

LIVEBUG NEWS

Summer 2018



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.

Sunday Jan 14 Liverpool Loop

Grade: Easy

Start: 08:00 am Liverpool Railway Station, Main entrance Bigge St. Unlimited car parking in Railway street on Sundays. An easy **25km** ride along the T-way cycleway, Orphan School Creek cycleway and the Rail Trail. Stop at Canley Vale for morning tea and then back to Liverpool.

Contact: Maree 9602 5293 | 0419 203 379 to confirm.

Friday Jan 19 Dinner Ride: A Taste of Asia.

Grade: Easy

Start: 6:00 pm from Liverpool Railway Station. (Bigge Street entry). Join us for a 17km ride using Elizabeth Drive cycle path to Bonnyrigg then the Green Valley Creek Cycle Path on to Canley Vale for dinner at a Vietnamese restaurant. Perhaps ending with Cà phê sữa đá (Vietnamese iced coffee). Bicycle lights required. Call to confirm essential for bookings.

Contact: Alison 0438 171 484

Sunday Jan 21 Sydney Festival Ride to Prospect

Grade: Easy

Start: 10.00am, Fairfield Rail Station. A completely off-road ride along paths to

& from Prospect Reservoir. Starting at Fairfield Station & using the Prospect Creek trail up through the Pemulwuy development before finding our way to the Cricketers Arms, a fantastic 1880 pub for lunch. Then to St Bartholomews Church to visit a Sydney Festival event: (<https://www.sydneyfestival.org.au/2018/broken-glass>). Return to Guildford train station via the Lower Prospect Canal Reserve Functioning bicycle, water & sunscreen required.

Contact: Matt 0424 093 940

Friday Jan 26 Australia Day Heritage Ride.

Grade: Easy

Start: 9:00 am from Liverpool Railway Station. (Bigge Street entry). Join us for an easy-paced ride around the historical [sometimes hidden in plain sight] gems of Liverpool & surrounds. Hear about the fascinating history of this Macquarie town founded 1810, touching on indigenous history, the Georges River and the industrial side of a frontier town. Functioning bicycle, water & sunscreen required.

Contact: Matt 0424 093 940

Sunday Jan 28 Wolli Creek to Cronulla

Grade: Easy

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

This 25 km ride 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, Morning coffee break at Dolls Point Café, then proceed across Captain Cook bridge and follow Shared User Paths and local streets through Taren Point, Woolooware and on to Cronulla for Lunch. After lunch riders may choose to catch train from Cronulla back to Wolli Creek or cycle back depending on weather or fitness.

Contact: Phillip Jackson 9720 8297. Call to confirm.

LiveBUG Meeting

Tuesday 27 February
6pm Liverpool Hospital
All Welcome!
Contact Maree 9602 5293





Grade: Easy

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

This an easy ride approx. 35kms following the many SUP's in the Liverpool area, riding along paths beside Brickmakers Creek to Casula and following scenic paths past Horningsea Park and then to Cecil Hills for refreshments via part of the M7 cycleway. Returning along SUP's in the new estate of Elizabeth Hills then Cowpasture Road and Hoxton Park Road to Liverpool.

Contact: Phillip Jackson 97208297 | 0434 633 490 call or message to confirm.

Sunday Mar 11 Chipping Norton-Wattle Grove Breakfast Ride

Grade: Easy

Start: 08:00am Liverpool Railway Station, Main entrance Bigge St. Unlimited car parking in Railway street on Sundays. An easy approx 30km ride around Chipping Norton lake, then along Brickmakers Dr, Nuwarra Rd & Heathcote roads to breakfast stop at Moorebank Sports Club. Returning to Liverpool through Wattle Grove.

Contact: Maree; 96025293 | 0419203379 to confirm.

Friday Mar 16 Dinner Ride: Carnes Hill Italian at Il Vivo

Grade: Easy

Start: 6pm from Liverpool Station 25km. Meet at Liverpool Railway Station 6:00 pm and ride to Carnes Hill Marketplace for Italian at– Il Vivo. The restaurant has both outdoor and indoor dining depending upon the night. We will be riding along local roads and Shared User Paths both to and from the Restaurant. Bike lights essential, this will be an opportunity to enjoy the SUP's in Hoxton Pk, Horningsea Pk and other locations west of Liverpool.

Contact: Maree 96025293 | 0419203379. Call to confirm.

Sunday Mar 25 Parramatta To Windsor & Return

Details next newsletter or check out our website.

Sunday Feb 4 On the Road to Rhodes

Grade: Easy

Start: 8:00am from Eastern side Merrylands Station. Approx 30km ride to Rhodes via Parramatta River Cycleway and Subiaco Creek for morning tea at Rhodes. Cycle over Benelong Bridge to Wentworth Point and follow the SUP through Newington Parklands and ride back to Merrylands via local roads through Silverwater and the M4 SUP.

Contact: Phillip Jackson 97208297 | 0434 633 490. Call or message to confirm.

