

WORLD CLASS MOUNTAIN BIKING WITH WORLD HERITAGE BACKDROP

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It's no surprise to anyone with a passing interest in mountain biking that Cairns is rocking the socks off the mountain bike world. The Cairns region has a diverse range of purpose-built mountain bike trails designed to challenge the enthusiast and accommodate those just starting out. More than 700km of documented trails take in the two mountain biking hubs of Smithfield Regional Park in Cairns and Atherton Forest Mountain Bike Park on the Atherton Tablelands as well as an array of trails around Mareeba, Port Douglas and Daintree, and the Cassowary Coast.

[Glen Jacobs](#) and his World Trail team started the momentum. The trails of [Smithfield Mountain Bike Park](#) are legendary. Located 10 mins from downtown [Cairns](#), the park recently hosted over 100 competitors in the 2015 Enduro National Championships. With the UCI Mountain Bike World Cup event rapidly approaching in April 2016, riders from across Australia were keen to wet their wheels on Smithfield trails.

[Palm Cove](#) was home base for riders, their friends, family and spectators who reveled in seeing mountain bikers on the palm-lined foreshore. Local BMX Elite Racer [Jacinta Pink](#) just missed out on a podium finish in Elite Women's category. Judging by the photos below we think they had some fun!

If you're a keen mountain biker visiting Tropical North Queensland, there are countless opportunities for riders of all levels. [Ride Cairns](#) is your go-to website for all things riding in the region (download the Ride Cairns app on iTunes). [Bike shops and mountain bike clubs](#) are in abundance in Cairns, [Port Douglas](#) and on the [Atherton Tablelands](#), some with bikes for hire if you're not bringing your own wheels. Friendly locals welcome the opportunity to share their turf or tips with visitors. See you on the trails & we'll leave you with this epic gallery from the recent Enduro National Championships.











[Fiona Harper](#) is Cairns based travel writer. Widely travelled, highly acclaimed and much published, Fiona's articles & images are published across the globe. When she's not writing about TNQ she's probably running a marathon or exploring the world by foot, bike, kayak, camel or boat: whatever mode of transport she can get her hands on!