

# LIVEBUG NEWS

## Summer 2016



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 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 **25 km** 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 **17 km** 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

### Sun Jan 24 Liverpool Heritage Ride

**Grade:** Easy

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

A leisurely **10-15km** ride. Celebrate Australia Day with local history. A leisurely exploration of some hidden gems of Liverpool and Casula. No hills and mostly off-road paths. From the city to the forest and along the riverside. Coffee stop at the Casula Powerhouse.

**Contact:** Matt 0424 093 940 to confirm.

### Fri Feb 12 Dinner Ride: Sydney's CBD to East Hills

**Grade:** Easy-Medium

**Start:** 5.30 pm at Central Station, Devonshire Street exit (or 6:30 at Concordia Club, near Wolli Creek Station).

A **35 km** ride using separated cycle lanes and quieter back streets to reach the Concordia Club on the Cooks River where we'll have dinner. Then cycling the Cooks River cycle path, the M5 linear park, the Salt Pan board walk and quiet streets to make our way back to East Hills. There are a couple of hills and some very dark patches on this ride. Make sure your lights are well charged.

**Contact:** Elaena 0402 253 915.

## Bike valet service at Sydney Festival free events

The three big free Sydney Festival events at the Domain have free bicycle valet parking this year.

### Summer Sounds

9 Jan, from 5pm

### Symphony in the Domain

16 Jan, 8pm

### Opera in the Domain

23 Jan, 8pm

The parking coral will be in an area behind the mina stage. No need to lock your bike, the service is fully fenced and staffed by BikeSydney volunteers.

If you would like to volunteer to help out the valet service, email [volunteer@bikesydney.org](mailto:volunteer@bikesydney.org).

## LIVEBUG Meeting

**Tuesday 16 February**

Start 6:00pm, Liverpool Hospital.  
All welcome.  
Contact: Maree 96025293



### Sun Feb 14 Sydney Olympic & Bicentennial Parks

**Grade:** Easy-Medium

**Start:** 8.45 am from Guildford Station (Railway Tce entrance). *Option to start from Liverpool station at 8.00 am – call Phillip to confirm.* An easy **34km** ride including a 10km loop through Sydney Olympic Park. Take in the sites of the Parramatta River and Bicentennial Park. Stop for lunch at Bicentennial Park. Return to Guildford via Rail Trail. For shorter option return via train.

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

### Sun Feb 28 Liverpool to Panania Loop

**Grade:** Easy

**Start:** 8:00am 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 and Kelso Park to Panania. Coffee stop before returning through Chipping Norton to Liverpool. Uses some roads.

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

### Sun Mar 13 Rail Trail and T/Way Loop

**Grade:** Easy-Medium

**Start:** 8:00am Liverpool Railway Station. This **35 km** ride 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 | 0434 633 490 to confirm.

### Fri Mar 18 Dinner Ride: Indian Restaurant

**Grade:** Easy

**Start:** 6:00pm Liverpool Station, Main entrance Bigge St.

An easy **26km** ride along Rail Trail to Canley Vale then Orphan School Creek path and connecting up to the T/Way path to Green Valley for Indian delights at My Tandoori, Indian Restaurant. Then return via T/Way and Hoxton Pk. Rd. cycleways to Liverpool. (These are well illuminated paths on return leg to Liverpool.) Bicycle parking within view of the restaurant, bring lock. Working lights for bike- front and rear essential. Call to confirm, essential for booking.

**Contact:** Phillip Jackson 9607 4189 | 0434 633 490 to confirm.

### Sun Mar 27 Liverpool to Cecil Hills via Horningsea Park

**Grade:** Easy

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

This easy ride of approx. **35 km** follows the many SUPs 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 SUPs in the new estate of Elizabeth Hills then Cowpasture and Hoxton Park Roads to Liverpool.

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

### Sun Apr 10 Liverpool To Olympic Park: ARTEXPRESS At The Armoury

**Grade:** Easy

**Start:** 9.00 am Liverpool Railway Station. All day parking available in Railway St.

An easy **26km** ride to Sydney Olympic Park and Newington Armoury to view the ARTEXPRESS exhibition at Sydney Olympic Park. ARTEXPRESS is a showcase of the best major works produced for the HSC Visual Arts examination. Kiosk and cafe facilities available. Return via train or longer option to cycle back.

**Contact:** Maree Stacy 9602 5293 | 0419203379 to confirm.

## Punitive fines rolled out as cycling safety initiatives

In late December the NSW Minister for Roads, Duncan Gay, announced new cycling rules, laughingly with the stated aim of improving safety for all road users

From March 2016 drivers will be required to leave a minimum distance when passing bicycle riders – at least one metre when travelling up to 60km/h and at least 1.5 metres when travelling faster than 60km/h. Failure to do so will attract a penalty of \$319 and two demerit points. The benefit of this law is yet to be proved. We have concerns about how it will be enforced and how the government will educate drivers about the change.

At the same time, the penalties directed at riders not obeying road rules have substantially increased:

- Not wearing a helmet (from \$71 to \$319)
- Running a red light (from \$71 to \$425)
- Riding dangerously (from \$71 to \$425)
- Holding onto a moving vehicle (from \$71 to \$319)
- Not stopping at children's/pedestrian crossing (\$71 to \$425).

The Government has also made it compulsory for adult riders to carry photo ID so that they can be identified in an emergency or if they break the rules.

