

LIVEBUG NEWS

Summer 2019



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.

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

Grade: Easy-Medium

Start: 9:00am at Liverpool train station. Bring: a functioning bike & pannier bags for your purchases

Join us for an easy-paced 32km ride through some of the hidden gems of the south-west. Our first port-of-call will be Campisi's Delicatessen at West Hoxton for cake, coffee & all things Italian. Then it's to Bringelly Pork & Bacon, a special find for meat-lovers. Pause at a cafe in the Willowdale development on Camden Valley Way, then on to the Leppington Valley Farm for figs & fresh fruit.

The ride finishes at Leppington Station and returning back to Liverpool via train.

[optional for energetic riders: the excellent Camden Produce Markets for another 15km...]

Route: <https://www.mapmyride.com/routes/view/2326186825>

Contact: Matt 0424 093 940. Call or message to confirm.

Sunday Jan 13 Lansvale-Orphan School Creek-Green Valley-Elizabeth Dr

Grade: Easy

Start: 8:00am Liverpool Station.

Unlimited car parking in Railway street

on Sundays. An easy approx. 25 km ride from Liverpool Station following the Lansvale side of Chipping Norton Lake to the top of Mirambeena Regional Park. We will then be following the Orphan School Creek & then Green Valley paths to Bonnyrigg for coffee. Returning to Liverpool via Elizabeth Dr. **Contact:** Maree Stacy 960252937 or 0419 203 379. Call or message to confirm.

Friday Jan 18 Dinner Ride : A Taste of Asia

Grade: Easy

Start: 6:00 pm 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: Maree Stacy 960252937 or 0419 203 379.

Sunday Feb 3 On the Road to Rhodes.

Grade: Easy

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. Cycle over Bennelong Bridge to Wentworth Point and follow the SUP through Newington Parklands and ride back to Merrylands via local roads through Silverwater and the M4 SUP. **Contact:** Phillip Jackson 97208297 or 0434 633 490. Call or message to confirm.

Sunday Feb 10 Breakfast Ride - Coolibah Hotel, Merrylands West

Grade: Easy

Start: 8:00 am Liverpool Station. Unlimited car parking in Railway street on Sundays. An easy 35 km ride from Liverpool Station following the Rail Trail to Guildford and then follow the Guildford to Prospect cycleway a short distance to Merrylands West. We will be riding on local roads to Coolibah Hotel for Breakfast 10am to 12 noon, \$5 or \$12 for breakfast. After this we will be returning along the Guildford to Prospect cycleway and connecting to the T/Way

LiveBUG Meeting

Tuesday 19 February
6pm Liverpool Hospital
All Welcome!
Contact Maree 9602 5293



Sunday Feb 10 Breakfast Ride - Coolibah Hotel, Merrylands West con't

path at Wetherill Park and then follow the Orphan School Creek path to Canley Vale and then on to Liverpool. (early exit from ride at Canley Vale for those wanting a shorter ride)

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

Friday Feb 15 Dinner Ride – Little India Feeder

Grade: Easy

Start: 6:00 pm from Liverpool Railway Station. (Bigge Street entry). 35km or one way 17km.

Ride the rail Trail to Wigram St. Harris Park Let's eat Indian in one of Harris Parks bustling restaurants. Alfresco dining, meals at reasonable prices. Bicycle parking on street. Bring padlock. Return via Rail trail arriving back in Liverpool approx.10pm.

Alternatively return by train from Merrylands Station. Working lights for bike - front & rear essential. **Contact:** Phillip Jackson 97208297 | 0434 633 490. Call or message to confirm.

Sunday Feb 24 Botany Bay Foreshore Ride

Grade: Easy

Start: 9:00am from Wolli Creek Railway Station (Brodie Spark Drive.)

This 27 km 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 Dolls Point. This ride is an excellent beginners ride with only 1 small hill.

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

Sunday Mar 10 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 Newington Marketplace. Return to Guildford via Rail Trail. For shorter option return via train.

Contact: Phillip Jackson 9720 8297 | 0434 633 490. Call or message to confirm.

Friday Mar 15 Dinner Ride - Guzman & Gomez Mexican Restaurant.

Grade: Easy

Start: 6:00pm from Liverpool Station Unlimited car parking in Railway street after 6pm. Meet at Liverpool Railway Station 6:00 pm This 25km ride to Guzman & Gomez Mexican Restaurant located on Cowpasture Road opposite Bunnings and has opened early December. 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 with ample street lighting in Hoxton Pk, Horningsea Pk and other locations west of Liverpool.

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

Sunday Mar 24 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 9602 5293 | 0419 203 379 to confirm.

Sunday Mar 31 Liverpool-M7-Western Sydney Parklands Loop

Grade: Easy-Medium

Start: 8:00 am from Liverpool Station. Unlimited car parking in Railway street on Sundays. An easy-medium 32 km ride from Liverpool Station following SUPs along Hoxton Park

Rd, M7 to Elizabeth Hills & then through southern Western Sydney Parklands. On road along 27th Ave, then following SUPs & on road routes to Carnes Hill for coffee. Then taking back roads to Cabramatta Creek path, Kurrajong Rd, Foveaux Ave to Brickmakers Creek paths, Hoxton Park Rd & return to Liverpool. Some short hills.

