CHAPMAN RIVER REGIONAL PARK

TRAIL CODE

SAFETY

BE PREPARED
Check trail conditions
Tell someone your plans
Take enough water, food, spares, tools, clothes and first aid

KNOW YOURSELF AND YOUR TRAIL
Read the trailhead and choose your trail
Walk/Run/Ride within your skills and abilities
Check your bike, helmet and gear

ENVIRONMENT

RESPECT YOUR TRAIL,AND THE ENVIRONMENT
Follow signage
Stay on track and don't take shortcuts
Protect wildlife and plants
Take rubbish home
Prevent spreading dieback; keep bike and gear clean

ATTITUDE

MAKE IT A GOOD EXPERIENCE
Share the trail
Pass safely and courteously
Help others out

Funding partners: Royalties for Regions, Mid West Development Commission and Lottery West

GOVERNMENT OF WESTERN AUSTRALIA

MID WEST DEVELOPMENT COMMISSION

lotterywest supported

City of Greater Geraldton a vibrant future

CHAMPMAN RIVER TRAIL

The Chapman River Trail is a 12km loop traversing the banks of the Chapman River. The trail is dual direction and open to walkers, runners and cyclists, abide by the TRAIL CODE share the trail, pass safely and courteously. This trail is within the Chapman River Regional Park which contains significant remnant flora.
Please stay on the trail and leave no trace.

12 km loop

GRADE 3

WALK / RUN

This trail is rated Grade 3 and is suitable for most ages and fitness levels. Some bushwalking experience recommended. Shorter loops include **2km Chapman Steps Loop** or the **4.5km Fairfax Loop**.

12 km loop

MODERATE

MOUNTAIN BIKE

This trail is rated Moderate and is suitable for riders with some technical mountain bike experience. It is a cross counrty trail with technical features.

Trail maintenance is completed on a volunteer basis, to get involved contact the Geraldton Mountain Bike Club.

BEACH TRAIL

The Beach Trail is a 1km trail connecting Spalding Park to the coast. The trail starts south of the pump and jump track. Please be aware this trail is dual direction and open to walkers, runners and cyclists.

2 km return

GRADE 2

WALK / RUN

This trail is rated Grade 2, the track is a hardened surface, no bushwalking experience required.

2 km return

EASY

MOUNTAIN BIKE

This trail is rated easy and is suitable for all riders. Abide by the RIDER CODE share the trail, pass safely and courteously.

OTHER TRAILS

WALK / RUN
EXPLOSIVES TRAIL
Grade 3
2km Return from Green St entry

MULTI USE
FIREBREAK TRAILS
12km of trails for walk / run / cycle / horse

Emergencies: 000 for Police, Ambulance or Fire Services
Local Police: 9923 4555
City Rangers: 9956 6600

SPALDING PARK BIKE TRAILS

PUMP & JUMP

The pump track is suitable for all levels of riders giving you the opportunity to practice skills on a series of rollers and berms. The track can be ridden continuously and different combinations of features can be linked to provide a varied challenge.

Next to the pump track is three jump lines rated for beginner, intermediate and advanced, please ride within your ability.

SKILLS TRACK

The skills track enables you to hone your technique on a number of features that you might find out on the Chapman River Trail. Features include climbing turns, elevated drops, log rollers, log rides, rock drops, rock garden and descending turns. Each feature has a beginner, intermediate and advanced line, please ride within your ability.

MTB SKILLS TECHNIQUE

RIDING POSITION

The out of the saddle riding position is the basic standing position which will give you much greater control of your bike.

Stand up
Pedals level
Stay relaxed with knees and elbows slightly bent
Look forward
Move forward and back depending on the trail conditions

CLIMBING TURNS

Spin to win
Smooth pedal stroke, power applied evenly throughout stoke
Get your tyre pressure right, find the sweet spot where your grip and rolling resistance are optimised
Stay in your seat with body weight forward

DESCENDING TURNS

Ride loose, relax
Look ahead
Shift your weight back
Drop your seat

ROCK GARDEN

Keep your momentum
Ride loose and relaxed
Look ahead
Keep pedals level

LOG ROLLERS

Pre-load the front wheel as you approach
Lift the front wheel
Bring the back wheel over

LOG RIDES

Look ahead
Keep your momentum
Commit

ELEVATED DROP/ ROCK DROP

Control your speed, and commit
Lean back
Absorb the landing

CHAPMAN RIVER REGIONAL PARK

Welcome to Chapman River Regional Park

This conservation reserve is 364ha of natural bushland, and is home to:

200+ species of native flora including rare and endangered species

100+ species of birds

30+ species of reptiles

6 frogs

As well as echidnas, bats, kangaroos, and possums

Leave only footprints, take only photos and stay on the trail.

Photos courtesy Chapman River Friends.

Download the Chapman River Wildflowers App to help you identify wildflowers in the Chapman River Regional Park.

Chamelaucium uncinatum

Spider Orchid.

Grevillea pinaster

Bearded Dragon

Melaleuca megacephala

Convolvulus remotus

Verticordia chrysanthella

Marianthus bicolor

Possum

1000 mm

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North 0 200m 1km

GIVEWAY TO

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600 mm

SPALDING PARK BIKE TRAILS

2000mm

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PRIMARY TRAILHEAD FRONT

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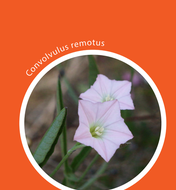

PRIMARY TRAILHEAD BACK

COMMON GROUND PRIMARY TRAILHEAD GRAPHICS DESIGN