



Autumn
2012

LIVEBUG NEWS

Co-Ordinator: Maree Stacy
9602 5293

Treasurer: Russell Field
0434 141 810

WEBSITE: www.bikeliverpool.org.au



Autumn calendar

Sunday Apr 15 RAIL TRAIL AND T/WAY LOOP

Grade: Easy – Medium

Start: 8:30 am Liverpool Railway Station. 35km

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 stop at Prairiewood.

Contact: Phillip Jackson 9720 8297. Call to confirm.

Sunday Apr 22 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 Chipping Norton lakes (north & south side), Hume Highway (Casula), Heathcote. 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 April 29 GUILDFORD TO LAKE PARRAMATTA

Grade: Easy-Medium

Start: 09:00 am Guildford Railway Station.

27km. Mostly easy ride with a couple of short hills. Take in sights of Harris Park and Parramatta Park before heading to Lake Parramatta Reserve for a meal break. Kiosk and cafe facilities available. Return to Liverpool via RailTrail.

Contact: Russell 0434 141 810. Call to confirm.

Sunday May 13 HIGHLIGHTS OF CAMDEN

Grade: Medium

Start: 09:00am Rotary Cowpasture Reserve Carpark, Camden Valley Way, Camden

A 38km medium ride with a few hills, undulating, mostly quiet country roads with great views of the district. Stop at Cobbitty for coffee and cakes. Highlight is the Brownhill Loop road (hard packed unsealed section). Ride starts and finishes at Rotary Cowpasture Reserve in Camden. Moderate pace, some traffic, cycle paths, unsealed roads. **Contact:** Phil Rylatt; 87950564 to confirm.

May 15th: Tuesday 6pm, LiveBUG meeting

Sunday May 27 GUILDFORD - PROSPECT - ORPHAN CREEK-CANLEY VALE

Grade: Easy – Medium

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

30km. Mostly easy ride with 1 major hill (Prospect) The entire ride is on off-road cycle paths. Prospect canal cycle path and then undulating paths through Western Sydney Regional Park, the Orphans creek path to Canley Vale. Then back to Guildford. **Contact:** Russell 0434 141 810. Call to confirm.



Preview of Winter calendar

Sunday Jun 10 SYDNEY OLYMPIC & BICENTENIAL PARKS

Grade: Easy-Medium

Start: 9.00 am from Liverpool Station (50km) or shorter option 9.45 Guildford Station (34km) (Railway Tce entrance). An easy ride including a 10km loop through Sydney Olympic Park. Take in the sites of the Parramatta River and Bi-Centennial Park. Stop for lunch at Bi-Centennial Park. Return to Guildford/Liverpool via Rail Trail. For shorter option return via train. Unlimited car parking in Railway Street, Liverpool on Sundays.

Contact: Phil Rylatt; 87950564 to confirm.

Sunday Jun 14 LIVERPOOL TO PANANIA LOOP VIA LAKE GILLAWANNA

Grade: Easy

Start: 8:30 am 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; 96025293 or 0419203379 to confirm.

Sunday Jul 8 GUILDFORD TO LAKE PARRAMATTA

Grade: Easy-Medium

Start: 09:00am Liverpool Railway Station (**50km**). Shorter option (**27km**) 09:45am Guildford Railway Station. Unlimited car parking in Railway Street, Liverpool on Sundays. Catch train to Guildford for shorter option. Mostly easy ride with a couple of short hills. Take in sights of Harris Park and Parramatta Park before heading to Lake Parramatta Reserve for a meal break. Kiosk and cafe facilities available. Return to Liverpool via RailTrail.

Contact: Phil Rylatt; 87950564 to confirm.

Other Rides/Events/Cycling Holidays

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

Far North Qld Wilderness Bike Tour 22nd – 29th September, 2012

www.fnqbiketour.org.au

Easter Feast of Cycling, Tumbarumba. – 6-9th April, 2012

www.laurelhillforestlodge.com.au

Ride2Riverstone Event, CAMWEST - 6th May, 2012

<http://ride2riverstone.com.au/>

Lady Carrington Drive



Lady Carrington Drive is located within Royal National Park, access to it is by traveling south along Farnell Avenue and turning off this road just south of the causeway at Audley. There is a car park, Toilets and Kiosk as well as the Visitor centre where you can buy a day pass for \$11.00 to allow for parking and facilities for the day. When you are there paying for the day pass, ask for a map of the Royal National Park, the maps are worth having and hold a lot of information.

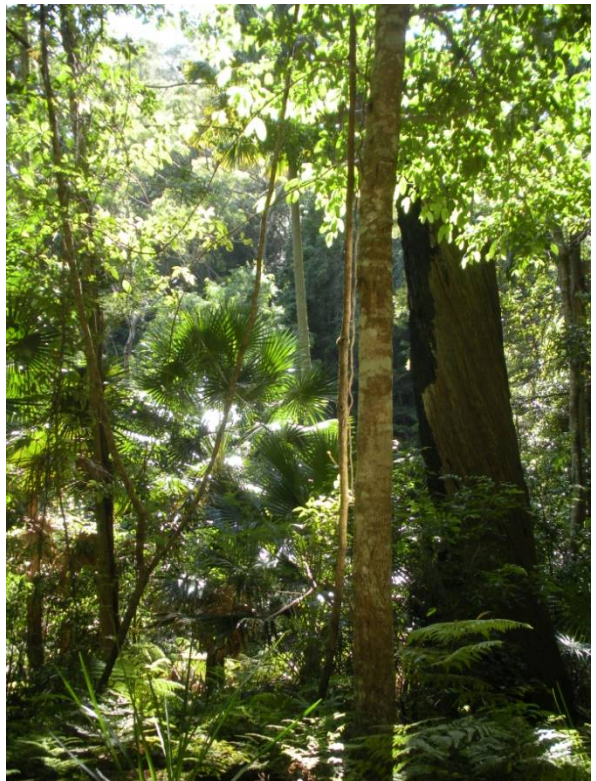
Lady Carrington Drive is a fire trail which is open to walkers and bicycle riders. The distance one way is 9.7km. The estimated time for riding this is stated as 35 mins one way. James and I usually take 3 hours to do the ride to the end and return back to Audley as we stop along the way to enjoy the scenery and quiet of the park.

