



Newsletter August 2006

Boroondara BUG meetings are held on the 2nd Wednesday of each month, except January. Next meeting will be on Wednesday 9th August, at the Swinburne Hawthorn Campus in room TD244. The TD building is between Park and Wakefield Streets. Lynden Ward Councillor Heinz Kreutz will hopefully be a guest at this meeting.

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

Boroondara BUG has a web site at <http://www.boroondarabug.org> that contains interesting material related to cycling, links to other cycle groups, recent Boroondara BUG Newsletters and breaking news.

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 Boroondara BUG. All rides publicised in this newsletter are embarked upon at your own risk.

General News

Bicycling Achievement Awards

The nomination form for the 2006 Bicycling Achievement Awards can be downloaded from <http://www.cyclingpromotion.com.au/content/blogsection/1/9/>. Alternatively, advise a postal address and I'll post some hard copies to you. In case you haven't seen it, the booklet from last years Awards can be downloaded from <http://www.cyclingpromotion.com.au/content/view/31/57/>. Please consider putting in a nomination. It needn't be long or fancy - one of last year's successful nominations was handwritten on a few pieces of paper while the nominator was on the Cycle Queensland event.

The Awards are used to acknowledge the good work done by those working to create a bicycle-friendly Australia and to share information. Someone interstate may pick up some great ideas from your nomination, that they can use themselves. We have Award categories for bicycle friendly individuals, politicians, businesses, schools, bicycle retailers, local governments and organisations (including BUGs).

The winners will be announced at the Bicycling Australia Show Dinner on 14 October. Those shortlisted will receive an invitation to the dinner. Looking forward to receiving your nominations (which close on Sunday 27 August). Let me know if you need any more information or some help to get started.

Kathy Brunning, Executive Assistant, Cycling Promotion Fund, PO Box 3052 Auburn Victoria 3123; phone: 03-9818-5400; Fax 03-9818-4535; www.cyclingpromotion.com.au
PLEASE NOTE NEW EMAIL ADDRESS: office@cyclingpromotion.com.au

Events

Cycle for Sustainability

Every time you choose to ride your bike or take public transport in favour of driving a car, you choose to be part of the solution to our growing environmental problem.

Cycle for Sustainability is a ride with a difference. Starting in Sydney in late August, and finishing in Hobart in mid December, we will visit schools and community groups en route to educate about and inspire ecologically sustainable and socially just choices in daily routines.

You can get involved in a number of ways:

- Join as a core team rider, an exciting opportunity to develop your community education and team building skills and work with others who are passionate about sustainable living.
- For those with less time to spare, join the action as a stage rider for two weeks or more.
- Apply your passion for sustainability education to help develop a range of education and curriculum materials.
- Contribute content for our evolving website.
- Join our mailing list to receive inspiring project updates, 'Postcards from the road'.
- SLF home base support – we are also looking for a dedicated individual to provide home base support with the SLF team. This would involve some volunteer work either at the SLF office in Melbourne and/or at home, assisting the road team with liaising with schools, community groups and identifying media opportunities.

Being involved in this project is your chance to inspire others and 'be the change you wish to see in the world' (Gandhi).

If you would like to get involved or find out more check out <http://www.sustainia.org.au/> or contact:

Nick Towle or Michelle Allen, phone: 03 6431 3074 or M: 0428 834 748; email: info@sustainia.org.au

Anthony Davidson, M: 0424 940 583; email: education@sustainia.org.au

Bike Fun Melbourne: DIY Participatory Bike Community

August Bike Fun:

Fri 4 August – Bicycle Pub Crawl: 7:30PM Baden–Powell Hotel – 61 Victoria Pde, Collingwood. Lving 8:30–ish. Be responsible.

Wed 9 August – Merri Full Moon Ride – 7:30PM – Jacana Stn. (Broadie line) (catch the 6:29 or 6:49 from Flinders St.) Ride back along Merri Crk (via Ring Path) to the city (~35km) by the light of the full moon. Picnic on the way back: bring food, etc to share.

