

# UQ Triathlon Club Routes

---

## Cycling

Where easily accessible, a link to a completed ride on the application 'Strava' or 'Garmin Connect' has been provided, for accurate route plotting. Where not easily available, the route is plotted on Google Maps. All Google maps links are approximation of cycling routes. Specific emphasis should not be given to small aberrations or strange deviations from expected route, as Google maps does not plot cycling routes well.

Many routes connect up before returning to the university. In these cases, allowances to link routes together to create longer rides are made. For example, one may begin a ride with a clockwise River Loop, but extend the ride by including the remainder of the Seventeen Mile Rocks ride, and even a Mt. Coot-tha loop. Small deviations from existing roads may be made to link these routes. New routes may also be derived from any combination of roads approved in this guide, while ridden under similar conditions and time of day. Club rides to be led by coaches or experienced members determined either by club president (Brad Semple) or head coach (Kirsty Sheehan).

---

|                           |   |
|---------------------------|---|
| <b>Title</b>              | <b>Yamanto - Springfield</b>  |
| <b>Route Link</b>         | <a href="https://connect.garmin.com/modern/course/45205299">https://connect.garmin.com/modern/course/45205299</a>   |
| <b>Distance/Elevation</b> | 100km, 1387m elevation  |
| <b>Description</b>        | Oxley Rd and Blunder Rd quiet early in the morning, remainder of the route appropriate for all times of day. Stretch of Centenary Highway used is appropriate for cycling. Return via Wacol/Centenary Hwy bike path to avoid Blunder Rd/Oxley Rd during busy hours. Ride can be shortened by turning at any one of three roundabouts along Centenary Hwy. |

---

---

|                           |  |
|---------------------------|--|
| <b>Title</b>              | <b>Moggill Ferry</b>   |
| <b>Route Link</b>         | <a href="https://connect.garmin.com/modern/course/30942979">https://connect.garmin.com/modern/course/30942979</a>  |
| <b>Distance/Elevation</b> | 65km, 796m elevation   |
| <b>Description</b>        | Pullenvale detour taken to avoid busy section of Moggill Road. Route relies on Moggill Ferry being open and operational (NB. Ferry is free for bikes). Standard return route from Wacol along Centenary Hwy bike path. |

---

---

|                           |  |
|---------------------------|--|
| <b>Title</b>              | <b>Mt Nebo/Glorious</b>  |
| <b>Route Link</b>         | <a href="https://connect.garmin.com/modern/course/30995029">https://connect.garmin.com/modern/course/30995029</a>  |
| <b>Distance/Elevation</b> | 91.5km, 2313m elevation  |
| <b>Description</b>        | Once through Petrie Terrace/Ashgrove, stay on waterworks road/Mt nebo road for almost the whole ride. Climbs Mt Nebo and then Mt Glorious (with a café stop at the top). Ride can be shortened anywhere along route, but is commonly done at Mt Nebo, without continuing on to Glorious. Return either along waterworks road, or via Mt. Coot-Tha/Toowong. |

---

|                           |   |
|---------------------------|---|
| <b>Title</b>              | <b>Redcliffe</b>  |
| <b>Route Link</b>         | <a href="https://connect.garmin.com/modern/course/42048122">https://connect.garmin.com/modern/course/42048122</a>   |
| <b>Distance/Elevation</b> | 92.4km, 747m elevation  |
| <b>Description</b>        | Out along Appleby Rd/Gympie Rd before heading through Brighton and the Redcliffe Bridge. Return route may either make use of the Boondal Wetlands Bikeway, or the Gateway Motorway Bikeway. Both routes connect on to Kedron Brook Bikeway, before returning through Herston, over the ICB and into the Roma Street Parkland. Return to the university either via Coronation Drive Bikepath or via Highgate Hill. |

|                           |  |
|---------------------------|--|
| <b>Title</b>              | <b>Mt. Glorious – Fernvale – Ipswich</b>   |
| <b>Route Link</b>         | <a href="https://connect.garmin.com/modern/course/35145254">https://connect.garmin.com/modern/course/35145254</a>  |
| <b>Distance/Elevation</b> | 158km, 3150m elevation   |
| <b>Description</b>        | Can be ridden in either direction. Climbs the Nebo/Glorious route, before descending down toward Wivenhoe Dam, heading south through Fernvale and toward Ipswich. Just slightly dip into Ipswich before heading through Kholo/Chuwar. Follow Mt Crosby Road through Pullenvale and return home via same route as Moggill Ferry Loop. |

