



Summer
2012

LIVEBUG NEWS

Co-Ordinator: Maree Stacy
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Treasurer: Russell Field
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Summer calendar

Sunday Jan 8 NEW PRESTONS LOOP

Grade: Easy

Start: 08:00 am from Liverpool Railway Station. (Bigge Street entry). Unlimited car parking in Railway street on Sundays. This **24km** ride is a great beginner's ride being on cycleway for almost the entire ride. This ride will explore the cycleways of Hoxton Park Rd, the M7 and Cowpasture Rd breaking for morning tea at Carnes Hill Shops then returning via Camden Valley Way, Kurrajong Rd, Amalfi and Paciullo Parks. **Contact:** Maree; 96025293 / 0419203379 to confirm.

Sunday Jan 22 LIVERPOOL TO PANANIA LOOP IN REVERSE

Grade: Easy

Start: 8:00 am from Liverpool Station. Unlimited car parking in Railway street on Sundays. An easy **44 km** ride from Liverpool Station following bike paths around Chipping Norton Lake, Milperra & Kelso Park to Panania. Coffee stop before returning via Lake Gillawanna, through Lansvale to Liverpool. Uses some roads. **Contact:** Maree; 96025293 or 0419203379 to confirm.

Sunday Jan 29 LIVERPOOL COMMUTER OPTIONS

Grade: Easy

Start: 9:00am. Liverpool Rail station – Approximately **28km**.

Today's ride(s) will send a ride leader each with a small number of riders using one of the main & marked bike routes out of Liverpool and noting the locations reached at 10 minutes / 20 minutes and 30 minutes continuous riding at 16-17 km hour. Ride to a neighbouring suburb, then ride back to Liverpool on an adjacent marked route. Returning to Liverpool for coffee / morning tea at Liverpool Mall. The suggested routes are The Rail trail to the north / Hoxton Park Rd path to the west and Casula / Prestons to the south west. Mostly shared cycle paths, some on road routes.

The ride is part of collecting information for Commuting to Liverpool by Bike, will be mapped and provided to work places as part promoting cycling as a local transport option. It targets 8km around Liverpool on where getting to work / the shopping mall etc by bike might be the most convenient / quickest option.

Contact: Alison 0438171484. Call to confirm.

Sunday Feb 12 CHIPPING NORTON LAKES

Grade: Easy

Starts: 9:00am. Liverpool Railway Station. Unlimited car parking in Railway street on Sundays.

27Km. An easy ride along rail trail to Canley Vale then cycle paths to Lansdowne, Chipping Norton and Liverpool. Using rail trail and cycleways along whole route suitable for the family or beginner. Coffee stop at Condell Park.

Contact: Phillip Jackson 9720 8297 or 0434633490. Call to confirm.

Tuesday Feb 14th: Tuesday 6pm, LiveBUG meeting

Thomas & Rachael Moore Education Building, Seminar Room 2,
Liverpool Hospital.

Sunday Feb 26 BOTANY BAY FORESHORE RIDE

Grade: Easy

Start: 9:00am from Wolli Creek Railway Station (Mt Olympus Bvd)

This **27 km** ride is suitable for all riders; it is a mixture of shared cycle ways and back streets. The ride gives excellent views of Sydney Airport, the beaches of Botany Bay and the lower Geroges River. The ride follows the Cooks River to Botany Bay near Sydney Airport then continues south along the foreshore past the beaches of Kyeemagh, Brighton-Le-Sands, Ramsgate and on to Sans Souci returning via the same route with a lunch stop at Brighton-Le-Sands. This ride is an excellent beginners ride with only 1 small hill. **Contact:** Russell; 0434 141 810 to confirm.



Preview of Autumn calendar

Tuesday Mar 6 SUPER TUESDAY BIKE COUNT

Sunday Mar 11 PARRAMATTA RIVER RIDE – NORTHERN BANKS

Grade: Easy-Medium

Start: 8.30am Merrylands Station Eastern Side (Railway Terrace)

37 km ride using cycle routes through Parramatta & Harris Park - then follow the Parramatta River to Meadowbank and on to Putney – cross the river on the Punt Ferry then make our way back through to Sydney Olympic Park and on to the M4 cycle path. Mostly cycle paths, some on road local streets. Mostly flat, some small rises. **Contact:** Alison on 0438 171 484, call to confirm.

Sunday Mar 25 LAKE ILLAWARRA - SHELLHARBOUR

Grade: Easy-Medium

Start: 9.30am from HARS Museum - Illawarra Regional Airport (Cnr Airport Rd & Boomerang Ave, Albion Park Rail - 2 minute walk from Albion Park Station).

30km ride scenic ride following the lake shore and beaches to Shellharbour for morning tea and returning by the same route the ride is mostly on cycle paths and quite back streets (Personal guided tour of aircraft museum available at end of ride - Adults \$15, Kids free). **Contact:** Russell; 0434 141 810 to confirm you are coming and for possible car pooling.

Other Rides/Events/Cycling Holidays

Australia

Bicycle NSW Discovery Weekend Orange March 23-25, 2012

http://www.bicyclensw.org.au/content/discovery_weekend

Discovery Ride – 50km

Gear up Girl Challenge Ride – 50km

Classic Road Ride – 135km

Explorers' Ride – 65km

Mudgee Bike Muster April 6-9, 2012 (Easter)

www.bikemuster.com.au

MTB Cross Country Tour Norfolk Island July 2-4, 2012

http://www.travelcentre.nf/mountain_bike_championship.htm

International

Cyclerides Australia - France Cycle Tours <http://cyclerides.com.au>

Cycle Sulawesi <http://www.cycleindonesia.com.au/>.

Ride and Seek Bike Tours www.rideandseek.com.

Outdoor Travel Pty Ltd <http://www.outdoortravel.com.au/>

Some Fun Bike Racks – Salamanca Place, Hobart

John Raju, November 2011



PATH UPDATES

1) Canley Heights

While on the Liverpool Loop ride last Sunday, we discovered a new path from Oaklea Parade, Canley Heights to the corner of Parklea Pde & Chelsea Cres Canley Heights where it connects to the Orphan School Creek cycleway.



2) Maxwells Avenue Shared Pedestrian / Cycleway.

The newest addition to the Liverpool City Councils bike plan which will benefit of both pedestrians and cyclists in Liverpool area is the Maxwells Ave shared pedestrian/cycleway.

The pedestrian/cycleway runs the entire length of Maxwells Ave which is approximately 1.8Km, it is located on the Southern side of the avenue. During the last month or so, the Liverpool Council has been constructing this path in stages as the weather and manpower permits. It is currently approximately 80 to 90% completed.

The eastern end of the path links the Elizabeth Drive pedestrian/cycleway up to the Maxwells Ave path and then passes in front of Ashcroft Primary and Ashcroft High School. This allows parents with small children and the older students to walk or ride their bicycle to school along this wide path.

The western end of the path finishes at Cartwright Avenue where The PCYC and Edwin Wheeler Oval is situated. These facilities are used by both schools and the youth and adults in the surrounding suburbs allowing them a safe means of travel to and from sporting events.

The Cartwright Avenue end of the path is also near the Miller shopping centre and Michael Wenden Pool and other community centres and schools in the suburb.

The Maxwells Avenue shared pedestrian/cycleway will be a major advancement to the lives and health of the people both young and old in the surrounding suburbs.

Phillip Jackson

Here are some photos that I have taken of the path during its construction.



The original path



The new pedestrian/cycleway.

Have a Very Happy Cycling Christmas!



(photo courtesy of Phil Jackson)