Fri 11 August – Fortnightly Goatage: 6PM–ish Mtn. Goat Beer (cnr of Nth & Clark Sts, Richmond), bikechat, indoor bike parking and friendly door bloke. organiser: PubBUG

Fri 25 August – Critical Mass: 5:30PM, State Library. Ride, represent, party. Pick up September BikeFun.

Fog Ride – Date TBA (weather permitting) – Join the foggy fun as we cycle the mist–shrouded city... you've never seen Melbourne look so surreal. But because the weather is fickle, we can't set a date. So you need to email or SMS your mobile phone number to fogriders@gmail.com / 0439 88 00 93 to register. When THICK FOG is forecast in the next day or two, you will be sent an SMS giving the time (night) & place (CBD) for the ride start.

Most rides go at social pace, run rain or shine, and are free. To sign up for the electronic version of BikeFun– email: bikefunnist@riseup.net .

BikeFunMelbourne wants to get people like you participating in and shaping Melbourne's creative bike community. If you organise a ride, Bike Fun will promote it. To get you brain churning, try out the DIY bike event form below, then email in the details. Have more bike fun.

DIY Bike Event

Think of a theme – costumes, destination, route, whatever...be creative, be fun. Satisfy your ego and your sense of humour. Plan your route and destination. Get your friends to help.

–Event Name:(be creative...) _____

–Date&time:(day or night, bike's alright)_____

-Start place: (ie pub, park, piazza) _____
-Description:(about as much as you'd put on an A5 handout)_____

-Contact details:(email, website, etc)_____

organiser: you

email details to: bikefunnist@riseup.net

Relax n Ride

This company offers tours similar to BV's Great Rides, but designed to be a little easier and more luxurious. Numbers are capped at 300, and distances are about 60-70km per day. Upcoming tours include:

River Murray Cycling Holiday, 21-30 October 2006, from Barmera to Goolwa

Legends, wine and High Country cycling Holiday 24-31 March 2007, from Rutherglen to Mt Buffalo.

For further information see www.relaxnride.com.au ; email: holidays@relaxnride.com.au; phone: (03) 9499 5683

Beyond Boroondara

Bike path options studied

A decision on the bike path through Yarran Dheran bushland in Mitcham will be made before the end of the year. EastLink spokesman Matt Phelan said two options were being considered — one on the north side of the valley, the other on the south.

Whitehorse Weekly, Wed 26 July; p.3

Surprise in great transport challenge

Bike wins over car in gridlock, Page 5, by Liam Houlihan Melbourne's gridlocked peak-hour traffic has slumped to roughly the same speed as a 60-year-old on a penny farthing, a *Herald Sun* experiment has found. The trial also revealed chronic congestion makes it quicker to pedal a pushbike from suburbs to the CBD along gravel tracks than drive a four cylinder sedan on major city roads.

Thanks to Graeme Stone for these news items.

Boroondara News

Minutes of Boroondara BUG Meeting 7.30pm Wednesday 12th July 2006

Held at Swinburne, Hawthorn Campus, Room TD 244

Present: Tim Connors, Julia Blunden, Jason den Hollander, Graham Ellis, Phil Crohn, David Leong, Alister Huth

Guest: Councillor Mary Halikias-Byrnes

Meeting with Jim Hondrakis: This has been arranged for Friday 14th July from 3-5pm at Camberwell. An agenda has been prepared and forwarded to Jim as well as to BUG members and Coucillor Dick Menting.

Boroondara Bike Strategy: This is an item on the agenda for the above meeting. It is one of the recommendations in the Integrated Transport Strategy. Councillor Mary Halikias-Byrnes informed us that \$40,000 has been allocated for the preparation of the strategy. JD said that this is a very low figure and expressed concern that the preparation of the strategy could result in delays to action. MH reported that the ITS now also includes a recommendation that a Bicycle Advisory Committee be formed although she did not have details of its proposed composition.

Gardiners Creek Trail Gap: JD outlined the issues relating to this for the benefit of MH. Firstly there is the issue of the route. Stonnington has ruled out the route that will be of most benefit to cyclists. This would continue on the south side of the creek alongside the golf course for some distance east of Solway Bridge before crossing to the north side and following the creek to Warrigal Rd. Secondly there is the issue of the Warrigal Rd crossing. JD said that there is definitely room for an underpass on the north side of the creek and that this is the preferred solution. Proposed pedestrian lights at the bottom of the hill, on a curve and in a 70km zone would be dangerous.