|                           |   |
|---------------------------|---|
| <b>Title</b>              | <b>Brookfield Fingers</b>   |
| <b>Route Link</b>         | <a href="https://connect.garmin.com/modern/course/30942892">https://connect.garmin.com/modern/course/30942892</a>   |
| <b>Distance/Elevation</b> | 78km, 1183m elevation   |
| <b>Description</b>        | Same route out through Kenmore as Moggill Ferry, but turn on Rafting Ground Rd to head up to Upper Brookfield. Route makes use of long dead end roads that stretch up through Upper Brookfield, terminating at the edge of the Enoggera Forest Reserve. Main segments are long and quiet. The three roads shown here in the route are the main segments used in Upper Brookfield Fingers ride, although 2 or 3 other similar roads are commonly included. |

|                           |   |
|---------------------------|---|
| <b>Title</b>              | <b>Winn Road</b>  |
| <b>Route Link</b>         | <a href="https://connect.garmin.com/modern/course/30164700">https://connect.garmin.com/modern/course/30164700</a>   |
| <b>Distance/Elevation</b> | 81.3km, 1173m elevation   |
| <b>Description</b>        | Common start along Enoggera Rd, before turning on to Samford Rd for some rolling hills out to Mount Samson. Winn Rd presents a quiet long road through the Clear Mountain Regional Park, appropriate for fast riding. Return along South Pine Rd and Old Northern Rd. |

|                           |  |
|---------------------------|--|
| <b>Title</b>              | <b>River Loop</b>  |
| <b>Route Link</b>         | <a href="https://connect.garmin.com/modern/course/46555444">https://connect.garmin.com/modern/course/46555444</a>  |
| <b>Distance/Elevation</b> | 36.7km, 328m elevation   |
| <b>Description</b>        | Probably the most ridden route by all cyclists in Brisbane. Can be completed either clockwise or anti-clockwise. Follows the river on both sides, from the Indooroopilly Bridge, up to either the Go-Between Bridge, or the Goodwill Bridge. Makes excellent use of dedicated bike paths, such as the Bicentennial Bikeway, and Riverside Drive. |

|                           |   |
|---------------------------|---|
| <b>Title</b>              | <b>Seventeen Mile Rocks</b>   |
| <b>Route Link</b>         | <a href="https://tinyurl.com/y4qxtmkk">https://tinyurl.com/y4qxtmkk</a>   |
| <b>Distance/Elevation</b> | 31km, 212m elevation  |
| <b>Description</b>        | A shorter ride, through Indooroopilly, Sherwood and Corinda, cutting through Seventeen Mile Rocks, before returning along the Western Freeway Bike Path to the Toowong Roundabout and back to the university. Is an excellent loop for beginners, and can easily connect on to the River Loop, or a Mt Coot-tha ride. |

|                           |  |
|---------------------------|--|
| <b>Title</b>              | <b>Mt. Coot-tha</b>  |
| <b>Route Link</b>         | <a href="https://tinyurl.com/y32ppdd8">https://tinyurl.com/y32ppdd8</a>  |
| <b>Distance/Elevation</b> | 24km, 351m elevation   |
| <b>Description</b>        | Simple ride to Mt. Coot-tha, looping around Sir Samuel Griffith Drive (in either direction) before returning to the university. Sir Samuel Griffith Drive loop often included in other rides, such as a river loop off the Bicentennial Bikeway. |

|                           |  |
|---------------------------|--|
| <b>Title</b>              | <b>Mooloolaba - Noosa</b>  |
| <b>Route Link</b>         | <a href="https://www.strava.com/activities/2357487974">https://www.strava.com/activities/2357487974</a>  |
| <b>Distance/Elevation</b> | 80km, 460m elevation   |
| <b>Description</b>        | Ride from Mooloolaba Main Beach, up to Sunshine Beach in Noosa and back. Makes significant use of David Low Way – a long predictable road that runs along the coast for most of the route. Dedicated bikeways for bridge crossings. Only difficult section is navigating out of Mooloolaba if people aren't familiar with the route. |

