

# LIVEBUG NEWS

## Spring 2019



Coordinator: Maree Stacy 0419203379 | [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 Sep 22 Bike Week Rides - Casula Powerhouse

**Grade:** Easy

**Start:** 09:00 am Casula Powerhouse. Liverpool Bicycle Users Group is hosting two community rides exploring the bike paths around Casula Powerhouse, Casula. Start and finish at Casula Powerhouse for both rides.

Registration from 9:00 am

10am – 2-3km beginners ride from 10am-10.45am for children.

11am - 8km ride for more experienced riders from 11am to 12 noon.

**Contact:** Phillip Jackson 0434 633 490 or Maree Stacy 0419 203 379  
Come along and check out the new facilities in Casula Parklands.

### Sunday Sep 29 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 0434 633 490.  
Call or message to confirm.

### Sunday Oct 13 Fig Farm Forage Ride - Leppington

**Grade:** Easy/Medium

**Start:** 9:00am from Liverpool Railway Station. (Bigge Street entry). Unlimited car parking in Railway street on Sundays. This approx. 37km ride is a great ride exploring the shared user pathways (SUP) of Hoxton Park Rd, Cowpasture Rd and Camden Valley Rd Shared User Paths. The Fig Farm is a Fig Orchard selling local produce as well as their fig specialities, they have opened up a coffee/tea shop on the terrace with homemade goodies. Return to Liverpool via different routes or catch train at Leppington Station. Don't forget to bring pack/pannier bags for your produce.

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

### Friday Oct 18 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. We will be riding along



## LiveBUG Meeting

**Tuesday 19 November (AGM)**  
6pm Liverpool Hospital  
All Welcome!  
Contact Maree 0419203379



### Friday Oct 18 Dinner Ride. Guzman & Gomez Mexican Restaurant. (cont)

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 0434 633 490. Call or message to confirm.

### Sunday Oct 27 Thirroul – Wollongong - Oak Flats

**Grade:** Easy

**Start:** 9:00 am Thirroul Station (near the bottom of the stairs on Station Street-Eastern side) for train arriving at 08:46. 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 97208297 | 0434 633 490. Call or message to confirm.

### Sunday Nov 10 Liverpool-Carnes Hill-Casula Loop

**Grade:** Easy

**Start:** 8:00 am from Liverpool Railway Station. (Bigge Street entry). Unlimited car parking in Railway street on Sundays. 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 & The Paper Mill (Shepherd St).

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

### Friday Nov 15 Dinner Ride : Thai Restaurant, Bonnyrigg.

**Grade:** Easy

**Start:** 6:00pm Liverpool Station, Main entrance Bigge St. Unlimited car parking in Railway street after 6:00pm. An easy **26km ride** along Rail Trail to Canley Vale then Orphan School Creek path and connecting up to the T/Way path to Bonnyrigg for Dinner at the Red Spoon Thai 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. 0434 633 490 phone or message to confirm for numbers.

### Sunday Nov 24 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 0434 633 490. Phone or message to confirm.

### Sunday Dec 8 Wolli Creek to La Perouse , Botany Bay.

**Grade:** Easy-Medium

**Start:** 09:00am. Wolli Creek Station. (Brodie Spark Drive.) **45km.** Scenic ride mostly on Shared User Paths and local roads, confidence with on-road riding

advisable. Follows Canal Path to Mascot and on to Eastlakes, Maroubra, Malabar and to La Perouse for lunch. Return via Philip Bay and suburbs.

**Contact:** Phillip Jackson 0434 633 490. Phone or message to confirm.

### Friday Dec 13 Christmas Lights and Dinner Ride



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To be advised. Keep an eye on our website & Facebook site

### Sunday Dec 22 Liverpool to Canley Vale via Lansvale and Orphan School Creek Loop.

**Grade:** Easy

**Start:** 08:00 am. Liverpool Railway Station, Main entrance Bigge St. Unlimited car parking in Railway street on Sundays. An easy **27km** ride along the Shared User paths via Warwick Farm past Chipping Norton Lakes to Lansvale and follow Orphan School Creek to Canley Vale for morning tea and then back to Liverpool.

**Contact:** Maree 0419203379 to confirm.

### Sunday Jan 12 Liverpool to Panania Loop

**Grade:** Easy

**Start:** 8:00am 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 Gilla-wanna, Milperra & Kelso Park to Panania. Coffee stop before returning through Chipping Norton to Liverpool. Uses some roads.

**Contact:** Maree 0419203379 to confirm.

### Friday Jan 17 Dinner Ride : A Taste of Asia

**Grade:** Easy

**Start:** 6:00 pm from Liverpool Railway Station. (Bigge Street entry). Join us for just a short ride up the Rail Trail 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 0419203379 to confirm.

## National Tree Day ride

Jul 2019

Phil standing  
in front of  
some of the  
1500 plants  
planted on the  
day



## Liverpool –Prestons-Hume Hwy ride

Sep 2019

Toni, Kinh, Stephen, Sandra, Ted, Trevor at the  
detention basin (Brickmakers Creek) in Amalfi Park.



## 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  
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