A letter had been composed, but due to a misunderstanding not yet been sent, to the Mayor of Stonnington protesting about their handling of this matter. JB agreed to send it post haste.

Tooronga Village: Graeme Stone and Julia Blunden will be making presentations on this issue to the Planning Panels hearings in the BCC Council Chambers on Friday 4th August. MH indicated that she was familiar with the many problems with the proposed development but that that Council has virtually no say in the matter now that the Minister has intervened.

Box-Hill-Laburnum path via Middleborough Rd: JB reported that she had been contacted by a friend David Hall who is concerned that an opportunity to improve a bike route may be missed during the current grade separation occurring at Middleborough Rd. JD said that in his new role as Campaigns staffer at BV he had spoken to David on the phone. The authority concerned, VicTrack, is very difficult to deal with, however provision is being made in the project for a shared path to get students from Laburnum Station to Box Hill High School and the extension of the path to Sagoe Lane as proposed by David Hall would remain as future possibility.

Bicycling Australia Show: It was agreed that JB should follow this up and arrange to share a stall with Yarra BUG and others and to offer to contribute up to \$30 as our share of the cost.

BFA AGM: This is to be held in Melbourne or Sydney on a Saturday in October or November to be decided. Phil Crohn offered to be the BBUG delegate and to make contact regarding his preferred date.

Next BUG Get-together: This is on Thursday 27/7 at 7pm at the Union Club Hotel, Cnr Gore and Webb Sts, Fitzroy.

Bike Parking Rails in Glenferrie: JB reported that she had discussed this with Mark Brennan from BCC Landscape and Design and that he had agreed to get back to her with more information about planned locations for rails. He indicated that landscaping on the northern end of Glenferrie Rd was still to be done but agreed that rails could possibly be installed before this occurs.

Burwood Rd/Church St Intersection: This is nearly complete and several of those present reported that the intersection is now somewhat safer for cyclists.

Bollards: AH raised the problem of bollards along the section of the Anniversary Trail east of Harp Junction. This issue was raised as part of the audit of this path done in 2003 and is an agenda item for the meeting with Jim Hondrakis. JB to bring a copy of the audit to this meeting.

Grace Park/Glenferrie Oval: JB reported that she met with Mark Brennan at Glenferrie Oval on Friday 16/6 to discuss the Master/Concept Plan for this area. They walked the route from Glenferrie Rd to Elgin Place via Glenferrie Oval and Grace Park and Mark noted various ideas for improving and linking sections of bike path and shared footways, which if completed would make for a continuous safe cycling route from Glenferrie Road to the Main Yarra Trail. The link to the linear park along the old rail line was also noted, as were links to the current and proposed underpasses under the rail line. However there is no definite plan or funding to implement the ideas in the immediate future.

Guest for next meeting: It was agreed that JB will invite the Lynden ward councillor, Heinz Kreutz, to our next meeting.

Notes by Julia Blunden

Notes on the Boroondara BUG Meeting with Jim Hondrakis 14th July 2006

Present: Jim Hondrakis, Team Leader Transport Management, Janice McMurtrie, Parks and Gardens, Masha Patakirikorale, Councillor Dick Menting, Jason den Hollander, Graham Ellis, Julia Blunden

- 1. Confirmation of 06/07 BCC bike budget:** Jim indicated that funds allocated to cycling matters for 06/07 include: \$250,000 for renewal works on shared paths including widening, terminal points, line-marking and signage; \$20,000 for TravelSmart, including \$7,000 to cover printing of an initial 10,000 copies of the TravelSmart map in the next two months (distribution methods for this are still to be decided); and \$40,000 for the development of the Bicycle Strategy, which will use the 1996 draft strategy as a base. JD queried figures provided for the next 5 years and Jim said that the 5-year plan was a new initiative and that the figures are not yet definite. JB mentioned the possibility of using federal 'Roads to Recovery' funds for cycling works.
- 2. Gardiners Creek Path issues:**

Missing Link: BCC has made a submission to VicRoads for funding for a link from the Anniversary Trail to Warrigal Rd via Markham Reserve. Initial thinking was for the link to start near Alamein Station but Jim is looking at options to move the start further south. Stonnington Council had a

\$30,000 grant to look at the feasibility of a link along Gardiners Ck and decided against any extension of the path through the golf course. JD indicated that he would be speaking to the Mayor of Stonnington about this.