Sunday Feb 11 Rail Trail and T/Way Loop

Grade: Easy

Start: 8:00am Liverpool Railway Station. 35km Unlimited car parking in Railway street on Sundays. Uses low traffic roads, cycle paths and Rail Trail through Cabramatta, Fairfield, Wetherill Park, Prairiewood and following the T-way path back to Liverpool. Coffee and refreshments at the food court, Stocklands Prairiewood Shopping centre.

Contact: Phillip Jackson 97208297 | 0434 633 490. Call or message to confirm.

Friday Feb 16 Dinner Ride: Little India Feeder

Grade: Easy

Start: 6:00 pm from Liverpool Railway Station. (Bigge Street entry).

35km or one way 17km.

Ride the rail Trail to Wigram St. Harris Park Let's eat Indian in one of Harris Parks bustling restaurants. Alfresco dining, meals at reasonable prices. Bicycle parking on street. Bring padlock. Return via Rail trail arriving back in Liverpool approx.10pm. Alternatively return by train from Merrylands Station. Working lights for bike - front & rear essential.

Contact: Phillip Jackson 97208297 | 0434 633 490. Call or message to confirm.

Sunday Feb 25 Botany Bay Foreshore Ride

Grade: Easy

Start: 9:00am from Wollie Creek Railway Station (Brodie Spark Drive.) 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 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 Dolls Point. This ride is an excellent beginners ride with only 1 small hill.

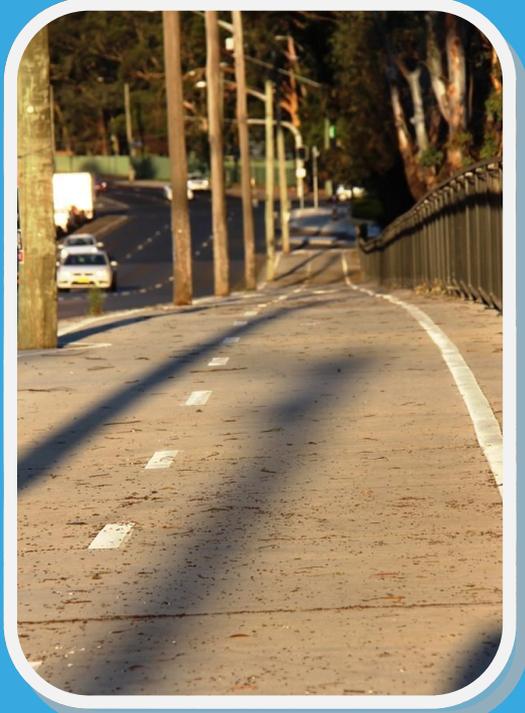
Contact: Maree; 96025293 | 0419203379. Call to confirm.

Sunday Mar 4 Liverpool to Cecil Hills via Horningsea Park

Path Updates

Here are the latest path updates:

* completed SUP along the Hume Highway at Warwick Farm looking east to the racecourse and looking west back towards Liverpool



* completed path at Newbridge Rd from Riverside Dr looking east

* new section of the Newbridge Rd path west from riverside drive under construction.



Path Updates cont'd

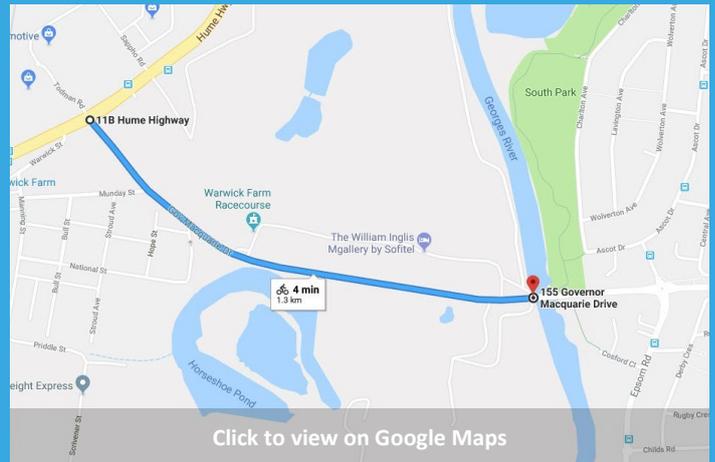
A new SUP is currently being constructed along Governor Macquarie Drive as part of the Cooper Paddock (Australian Turf Club) redevelopment at Warwick Farm Racecourse.

The path is expected to run from the William Long Bridge to the Hume Highway.

A second path is also due to be constructed from Monday St to Warwick Farm Railway Station.

If you would like to learn more on these planned developments, you can download the [Voluntary Planning Agreement](#).

* Since these photos were taken another SUP is under construction on the opposite side of the road.



Looking towards Hume Highway on Warwick Farm Racecourse side.



Unfinished section looking towards the start of William Long Bridge.



Looking back towards Chipping Norton on Warwick Racecourse Side.

