

# LIVEBUG NEWS

Spring 2015



Coordinator: Maree Stacy 9602 5293 | [www.bikeliverpool.org.au](http://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.

### Sun Oct 11 Thirroul - Wollongong - Oak Flats

**Grade:** Easy

**Start:** 9:15 am Thirroul Station (near the bottom of the stairs on Station Street) One way ride from Thirroul to Oak Flats. Park at Thirroul and 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. 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. Option to return 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 on shared paths and quite back streets. Return to Thirroul by train.

**Contact:** Phillip 9720 8297 | 0434 633 490 to confirm.

### Fri Oct 16 Dinner Ride: A Taste of Texmex

**Grade:** Easy

**Start:** 6:00 pm from Liverpool Railway Station (Bigge Street entry). Approx **20km** ride on SUPs along Hoxton Park Rd, M7 and Camden Valley Way to Crossroads for dinner. Returning on-road along Beech Rd, backstreets to Hoxton Park Rd and return to Liverpool Station. Lights and bookings essential.

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

### Sun Oct 18 Parramatta to Windsor & Return

**Grade:** Medium

**Start:** 8:00 am Queens Road Entrance of Parramatta Park. Parking available in Queens Rd or Park Ave. The start is only 300 m from Westmead Railway Station if coming by rail. An approx. **60km** ride along the Parramatta to Windsor off-road cycleway. This cycleway follows the route of both Windsor and Old Windsor Roads through the suburbs of Constitution Hill, Winston Hill, Bella Vista, Kellyville, Rouse Hill, and McGraths Hill to the Historic Town of Windsor. Stopping for a coffee break along the way, and lunch at Windsor and return.

Options for those who only want to ride one way is to catch the train from Westmead and meet up at Thompson Square (Windsor) or if it's getting too warm, catch the train from Windsor back to Westmead. Go to CityRail website for train times.

**Contact:** Phillip 9720 8297 | 0434 633 490 to confirm.

### Sun Oct 25 Liverpool to Panania Loop

**Grade:** Easy

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

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

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

### Sun Nov 8 Liverpool to Cecil Hills via Horningsea Park

**Grade:** Easy

**Start:** 8:00am from Liverpool Station. Unlimited car parking in Railway street on Sundays.

This **35km** ride follows 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 and Hoxton Park Roads to Liverpool.

**Contact:** Phillip 9720 8297 | 0434 633 490 to confirm.

## LIVEBUG Meeting and AGM

Tuesday, 17 November

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

Contact: Maree 9602 5293



# Rides cont....

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## **Fri Nov 13 Dinner Ride – Carnes Hill Night Feeder Ride**

**Grade:** Easy

**Start:** 6:00 pm from Liverpool Station.

This **25km** ride will take us from Liverpool Railway Station 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 SUPs both to and from the restaurant. Bike lights essential, this will be an opportunity to enjoy the SUPs in Hoxton Pk, Horningsea Pk and other locations west of Liverpool.

**Contact:** Phillip 9720 8297 | 0434 633 490 to confirm.

## **Sun Nov 22 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 to confirm.

## **Sun Nov 29 Liverpool to Carnes Hill- via One Rail Trail and Five SUPs in a Big Loop**

**Grade:** Medium

**Start:** 8:00 am from Liverpool Rail Station. Unlimited car parking in Railway St. on Sundays.

This **37.5km** ride from Liverpool Stn. follows the 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 to confirm.

## **Sun Dec 13 Liverpool to Charlie Lovett (Peakhurst)**

**Grade:** Medium

**Start:** 8:00 am Liverpool Railway Station main entrance Bigge St. Unlimited car parking in Railway street on Sundays.

This **45km** ride takes us into new territory as we explore the St George area of Southern Sydney. Our journey will see us pass through Chipping Norton, Milperra and Kelso Park where we will utilise recommended on-road routes to navigate through Revesby and Padstow. We take a short but scenic walk along the Salt Pan Creek boardwalk into the back of Riverwood and onto Peakhurst for morning tea at Charlie Lovett. Return via same route.

**Contact:** Evan 0404 826 049 to confirm.

## **Fri Dec 18 Dinner + Christmas Lights**

**Grade:** Easy

**Start:** 6:30pm from Liverpool Station.

An approx **20km** ride - mostly flat and on shared paths or quiet suburban roads. After dinner at Davo's Trattoria we'll check out the Christmas lights around Moorebank and Wattle Grove. Decorate your bike and your elves with the festive season in mind. As with all night rides, you must have working lights for the front and rear of your bike - but on this occasion you really can't have too many lights. Bookings essential.

