

May 2004 Newsletter

Next meeting: 7.30pm Thursday 13th May at Swinburne, Hawthorn Campus, TD building (between Park and Wakefield Streets) room TD246

NOTE: BBUG meetings are on the 2nd Thursday of each month, except January.

The Boroondara Bicycle Users' Group (BBUG) is a voluntary group working to promote the adoption of a safe and practical environment for community and recreational cyclists in the City of Boroondara. We have close links with the City of Boroondara, Bicycle Victoria, Bicycle Federation of Australia, Victorian Bicycle Coalition and other local Bicycle Users' Groups.

BBUG has a web site www.vicnet.net.au/~bdarabug that contains interesting material related to cycling, links to other cycle groups and recent BBUG Newsletters.

We also have two Yahoo Groups:

Send a blank e-mail to BoroondaraBug-subscribe@yahoogroups.com to receive this monthly newsletter and occasional important messages.

Send a blank e-mail to BoroondaraBugDiscussion-subscribe@yahoogroups.com to monitor or join in an ongoing discussion of bike related issues both local and general.

All articles in this newsletter are the views and opinions of the authors and do not necessarily represent the views of any other members of BBUG. All rides publicised in this newsletter are embarked upon at your own risk.

Inbox

Hello, I am seeking other riders (female preferably) that would be keen to join myself on approx. 40km rides at a fair pace (usually 1-1.45 hour ride).

Please contact me at ldostis@sewl.com.au

Regards, Lisa

General News Items

Demise of Victorian Bicycle Coalition

On Monday 26th April in Melbourne the Victorian Bicycle Coalition held its seventh and final Annual General Meeting. The four people present agreed unanimously to wind up the group and disburse the meagre assets by repaying startup loans from two committee members. The Bicycle Federation of Australia now has no formal representation in Victoria. Official minutes and office-bearers' reports will soon be available.

Item contributed by Philip Crohn, one-time VBC President and long-term committee member.

Bairnsdale Rail Service Resumes

On Sunday 2nd May the passenger rail service to Bairnsdale resumed after a decade's closure. This is good news for cyclists as it opens up the possibility of travelling by train with their bikes to ride the East Gippsland Rail Trail. The 60km rail trail runs from Bairnsdale to Nowa Nowa via Bruthen through a mixture of forest and farmland. Views of the Gippsland lakes, huge old trestle bridges and wineries are just some of the attractions. The fine gravel surface, generous width and gentle gradients make for easy, pleasant riding. There is accommodation at both Bruthen and Nowa Nowa. The Mississippi Tramway Trail branches off part way between Bruthen and Nowa Nowa to connect with Lakes Entrance offering additional off-road riding. Why not start planning a delightful weekend's riding now? Get hold of the excellent free brochure *East Gippsland Rail Trail* from Information Centres, Bicycle Victoria or from Railtrails Australia, www.railtrails.org.au.

Guest Speaker at Darebin BUG Meeting

On Wednesday 14 April Russell Lindsay, Acting Sergeant, Melbourne Bicycle Patrol, spoke at the Darebin BUG meeting in the Preston Shire Hall.

David Leong attended the meeting. Here is his summary of Sergeant Lindsay's talk.

Just last week, my bike squad has caught more crims than our car driving, donut eating colleagues. We the cycling fraternity are all one big family in my books, all cyclists are goodies.

Other coppers often pop into our dept to ask advice on what bike to buy and I always tell them, "a good one would be nice"

0.05 no longer applies to cyclists (but you can still get done for being drunken and disorderly in a public place).

In the 21st century, we have a democratic right to demonstrate and protest. I fully support our right to participate in Critical Mass. Some people want us to book bike couriers and footpath riding - I tell them I'm not into petty policing in the same way that police normally don't book speeding tram drivers or double parked taxis. It's all about education and mutual respect - NOT petty fines.

The Melbourne City Council want cyclists to dismount at Southbank. I told them that if they think it's a problem, it's only because they caused it by not having provided for a satisfactory cyclist thoroughfare in the first place and I will not stop cyclists from riding through until they provide "US" with an alternative thoroughfare. There were lots of other classic comments that he made during the night

Notes by David Leong

Events

Institute of Transport Engineers Roundabouts Seminar

You are invited to attend the Institute of Transportation Engineers (ITE) May Seminar on Pedestrian & Cyclist Safety at Roundabouts.

Speakers: Tom Brahms, Executive Director and CEO of the ITE and Steve Hofener, ITE International President, and local consultant, Andrew O'Brien.

Date: Tuesday, 11 May 2004

Time: 5.30 – 7.30pm (drinks and nibbles at 5pm)

Location: Department of Infrastructure Theatre, Level 29, 80 Collins Street, Melbourne

Please RSVP to Lani Tribbett (Email: lanit@obrientraffic.com or Fax: 9811 3131) by 7 May 2004 to assist with catering.