Warrigal Rd crossing: one option is a diagonal footbridge under the road bridge. Jim explained that Melbourne Water require that such underpasses be no lower than 34m above sea level, the 1 in 5 year flood level. A survey that Jim has commissioned shows that a crossing under the Warrigal Rd bridge narrowly fails this test. Another option is to widen the footpath along the west side of the bridge and install a pedestrian/bike crossing just beyond the southern end of the bridge which would link to the path on the other side. The next step is for Jim to meet VicRoads with the survey and get their views. An answer from VicRoads should be forthcoming within 4 weeks.

Solway Bridge: Work will start in 4–6 weeks and should be completed by the end of 2006.

Path improvements: the next section to be improved will be at the Glenferrie Rd end. Then the section near Auburn Rd. JD mentioned a problem with a curve near the velodrome. JD also raised the problems created by Kooyong Parking on the trail and said he would like to stop this.

3. Main Yarra Trail issues:

Chandler Highway pedestrian lights: Jim has already done scoping on relocating these further north to provide a crossing in line with the new Guide Dogs path. However Parks Victoria have indicated that a new route is to be formalised for the MYT between the Chandler Hwy and the Pipe Bridge, that will bypass the steps. If as indicated this does go ahead soon there will be no need to move the pedestrian lights as cyclists planning to continue along the MYT will not come up the Guide Dogs path but rather will use the new path.

Hawthorn and Victoria Bridge Shared Paths: Shared paths will be signed on Hawthorn Bridge to tie in with work currently near completion at the Burwood Rd – Church St intersection, subject to VicRoads approval. There will also be on-road bike lanes across the bridge. Jim said that he also supports signing of shared paths on Victoria Bridge and will liaise with Richard Smithers at the City Of Yarra about this.

Leonda link: Jim indicated that he would like to have a site meeting about this to explore the different options and choose the best one. JB said that she would like to be present at this and Jim agreed to make contact about the meeting.

Koonung Creek Trail underpass near Burke Rd: A missing slab is to be replaced and path leading to the underpass widened to better align it with the tunnel entrance. Remarking of the centre line is also planned.

4. Anniversary Trail issues:

Harp Junction: The construction shed currently partly blocking the path should be gone in about 10 weeks. The underpass identified by Graeme Stone apparently goes nowhere as no exit could be detected on a site visit. Jim indicated that he was open to further suggestions for improvements to the crossing at the junction, which is quite problematic.

Problems with bollards: The section of the path just to the east of Harp Junction is to be realigned further to the north to put some distance between the path and road ends, as recommended in the 2003 audit of the path.

Hyde Park extension from Outer Circle Trail: the short section nearest the OCT leading to Sutherland Ave has not yet been widened like the rest of the link. Because of a problem with vegetation the path will need to be realigned here. A lot more signage, including some at this intersection will be installed in the near future.

Toorak Rd crossing: Jim is hoping to install a new pedestrian crossing in line with the path. He is also looking at the possibility of installing a path between the laneway currently used by cyclists just north of Toorak Rd and the rail line, which could have the additional benefit of creating a less steep gradient.

Bike parking rails in Glenferrie: Jim agreed to follow up on this. So far 4 rails have been installed between Burwood Rd and Coles, 3 on the west side and 1 on the east side. Bike parking rails should be an automatic consideration as part of any future street-furniture projects council-wide.

5. Kew-to-Greythorn corridor: plan for bike route through parks north of Belmore Road: JD outlined his plan for an off-road bike route that would provide access to several schools and to the Northern Pool complex and other sports grounds. Part of the route has already been completed. Compared to the alternative road route it is relatively flat so would be an attractive option for cyclists. Jim suggested that this project could be included in the planned Bike Strategy.