|                           |  |
|---------------------------|--|
| <b>Title</b>              | <b>Airport Loops</b>   |
| <b>Route Link</b>         | <a href="https://connect.garmin.com/modern/course/30540995">https://connect.garmin.com/modern/course/30540995</a>  |
| <b>Distance/Elevation</b> | 51.6km, 371m elevation – Options for more distance with more loops   |
| <b>Description</b>        | Primary loop completed using a combination of Lomandra Drive/Eagle Farm Rd/Main Myrtle town Rd. Can complete multiple loops for increased distance. Access from the university either through Murrarie and over the Gateway Bridge bikepath, or along the bikepath beside Kingsford Smith Drive. |

|                           |  |
|---------------------------|--|
| <b>Title</b>              | <b>7 Sisters Ride</b>  |
| <b>Route Link</b>         | Long Version - <a href="https://connect.garmin.com/modern/course/30542180">https://connect.garmin.com/modern/course/30542180</a><br>Short Version - <a href="https://connect.garmin.com/modern/course/40471355">https://connect.garmin.com/modern/course/40471355</a>  |
| <b>Distance/Elevation</b> | Long Version - 103.5km, 924m elevation<br>Short Version - 87.8km, 750m elevation   |
| <b>Description</b>        | Another very popular ride amongst Brisbane cyclists. Follows the entirety of Beenleigh Redland Bay Rd – Cleveland Redland Bay Rd all the way into Cleveland. Can be accessed either via Mt Cotton or along the Veloway V1 Bikepath beside the Pacific Motorway. Return route either via Old Cleveland Rd or Wynnum Rd. |

|                           |   |
|---------------------------|---|
| <b>Title</b>              | <b>Dayboro/Mt Mee</b>   |
| <b>Route Link</b>         | Dayboro - <a href="https://connect.garmin.com/modern/course/30526383">https://connect.garmin.com/modern/course/30526383</a><br>Mt Mee - <a href="https://connect.garmin.com/modern/course/31441156">https://connect.garmin.com/modern/course/31441156</a>   |
| <b>Distance/Elevation</b> | Dayboro - 100.6km, 1340m elevation<br>Mt Mee – 148.5km, 2246m elevation   |
| <b>Description</b>        | Leave via common route – Petrie Terrace/Enoggera Rd/Samford Rd, over the Samford Range to Samford Village. Turn onto Main Street (same route as Winn Road), and stay on Mount Samson Road all the way to Dayboro. Either turn here or continue on up Mount Mee to the School. Can take same route home, though good options include the Samford Cycle Link. Typical return is via Settlement Rd through The Gap/Bardon and along Sir Samuel Griffith Drive. |

|                           |   |
|---------------------------|---|
| <b>Title</b>              | <b>Mt. Tamborine</b>  |
| <b>Route Link</b>         | <a href="https://connect.garmin.com/modern/course/32706107">https://connect.garmin.com/modern/course/32706107</a>   |
| <b>Distance/Elevation</b> | 156km, 2043m elevation  |
| <b>Description</b>        | Leave along Oxley Rd/Blunder Rd crossing over the Logan Motorway. Take Johnson Rd/Browns Plains Road to Marsden before taking Chambers Flats Rd down to Logan Village. Variety of sidestreets taken to avoid the 100km/h road to Tamborine before climbing Mt Tamborine. Descend along the same route, before returning through Loganlea, and eventually along the V1 bikepath. |

|                           |  |
|---------------------------|--|
| <b>Title</b>              | <b>Petrie to Redcliffe</b>   |
| <b>Route Link</b>         | <a href="https://connect.garmin.com/modern/course/38635502">https://connect.garmin.com/modern/course/38635502</a>  |
| <b>Distance/Elevation</b> | 113km, 896m elevation  |
| <b>Description</b>        | Take Petrie Terrace/Enoggera Rd to Old Northern Rd and follow complete length of Road to Harrison’s Pocket. Turn through Petrie before following Anzac Avenue until it turns off onto Klingner Rd. Loop around the very tip of Scarborough and follow the coastal road down the Ted Smout Memorial Bridge. Follow the same route home as the Redcliffe Ride. |