In comparison, on the same day as the NSW Government's announcement, the UK Government announced their safety package for riders, including:

- £50 million over four years for Bikeability training in schools
- piloting Bikeability Plus - a suite of additional modules designed to ensure that children and families are given the opportunities, skills, support and guidance they need to make cycling part of their everyday life.
- major road safety campaigns including specific cycling campaigns.
- a fund of £250 million for Cycling, Safety and Integration with Highways England.
- significant funding to transform London for cycling provided to Transport for London.
- delivery of their first cycle and walking investment strategy.

The comparison couldn't be more stark between the two conservative governments. We'll leave the last word for the UK Government:

"Despite the elevated risks for vulnerable road user groups, it is important that we recognise the benefits of these modes of travel. Walking and cycling have clear health benefits, assisting obesity reduction and increased life expectancy, and environmental benefits."

# Where in the world ... holiday cycling ...

By Allison Pryor | Bike Liverpool Advocacy Coordinator



*From Alison's recent trip in Eastern and Maritimes Canada - Some observations on cycling opportunities, infrastructure and promotion that have benefited cycling and particularly rural tourism.*

The need to take your own bike is reducing as the range / quality of bikes that can be hired and number of locations is increasing. At one Montreal bike hire and bike day-tour shop [caroulemontreal.com/en/](http://caroulemontreal.com/en/) the range included bikes for a day tripper tourist to multiday options for keen sports cyclists or dedicated tourer including panniers.

Montreal is also the base for [Velo Quebec](#) a not-for profit association doing lots of activities, including many cycling voyages (their office is also a coffee shop..), and the [TransCanada Trail](#) office for the 18,000km multi-use trail across Canada currently 80% complete - July 2017 the target for linking all the sections.

I booked a touring bike for 3 days riding through the city and on the "Le P'tit Train du Nord" [Little Train of the North](#) multi-use recreational rail trail that runs for 200km from the outer edge of greater Montreal in to the Laurentides. This is a well-used trail providing many the opportunity to get outdoors and do some low-risk physical activity, a public asset supporting employment and small business in many towns along the route. Pedalling through lush forests was the highlight – along with finding different community activities happening in the different towns – like

a farmers market, a beer festival, and a French-Canadian folk music concert. While the touring bike was comfortable – I saw many riders on skinny tired bikes riding on the fine grave surface with no issues. I was able to ride across Montreal to the start of the main trail at St Jerome and I also used a great [shuttle bus service](#) that you can also can book accommodation and bike hire as well.

The range of bike (and walking and kayaking) tours is growing. I went on a bike tour in Nova Scotia covering the South Shore and Bay of Fundy with [Freewheeling Adventures](#) a bike tour company still based in the small town on the south shore NS it started in, nearly 30 years ago, that now run tours all over north and south America and Europe - a [short film](#) was made on our trip - that's me in the grey shirt.

I also hired a bike for ½ day and rode on the [Celtic Shores Trail](#) another rail trail on the north coast of Cape Breton. On Prince Edward Island I did some day cycling on the Confederation Trail a 400 km end-to-end trail across the island, and some on shared user paths along the popular beach-side routes.

When planning my trip - for the four week period I was looking at there were at least 20 different guided cycle tours in the provinces I was visiting, run by about seven different companies as well as all the self guided options with web based route planning materials easily available provided by local tourist

agencies. About 85% of my cycling time was spent outside metropolitan areas.

Would this range of cycling tourism opportunities be as easily available in NSW ... NO

Because ... unlike other states of Australia and all over NZ, north America and Europe

- NSW does not have a state trails policy or plan (covering rail trails, recommended rural back road cycling routes; MBT or walking trails of state or regional significance, water trails for paddlers etc ).
- There are no rail-trails on disused government lines in NSW and the pilot process the government has selected (Tumbarumba) is moving very slowly.
- Tourism industry in NSW (both peak bodies and government agencies) are a long way behind other markets in seeing and developing the potential of cycling tourism and trail based tourism and the economic benefits.

Lookout for more information on the advocacy efforts going in NSW by groups like Rail Trails for NSW in the next newsletter.

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



# New Shared User Path: Speed, Scott and Bigge Streets

Liverpool Council has started work to convert the existing footpath to a shared user path (SUP) along Speed, Scott and Bigge Streets in Liverpool. The CBD sections will have granite paving and bicycle lanterns are being added to the lights at the intersections. The path will connect the existing Speed Street SUP to Liverpool Station. It is unclear how the path will connect over Newbridge Road... we'll keep you posted.



# Secure parking (slowly) coming to Liverpool

In mid 2015 Transport for NSW announced that new secure bike parking would be provided at Liverpool and Campbelltown Train Stations.

The contracts have now been awarded to build the bike sheds which will each provide 30 secure parking spaces. Use of the bike sheds will be free for bike riders and accessed using an OPAL card.

We have asked Transport for NSW to also consider building a secure parking facility at Holsworthy Station as part of the redevelopment of the multi-level parking station. Most of the parking at Holsworthy does not meet the Australian Standard for bicycle parking and with around 30 riders parking at the station most days, a more secure option would be very welcome.

The Department's response was pretty vague so we'll be following up with State Member for Holsworthy, Melanie Gibbons MP.

*Secure bicycle parking cage provided by TransPerth in WA. Access to the WA cages is provided by their SmartRider card, the card readers are solar powered.*



## 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](http://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](https://www.facebook.com/bikeliverpool)