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

Sunday Apr 14 Thirroul – Wollongong - Oak Flats

Grade: Easy

Start: 9:30 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.(3.15 pm train)

Contact: Phillip Jackson 97208297 | 0434 633 490. Call or message to con-





Liverpool BUG Website v2019

Christmas has arrived early!

After all the initial planning, functionality discussions and design drafts our club website (dubbed v2019) has been completely overhauled with a new design, fresh visuals and new functionality thanks to our new communications officer Evan and his company [Novarto Technology](#).

The previous theme had been in service for a total of 5 years with it's initial launch sometime around November 2013. It was a familiar face for anyone who visited but due to a number of factors such as the age and the how we're choosing to browse the internet more and more using mobiles and tablets, the design was no longer viable.

Previously our website was restricted as to what it was able to look like due to where it was being hosted, an issue we no longer face due to support from Novarto Technology.

The 2019 release retains the existing functionality but adds a whole heap of additional goodies for visitors and members, so we encourage you to not only be active on our social media pages but the website as well.

Features

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| <ol style="list-style-type: none"> 1. Join and Membership Renewal System
You're able to sign up and renew all through our website, and when your memberships due you'll automatically receive a reminder! 2. Members Area
Provides access to off limits pages which aren't accessible unless you're an active member. 3. New Ride Calendar System
Better constructed information display, social sharing and calendar integration. | <ol style="list-style-type: none"> 4. LivBUG News
Latest club news automatically emailed and delivered straight into your inbox. 5. Updated Newsletter Archive
Out with the text, in with the graphics. A list of all publications going back to 2011. 6. Updated Maps & Routes Page
Layout / visual improvements with updated maps and route downloads. |
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We hope you enjoy the redesign! Should you have any questions, feedback/comments you can [contact us here](#).

[View Website](#)



Cycling The Mosel River route in Germany

For anyone new to overseas cycling travel, one of the classic routes in Germany is a good place to start, partly for the route signage, web-based information on routes, multiple options to package bike hire, accommodation bookings, luggage transfers, and other transport (trains & buses) that are amiable having to bicycles on-board. Some other great routes are (Romantic Road route in the south, and the Baltic Sea route in the North).

This was a Self Guided cycling tour package through a cycling specific tour company, booked through their Australian agent. It was a sight-seeing by bike and targeted at riders capable of the lower end of medium rides or above. Most days were only 40-50km. Mostly flat, a couple of short climbs (short enough to walk and not get too behind) when the path left the river.



Started at Trier – one of the oldest settlements in Germany
Day in Trier – ride/ walk around town town check out the central market, visit historic sites / boat ride.
Ride to Trittenheim 42 km small town
Trittenheim to Zeltingen 40 km + with a visit to Bernkastel-Kues. + Wine tasting
Railtrail day trip 100km on the Maare-Mosel Rail Trail 60km on RT Use the RadlersBus (CyclistsBus) from Zetlingen to Daun ride back then along the river to Zell 35km along the river
Ride to Cochem 40km visit to Reichsburg castle in the afternoon
Ride to Koblenz 55km

There were 9 travellers in our group. Eight were regular riders and one an occasional rider (she hired an e-bike and that allowed her to do the same cycling pace as the others on standard hybrid bikes). The cycling routes are on sealed cycle paths or lower traffic roads though smaller towns, predominantly



along the banks of the Mosel River. The tour was tweaked to include a day of cycling on the Maare-Mosel-Radweg (Rail Trail) which I would recommend. If doing 100km in a day (part down hill and part flat) was too much, I would recommend staying an extra night in Zell and dropping a bit of time from Koblenz at the end.

The package included Bike hire; Helmet hire; Accommodation bookings in 3 ½ star hotels, Luggage transfer; Navigation/route information, Breakfast at hotels **Costs** Approx. \$1300 AU (9day) twin share.

Lunch and dinner costs was not included. It was relatively easy to navigate between the directional markers and the guide/route book provided. Most

towns had a café often with a delicious selection of cakes. Many of the hotels had restaurants attached and about ½ the nights we dined at these.



We used the [Cyclist Bus System](#) covers the Rheinland-Plaz region (it adds a bike trailer to 10 routes of the normal scheduled public buses, there are webpages with all the schedules, and online booking system to book a slot for you bike). It dropped us to the top of the Maare rail trail and we rode the downhill route back to the river. The Cyclist Bus also has one of the routes that matches the Mosel river route.



Alison on the rail trail

The scenery was a lovely mixture of vineyards, river; historic villages and castles. The day on the Rail Trail was forest and agricultural landscapes.

Alison Pryor

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

Reminder — Membership fees

If you haven't paid your 2018/2019 membership fees, please pay now — checkout our updated website for renewal. Membership fees are due again from 1 July 2019.

