

LIVEBUG NEWS

Spring 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 Sep 23 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 97208297 | 0434633490 to confirm.

Sunday Sep 30 Liverpool to Panania Loop

Grade: Easy

Start: 9:00am 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 & Kelso Park to Panania. Coffee stop before returning through Chipping Norton to Liverpool. Uses some roads.

Contact: Maree; 96025293 | 0419203379 to confirm.

Sunday Oct 14 Merrylands to Norbrik Shopping Village and Return

Grade: Easy-Medium

Start: 8:00am from Eastern side Merrylands Station. Pick up also at Queens Road Entrance (Westmead) side of Parramatta Park at 9.20am. Parking available.

An undulating 35km ride using Parramatta to Windsor SUP to Norbrik shopping centre for brunch and return same way. Please note there are some hills on this ride.

Contact: Phillip Jackson 97208297 | 0434633490 to confirm.

Friday Oct 19 Dinner Ride: Carnes Hill Night Feeder

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 to confirm.

Sunday Oct 28 Cecil Hills Loop (Hoxton Pk Rd-Cowpasture Rd-Elizabeth Dr)

Grade: Easy-Medium

Start: 9:00 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 to confirm.

LiveBUG Meeting

Tuesday 27 November (AGM)

6pm Liverpool Hospital
All Welcome!

Contact Maree 9602 5293



Sunday Nov 4 Exploring the Parramatta River

Grade: Easy
Start: 9:00 am from Ashfield Station, Station St side. Approx 25 km. Limited parking at Ashfield. For riders coming from Liverpool - train option to Ashfield using 08:27 train from Liverpool – CHECK train timetables prior to the day! The ride uses back streets through to Chiswick, then meandering west along the Parramatta River to Newington for a late brunch. The ride returns to Sydney Olympic Park Station for train connections. Riders looking for a longer distance could return to Liverpool via the M4 cycleway and Rail Trail.

Contact: Matt 0424 093 940 to confirm.

Sunday Nov 11 Liverpool Loop in Reverse

Grade: Easy
Start: 9:00am from Liverpool Station. Unlimited car parking in Railway street on Sundays. 25Km. An easy ride from Liverpool Station taking the Rail Trail to Canley Vale then following Orphan School Creek path to the T-way path. Return to Liverpool via Hoxton Park Rd. Coffee stop at Bonnyrigg & option for lunch at Liverpool.

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

Friday Nov 16 Dinner Ride- Cross Road Burgers



Grade: Easy
Start: 6:00 pm from Liverpool Railway Station. (Bigge Street entry). Unlimited car parking in Railway street after 6:00pm. An easy approx 20km ride on SUPs starting on Hoxton Park Rd – check out the new connection on Kurrajong Rd to Carnes Hill, then Camden Valley Way to Crossroads for Dinner. Returning on-road along Cycleways and backstreets, Amalfi Reserve path to Hoxton Park Rd & to Liverpool Station.

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

Sunday Nov 25 Thirroul – Wollongong - Oak Flats

Grade: Easy - Medium
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 Warawong. 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 Jackson 9720 8297 | 0434633490 to confirm.



Sunday Dec 9 Liverpool to Macarthur via Camden Valley Rd and Narellan Rd Shared User Paths

Grade: Easy-Medium This ride is on Shared User Paths & local roads along route.

Start: 8:00 am. Meet at Liverpool Station. This 42Km Ride is through Prestons and Carnes Hill (coffee stop at Carnes Hill). Then ride along Camden Valley Road SUP to Narellan and then onto Mt Annan for lunch/refreshments. After lunch ride through creek reserves in the suburb and do a partial circuit ride through Mt Annan Botanic gardens. Connect up with Narellan Rd SUP and

ride on to Macarthur Railway Station to return to Liverpool via train.

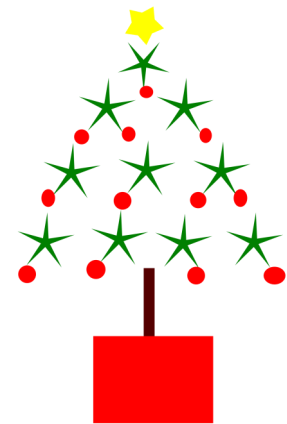
Contact: Phillip Jackson 97208297 | 0434 633 490 to confirm.

Friday 14 Christmas Lights and Dinner Ride at Enzo's



Grade: Easy
Start: 06:00 pm. 25Km. From Liverpool Railway Station. (Bigge Street entry). Enzo's at Chipping Norton Market Plaza, 9 Barry Rd & Ernest Ave, Chipping Norton. Come and enjoy Italian cuisine and then ride around the local streets discovering the delights of the Christmas decorations on offer. 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. Call to confirm essential for bookings by Tuesday 4th.

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



Saturday Dec 15 South-West Foodie Ride. Leppington Fig Farm

Proposed ride by Matt. More details to come.

