

BQ's Weekend at Pomona Event Guide
May 15-17, 2026



Welcome to BQ's Weekend at Pomona – a two-day adventure riding weekend!

Bicycle Queensland are excited to host our second 'Weekend at' event, this time based out of Pomona in the Noosa Hinterland. We have four planned rides to tackle with an event HQ at Pomona Showgrounds. [You can view the rides on Ride with GPS](#) – please ensure you have the routes downloaded to your smart phone or GPS device.

So what can you expect?

BQ's tips on what bike to bring: Watch online: <https://www.youtube.com/watch?v=XcwOSfBh0Y4>

The important stuff:

- Ride Ticket (**print out or screenshot**)
- Bicycle! **Very important!**
- Helmet! **Also very important!**
- Pump, spare tube x2 and repair kit
- Any tools you want (a multi-tool is useful). There will be a Bike Mechanic, but it's best to be as self-sufficient as possible
- Bike lock
- Bike GPS or smart phone with routes loaded (and chargers!)
- Front and rear lights
- Riding snacks (some provided)
- A way to carry at least 1.5L of fluid

- Shirts - long sleeve is great for sun safety
- Shoes
- Socks
- Sunglasses
- Helmet and gloves
- Wind shell / rain jacket
- Wallet and money

- Thongs or crocs for wearing to/from/in the shower
- Hat or cap
- Beanie (good on cool nights)
- Personal care kit
- Torch/headtorch if camping

For OFF the bike:

- Casual wear - for hot and cool weather
- Shoes
- Socks, underwear, PJs
- Waterproof jacket (maybe use your cycling one)
- Towel and toiletries if you booked to camp at the Showgrounds

Simple first aid kit (keep in your jersey pocket):

- Hand cleaning gel
- Sunscreen and lip balm
- Band-aids (approx. 10)
- Antiseptic cream (for cuts, scratches, bites, minor burns)
- Analgesic (painkiller)

Optional extras:

- Camera
- More snacks!

For ON the bike:

- Bike pants

Watch our event briefing online: <https://www.youtube.com/watch?v=Z6m4zi-Q1R4>

Friday 15th May

It's the day before the event starts. BQ will be onsite at Pomona Showgrounds setting up the BQ Hub, the event centre for the weekend. It's time to double check your accommodation booking, check over your bike and go through your pack list one last time. Don't forget to bring essential items like your phone and phone charger!

BQ will have our Ride Reception setup at the Pomona Showgrounds from 3:30-6pm on the Friday afternoon. Ride Reception is your first port of call if you have any queries, questions or concerns. But for now, hand your Ride Ticket (or confirmation email on your phone) to Ride Reception and in return you will receive:

1. A numbered bike bib to be attached to your bike
2. Your BQ gift pack with new BQ water bottle, a buff and a couple of Winners bars

Saturday 16th May

If you arrived on Friday, make sure you're at the event HQ at Pomona Showgrounds by 7:00am for rider briefings. Otherwise, Ride Reception is your first port of call for sign on, and it will be open from 6:15am. We'll have a 'sign on' board to log your rider number depending what ride you're taking on.

With your number on your bike make sure you have everything you need for the ride that day – helmet, gloves, shoes, sunglasses, sunscreen, hat, water bottles or hydration pack, snacks, wallet, phone and anything else you think you'll need. You can top up on Winners electrolyte drink at Ride Reception, and Nick from NRG Cycles will be on hand to help for any last-minute mishaps. But for your enjoyment, get your bike serviced before joining us in Pomona.

Choose your approximate pace if you're opting to go with a ride leader, and pay attention to the route specific briefing. As each route uses a mix of road, back roads and trail, conditions are variable and every rider will need to be aware of potential hazards on the route. Attending the briefing is essential, as is having a copy of the route on your GPS or smart phone.

Each route will have one water point on it, but stay in touch with your ride leader or call Event HQ if you have issues on the route. In case of emergency, call 000.

General Route Information

You can choose from four different route options that make up BQ's Weekend at Pomona. The four planned rides are diverse in both terrain and topography. As Pomona sits in the Noosa Hinterland, it is hilly – we couldn't flatten it out for you! The area has a network of main roads, back roads, forest roads and trails. They all weave together to make a complex tapestry of potential ride routes. With help from local input, we stitched four unique rides together.

Off-road explorer: 32km/750m - <https://ridewithgps.com/routes/54643636>

Don't be fooled by the 32km distance, this is a great day out and not something that most will knock off before morning tea. This route leaves Pomona mostly on trail to Cooran, which is well-placed for a pitstop at the park or one of the cafes. Fuel up as you're about to climb towards Tablelands Lookout – via a mix of forest trail and new singletrack. You can climb up to the lookout or take the descent as the route directs you. Once through a farm you're on Upper Pinbarren Creek Road, with some of the most iconic views in the area before a steep return to the valley.