Website: <http://www.iteanz.org>

Thanks to Ray Walford for forwarding this item.

CARE Australia Mekong Challenge

CARE Expeditions is our newest event, enabling our supporters and adventurers to discover some of the most untouched places on Earth, while witnessing first hand the work of CARE Australia. Funds raised from the event will provide a vital source of income to assist CARE in its commitment to help build a world in which every man, woman and child realises his or her full potential.

CARE Expeditions has been developed in partnership with CARE Australia and Intrepid Travel. The combined knowledge of both organisations provides travellers with a down to earth experience offering a rare insight into the people, culture and environment of a developing country.

The Mekong Challenge

The [CARE Australia Mekong Challenge](#) will take place from 12 - 25 November, 2004 and will feature a cycling journey through one of Asia's least developed regions, Northern Thailand and Laos. Over 12 days, 35 people will cycle from the golden triangle area of Northern Thailand and follow the course of the mystical Mekong River through Laos. The cycling trek meanders by tropical rainforests, tranquil Buddhist temples and takes in aspects of village life far off the beaten track. One of the unforgettable aspects of this trip will be the opportunity to visit a [CARE field site](#) in one of the more

remote areas of Laos. CARE is working with the local community to open up previously unusable land for villages to cultivate food and raise their families and livestock. The visit will provide contact with local people, outlining local issues and demonstrate how CARE Australia is working with communities to develop long-term sustainable solutions. The Mekong Challenge is designed to be tough but also inclusive so that people of all ages and abilities can take part as long as you're prepared to do some training beforehand.

Raise Funds for CARE Australia

To be eligible for this once in a lifetime trip, each participant must raise \$5000 for CARE Australia. You can either contribute the whole amount yourself, or raise the funds through a series of fundraising activities. This amount includes almost all expenses and about half of all funds raised will assist CARE with its fight against poverty. The CARE Australia Fundraising team will provide guidance and support to help you reach your target.

Further Information

To find out more about this once in a lifetime opportunity information nights have been set for:

Wednesday 12 May - 6.30 - 8.00pm - Sydney
Tuesday 18 May - 6.30 - 8.00pm - Melbourne

For further information or to RSVP please contact CARE Australia phone: 9826 6077; e-mail: expeditions@careaustralia.org.au; web site: www.careaustralia.org.au/mekong.asp

Boroondara News

Newsletter Readership Grows

Readers may be interested to know that during the last month readership of this newsletter passed the 100 mark. Tell all your friends and keep it growing.

Whitehorse Road Crossing

Traffic lights are to be installed in Whitehorse Road Balwyn where the Anniversary Trail meets the Outer Circle Trail. The lights will provide a safe crossing for pedestrians and cyclists using the trails. Work is expected to be completed in July. The cost will be shared between the State Government and Boroondara Council. Boroondara BUG is one of the organisations that has lobbied for this crossing which will be of great benefit to cyclists.

Integrated Transport Strategy

Those of use who attended the community consultation sessions and left our contact details have received a *Summary of Community Consultation Comments* from Kerry McConnell. The section on cycling is quite long and covers all the issues raised by BBUG members.

The draft strategy is now being developed and is expected to be on public display at libraries and council offices in June. Keep a look out in the *Progress Leader* and *Boroondara Bulletin* for more information.

Julia Blunden

Minutes of Boroondara BUG Meeting Thursday 8th April 2004

Held at Swinburne, Room TD246

Present: Phil Crohn, David Leong, Julia Blunden

Apologies: Graeme Stone, Don Glasson, Brett Robson, Marion Green, Janet Bennett

1. Integrated Transport Strategy – JB reported that the BBUG response to the *Proposed Projects and Initiatives for Discussion* had been e-mailed to Kerry McConnell along with a request that BBUG be notified when the draft report is available for public comment.

