

LIVEBUG NEWS

Spring 2017



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.

Bike week

Saturday Sep 16 Spring into Liverpool

Spring into Liverpool is a celebration of all the great things that the gorgeous warmer weather means – getting out in the sun with your family and furry friends, being active, enjoying the garden and cooking with delicious fresh Spring produce.

Plus rides, food trucks, an outdoor cinema, free activities and entertainment!

Greenway Park, West Hoxton
12-9pm.

Visit the Council tent for bike maps, route planning, and demonstrations of brake and seat height adjustment, tyre changing and puncture repair. Bike Liverpool volunteers will be on hand until 5pm.

Sunday Sep 17 Family and Beginners Rides at Greenway Park

A great opportunity to get into bike riding for all the family! Registration for both rides starts from 9am. Bikes checks from 9:00-11:00am.

Note: Children under 16 must be accompanied by a parent.

9:45 for 10:00am start Beginners ride for Children - **approx 5km** around Greenway Park.

10:45 for 11:00am start Beginners ride for Children and Adults with some bicycle skills –**approx 10km** ride using Shared User Paths and some quiet local roads around West Hoxton. Return to Community Centre at approx. 12pm. Ride brief at 10:45.

Contact: Phillip Jackson 0434 633 490 or Maree Stacy 0419 203 379

Sunday Sep 24 Liverpool Loop

Grade: Easy

Start: 09:00 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 0419 203 379 to confirm.

Note: Daylight saving starts Sunday October 1st.

Friday Oct 6 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 and to Orphan School Creek path to connect 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.

Bike Liverpool AGM

Tuesday 21 November

6pm Liverpool Hospital
All Welcome!

Contact Maree 9602 5293.





Friday Nov 17 Dinner Ride: A Taste Of Texmex

Grade: Easy
Start: 06:00 pm from Liverpool Railway Station. (Bigge Street entry). Approx **20km** ride on SUPs along Hoxton Park Rd, M7 & Camden Valley Way to Crossroads for dinner. Returning on-road along Beech Rd & backstreets to Hoxton Park Rd & return to Liverpool Station. Bicycle lights required. Call to confirm essential for bookings. **Contact:** Maree 9602 5293 | 0419 203 379.

Sunday Nov 26 Liverpool to Carnes Hill Loop- Via One Rail Trail and Five SUP's.

Start: 8:00 am from Liverpool Rail Station. Unlimited car parking in Railway St. on Sundays. **Grade:** easy to 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 call or message to confirm.

Friday Dec 8 Xmas Dinner Ride

Diary date - more details to come!

Sunday Dec 10 Chipping Norton Lakes

Grade: Easy
Start: 8:00 am. Liverpool Railway Station. Unlimited car parking in Railway street on Sundays. **27Km.** An easy ride along rail trail to Canley Vale then cycle paths to Lansdowne, Chipping Norton and Liverpool. Using rail trail and cycleways along whole route suitable for the family or beginner. Coffee stop at Condell Park. **Contact:** Maree 9602 5293 | 0419 203 379 to confirm.

Sunday Dec 17 Carnes Hill to Oran Park and Return.

Grade: Easy / Medium.
Start: 08:00 am **34km.** an easy ride from Carnes Hill Marketplace(meet at Gloria Jeans) to Oran Park Podium and coffee shop for refreshments. Riding the Shared User Paths beside Cowpasture Road and Camden Valley Way. **Contact:** Phillip 9720 8297 | 0434 633 490 to confirm.

Sunday Oct 8 On the Road to Rhodes

Grade: Easy-Medium
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. Ride back to Merrylands via Homebush SUP. **Contact:** Phillip 9720 8297 | 0434 633 490 to confirm.

Sunday Oct 15 Spring Cycle

Whether you are a beginner, a regular rider or a lycra lover – the 2017 Spring Spring Cycle has the ride for you! The only opportunity to ride the Sydney Harbour Bridge main deck, Cahill Expressway and historic Rocks area – car free! Join the 10km Sydney City Ride, 50km Classic Ride or the 105km Challenge Ride and experience the magic of the city and greater Sydney by bike. For the first time in 2017, the 16km River Ride will start near Parramatta Park and follow the river all the way to Silverwater Bridge, cross over to Newington and proceed to the festival finish at Sydney Olympic Park. Visit springcycle.com.au for more details and registrations.

Sunday Oct 22 Liverpool to Panania Loop.

Grade: Easy.
Start: 8:00 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 Lakes (Checking out Newbridge Road S.U.P.) to Liverpool. Uses some roads. **Contact:** Phillip 9720 8297 | 0434 633 490 to confirm.

Sunday Oct 29 Thirroul – Wollongong - Oak Flats

Grade: Easy
Start: 9:15 am 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 Westfields Food Hall Warilla. 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 to confirm.

Sunday Nov 12 Cecil Hills Loop (Hoxton Pk Rd-Cowpasture Rd-Elizabeth Dr)

Grade: Easy-Medium
Start: 8:00 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

Path Updates

We've seen some good progress on local paths over the last couple of months.

The missing link between Leacock Park and the Glenfield Road shared path is now complete (pictured left). This was a joint project between Liverpool and Campbelltown Councils. The connection means riders travelling between Casula and Glenfield can now complete the journey separated from heavy traffic using the Leacock Park Trail and the Glenfield Road path.

The first section of the Newbridge Road separated path has been completed (pictured right). The path will eventually run along the full length of Newbridge Road. The completed stage is between Rickard and Riverside Roads.



Holsworthy Station Bike Cage Open



The Holsworthy Station Bike Cage is now open for business.

Riders just need to register their Opal card to access Bike Cages across the metropolitan train network. There's also a cage at Liverpool Station. Check out current locations and register on the website: www.bikelockers.com.au

Out and about

Good times were had on our Winter rides. The top left photo is from our Merrylands to Rouse Hill and return ride held on May 28th. The bottom left is from our Vivid Ride held in the city on 16 June.



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



Sydney's Ride Festival will get you rolling

Tue 03 Oct - Sun 29 Oct 2017

Highlights

Suit Ride

Wednesday 4 October 2017 from 12.30pm to 1.30pm

Don your best for an easy lunchtime ride around the city, followed by a free lunch. Starting from The Domain, the loop takes in spectacular Mrs Macquaries Point, St Mary's Cathedral and the Bourke Street cycleway.

Bike Rave

Friday 27 October 2017 from 7pm to 10.30pm

Join the Sydney Bike Rave for a beats-filled, blinged-out ride around the city. There'll be DIY mobile sound systems in tow. This is the bike massive you dreamed of being a part of, and you are an important part of the action.

Light the City

Saturday 28 October 2017 from 6pm to 11pm

For one night only, Mrs Macquaries Road will be closed to cars and open for people to walk or ride past lights and special effects.

Dance by the water at the silent disco, challenge a friend on the roller racing stage, capture your shots at the Instagram printer or grab a bite in the outdoor lounge.

<https://whatson.cityofsydney.nsw.gov.au/major-events/sydney-rides-festival>