6. Bollards: Jim is prepared to allocate funds to improvements and asked what the BUG's preference is in relation to road barriers. BUG members present agreed that where some barrier is essential a

single, centre, wooden post type bollard is the least problematic. Jim indicated that where a light/power pole is available nearby lights could be installed to illuminate bollards for greater safety.

7. **Greythorn Road repairs in bike lane:** Jim said that the gutters are being converted from open channel to the modern style with kerbs between Ferndale Ave and Doncaster Rd. JD expressed concern about the bike lanes. Masha agreed to investigate, and confirmed from Works team that the entire road surface is being re-sheeted.
8. **Tram 109:** BCC is now waiting on VicRoads and the State Government regarding this issue and may do so until after the election.
9. **Glenferrie Oval/Grace Park Concept plan:** JB said that she had met with Mark Brennan from Landscape and Design regarding this and that a safe continuous bike route from Glenferrie Rd through to the MYT could be created without a huge amount of works. Jim indicated that he was familiar with this plan and supported it.
10. **Hawthorn Velodrome:** Resurfacing is now complete and the plan is to mark a broken centre line dividing the track into fast and slow lanes. JD approved of this plan and suggested that a solid edge line is also needed. He also requested fencing all around the velodrome to prevent dog walkers straying onto the track and Jim indicated he would look into the feasibility of this.
11. **Integrated Transport Strategy:** DM has been attending meetings on this.
Bicycle Advisory Committee: Dick indicated that current thinking is for a formal BAC. It was agreed that meetings should be held 4 times a year initially. The BAC will be chaired by a councillor and relevant BCC staff from different departments will attend. The fine detail of the composition and working of the committee has not yet been finalised.
Bicycle Strategy: This is listed as an action to be taken in the ITS and \$40,000 has been allocated. JD mentioned a new survey tool about to be released by Bicycle Victoria that is designed to help with the focus of bike-related-facilities.
12. **PBN:** Jim will apply to VicRoads for funding for wide kerbside lanes on a number of roads including Stanhope and Seymour Groves, and Glen Iris, Summerhill and Rathmines Rds.

Notes by Julia Blunden

Contacts for Rides

There are many BUGs, clubs and other organisations, several of them local, which organise rides. 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: <http://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.

Knox Bicycle Touring Club Incorporated, email: Email: Mikeatleisure@aol.com Web site: home.vicnet.net.au/~knoxbike

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

Maroondah Bushwalking Club: to obtain details of how to book on a walk and a copy of the current walks and activities program Contact **information officers:** Sandra, phone: 9728 3833; Aileen, phone: 9876 1104; web site: home.vicnet.net.au/~mbush/

Whitehorse Cyclists: e-mail: ejhopper@vicnet.net.au; web site: <http://www.whitehorsecyclists.org.au/>

Banyule BUG: email: banyuleBug@yahoo.com.au; web site: <http://home.vicnet.net.au/~banylbug/> ; contacts: Richard phone: 9459 8648, or Les phone: 9459 2701

Darebin BUG: Rides and Events Coordinator, Doug Morffew, phone: 9499 7325 (AH), email: dougmorf@alphalink.com.au Download the [Darebin BUG rides flyer](#), with details of rides. (Word doc); web site: www.darebinbug.org.au

YHA: contacts: Claire, phone: 9726 5142 or Jane, phone: 9525 6462; e-mail: yhacycling@yahoo.com.au; website: <http://www.vicnet.net.au/~yhacycle>

Melbourne Bicycle Touring Club: contact Touring Secretary, Dave Cash, phone: 9817 3269, or e-mail info@mbtc.org.au (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:

Membership Secretary & Treasurer:
Graeme Stone, 16 Jervis Street, Camberwell VIC
3124.
e-mail: graeme_stone@optusnet.com.au

Newsletter Editor & Minutes Secretary:
Julia Blunden, phone: 9853 5095
e-mail: jblunden@bigpond.com

Additional Contact:
David Leong: leongd@anz.com

Media Contact & Webmaster:
Jason den Hollander, phone: 0407 11 88 91
email: fdutch@gmail.com

Meeting Chair:
Phil Crohn: philcrohn@ozemail.com.au

Boroondara Bicycle Users Group	Membership Application 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 *Graeme Stone*) along with this form to: Graeme Stone, 16 Jervis St , CAMBERWELL, VIC 3124