2. Bike lockers – JB reported that an e-mail had been sent to Connex and Boroondara Council, with copies to BV and the Cycling Promotion Fund regarding Federal funding for bike lockers. A reply had been received from Connex indicating that it was a Department of Infrastructure matter. A reply had also been received from Council indicating that they were in discussion with Connex, the DOI and the Victorian Local Government Association on this issue.
3. Outstanding works – DG has been in contact with Council yet again regarding the small Leonda bicycle project which has become enmeshed in a larger project. Shared path signs have been erected on the western side of Church Street between Hawthorn Bridge and Denham Street. JB e-mailed Liz Lambropoulos regarding Hawthorn Bridge only to discover that Liz has left Boroondara. The e-mail has been forwarded to ‘the appropriate person’. DL reported that bike lanes at Kew Junction may be reinstated.
4. Marion’s Round the Bay Ride – MG has indicated that she and some friends are taking part in a 2-day ride around the Bay on 15-16 May and has invited other BBUG members to join them. See *BVnews*, April 2004, page 34 for details.
5. Web site – JB agreed to check with BR and JD regarding the cost of obtaining a domain name for the BBUG web site. JB also agreed to write up the content for the various pages based on her own suggestions and discussion at the meeting and to put these up on the Discussion group for comment.
6. Riding to school – JD reported by e-mail that he has already arranged to speak to the principal at his children’s school. No further action was agreed on.
7. Gardiners Creek path – missing link – GS reported by e-mail that Mary McParland from BV has met with Boroondara and Stonnington personnel regarding this link. Graeme has also spoken to Keith Reitter, Project Engineer at BCC and received an update on progress to date. No further action was agreed on at this stage.
8. Other business
PC drew attention to an article on shared paths in the latest *Boroondara Bulletin*. This spells out a long list of obligations for cyclists but none at all for other users. JB agreed to write a letter correcting this imbalance.
PC undertook to respond to a piece in Rob Clarke’s *Electorate Update* which attacked the PBN.
PC raised the issue of the BBUG publicity sheet that was supposedly distributed to libraries and customer service points. Did this serve any useful purpose? Should the sheet be revised and distributed again? No decision was made.
DL raised the possibility of a shared path along the north side of the Barkers Road cutting. No action was agreed on.
The Victorian Bicycle Coalition is having its AGM on 26/5. It was agreed that BBUG should be prepared to register for another year in order to help keep this organisation alive. Although not active it provides the only Victorian link to the BFA.

Notes by Julia Blunden

Contacts for Rides

Boroondara BUG does not organise rides. However there are many BUGs, clubs and other organisations that do. Below are some of their contact details. At the end of this newsletter is a separate section with details of many of their forthcoming rides.

Camberwell Downhill Gourmet Bike Riders: contact Elva Parker, phone: 9836 6392

Boroondara Bushwalkers: contact Julia Blunden, phone: 9853 5095, e-mail: jblunden@bigpond.com; web site: www.keypoint.com.au/~bbwinc

Hawthorn Cycle Tours: contact Hawthorn Aquatic and Leisure Centre, phone: 9815 0988; e-mail: lexbishop@bikerider.com; website: www.geocities.com/perften/Hct.html

Council on the Ageing (COTA) Cycling Group: contact Janet Bennett, e-mail: janpeter@bigpond.net.au or COTA, phone: 9654 4443.

Manningham BUG: e-mail: seball@netlink.com.au, H.Edwards@bom.gov.au; web site: home.vicnet.net.au/~mannbug

Whitehorse Cyclists: e-mail: ejhopper@vicnet.net.au; web site: home.vicnet.net.au/~wcycle

Darebin BUG: contacts: Kathleen Kemp, phone: 9482 3276; Ray Davis, phone: 9470 -3029; e-mail: darebinbug@yahoo.com.au; web site: www.darebinbug.org.au

YHA: contacts: Claire, phone: 9726 5421 or Jane, phone: 9525 6462; e-mail: yhacycling@yahoo.com.au; website: www.vicnet.net.au/~yhacycle

Melbourne Bicycle Touring Club: contact Touring Secretary, Dave Cash, phone: 9817 3269, or e-mail info@mbtc.org.au (Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!) Web site: mbtc.org.au

Boroondara BUG Contacts:

Correspondence: Graeme Stone, 16 Jervis Street, Camberwell VIC 3124. Phone: 9889 5426; e-mail: graeme_stone@optusnet.com.au

Other Contacts:

Phil Crohn: philcrohn@ozemail.com.au

David Leong: leongd@anz.com

Newsletter editor:

Julia Blunden: phone: 9853 5095; e-mail: jblunden@bigpond.com

Boroondara Bicycle Users Group	Membership Form
Name: _____	
Address: _____	
Postcode: _____	Member of Bicycle Victoria? Y / N
Phone: (H): _____ (W): _____	
e-mail: _____	
Membership requires a one-off payment of \$10 per household. There is an additional charge of \$10 per annum for delivery of a hardcopy newsletter. Please send cheque (made out to <i>Graeme Stone</i>) along with this form to: Graeme Stone, 16 Jervis St , CAMBERWELL, VIC 3124	

Past and Forthcoming Rides

Camberwell Downhill Gourmet Bike Riders

April Ride Report

About 12 riders met at Altona to cycle to Sanctuary Lakes and Point Cook Coastal Park, 42km return.

We rode along the Altona foreshore towards the Cheetham Wetlands. This area has been reclaimed from its salt works past and a wonderful park is in

the beginning stages of being developed. After cycling up to the top of the 100 steps area we were treated to sweeping views of the bay and the City of Melbourne. From here Karen led us onto Sanctuary Lakes revealing an amazing new housing and Golf Course Development. It was then time to sit and enjoy a coffee at the cafe overlooking the Lake. Five km down the road from here we came to the Point Cook Coastal Park where we stopped for lunch and an opportunity to observe the aircraft from the Point Cook Airfield circling overhead. After lunch we headed back to Bunnings, on an alternate route stopping along the foreshore to witness some amazing acrobatics from the airborne wave surfers.