On blacktop at the bottom, turn left at Camphor Road, where we'll have a water point. You're about to join Trail 2 of the Noosa Trail Network, but you'll be climbing to earn the next views. The descent gets steeper until you join Black Pinch Road. This joins Louis Bazzo Drive to return to Pomona. Stick left, ride single file and listen to ride leader directions. You can head into Pomona instead of tackling Trail 2 by following the road signs if you'd prefer.

Given how steep some of the climbs and descents are, a mountain bike or eMTB may be most preferable. 99% of the route can be ridden on a gravel bike for a fit rider. But remember, there are two types of riders: those who walk, and liars!

Go for gravel: 79km/1600m - <https://ridewithgps.com/routes/54643582>

It may have a silly name, but this is a great route for intermediate gravel riders with a good level of fitness. Leaving Pomona on part of the Noosa Trail Network, the majority of this route is on back roads and gravel roads, although it uses or crosses connecting roads at times. Once through Cooran you're off the Noosa Trail Network and mostly on roads and gravel roads, making a big loop to the north west to circumnavigate Woondum National Park. You'll ride along ridge lines and there are a few intersections to navigate, so follow the route guidance you have downloaded to your bike GPS or phone.

When you turn right onto Shadbolt Road we'll have a place to top up on water. If things are a bit slower than you expected, this is a great time to retrace your steps. The route carries on through farmland and forest on a mix of bitumen and gravel roads, before turning onto the Noosa Trail again towards Kin Kin. Turn into Kin Kin for water and toilets at the park near the arts centre – your downloaded route will guide you there. As you ride the refurbished road towards Pomona, stick left and enjoy the views! You'll join the shorter ride at Camphor road, where there's a water point. Climb up to join the above route along Noosa Trail number 2 – or stay on the road, stick left and follow the road signs to Pomona if you're ready to head back to base.

This ride is an excellent mixed surface challenge. A very fit rider may knock it off in 3.5 hours riding time, so a gravel bike with a wide gear range is ideal. We guarantee you'll use your highest and your lowest gears on this route.

Once you're back from your rides, the afternoon is yours! There's an IGA in Pomona for snacks, plus a range of cafes. The Pomona Hotel and Pomona Village Kitchen are open for meals – you might be able to get a table at the Pomona Distilling Company as well – but book ahead to be sure.

Sunday May 17th

Welcome back for day two! Timings and options remain the same for Sunday. Ride Reception will be open from 6:15am, with Nick from NRG Cycles on hand for any last-minute mechanical mishaps, and we'll have fresh Winners drink mix to fill up your bidons.

Sign on for the long ride or the short ride, and join the mandatory rider briefing at 7am before slotting in with your preferred ride leader, based on pace of ride. As with Saturday, there are two routes to choose from.

General Route Information

Just like on Saturday, both routes use a mix of road, trail, gravel roads, forest roads and shared paths. The longer route isn't as long, but has some more dedicated off-road sections at the very start. The short ride has a similar

start, but overall has some excellent gravel and back road riding. Both rides have time on roads where riders must stick left and ride single file.

Gravel Explorer: 37km/500m - <https://ridewithgps.com/routes/54644817>

While not flat, this ride will feel flatter than either ride on Saturday. You even get a very flat start along Station street! Riders will duck under the rail line where the long ride goes straight ahead, and climb a trail towards Yurol Forest Drive. This is a fast road and there is trail to ride alongside the road, before heading east on forest roads.

The route navigates past Lake MacDonald and moves from back roads to gravel roads before turning left onto McKinnon Drive. This is a main road with a good shoulder, so ride single file and stay left. You'll shortly be turning left into Ringtail Creek Road, to be back on gravel. Remember, it is still an open road so stay left. Follow the GPS guidance and turn left onto Louis Bazzo Drive for the return to Pomona Showgrounds.

This ride will be great on either a gravel bike or mountain bike, the early section is a little rougher as it's in low lying land that has had railroad ballast added for weatherproofing.

Get out there!: 55km/1200m - <https://ridewithgps.com/routes/54644750>

Another cheesy name and another route that is more demanding than the numbers suggest. It starts on the dirt road end of Station Street and becomes trail, with a sneaky right hander that will be marked with an arrow. This is part of the Noosa Trail Network but is pretty rough going at times thanks to water flow. This route ends up crossing both the Cooroy Connection Road and Mary River Road, which you will turn right onto to climb the range. You will be on the road the whole climb. It's a mountain road so stay left and ride single file, and follow the GPS route as it turns left onto Black Mountain Range Road, and then turns to gravel.

Things just got pretty good once you're at this point – and it's tough going with rough trail and a long road climb to get here.

Enjoy the views towards Gympie and up towards Kenilworth and Jimna to your left, and across the hinterland to your right. Follow the road around until you're on the fast, and steep, gravel descent to Federal. You will pick up a lot of speed quickly, so watch for oncoming vehicles and manage your speed. Consider stopping part way to admire the valley! Turn left at the bottom and ride on the tarmac to the Old Bruce Highway, where a marshal will be to assist crossing. After 900m on the shoulder, a left turn up Sankeys Road is pretty steep, and leads you towards Kellehers Road and the Noosa Trail Network into Cooran. Top up bottles or grab a snack – it is time to climb!