Past and Forthcoming Rides

Camberwell Downhill Gourmet Bike Riders

July Ride: Werribee Circuit

Ten riders fronted up at Werribee Station despite a far from favourable forecast: Elva, Val, Annette, David, Julia, James, Yvonne and Bruce, and their two friends. After a short hunt in Watton Street we found a coffee shop that was open for early refreshments. Then we headed for the path along the Werribee River and rode off downstream. Fears of disruption due to the construction of the long-awaited Federation Trail proved unfounded and we were able to ascend (very steeply!) to the Outfall Sewer Reservation which in turn led us to Duncans Rd. After a turn through market gardens and paddocks we reached Hoppers Crossing where we made use of the toilets and the Subway (food shop not underpass!). Rather than picnic near the rail line here the group opted to continue to the Heathdale Glen Orden Wetlands, which for once lived up to their name. During our stop here for lunch we all got our bike tyres thoroughly coated in thick, gluey mud which required vigorous poking off with sticks, as well as further attention on our return home. From here the route followed a drain reservation north to Hogans Road after which we headed west and south back to the upstream section of the riverside path which led us back to our starting point. We managed to avoid rain on the ride though not a flat tyre. It was interesting that the tyre in question had been repaired a couple of times at bike shops but had soon gone flat again, whereas after the expert ministrations of some of our group it appeared to be well and truly fixed. There's a moral there somewhere!

Julia Blunden

CDGBR Ride for Sunday 20th August: Eltham Circuit

Where: Eltham and district based on Ride No. 21 in Julia's new book 'Bike Rides Around Melbourne'. This ride was also ridden by CDGBR in January 1993 with planning by Graeme Stone and Liz Sambell. (Anyone remember the bolting draught horse on the farm next to Allendale Rd!?). A pleasant ride in a bushy area of suburbia with a bit of history thrown in.

When: Sunday August 20th, meeting at Eltham Railway Station car park at 11am. There is a Hurstbridge train that leaves Flinders Street at 10.05am and reaches Eltham at 10.57am. There is a Belgrave train that reaches Flinders Street at 9.56am. It passes through Camberwell at 9.41am.

Description: From Eltham station there is a gradual climb on a bike path beside Main Rd up to the disused 1880's Maroondah Aqueduct which has a shared path along to Allendale Rd. A steep descent leads to the shared path on Diamond Creek. We will take the side trip to Diamond creek before returning back to Eltham. Total distance 21km.

For further information: phone: Graeme on 9889 5426 or email graeme_stone@optusnet.com.au . Please let Graeme know if you intend coming. That way he can let you know if there are any last minute changes of plan!

REMAINING 2006 RIDES: September 17th Val & Joe; October 15th Lee & Alan; November 12th Geraldine & David

DINNER: November 17th

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:

<http://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 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

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.

Council on the Ageing (COTA) Cycling Group – Rides Program

Council on the Ageing members have a cycling group for people who want to ride more and learn more about their bikes and riding, as well as for people just getting started.

Plans for Seniors Bike rides in 2006

We will ride on Wednesdays, generally 2 short rides and 2 long rides each month. However please note there will be only 2 rides in July, August and September because our leaders will be away at various times.

We will meet at 10 am at the place specified. If the weather forecast for the day is 31°C or above the ride will start at 8am and conclude by 12midday. A coffee stop midmorning is included! We usually take our own lunch and picnic together. Some rides start earlier and this will be specified in the program. 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.

All riders are encouraged to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Abbreviations for the ride grades are # easy * medium ! hard ^ hills.

