

LIVEBUG NEWS

Winter 2016



Coordinator: Maree Stacy 9602 5293 | www.bikeliverpool.org.au

Social rides

Our friendly social rides cater for riders of all levels. We ride at a leisurely pace. No one is left behind. If you are concerned about the distance talk to the ride leader and ask about shorter options within the ride. Essentials: helmet and water. If you're joining our evening rides you must have front and rear lights. Please call or message the ride leader to confirm your attendance. This helps us plan the ride and we can let you know if we have to change plans for any reason.

Sunday Jul 24 Bridges of the South

Grade: Hard

Start: 8:30am from Liverpool Station.

The stunning views will be your reward and are well worth the effort required for this **65km** ride. After travelling through our usual haunts of Revesby and Padstow we will ride across Alford's Point Bridge before continuing onto Menai where we will refuel. Our return leg will feature the sights of the Woronora River from the River Road Cycleway and the Georges from Como Bridge. The M5 Linear Park will connect us to the Salt Pan Creek Boardwalk where we will cross into Padstow and join our usual route to end up back at Liverpool Station. While most of this ride will be on shared path there will be sections where using the road will be required. Care has been taken to ensure the route is as safe as possible while still reaching our destination. Please ensure you are comfortable with this.

Contact: Evan 0404 826 049

Sunday Jul 31 National Tree Day Ride – Lake Francis, Corner of Cowpasture Road and Greenway Drive, West Hoxton.

Grade: Easy

Start: 8:30am Liverpool Railway Station.

Unlimited parking in Railway Street on Sundays.

A **25 km** ride using SUPs and a few minor roads to join Liverpool Council's tree planting day. Council, with the help of volunteers, aims to plant local native trees, shrubs and ground covers to encourage native wildlife (by providing food and

shelter) and to enhance the local area. Wear enclosed shoes, hat and sunscreen, and bring gardening gloves and a bike lock for peace of mind. Council will provide all tools, refreshments, and a free BBQ lunch. We have enjoyed this event in previous years.

Contact: Phillip 9720 8297 | 0434 633 490

Saturday Aug 6 Morning Markets Ride

Start: 8:30 am cnr Bardia Pde and Derna Rd, Wattle Grove

Grade: V Easy

We'll ride from Holsworthy/Wattle Grove down to the Farmers Market at Chipping Norton. Pick up your favourite in season fruit and veg or delicious baked treats, have a coffee and head home. The round trip ride is about 20km and is mostly on shared user paths. This is a great ride if you haven't been on your bike for a while or are new to riding.

Contact: Elaena 0402 253 915

Sunday Aug 14 Cecil Hills Loop (Hoxton Pk Rd-Cowpasture Rd-Elizabeth Dr)

Grade: Easy-Medium

Start: 9:00 am from Liverpool Station.

Unlimited car parking in Railway street on Sundays.

A easy-medium **30 km** ride from Liverpool Station following shared pathways along Hoxton Park Rd & Cowpasture Rd to Cecil Hills and following SUP along Elizabeth Dr back to Liverpool. Some short hills. Coffee stop at Cecil Hills.

Contact: Maree 9602 5293 | 0419 203 379

Sunday Aug 28 Guildford - Prospect - Canley Vale - Liverpool

Grade: Easy – Medium

Start: 9:00 am Guildford Railway Station (eastern side).

This **30km** ride is entirely along off-road cycle paths. Prospect canal cycle path and then undulating paths through Western Sydney Regional Park, the Orphans creek path to Canley Vale. Have lunch at a Vietnamese restaurant. Then to Liverpool (alternately hop on the train home or ride 5km back to Guildford).

Contact: Maree 9602 5293 | 0419 203 379

Saturday Sep 3 Morning Markets Ride

Start: 8:30 am cnr Bardia Pde and Derna Rd, Wattle Grove

Grade: V Easy

We'll ride from Holsworthy/Wattle Grove down to the Farmers Market at Chipping Norton. Pick up your favourite in season fruit and veg or delicious baked treats, have a coffee and head home. The round trip ride is about **20km** and is mostly on shared user paths. This is a great ride if you haven't been on your bike for a while or are new to riding.

Contact: Elaena 0402 253 915.



LIVEBUG Meeting

Tuesday, 16 August

Start 6:00pm, Liverpool Hospital.
All welcome.

Contact: Maree 9602 5293



Rides cont....

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Sunday Sep 11 Liverpool To Panania Loop (Father's Day)

Grade: Easy

Start: 9:00am from Liverpool Station.