|                           |  |
|---------------------------|--|
| <b>Title</b>              | <b>Wellington Point/Cleveland</b>  |
| <b>Route Link</b>         | <a href="https://connect.garmin.com/modern/course/30687248">https://connect.garmin.com/modern/course/30687248</a>  |
| <b>Distance/Elevation</b> | 87km, 693m elevation   |
| <b>Description</b>        | Ride out over the PA bike overpass, and up to Wynnum Rd. Follow Wynnum Rd to Wynnum and follow coastal roads south through Manly. Take various bike paths and ocean roads to follow the coast around out to Wellington Point. Return through Wellington Point and follow Shore St out to Cleveland Lighthouse. Return via Old Cleveland Rd or Wynnum Rd. |

|                           |   |
|---------------------------|---|
| <b>Title</b>              | <b>Goat Track</b>   |
| <b>Route Link</b>         | <a href="https://connect.garmin.com/modern/course/45589759">https://connect.garmin.com/modern/course/45589759</a>   |
| <b>Distance/Elevation</b> | 76.6km, 1619m elevation   |
| <b>Description</b>        | Standard route at along Enoggera Rd and Samford Rd out to Samford Village. Continue into Samford Valley along some rolling hills before turning onto ‘The Goat Track’. An unsealed, one-way dirt road that climbs up to Mt. Nebo Rd halfway between Mt Nebo and Mt Glorious. Either continue on to Mt Glorious, or return immediately down Mt Nebo. |

|                           |  |
|---------------------------|--|
| <b>Title</b>              | <b>Kholo Loop</b>  |
| <b>Route Link</b>         | <a href="https://connect.garmin.com/modern/course/32299446">https://connect.garmin.com/modern/course/32299446</a>  |
| <b>Distance/Elevation</b> | 101.7km, 1495m elevation   |
| <b>Description</b>        | Loop accessed either via Kenmore/Pullenvale route, or via Centenary bikepath and Moggill Ferry up through Anstead. Follow Mount Crosby Rd to the fork advertising Lake Manchester. Loop can be done in either direction and consists of some fairly steep rolling hills out past Lake Manchester Dam, along Kholo Rd, crossing the Brisbane River twice and returning via Colleges Crossing and Mt Crosby. Return home via either route. |

|                           |   |
|---------------------------|---|
| <b>Title</b>              | <b>Mt. Cotton + Veloway Bike Path</b>   |
| <b>Route Link</b>         | <a href="https://connect.garmin.com/modern/course/edit/45931850">https://connect.garmin.com/modern/course/edit/45931850</a>   |
| <b>Distance/Elevation</b> | 88.8km, 1227m elevation   |
| <b>Description</b>        | Exiting the city along Logan Road, Ford Rd/Avalon Rd make for some scenic riding through a large conservation park, with some rolling hills and quiet roads. Either Take Mt Cotton Road, or West Mount Cotton Road to head south through the Venman Bushland National Park. Quickly onto the Pacific Motorway Bikepath take it, Logan Rd, and the V1 bikepath back up to Stones corner and back over the PA bike overpass. Alternatively use the connecting path to access Mt Gravatt for a quick ascent. |

|                           |   |
|---------------------------|---|
| <b>Title</b>              | <b>Bribie Island</b>  |
| <b>Route Link</b>         | <a href="https://connect.garmin.com/modern/course/46561531">https://connect.garmin.com/modern/course/46561531</a> |
| <b>Distance/Elevation</b> | 80km, 429m elevation  |
| <b>Description</b>        | Lutwyche rd, up to Narangba rd and Caboolture, then onto Lower King Street, and towards the Bridge to Bribie.     |

## Running

|                           |  |
|---------------------------|--|
| <b>Title</b>              | <b>Half River Loop - Upper</b>   |
| <b>Route Link</b>         | <a href="https://www.strava.com/activities/1859334717">https://www.strava.com/activities/1859334717</a>  |
| <b>Distance/Elevation</b> | 19km, 142m elevation   |
| <b>Description</b>        | Over the Green Bridge, climb up to Dornoch Terrace, descend down to river, and follow Riverside Drive around. Many options for taking a shorter route on each bridge, but full route continues through Southbank and returns via the Goodwill Bridge, and the Bicentennial Bikeway, through Toowong. |

|                           |  |
|---------------------------|--|
| <b>Title</b>              | <b>Half River Loop - Lower</b>   |
| <b>Route Link</b>         | <a href="https://www.strava.com/activities/2117806299">https://www.strava.com/activities/2117806299</a>  |
| <b>Distance/Elevation</b> | 18.5km, 150m elevation   |
| <b>Description</b>        | Out to Indooroopilly Bridge, then follow river around through the Tennyson tennis centre, along the Brisbane Corso and back over the Green Bridge. |