The route climbs to the lookout via Tablelands Road, it is shady up top but not at the entry. This is a sustained climb so pace yourself. The descent is via the Noosa Trail Network with steep sections and minor hazards as off-road trails have – so ride with due caution.

Catch the views down the stunning Ewarts Road as you descend to the valley, turning into Camphor Road and following the guidance up and over the Noosa Trail before returning to Pomona. You can head straight into Pomona via the road if more climbing is a bit much at this point.

This ride is great on a gravel bike. The climbing is steep and only the final Noosa Trail section may be challenging on gravel bike gearing. Any other steep climbs are open dirt roads navigable by 2WD vehicles. A mountain bike is also fine for this route.

Once you're back from your rides, check in at Ride Reception so we know you're back – we hope you had a great weekend away!

First Aid

First aid along the route will be provided Peter Fiechtner, who will be riding the short routes. Each Ride Leader will also have a small first aid kit.

Peter will also have a First Aid tent in the BQ Area at Pomona Showgrounds.

Some of the route is in remote areas and even some of the towns have very poor phone service. Telstra is the most reliable service in the area, but also bear in mind if you need to make a phone call, shops may have landlines and would be willing to help.

IMPORTANT If you are in an emergency that requires immediate attention, **please call 000** (or 112 if in an area of poor reception) in the first instance, and then **Ride Reception on 0459 701 318** to let us know what has happened.

Save these numbers into your phone now:

Number	Who?	When to dial
000	Emergency Services	In an emergency
112	Emergency Services	In an emergency when in an area with poor phone reception
0412 881 180	Event Logistics – Liana Heath	For non-emergency medical assistance, and to alert the team once the emergency services have been notified
0468 671 135	Event Director – Michael Jordan	In need of non-emergency assistance while on route, or after emergency services have been notified to let us know what has occurred
0459 701 318	Ride Reception	In need of non-emergency assistance while on route, at the campsite or in the campsite host town. Or after emergency services have been notified to let us know what has occurred.
0431 831 400	Medic – Peter Fiechtner	Contact Peter for non-urgent medical assistance
0430 455 307	Mechanic – Nick Hagermeijer (NRG Cycles)	Nick will be based at Ride Reception for pre or post ride assistance

Local Emergency Services

- **Police** - Pomona Police Station – (07) 5485 1233
- **Hospital** - Pomona Hospital - Open: 24 hours (small rural facility)

Ride Reception

Ride Reception is what we call the Bicycle Queensland tent you will encounter at the Check-in Site. At Ride Reception you will find some very helpful and knowledgeable people to assist you with any queries or concerns you have about the routes we're riding and event timings. Ride Reception will also be able to help with phone and e-bike charging and lost and found. Our event mechanic, Nick from NRG Cycles, will also be based here before rides and in the afternoons.

Toilets and Showers

There are toilets and showers at Pomona Showgrounds for the use of those who have booked camping at the Showgrounds.

Event timetable

Friday May 15

Time	Activity	Details
3:30pm	Ride Reception opens	Ride Reception is open to collect your rider packs
5:30pm	Informal CEO Welcome	BQ CEO welcomes riders to the event at Pomona Showgrounds
6:00pm	Ride Reception closes	Ride Reception closes for the day

Saturday May 16

6:30am	Ride Reception opens	Ride Reception at Pomona Showgrounds opens. Coffee cart and ride fuel station on site, along with NRG Cycles.
7:30am	Rider Briefings (Challenging & Short Ride)	Mandatory rider briefings General Safety and rider support + Hydration stations + Emergency procedures + route overview and options
7:45am	Ride Start (Challenging Ride)	Group departs
8:00am	Ride Start (Short Ride)	Group departs. Medic to ride on short ride.
10:00am – 3:30pm	Riders Return	Return to Pomona Showgrounds and check in to confirm you're back.

Sunday May 17

Time	Activity	Details
8:00 AM	Registration Opens	Rider check-in
8:30 AM	Rider Briefings (Challenging & Easy Ride)	Safety + route overview
8:45 AM	Ride Starts (Challenging Ride)	First group departs
9:00 AM	Ride Starts (Short Ride)	Second group departs
11:00 AM – 3:30 PM	Riders Return	Return to Pomona Showgrounds and check in to confirm you're back.

Local Food and Beverage options

Riders are encouraged to support local businesses within walking/riding distance of the Showgrounds:

- Pomona Distilling Co. – VIP venue, lunch/dinner, drinks
- Pomona Hotel – pub meals, dinner, social hub
- Club Pomona – casual dining, bar, community venue
- SpillDEBeans – café, breakfast, coffee
- Pomona Village Kitchen – brunch, daytime meals
- Serge's Pizza & Pasta – dinner, takeaway friendly
- Pomona Bakery – quick ride fuel