Thankyou Karen for a great ride.

Ballarat Weekend Away Saturday 22nd / Sunday 23rd May

Saturday Ride: The Saturday ride will be the **Scarsdale to Linton** section of the Ballarat to Skipton Rail Trail –39 km

Sunday Ride: The Sunday ride will include Lake Wendouree, Remembrance Drive and Victoria Park - 20 km

Weekend features

- Sovereign Hill Sound and Light Attraction **Blood on the Southern Cross (8:00pm)**. This year 2004, marks the 150th anniversary of the Eureka Uprising. The sound and Light show has been upgraded in the last twelve months.
- Dinner together (600pm)

Details of Rides And Features

Saturday Ride 22nd May

We will ride from Scarsdale to Linton and return. The surface of the track is varied and is only suitable for mountain bikes and hybrids (not road bikes). The trail surface varies from loose to soft gravel. When we rode the track before Easter it was soft and some patches were challenging. As the weather changes, who knows what we will discover. The track has been open for a couple of years. I first read about it in a book published in 1999. Since I rode the track about 4 years ago improvements have been made to the surface and the facilities including toilets at Scarsdale. The section we are doing is through forest and across the restored the Nimons Trestle Bridge. I hope to be finished riding by 4:00pm. Sometimes, there are delays which are out of the control of the organisers including flat tyres and inclement weather.

Departure Point: Lake Wendouree Tourist Park, Gillies St. Ballarat (Botanical Gardens /Lake side of road). We will travel in convoy to Scarsdale to begin the ride so have your bikes on your cars.

Departure Time: 9:45a.m for 10:00a.m start

Timing: We should finish (back at the cars) by 4:00pm

Bring: Everything for your personal comfort

No food available for purchase along the way until we get to Linton for lunch which has a takeaway food outlet. No shelter from sun or rain along the way.

Toilets: Available at Scarsdale and Linton

Lunch: In Linton where we will stop to recharge the batteries for the return ride along the same route.

Ride: About 39km in all. There will be an option to turn back as we are riding on the same route both ways.

Sunday Ride 23rd May

This will be a leisurely ride around Lake Wendouree, Victoria Park and Remembrance Drive.

Departure Point: Carlton St (off Gillies St) beside the new Prisoner of War Memorial.

Departure Time: 10:00a.m for 10:15am start

Timing: Back at the cars by about 12:30pm with an option to have lunch together or depart for Melbourne.

Bring: Everything for your personal comfort

As we are in Ballarat there is access to food and shelter.

Dinner Saturday 22nd May, 6:00pm

We can have dinner together - Pizza /Pasta / Pub. Anyone who wants to may prefer to just eat in or have takeaway. This will be negotiated on the day.

Blood on the southern cross sound and light spectacular, Saturday 22nd May, 8:00 pm start

It is recommended that warm casual clothing and flat walking shoes be worn. Remember Ballarat can be chilly at this time of year. This dramatic explosive story takes place both under cover and out in the elements. I have secured a booking on the 22nd for the 8:00pm state-of-the-art lighting and special effects spellbinding show.

Website: www.sovereignhill.com.au

Tickets up to \$35.00 for adults. The CDGGBR group bookings need to be finalised by May 10th.

Queries: Janet 98895665 after hours or Graeme Stone by email (See contact box)

Boroondara Bushwalkers

Boroondara Bushwalkers have occasional bike rides as part of their program. The next ride, scheduled for Sunday 20/6, is from Belgrave to Hawthorn.

Meeting Place: Belgrave Station

Meeting Time: 9.50am for a 10.05am start

Ride Distance: 45km approx but can be shortened

Ride Description

From Belgrave Station we will follow the path alongside the rail line to Ferntree Gully, then turn onto Blind Creek Path and follow this to Jells Park where we can buy lunch in the kiosk. From Jells Park we will follow Scotchmans Creek Trail, a mixture of shared paths and quiet streets, to meet up with the Gardiners Creek Path near East Malvern Station. This path will take us to Kooyong, or if preferred you can continue through to the Main Yarra Trail. Glen Waverley Station is only a couple of kilometres from Jells Park and we will pass many train stations along the way including East Malvern and Kooyong. Glenferrie Station is only about 2km from the finish of the ride. Note that this is **not** a circuit ride but is designed to use trains rather than cars for access

Please contact Julia Blunden on 9853 5095 after Wednesday 16/6 if you are interested in coming.

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either

a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: www.geocities.com/perften/Hct.html or e-mail: lexbishop@bikerider.com

Sassafras Ride

Every Sunday all year

Starts at "Bike Life", 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30 am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00 am and leaves Sassafras by 9:30 am Arrives back in Hawthorn around 10:45 am.

Distance under 70 kms from Hawthorn to Sassafras return (includes the 7 kms 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café "Ripe", 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melways Ref. Map 66 F9.