**Contact:** Elaena 0402 253 915 2016 to confirm.

## **Sun Jan 10 Liverpool Loop**

**Grade:** Easy

**Start:** 8:00 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.

## **Fri Jan 15 Dinner Ride : A Taste of Asia**

**Grade:** Easy

**Start:** 6:00pm 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

# Other up-coming bike events

## **Ride to Work**

14 Oct 2015

[www.bicyclenetwork.com.au/general/programs/3025/](http://www.bicyclenetwork.com.au/general/programs/3025/)

## **Spring Cycle 2015**

18 Oct 2015

[springcycle.com.au](http://springcycle.com.au)

## **Orica Newcastle Cyclefest**

25 October 2015

Enquiries: [info@bigbangevents.com.au](mailto:info@bigbangevents.com.au)

## **MS Sydney Gong**

1 Nov 2015

[www.msgongride.org.au](http://www.msgongride.org.au)

## **Millsy's Port to Port cycling Tour**

7-8 November 2015, Mildura – Echuca

[www.port2portcycling.com.au](http://www.port2portcycling.com.au)

## **Mount Keira Challenge**

22 November 2015

[www.keirachallenge.com.au](http://www.keirachallenge.com.au)

## **Mudgee Bike Muster**

25-28 March, 2016

[www.bikemuster.com.au](http://www.bikemuster.com.au)

## **Cycle Indonesia Rides Guide 2015-16**

[www.cycleindonesia.com.au/trips.htm](http://www.cycleindonesia.com.au/trips.htm)

# Our favourite season returns!

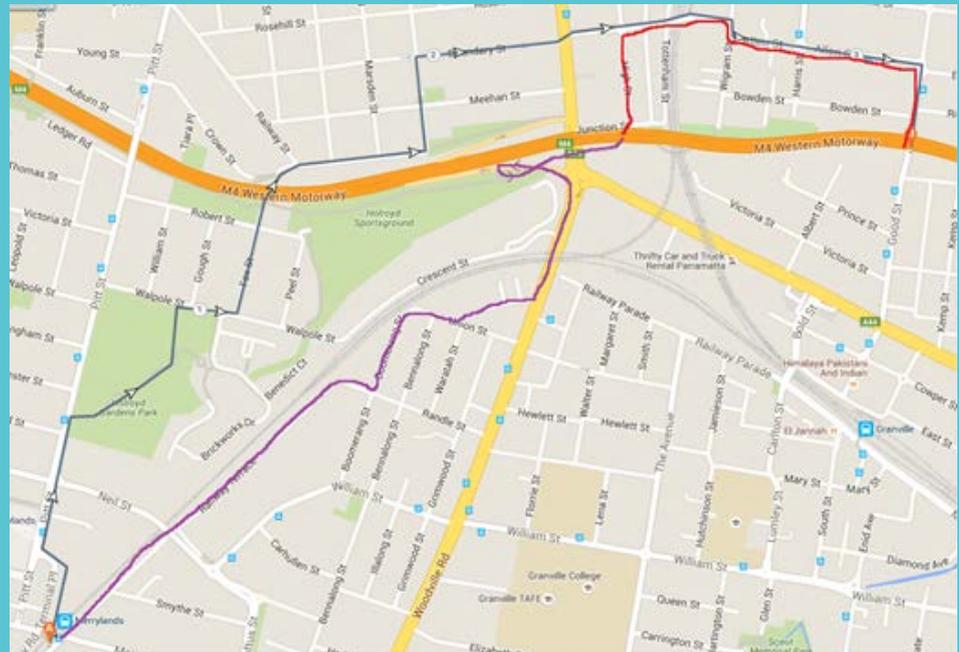


Magpie season has returned. Hooray!

Be careful out there folks.

The [Google Magpie Map](#) is a good resource to revisit at this time of year. If you encounter an aggressive magpie please log it for the sake of other riders.

# M4 Path Closures and Diversions



**The M4 path is currently closed between High St and Good Sts, Harris Park.**

Our usual route is shown in purple on the map above. The section from Crescent St under the railway bridge (along Woodville Rd) has also been closed due to work on the embankment, but this has now re-opened and is now a wider path!

An alternate route is marked in blue (thanks to Phil Jackson):

- At Merrylands Station from Bus terminal side (northern side) ride along Pitt St. to Holroyd Gardens Park, ride diagonally north and exit park a Walpole St.
- Right at Walpole St. down-hill 250m through roundabout then, Left at Fox St.
- Ride up Fox St. 250m to the M4 underpass.
- Right other side of tunnel ride along Railway St. around corner and ride up Inkerman St. Ride through traffic barrier.
- At stop sign (Boundary Rd.) turn right and follow 300m to Church St. Cross at traffic lights.
- Continue along Raymond St. Bridge St. 300m.
- At Wigram St. stop sign go right then first left into Allen St.
- Continue along Allen St to Good St.400m
- Turn right at Good St. roundabout and ride down Hill to the M4 cycleway. The road narrows at the cycleway entrance so it may be better to go to footpath before narrowing.

This route saves you from a fairly steep uphill section up High St, which also has a number of traffic restrictions.

**The M4 path along Martha St, between Wentworth St & Deniehy St, Auburn is closed. Bike lanes marked on road along Martha St.**

## 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 out latest rides and news easy to lay your hands on.

Drop us a comment and say hello!

[bikeliverpool.org.au](http://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](http://www.facebook.com/bikeliverpool)