

# LIVEBUG NEWS

## Winter 2018



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.

### Sunday Jun 24 Cecil Hills Loop (Hoxton Park Rd-Cowpasture Rd-Elizabeth Dr)

**Grade:** Easy-Medium

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

### Sunday Jul 8 Whale Watching at Cape Solander

**Grade:** Easy – Medium

**Start:** 09:00am. Wolli Creek Station. (Brodie Spark Drive.) 46km. Scenic ride mostly on Bay to Bay cycle path, includes some short hills. Cafe stop at Dolls Point then on to Kurnell and Cape Solander. We will be exploring the new 5Km Woollooware Bay Shared User Pathway. Refreshments/lunch at Kurnell then a short ride to Cape Solander, bring binoculars and wind-proof jacket (it can be windy). Ride on to Cronulla Station to return via train to

Wolli Creek

**Contact:** Phillip Jackson 97208297 | 0434633490 call or message to confirm.

### Sunday Jul 22 Liverpool - Casula via M7 & Hume Hwy Shared User Paths.

**Grade:** Easy

**Start:** 9:00 am from Liverpool Railway Station. (Bigge Street entry). Unlimited car parking in Railway street or Liverpool Station carpark. This approx. 20km ride is a great beginner's ride exploring the shared user pathways (SUP) of Hoxton Park Rd, M7, Camden Valley Way & Hume Hwy. Return to Liverpool via Brickmakers Creek. Stopping at Crossroads for coffee & option for lunch at Liverpool Mall.

**Contact:** Maree; 96025293 | 0419203379 to confirm.

### Sunday Jul 29 National Tree Day Ride. Fassifern Park. Willian Drive, Cartwright.

**Grade:** Easy

**Start:** 8:30am Liverpool Railway Station. A 30 km ride using SUPs and a few minor roads to join Liverpool Council's tree planting day. Council, with the help of volunteers, aims to plant local native

trees, shrubs and ground covers to encourage native wildlife (by providing food and shelter) and to enhance the local area. Wear enclosed shoes, hat and sunscreen, and bring gardening gloves and a bike lock for peace of mind. Council will provide all tools, refreshments, and a free BBQ lunch. Native animal talk and display after the planting is finished. The actual event goes from 9.00am to 12 Noon.

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

### Sunday Aug 12 On the Road to Rhodes.

**Grade:** Easy

**Start:** 9:00am 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

## LiveBUG Meeting

**Tuesday 21 August**  
6pm Liverpool Hospital  
All Welcome!  
Contact Maree 9602 5293





Join us to check out the new SUP along the Hume Highway, Casula on July 22.

### **Sunday Aug 12 On the Road to Rhodes. Con't**

via local roads through Silverwater and the M4 SUP.

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

### **Sunday Aug 19 Liverpool-M7-Western Sydney Parklands Loop**

**Grade:** Easy-Medium

**Start:** 9:00 am from Liverpool Station. Unlimited car parking in Railway street or Liverpool Station carpark. 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 9720 8297 | 0434633490. Call to confirm.

### **Sunday Aug 26 Liverpool-Carnes Hill-Casula Loop**

**Grade:** Easy

**Start:** 9:00 am from Liverpool Railway

Station. (Bigge Street entry). Unlimited car parking in Railway street or Liverpool Station carpark. This 22km ride is a great beginner's ride exploring the shared user pathways (SUP) of Hoxton Park Rd, Cowpasture Rd, Camden Valley Way & Hume Hwy. Exploring the new cycleway from Throsby Park towards Glenfield Station. Then following SUP from Throsby Park to Casula Powerhouse Arts Centre & return to Liverpool via the new SUP along Speed St. Stopping at Carnes Hill & Casula Powerhouse.

**Contact:** Maree; 96025293 | 0419203379 to confirm.

### **Sunday Sep 2 Liverpool to Macarthur via Camden Valley Rd and Narellan Rd Shared User Paths**

**Grade:** Easy-Medium

**Start** 8:30 Meet at Liverpool Station. Unlimited car parking in Railway street or Liverpool Station carpark. 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 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. Call or message to confirm.

### **Sunday Sep 9 Guildford to Lake Parramatta**

**Grade:** Easy-Medium

**Start:** 09:00 am Guildford Railway Station. 27km. Mostly easy ride with a couple of short hills. Take in sights of Harris Park and Parramatta Park before heading to Lake Parramatta Reserve for a meal break. Kiosk and cafe facilities available. Return to Liverpool via Rail Trail for a longer ride.

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

### **Coming up in Spring 2018:**

NSW Bike week: Saturday, 22 September to Sunday, 30 September

BNSW Spring Cycle

Daylight saving means our Dinner Rides start up again!



## Windsor Ride Nov 2012



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