Alpine Tour of the Suburbs

Riders congregate on Yarra Boulevard under Studley Park Rd around 6:50pm to jump on when the bunch comes past. Travel out into the suburban hills via Kew, Balwyn and Doncaster, then back via Heidelberg, where several laps of the challenging "Col du Burgundy St" hill are undertaken. Return back through Ivanhoe and Yarra Boulevard. Includes several King of the Mountain and sprint points along the way, with the bunch regrouping after each effort. Good hill work and a little technical in parts.

Council on the Ageing (COTA) Cycling Group - Rides Program May – July 2004

We will ride every 2nd and 4th Wednesday in the month. We will meet at 10 am at the place specified. If the weather forecast given for the day is above 30°C the ride will start at 8am and conclude by 12midday. Every effort will be made to find a coffee stop midmorning! We will generally take our own lunch and picnic together. Some rides are on rail trails in the country and the starting times for these rides will be specified if different. Riders are welcome to join the ride along the way if it is closer to home. Please contact Janet Bennett on 9853 9808 to discuss any details.

The ride details follow- abbreviations are #easy *medium !hard ^hills.

Date	Place to meet	Description	Grade
May 12 th	Delhi Crt on Delhi Reserve, MEL 29 B11	We will ride the Moonee Ponds trail to near the airport and return, approx. 45km. Coffee stop at the bakery in Westmeadows just near the trail.	*
May 26 th	Stoney Point MEL 195 F5 The ferry leaves at 8.30am and returns at 4.30pm.	We will ride from the ferry terminal at Tankerton on the island to the McLeod Eco Farm, approx 40km, and return. Early coffee at the general store, just 2km away! NB -rough roads unsuitable for road bikes.	!

June 9 th	Park near the Woori Yallock primary school MEL 286 F10	We will ride the Warbuton Trail to Warbuton East, finishing at Riverside Dr., approx 45km. No coffee stops until lunch at the Warbuton pub!	#
June 23 rd	Dight Falls carpark off Trenerry Cres, MEL 44 F3	We will ride the Merri Creek trail to Reservoir and then cross on small local roads to Darebin Creek trail, approx 45km. Coffee at the Preston Market and lunch at Bundoora Park.	#
July 14 th	Park near the Woori Yallock primary school MEL 286 F10	We will ride the Warbuton Trail to Lilydale and return, approx 45km. No coffee stops until Lilydale.	!^
July 28 th	Dight Falls carpark off Trenerry Cres, MEL 44 F3	We will ride the Main Yarra trail, the Koonung Creek trail and the Gardiners Creek trail via Blackburn lake, approx 50km.	*

Contact Janet Bennett, e-mail: janpeter@bigpond.net.au or COTA on 9654 4443.

Darebin BUG

Darebin BUG runs rides of distances approximating 10-20km every Monday, 40-60km on Tuesdays and up to 90km on Thursdays and a variety of rides of various lengths on weekends.

Unless otherwise stated, our rides meet at **Jika Jika Community Centre**, corner Plant & Union Streets, Northcote near Westgarth train station.

For information about any of these rides, contact the Rides and Events Coordinator, Kathy Brunning, on 9489 4275 or 0410 667 634, or at bikerides@vtown.com.au

Download the [Darebin BUG rides flyer](#), with details of these rides. (Word doc)

Please note all rides are free to anyone who would like to participate. Some rides need train tickets, these are to be bought by the participant. A first aid kit is carried on each ride and emergency contact numbers are taken prior to the start of the ride. Darebin BUG has public liability insurance - please note this **does not** cover you or your bike. If that is something you're concerned about then best become a member of Bicycle Victoria so you will be covered by their insurance.

Monday Rides for Beginners

And those looking for short easy rides. Travel local bike paths around 10-20km. For more information, call 9481 8853.

Tuesday & Thursday Rides

Both are social rides largely on bike trails that conclude around 4 pm. Bring lunch & water.

Tuesday Rides

For experienced riders.

These rides leave from **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 9.45am. They vary in length from about 40 to 60 km.

Thursday Rides

For experienced riders.

These rides leave from **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 9.30am sharp. Rides can be up to 90km.

Saturday Market Rides

Beginners and families welcome.

Meet 10am at Jika Jika Community Centre, corner Plant & Union Streets, Northcote, near Westgarth train station.

Saturday 8 May - Collingwood Children's Farm. Travel 10km along the Yarra Trail to Collingwood Children's Farm. Bring \$2 for entry which includes entry to the operating farm. Buy your groceries, join us for lunch and maybe an ice cream soda afterwards at Fairfield Boathouse.

Saturday 5 June - Bundoora Park. travel 30km along the Darebin Creek Trail to Bundoora Park. Bring \$2 for entry which includes entry to Cooper's Settlement and the farm. Buy your groceries, join us for lunch, and maybe a leisurely jaunt to the top of Mount Cooper.

