

LIVEBUG NEWS

Autumn 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.

Sunday Apr 28 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 & 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 0419203379 to confirm.

Sunday May 12 Parramatta River Ride – Northern Banks

Grade: Easy-Medium

Start: 9.00am Merrylands Station Eastern Side (Railway Terrace) 37 km ride using cycle routes through Parramatta & Harris Park - then follow the Parramatta River to Meadowbank and on to Putney – cross the river on the Punt Ferry then make our way back through to Sydney Olympic Park and on to the M4 cycle path. Mostly cycle paths, some on road local streets. Mostly flat, some small rises.

Contact: Alison on 0438 171 484, call to confirm.

Sunday June 2 Rail Trail and T/Way Loop

Grade: Easy

Start: 9:00 am Liverpool Railway Station. 35km Unlimited car parking in Railway street on Sundays. 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 and refreshments at the food court, Stocklands Prairiewood Shopping centre.

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

Sunday Jun 9 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 Stacy 0419 203 379 to confirm.

Sunday Jun 23 Whale Watching At Cape Solander

Grade: Easy – Medium

Start: 09:00am. Wollie 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 riding through Taren Point and the Woollooware Bay Shared User Pathway and on to Kurnell and Cape Solander. 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 Wollie Creek

Contact: Phillip Jackson 0434633490 call or message to confirm.

LiveBUG Meeting

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



Wollongong Ride April 2019



A beautiful day cruising the beaches from Thirroul to Wollongong and beyond!



Sunday Jun 30 Guildford - Prospect - Canley Vale - Liverpool

Grade: Easy – Medium

Start: 9:00 am Guildford Railway Station (eastern side) 30km entirely riding along off-road cycle paths. Prospect canal cycle path and then undulating paths through Western Sydney Regional Park, the Orphans creek path to Canley Vale. Coffee & Vietnamese rolls at Canley Vale before continuing to Liverpool (alternately hop on the train home or ride 5km back to Guildford). **Contact:** Maree Stacy 0419203379 to confirm.

Sunday Jul 14 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 Stacy 0419203379 to confirm



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