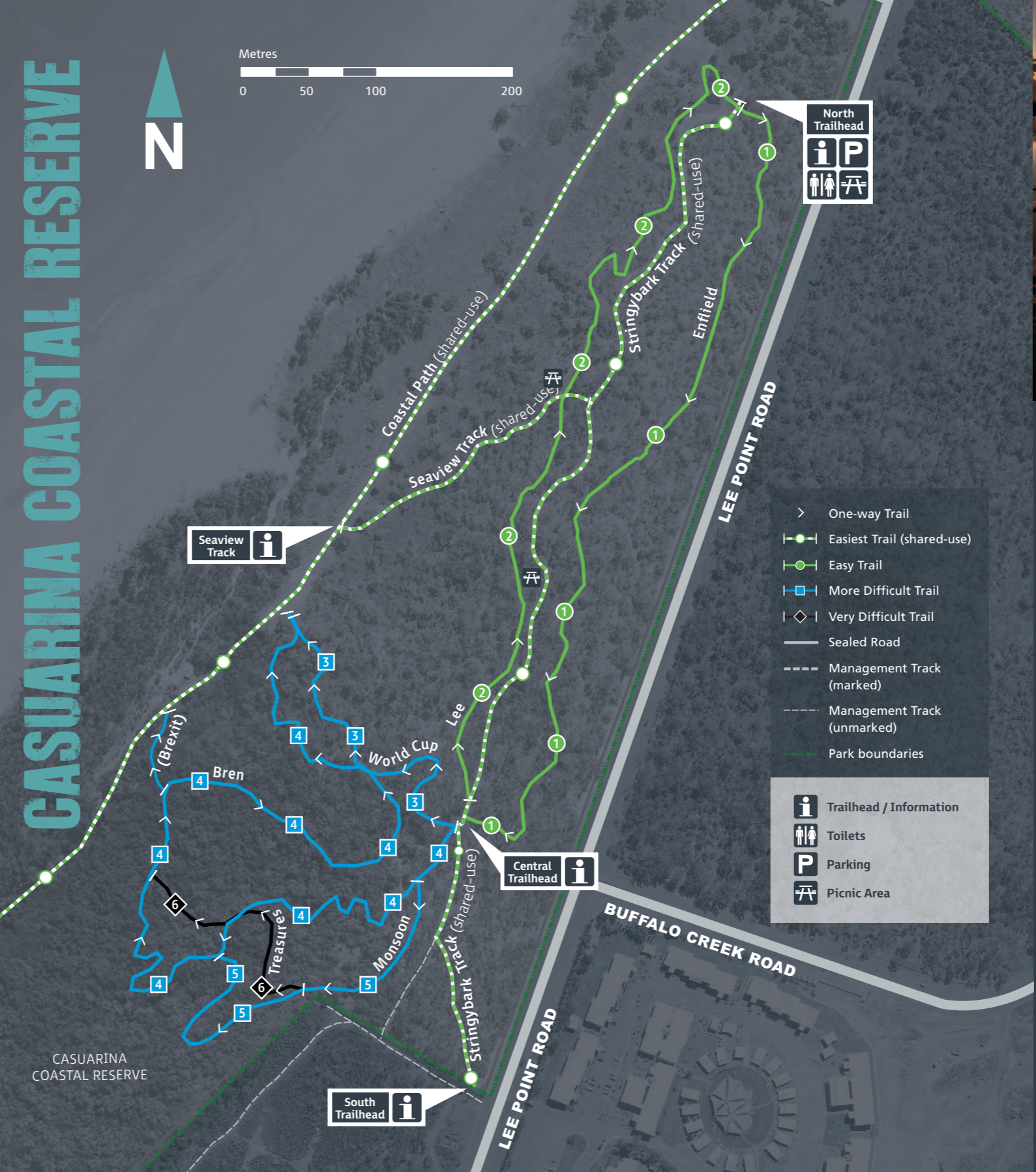
**Ride or walk within your limits.** Be aware of natural hazards and changes to trail conditions.







**Respect wildlife.** For your own safety and to minimise disturbance please give animals space and time.

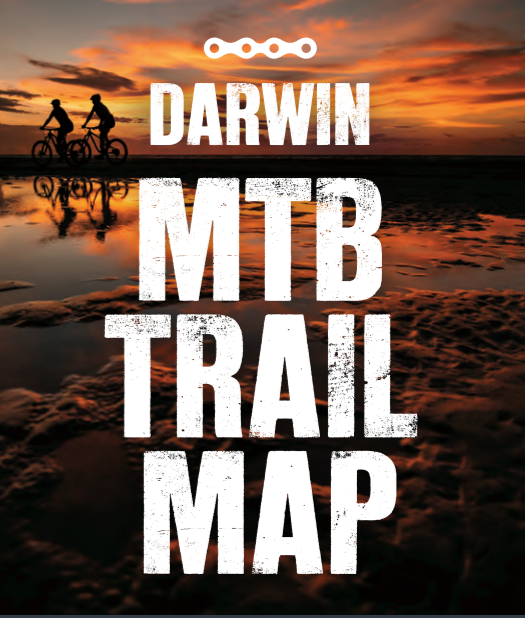
**Motorcycles are not permitted** within the Reserves.