Saturday 10 July - Collingwood Children's Farm. Travel 10km along the Yarra Trail to Collingwood Children's Farm. Bring \$2 for entry which includes entry to the operating farm. Buy your groceries, join us for lunch and maybe an ice cream soda afterwards at Fairfield Boathouse.

Sunday Rides - Varying Distances & Locations

9-11am Sunday Boulevard Or Bust

For experienced riders.

Ride along the Yarra Blvd hills at a steady pace of around 20 k/ph. Distance: 30km +. Join us for coffee or brunch at Hugos after if you have time.

Sunday Social Rides

Some for beginners, others for experienced cyclists.

3rd Sunday of the month - a diverse program, some rides local and others involving public transport.

Sunday Rides 2004

May 16 - Woodlands Historic Park

More details soon.

20th June - Maribyrnong River

Grade: Medium

Get warm on wheels! Celebrate the Maribyrnong on this scenic winter ride from Ginifer to SouthBank.

Meet at Flinders St Station under the clocks at 9:45 am to catch the 10:16 Sydenham line train to Ginifer. We start along the railway path from Ginifer Railway Station (going south) to Western Ring Rd (going east). Then we cross St.Albans Rd and follow a path parallel to Western Ring Rd. Heading across EJ Whitten Bridge takes us onto the Maribyrnong River path. At Footscray Rd we leave the river trail and head east along the bike path to Southbank. Some steep, short hills, distance: 30km. Rest Spot: Canning Reserve. Lunch Spot: Aberfeldie Park. Returns to the city at 3:00pm. BYO Lunch, Water. MET: 2-hour zone 1+2.

July 18 - Outer Circle Rail Trail

More details soon.

August 15 - Lysterfield Lake

More details soon.

September 19th - Darebin to Alamein

Grade: Medium

Meet at Darebin Station 10:00am. We will ride via the Eastern Freeway, Blackburn Lake and Gardiners Creek, catching the train home from Alamein. About 60km. BYO Lunch, Water. MET: 2-hour Zone 1+2.

October 17 - Dandenong Creek Ride

More details soon.

November 20-21 - Weekend Ride to Brisbane Ranges

More details soon.

December 12 - Yarra Ride to Bell Bird Park - evening B-B-Q

More details soon.

Manningham BUG

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride.

DATE	RIDE DETAILS	GRADE	CONTACT	MEET AT...
May				
Sat 8th	Belgrave Downhill Train up to Belgrave for the great downhill favourite – all the way to Ringwood options of hopping on a train anywhere down the line!	Easy/ Medium	Harv 9890-8006	9:15am sharp Blackburn Station Mel 47 K10
Sun 16th	Ride to Horseshoe Bend Farm Open Day We ride up the Maribyrnong River to Horseshoe Bend Farm The open day includes craft market, farm tours and a variety of other entertainment. Hot and cold refreshments available. http://www.parkweb.vic.gov.au/1park_display.cfm	Medium	Helen 9850-6268	Yarra Bend Rd (Mel. 2D F1)
Mon 17th	BUG Monthly Meeting The Manningham Club , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10

Sat 22nd	Olinda Ride Ride up to Sassafras, and onto Olinda before returning down!!! to Mitcham. Warning – some hills on this ride	50km Hilly	Jacinta 9842-3323	9am Mitcham station Mel 48 J9
Sat 29th	ABC of trails Altona – Brighton – Carrum An all-dayer Gary does another of his very long rides along the paths of Melbourne!	Solid 70km	Gary 9439-5016	9:05am Altona train from Flinders St station
June				
Sun 6th	Doing Doncaster East - (with a few tiny hills). Coffee at Beasley's.	21km Easy	Terry 9848-6027	10am Ruffey Lake Park carpark Mel 33 F10
Sun 20th	Williamstown Explore the Williamstown area	Medium	Jacinta 9842-3323	9:30am Flinders St, Station
Mon 21st	BUG Monthly Meeting The Manningham Club , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10
Sun 26th	Dights Falls Follow the Main Yarra Trail to Dights Falls & return	Easy 30km	Gary 9439-5016	Yarra Flats 9:30am Mel 32 B6
July				
Sun 11th	Woodend Wander Quiet country roads BYO Lunch or buy at Woodend before we ride to Hanging Rock (A winery too)	40km medium	Harv 9850-8006	10am Bourke's Bakery Woodend
Mon 19th	BUG Monthly Meeting The night your new subscription is due – but we will let you in for free! The Manningham Club , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10
Sat 31st	Clifton Hill A little of Merri Ck and St George's track combined- with a Cafe Quince chaser. – See our Cuisine guide	15km Easy	Harv 9850-8006	9:30am Yarra Bend Rd Mel. 2D F1
August				
Mon 16th	BUG Monthly Meeting The Manningham Club , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10