Unlimited car parking in Railway street on Sundays.

An easy **35 km** ride from Liverpool Station following bike paths through Lansvale, along Lake Gillawanna, Milperra & Kelso Park to Panania. Coffee stop before returning through Chipping Norton to Liverpool. Uses some roads.

Contact: Maree 9602 5293 | 0419 203 379.

Sunday Sep 18 Liverpool to Carnes Hill- Via One Rail Trail and Five Sup's in a Big Loop.

Start: 9:00 am from Liverpool Rail Station.

Unlimited car parking in Railway St. on Sundays.

A medium **37.5 km** ride from Liverpool Stn. following Rail Trail to Canley Vale and then Orphan School Ck. To Cowpasture Rd. to Carnes Hill for a stop. Camden Valley Way to Cross Roads and then down Leacocks Lane to return along the SUP beside Georges River and perhaps a coffee stop at Powerhouse Museum and back to Liverpool. Some short hills on route, you won't be left behind!

Contact: Phillip 9720 8297 | 0434 633 490

Sunday Sep 25 Pillar to Post (A Historic Hunt)

Start: 10:30 am from Sydney GPO, Martin Place (9:15 am train from Holsworthy)

Grade: Easy (exploratory)

In the 1840s six doric columns were added to Sydney's then general post office to provide a sense of grandeur to the building. When it was demolished in 1868, to be replaced by the palatial new GPO building which still stands at the corner of Martin Place, the columns were sold and sent off to varied fates. Some of those columns are still in the public realm, some in unusual places and playing unexpected roles. On this discovery ride we'll visit the remaining known columns and hear stories about their history. We'll also keep an eye out for the lost columns as we journey from Martin Place to Circular Quay, North Sydney and Centennial Park.

Contact: Elaena 0402 253 915

Sunday Oct 9 Suffragettes and Suicide Alley (A History Ride for Sydney Rides Festival)

Grade: Easy

Start: 9:15 am Green Square Station

(Between O'Riordan Street and Bourke Road - 8:45 am train from Holsworthy)

The women's suffrage movement gathered pace during the 19th century, around the same time bicycles were introduced as a revolutionary form of transport. The two are surprisingly linked and we'll visit some of Sydney's historic landmarks and buildings which are connected to this interesting time. Hear stories of cycle races at the Sydney Cricket Grounds, the tours and balls of the Sydney Ladies Wheelers, the rise of cycling schools, and the dangers of cycling in a non motorised city. We'll finish with a picnic lunch at Pirrama Park. The ride will be about 20km and we'll use cycle lanes and quieter streets where possible. We'll be stopping frequently.

Contact: Elaena 0402 253 915

Sunday Oct 16 Thirroul - Wollongong - Oak Flats

Grade: Easy

Start: 9:15am Thirroul Station (near the bottom of the stairs on Station Street-Eastern side)

One way ride from Thirroul to Oak Flats. Park at Thirroul & return by train. Full ride **47km** – mostly flat.

The ride is broken into three sections:

- Thirroul to Wollongong - 16km. Scenic coastal ride on shared paths. Coffee stop at the harbour – If you would like a shorter ride you can leave us at the golf course and ride 1.5km to Wollongong station to return by train.
- Wollongong to Port Kembla - 11km – Around the industrial heart of Wollongong on shared paths and quite back streets. Some great views of the Port Kembla steel works. Lunch at the Seascape Café. Option to return after lunch by train for shorter ride.
- Port Kembla to Oak Flats – 20km – We re-join the coastal route to Windang and then along the shore of Lake Illawarra to Oak Flats Station on shared paths and quite back streets. Return to Thirroul by train.

Contact: Phillip 9720 8297 | 0434 633 490.

Call to confirm as we have to book for Seascape Café.

Saturday Oct 22 Fabric Ride (A Ride for Sydney Rides Festival)

Grade: Easy

Start: 10 am Central Station (Cnr Devonshire and Chalmers Street - 9:15 am train from Holsworthy)

Are you a sewer or crafter? This gentle paced **20 km** ride will take in some of Sydney's excellent fabric shops. We'll start at a cafe for coffee and a fabric and pattern swap. Bring along anything you'd like to pass on and make room in your stash for your day's finds. We'll use cycle lanes and quieter streets where possible. Bring a lock - we'll be stopping frequently.

Contact: Elaena 0402 253 915.

Sun Oct 30 Botany Bay Foreshore Ride

Grade: Easy

Start: 9:00am from Wolli Creek Railway Station (Brodie Spark Drive).