Path Updates cont'd

* new SUP along Hume Highway between Myall Rd & Kurrajong Rd, Casula



Blast from the Past

Shell Harbour ride, November 2011



Keep in touch

If you haven't dropped by our website do pop by. You'll find all out 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 news streamed in your news feed.
www.facebook.com/bikeliverpool

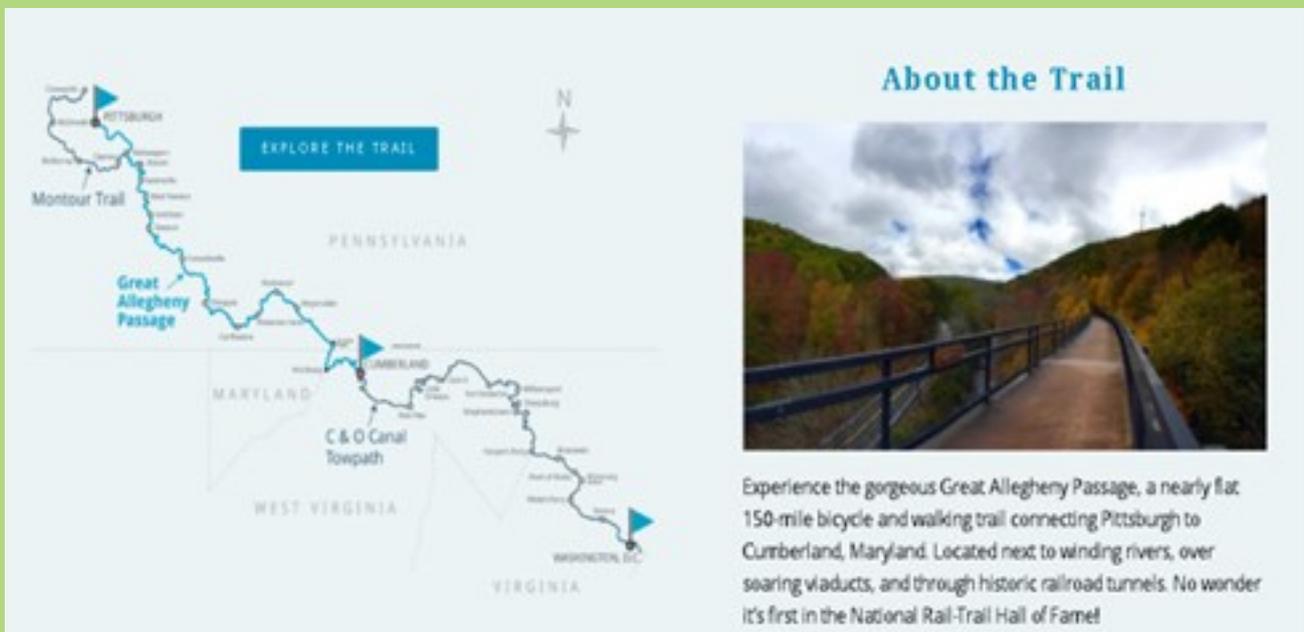


Cycling Holidaying in the US - The Great Allegheny Trail Maryland & Pennsylvania

Information on trails and cycling tourism in the US are reported on in both in the general health and travel websites & newspaper/magazine articles, as well as cycling/outdoor ones. One trail that regularly gets mentioned in the 'best of articles' is the Great Allegheny Trail though western Pennsylvania.

So to coincide with some other travel in north eastern US, it wasn't hard to put it on my 'to-do list' and convince a couple of cycling friends to join me.

The Trail is 150miles (241km). We did it as 5 day self-guided tour package (including bike hire, accommodation and luggage transfers) averaging 30-40miles (40-60km) per day but you can do it in less if you want to 'up' the miles per day. (we also arranged shuttle transport for a side visit to FLW "Falling Water" House). The eastern end of the GAP rail trail meets the C&O canal towpath trail which runs another 180miles south east to Washington DC.



One recent rider blogger linked the experience to the Japanese's term shinrin-yoku "forest bathing" or "taking in the forest atmosphere". The route goes through a canopy of oak and beech forests, crosses the eastern continental divide and the later part is alongside the banks of the Youghiogheny River, the westerly end is Pittsburgh's Point State Park. Apart from the forest and riverside scenic cycling, being a rail trail the climbing only gets to 1½% which doesn't feel like it is uphill at all, there are some great tunnels and views from high viaducts. One of the best parts of doing the ride is seeing the selection small towns and chatting with a variety of locals, accommodation hosts, small business owners, trail volunteers, local walkers and other riders.

It was easy to organise the tour. There are local companies that cater for the full range of cycle traveling - guided/fully supported tours, self-guided with luggage transfers options, or do it all yourself with panier riding & camping- all the information is easily available via the trail website. <https://gaptrail.org/> The Amtrak Capitol Limited Train makes three stops along the trail, including at both endpoints and this train has self-storage for bicycles on-board. The trail town and trail volunteer program efforts show in a well maintained trail, good information boards and websites, picnic stops low cost camping options etc. are paying off with well patronised trail. [Listen to/read](#) a great story of the connection between rail trail town development and progressive community banking on the GAP trail.

Alison Pryor