Sat 21st	St Kilda – Mornington (Progressive Dinner Ride warm up) - Mordialloc option	Solid	Kevin 9842 3323	
Sun 22nd	St Kilda – Mornington (Progressive Dinner Ride warm up) - Mordialloc option Repeat of yesterday's ride for those that can't do Saturdays!	Solid	Kevin 9842 3323	
September				
Sat 4th Sun 5th	Progressive Dinner Ride Medium thru to serious! Car backup and drive options available	40+50 / 230km	Kevin 9842 3323	Bookings essential- fills up fast
Mon 20th	BUG Monthly Meeting The Manningham Club , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10
If you like to think about riding to an event try looking up http://www.eventwatch.com.au/				

Whitehorse Cyclists: Rides Program

Check the rides calendar on home.vicnet.net.au/~wcycle/calendar.htm Note: All rides are subject to change. Phone the named contact person to confirm details. You do not need to be a member to ride with us! We ride every Thursday and on the weekend, usually on the Sunday. Contact: contact Alec or Barbara 9890 8954.

Date	Ride Details	Kms	Grade	Contact
Thurs 6 May	Latrobe Uni via Heidelberg	50	Easy	Ken 9801 7157
Sun 9 May	Mothers Day Brunch Ride	40	Easy	Bruce E 9848 4804
Tues 11 May	Club Night 8.00 pm Box Hill Community Arts Centre "Intrepid Tours: Sri Lanka & China"			Mike 0407 509 048
Thurs 13 May	Watery Trails	60	Med	Ken 9801 7157
Sat 15 May	Mullum Mullum Creek Southern region			Bob H 9874 5078
Tues 18 May	Easy Tuesday ride	30	Easy	Ken 9801 7157

Thurs 20 May	Box Hill to Berwick	50	Med	Ken 9801 7157
Sat 22 May	Banyule Creeks & River Circuit	40	Easy	Ken 9801 7157
Thurs 27 May	Warburton Rail Trail	82	Med	Ken 9801 7157
Sun 30 May	Progressive Lunch ride		Med to Full!	Lee-Anne 9878 9480
Thurs 3 June	Mystery Ride	50	Med	Ken 9801 7157
Sun 6 June	Mystery Event		Med	Pat & Allan 9898 0415
Tues 8 June	Club Night 8.00 pm Box Hill Community Arts Centre			Mike 0407 509 048
Thurs 10 June	tba	50	Med	Ken 9801 7157
Wkend 12-14 June	Queens Birthday in the High Country	Varies		David 9890 3634
Thurs 17 June	tba	50	Med	Ken 9801 7157
Sun 20 June	Diamond Creek	50	Med	Max G 9899 9556
Tues 22 June	Easy Tuesday ride	30	Easy	Ken 9801 7157
Thurs 24 June	tba	50	Med	Ken 9801 7157
Sat 26 June	Waterways	40/80	Med/Hard	Simon B 8502 7466

[Last updated May 2 2004]

Melbourne Bicycle Touring Club

	MAY		
Thu 6th	<i>Photo Competition</i>		Margo
Sat 8th	MAY BANQUET IN A TIBETAN CAFÉ A social night at the Tibetan Wild Yak restaurant in Fitzroy. (97 Smith Street near Gertrude street)	Social	Gail
Sat 8th	Mt Disappointment Mountain Bike Ride Enjoy a ride though the tall forest and fern gullies of this beautiful area. Some technical sections, bring knobbies and lunch.	40km Hard	Alistair
Sun 9th	Williamstown to Truganina Explosives Reserve Enjoy a ride along the foreshore bike path to this interesting reserve.	40km Easy	Karen
Thu 13th	<i>Burning Your Tyres Behind You</i>		Geoff
Weekend 15th-16th	Strathbogie Ranges Tour A weekend exploring the back roads of the Strathbogie ranges with bush camping and great views from Golden Mountain.	120km Medium	Geoff
Sat 15th	BOOKS TO BOAT HOUSE A monthly ride from Eltham to Fairfield Boat House via the Yarra bike path. Ideal for new riders and a favourite amongst old friends. Plenty of stops along the way for food, coffee or just a rest.	30km Easy	Bente
Sun 16th	Mt Donna Buang Enjoy a challenging ride up Mt Donna Buang via Ben Cairn and the dense rainforests. Great downhill to reward your efforts.	70km Hard	Kerry
Tue 18th	Club Lunch Lunch at the Star Park Café at 733 Burke Road, Hawthorn East, 12:30pm.	Social	Fred
Thu 20th	<i>Trip Planning</i>		David
Sat 22nd	Foodies Tour of Brunswick A leisurely ride exploring the various national cuisines represented in Brunswick.	Easy 10km	John
Sat 22nd	Bike Path / Off-Road Loop Ride a mixture of bike paths and back tracks from Ferntree Gully to Jells Park via Lysterfield.	60km Medium	Tony K.
Sun 23rd	Woodend Wander Explore the back tracks of the Wombat State forest with an old hand who knows this area like the back of her hand.	60km Medium	Liz
Thu 27th	<i>The St Kilda Cycles Crew</i>		Jim
Weekend 29th-30th	Murray River Tour Enjoy a riparian tour along the Murray river from Yarrawonga to Albury. Friday night departure.	100km Medium	Peter C.