This **27km** 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 Georges 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 one small hill.

Contact: Maree 9602 5293 | 0419 203 379



May's Merrylands to Rouse Hill and Return ride went well. While there were lots of challenges with the many hills (apparently they are meant to make you stronger), it was a beautiful sunny Autumn day. Kinh, Paul, Tony, John and Matt attended the ride we had a break at Oliver Browns at Rouse Hill. This image is one from Kinh's phone, thanks Kinh. Phillip Jackson.

Other up-coming bike events

Peaks Challenge

Gold Coast - August 14
www.bicyclenetwork.com.au

Far North Wildernes Bike Tour

Sat September 24 - Sat October 1
www.wildernessbiketour.com

Great East Rail Trail Ride

Fri September 30 - Sun October 2
www.greatastrailtrailride.com.au

Ride to Work

Wednesday October 12
www.bicyclenetwork.com.au/general/programs/3025/

Spring Cycle 2015

Sunday October 16
www.springcycle.com.au

Fitz's Challenge

Sunday October 30
www.fitzs.com.au

Peaks Challenge

Cradle Mountain - October 30
www.bicyclenetwork.com.au

MS Sydney Gong

Sunday November 6
www.msgongride.org.au

BUG Conference

13-14 August 2016
Newcastle

Explore a new region, complete Ride Leader Training and/or meet and mingle with like minded riders from across NSW while celebrating 40 years of Bicycle NSW working to create a better environment for cycling. Bicycle NSW is finalising the cost for members and BNSW affiliated BUG members (tha's us!) to attend. Spaces will be limited, so pop the date in your diary today and stay tuned for registration and further conference details to come soon. Contact Katie Bell at Bicycle NSW for more information katie.bell@bicyclensw.org.au

Responding to Liverpool Council's Operational Plan

In June, Bike Liverpool provided feedback to Liverpool Council on their four-year operational plan. Our primary interest was in the council's plans to make Liverpool an accessible connected city.

The plan proposes to measure community satisfaction with access to cycleways and footpaths, road maintenance and access to public transport. However there did not seem to be a budget to measure community satisfaction. We wanted to know how the council plans to measure community satisfaction, what the base line is now and whether there are improvements.

We recommended that the council include a budget line item for measuring community satisfaction and publish the results in a way that allow comparisons over time.

Some of Liverpool's very well loved cycling paths are falling into disrepair. For example the path around Chipping Norton Lakes has become dangerous in parts with tree root invasion causing trip and slip hazards for pedestrians and bicycle riders, and some of the shared paths through Holsworthy have become partially inundated with sand following heavy rains. There does not seem to be a budget or an ongoing process for identifying needs associated with maintenance of bicycle paths.

We recommended that the council include a project to review the current status of bicycle paths in the LGA and prioritise remedial actions required. We offered assistance with this review.

The *Austroads Guide to Road Design* is a key document for the design of roads and road related areas in Australia and is the primary design resource adopted by NSW Roads and Maritime Services. This document is currently not listed as a 'key documents' in the section of the plan referring to infrastructure investigation and design. All councils have free access to the Austroads Guides and Liverpool Council staff should be using the most up-to-date versions. We recommended that the council include in the list of key documents *Austroads Guide to Road Design* - current version.

Liverpool's *Bikeplan 2009* is listed as a key document in relation to the delivery of roads footpaths and cycleways. The plan is now quite outdated. Liverpool Council received RMS funding to update the plan but we are yet to see a new plan. Since the Liverpool plan was developed, RMS have provided updated Guidance on the development of bike plans by local councils.

We asked that the council undertake the work required to update the plan and consult the local community when doing so. We also offered our input and assistance in this task.

The Austroads Traffic Guidelines 2005 are listed as a key document in the Traffic, Transport & Parking section of the plan. The Austroads Guide to Traffic Management has been extensively updated since 2005 with the most recent parts being updated this year.

We recommended that the reference of *Austroads Traffic Guidelines 2005* be changed to *Austroads Guide to Traffic Management* - current version.

Liverpool Council have said they will get back to us in response to our recommendations. We'll let you know the results.

Keep in touch

If you haven't dropped by our website do pop by. We've updated the site to be more user friendly and you'll find all our latest rides and news easy to lay your hands on.

Drop us a comment and say hello!

bikeliverpool.org.au

We're also on Facebook. Give us wave, be our friend and see our updates streamed in your news feed.

www.facebook.com/bikeliverpool