The conditions of this fire trail are fairly good with the odd location of rough stones and damp water lying in patches along the length of the track. Lady Carrington Drive was constructed in the 1880's to allow visitors access to scenic areas along the Hacking River. Today it is closed to motor vehicles and only open to walkers and cyclists.

It is suitable for Mountain bikes or hybrid bikes with mountain bike tyres. The trail is undulating and follows the river for the majority of its length, trees shade the traveller from the hot sun. Water must be taken with you as there are no facilities along the ride. Eye protection, either sunnies or clear specs are advised for branches on the sides or sand flicking up from tyres. Wildlife abounds along this track, I have had a lyrebird jump onto the track in front of me, do a display and then jump back off the track and into the brush before I could get my camera out of my pocket. If you hear Kookaburras, whip birds and other tree dwelling birds in the lower levels of bush near the river, chances are it is a lyrebird mimicking others.

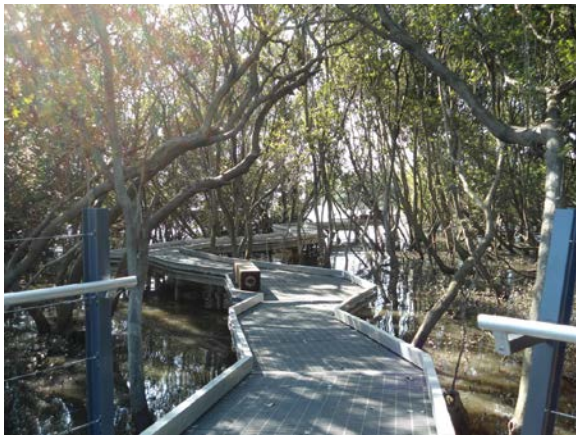
I have ridden this track a couple of times in the last year and would recommend it to others with suitable bikes at their disposal and a moderate fitness. I would like to share it with others in the LiveBUG or their friends. Let me know of your wishes and I'll organise a ride and post it in the newsletter. I'll include some photos of the track to give you a feel of the ride.

Phillip Jackson.



Parramatta River Ride – Northern Banks

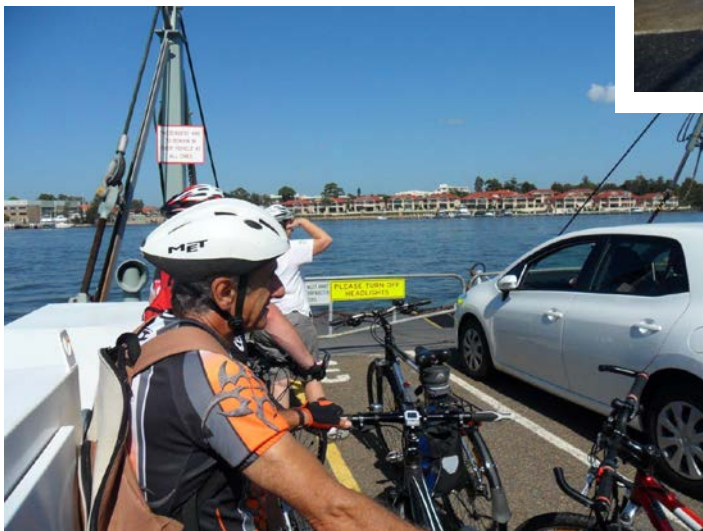
In an around the Parramatta river basin is my home cycling territory – so I planned a new route for the Liverpool group to take in some of the newest pieces of cycleway infrastructure including an extension to the M4 path at Merrylands towards Merrylands West, and a new section of shared user path through the mangrove area at Ermington Bay built as a metal mesh platform along the river.



The Parramatta Valley Cycleway (PVC) is a regional route running on the northern side of the river connecting Parramatta to Putney on shared user paths and quiet streets. Sorry about that short section 13% gradient near Putney – well done to the 4 or 5 rides who rode to the top while most of us walked the 300 metres.

We jumped on the car ferry to cross the river – and headed for coffee at a car wash café in Mortlake – interesting sight 15 bicycles at the car wash. The route has a few bailout points at railway and ferry stops. The ride is easy-medium so a little longer and a little quicker than easies rides.

Alison Pryor



Photos: Jason Munro & Maree Stacy

Path Updates

Rail Trail Cabramatta

Please note that the cycle path is currently blocked at the Liverpool end – you will need to use the road.

Advocacy Update.

BUG members who work at Liverpool Hospital have been assisting in the planning for bicycle parking, and promotion of cycling as a local transport option. Some of the bike parking rails for casual bike parking have just been installed. In April we are helping in the Health Promotion Unit who are making a short promotional video to be used for a bigger workplace promotion in August – October.

Good to see the Bike parking that was installed at Warwick Farm station is now been used regularly.