Sat 29th	Port Melbourne to Frankston A loop down the popular cycling route of Beach Road to Frankston and back.	100km Hard	Rob B.
Sat 29th	Belgrave to Ringwood Bike path ride from Belgrave to Ringwood with a BBQ lunch at Gells Park.	45km Easy	Phil
Sun 30th	Tour around the Dandenong's A ride though the foothills from Pakenham to Lilydale via the Warburton bike path.	70km Med / Hard	Peter B.

For information on the above rides, please contact the Touring Secretary, Dave Cash, on (03) 9416 2646, or at rides@mbtc.org.au . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!

About the Ride Gradings

Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist.

Medium: Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required.

Hard: Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride

YHA Cycling Winter Program May – August 2004

DATE	RIDE	GRADE	CONTACT	TELEPHONE
Sunday 16 ^h May	Sth Yarra Railway Station to St Kilda via Southbank (along Yarra & Bay bike paths). Stop for lunch & drinks. Return to Sth Yarra.	easy	Tom	040-921-4315
Sunday 23 th May	Capital City Trail	Easy	Heath	0417 186 320
Monday 24 th May	Cycling AGM YWCA Building 8.00pm - bring a plate!	Meeting	Claire	9726 5142
Sunday 30 th May	Warburton trail - Lilydale to Launching Place Pub (lunch at pub)	Easy	Becky	0412 804 902
Saturday	Docklands, Westgate Park, Bay path to Elwood, return to city	Easy/	Sing	9482 1206

5th June		Medium		
Sunday 27 th June	Gardiners Creek to Jells Park	Easy	Jim	9576 0240
Sunday 25 th July	Maribyrnong River - Sunshine to Flinders street via Kensington, lunch @ the Keilor hotel (50km's)	Easy/ Medium	Heath	0417 186 320
Sunday 1 st August	Yarra Valley Wineries	Easy	Claire	9726 5142
Sunday 8 th August	Castlemaine	Medium	Jason	9499 4591
Sunday 22 th August	Moonee Ponds bike path - 55km	Easy- Medium	Paul	9587 2940

Any questions? Please do not hesitate to contact us via:

- our website: <http://www.vicnet.net.au/~yhacycle/>
- e-mail: yhacycling@yahoo.com.au
- telephone: Call Belinda 0410 488 288
- mail: YHA Cycling, GPO Box 25A Melbourne Victoria 3001.

General Information.

Grade of Rides

Easy -Suitable for beginners 3-5 hours riding time at easy going pace and plenty of rests.

Medium - Suitable for riders with some experience and good general level of fitness. 4-7 hours riding time. Steady pace some hills with some rest stops.

Hard - Suitable for fit experienced riders . 5 -10 hours riding time some steep hills difficult terrain and consistent pace.

Information on Bicycles.

Bikes must be well maintained with good brakes and tyres. It is recommended the bicycle have at least 10 gears to cope with hills encountered on most rides. Bikes should also be fitted with water carriers, and water bottles should be used on all rides. Either panniers or day pack can be used for carrying items during the day.

There are three main styles of bicycle suitable for YHA cycling trips.

Touring Bikes and ten Speed Bikes. Best for longer medium and hard trips particularly on country roads. Also suitable on city trails. They are not suitable for Mountain Bike trips.

Hybrid Bikes. These are suitable for most YHA trips except some medium and hard mountain bike trips. Hybrid bikes are the best all round bike for use on YHA trips and are excellent for general riding in the city area.

Mountain Bikes. Also suitable for most YHA trips except longer tours on country roads. Mountain bikes are excellent all round bikes for city and mountain use. Essential for hard mountain bike trips.

Cost

A nominal booking Fee of \$3.00, (Day Rides) and \$5.00 (Weekend Trips) apply. This is in addition to any travel, accommodation, etc. costs.

Day trips

Please contact the leader for the starting place and time for each trip.

Weekend trips.

Low cost accommodation such as Youth Hostels or cabins is arranged for Friday and Saturday night. Weekend trips usually involve two separate day trips on Saturday or Sunday so it is only necessary to carry items such as food, drink and clothing required for each day. Some trips specify panniers in which case clothing and other equipment will be carried during the day.

Bookings for weekend rides must be made no later than Club night prior to the ride. A deposit will need to be paid.

Please note. Participants should have adequate property, medical and especially ambulance insurance.

Further Information.

Contact any of the leaders listed in the program or Claire 9421 3006 or Jane 9525 6462. Or visit our website at <http://www.vicnet.net.au/~yhacycle>. Also visit Clubnight on the Monday before each weekend ride except public holidays (check first that the leader will be there). Clubnight venue is the YWCA building 489 Elizabeth Street Melbourne 8pm.

Next Program

The next program will be out August 2004.