Emergency Contacts

Police, Fire, Ambulance	000
Parks, Wildlife & Heritage	
Darwin Urban Park Rangers	08 8946 5126



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





CHARLES DARWIN NATIONAL PARK


CASUARINA COASTAL RESERVE


“Welcome, enjoy the trails and please respect our country and it will look after you”

Nadine (Birrimilangga) Lee
Larrakia Traditional Owner

- Trail Difficulty Ratings
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Easiest. Suitable for beginner cyclists and for most bikes. Usually a wide trail with gentle gradients, smooth and firm surfaces, and no obstacles.
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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.
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More Difficult. Suitable for skilled mountain bikers and for mountain bikes. Usually a single trail with moderate gradients, variable surfaces and some obstacles.
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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.

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



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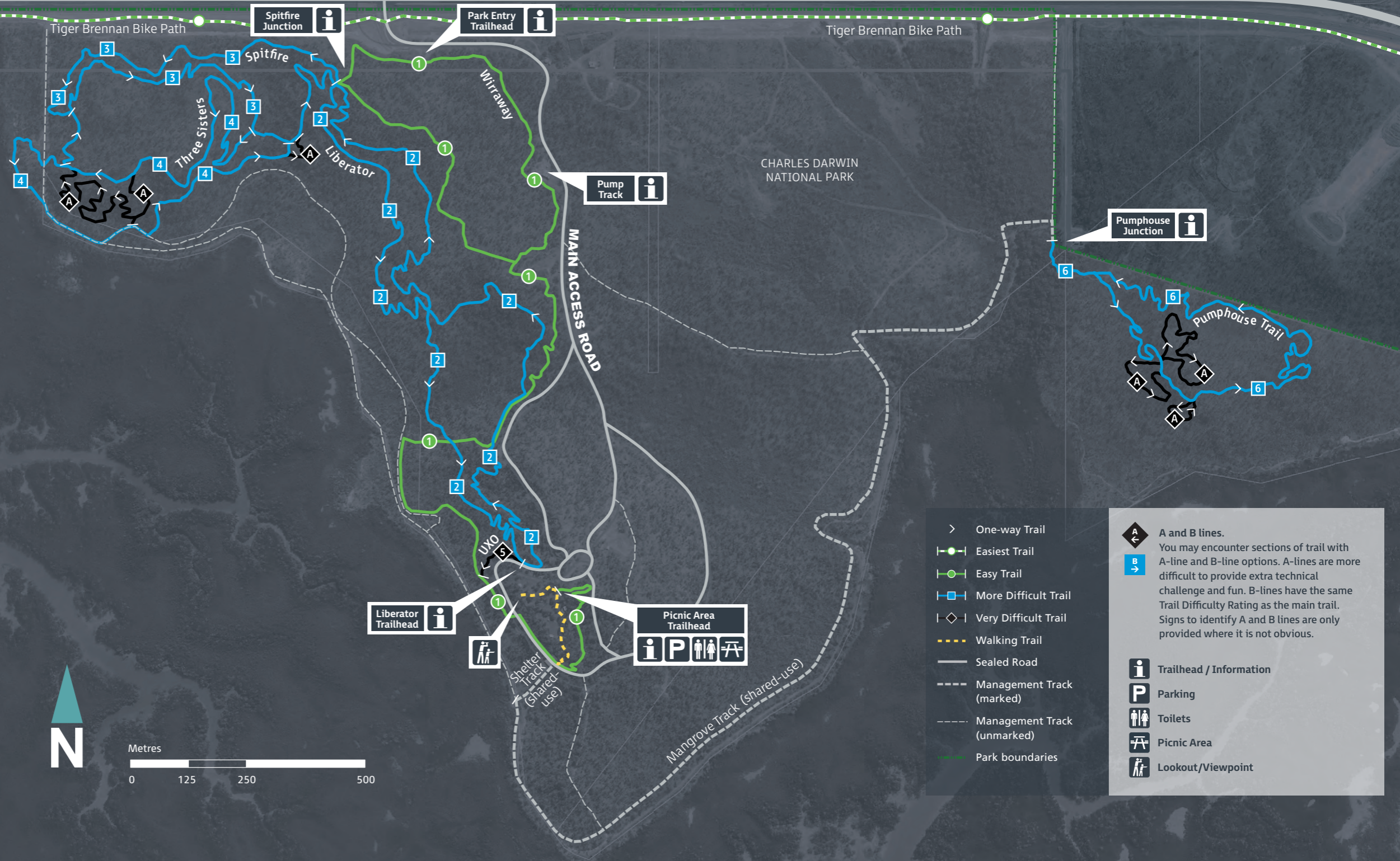
Tread lightly and leave no trace. Stay on marked trails only, control your bike and take rubbish with you.
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Report hazards, issues or concerns about the trails to the Rangers on (08) 8946 5126.
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Look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



CHARLES DARWIN NATIONAL PARK



Clubs

Darwin Off Road Cyclists (DORC)
dorc.com.au

Darwin Cycling Club
darwincyclingclub.com.au

Darwin Triathlon Club
darwintriclub.com

Katherine Multi Sports Club
kmsc.com.au

For more information on Mountain Biking in Darwin, head to 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