|                           |  |
|---------------------------|--|
| <b>Title</b>              | <b>Golf Club</b>   |
| <b>Route Link</b>         | <a href="https://www.strava.com/activities/2579345381">https://www.strava.com/activities/2579345381</a>  |
| <b>Distance/Elevation</b> | 10.5km, 253m elevation   |
| <b>Description</b>        | Out along dirt track, the Esplanade hills, and onto a pedestrian dirt track running behind the St Lucia Golf course. Connects to Meiers Rd, and finishes at Sir John Chandler Park before returning on the same route. |

|                           |   |
|---------------------------|---|
| <b>Title</b>              | <b>Golf Club - Extended</b>   |
| <b>Route Link</b>         | <a href="https://www.strava.com/activities/1957785452">https://www.strava.com/activities/1957785452</a>   |
| <b>Distance/Elevation</b> | 13.6km, 201m elevation  |
| <b>Description</b>        | Leave St. Lucia along Swann Road, turn at Indooroopilly down to Lambert Road, before turning toward Harts Road and Long Pocket. Continue down Meiers Rd, and return along the pedestrian dirt track before the golf courses. Return to pool along the esplanade and dirt track. |

|                           |   |
|---------------------------|---|
| <b>Title</b>              | <b>Gap Creek Trails</b>   |
| <b>Route Link</b>         | <a href="https://www.strava.com/activities/2328713195">https://www.strava.com/activities/2328713195</a>   |
| <b>Distance/Elevation</b> | 12km, 427m elevation  |
| <b>Description</b>        | A selection of trails from the Gap Creek Carpark. An example is given, though trail runs here may include any track shown on the Gap Creek Trail Map. |

|                           |  |
|---------------------------|--|
| <b>Title</b>              | <b>Simpson Falls Trails</b>  |
| <b>Route Link</b>         | <a href="https://www.strava.com/activities/2187116155">https://www.strava.com/activities/2187116155</a>  |
| <b>Distance/Elevation</b> | 21.5km, 622m elevation   |
| <b>Description</b>        | A selection of trails from the Simpson Falls carpark. An example is given, though trail runs here may include any track shown on the Mt. Coot-tha or Gap Creek trail maps. |

---

|                           |   |
|---------------------------|---|
| <b>Title</b>              | <b>Uni Loop</b>   |
| <b>Route Link</b>         | <a href="https://tinyurl.com/y6jdgngs">https://tinyurl.com/y6jdgngs</a> |
| <b>Distance/Elevation</b> | 4.5km, 19m elevation  |
| <b>Description</b>        | A simple loop around the perimeter of the university.                   |

---

---

|                           |  |
|---------------------------|--|
| <b>Title</b>              | <b>Uni Loop - Extended</b>   |
| <b>Route Link</b>         | <a href="https://www.strava.com/activities/2466997780">https://www.strava.com/activities/2466997780</a>  |
| <b>Distance/Elevation</b> | 7.2km, 63m elevation   |
| <b>Description</b>        | Similar to the Uni Loop, but includes an extension out along the St. Lucia back-roads toward Toowong, and returning along Sir Fred Schonell Drive. |

---

---

|                           |   |
|---------------------------|---|
| <b>Title</b>              | <b>Robelle Domain</b>   |
| <b>Route Link</b>         | <a href="https://www.strava.com/activities/2303062120">https://www.strava.com/activities/2303062120</a>   |
| <b>Distance/Elevation</b> | 3.25km, 33m elevation   |
| <b>Description</b>        | A short running loop out at the Orion shopping centre, commonly used when doing run/ride sessions with rides along the Centenary highway, as shown in the Springfield-Yamanto ride. |

---

---

|                           |   |
|---------------------------|---|
| <b>Title</b>              | <b>Mt Coot-tha to Nebo trail run</b>  |
| <b>Route Link</b>         | <a href="https://www.strava.com/routes/2769777783317172942">https://www.strava.com/routes/2769777783317172942</a> |
| <b>Distance/Elevation</b> | 28km, 1000m elevation   |
| <b>Description</b>        | Mt Coot-tha Summit to South Boundary rd trail and then onto Nebo Break.   |

---