Date	Place to meet	Description	Grade
Aug 9 th	Jct. of Main Yarra and Gardiner Creek trail MEL 59 B1 (St. Kevin's boatshed) or ride from Flinders St. station.	Ride to Flinders St. station, train to Werribee and ride back to the starting point via Werribee South, Sanctuary lakes, Altona and Williamstown ~ 60km. Ps there are many train stations along the way to bail out.	#
Aug 23 rd	As above	A circuit of the Main Yarra trail, Port Melbourne rail trail, Bay trail, South Rd., East Boundary Rd., Murrumbeena Rd. and return via the Gardiner Creek trail ~ 50km.	#
Sept 13 th	Melbourne Zoo carpark, MEL 29 E11 or train to Royal Park stn.	Ride the Moonee Ponds Trail to Woodlands Park and return, approx 50km.	! ^
Sept 27 th	As above	Moonee Ponds trail, the Western Ring path, Maribyrnong river trail and return, ~ 60km.	! ^
Oct. 4 th	See below	We will choose a 30km circuit to ride on the day.	#
Oct.11 th	Collingwood Children's Farm carpark, St. Heliers St., MEL 44 G5 or ride from Victoria Park stn.	Main Yarra trail to the Merri creek trail, Northern Ring trail, to return via the Plenty river trail ~ 55km.	!
Oct. 18 th	As above	We will choose a 30km circuit to ride on the day.	#
Oct. 25 th	As above	Main Yarra trail to Westerfolds park, Diamond Creek trail, along Diamond Creek Rd. to Plenty river trail and return via the MY trail again ~ 60km.	*

Nov. 1 st	Melbourne Zoo carpark, MEL 29 E11 or train to Royal Park stn.	We will choose a 30km circuit to ride on the day.	#
Nov. 8 th	Organ Pipes National Park carpark MEL 3 C4 or ride from Diggers Rest stn. (from Southern Cross stn., on Vline).	After exploring the Organ Pipes National Park, we will ride to Melton via Toolern Vale and the Toolern creek. We will return to the start along back roads ~ 55km. People may want to return from Melton stn. along the way ~ 40km.	# obs. part on roads.
Nov. 15 th	Melbourne Zoo carpark, MEL 29 E11 or train to Royal Park stn.	We will choose a 30 km circuit to ride on the day. (This week some of us will be riding around Dunolly in Central Victoria from the 16 th to the 19 th . Rides will vary in length from 30 to 60km. Costs and details, please ring Janet Bennett, see above.)	#
Nov. 22 nd	COTA AGM	This begins at 10am at the YMCA centre in Elizabeth St. All riders welcome.	
Nov. 29 th	Melbourne Zoo carpark, near Royal Park railway stn , MEL 29 E11	We will choose a 30km circuit to ride on the day.	#
Dec. 6 th	Collingwood Children's Farm carpark, St. Heliers St., MEL 44 G5 or ride from Victoria Park stn.	We will choose a 30km circuit to ride on the day.	#
Dec. 13 th	Southern Cross stn at approx. 8.40am	We will take the train to Bendigo and ride around the Bushland trail in the town and out the O'Keefe Rail trail to Axedale ~ 60km. We will return to Melbourne about 6pm. Please check with Janet before the ride re times for the train. Drivers can meet the group at Bendigo station at Mitchell St./ Railway place.	#
Dec. 20 th	Collingwood Children's Farm carpark, St. Heliers St., MEL 44 G5 or ride from Victoria Park stn.	This is the Christmas lunch ride. We will ride from the carpark to Port Melbourne to lunch at Campari restaurant.	#

For further details later in the year, see the COTA website, www.cotavic.org.au/events/cycle_group.htm

Darebin BUG

Social Rides

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.

The **DBUG Rides Planning Committee** is looking for people who are interested in arranging and leading a ride, or in gaining leadership experience by co-leading a ride. Ride dates, suggestions and leaders should be coordinated through the Rides Coordinator. Please contact Doug on 9499 7325 / 0409 956 913 with your ideas.

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, Doug AH 9499 7325 dougmorf@alphalink.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. After the third ride you take part in, we will invite you to join the BUG. 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. In the case of an emergency, ride leaders will call an ambulance if required. The ambulance will charge the injured person, not the BUG. This can be very expensive, so it is wise to consider taking out ambulance membership.

[Beginners Rides](#) – [Tuesday & Thursday rides](#) – [Saturday & Sunday rides](#) – [Weekend Rides](#) – [Around the Bay in a Day](#)
[Ride Reports](#) – [Ride Photos](#)

Rides for Beginners

Monday Rides

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

"Time to Ride" Beginners Rides

Details TBA

Market Rides

Collingwood Children's Farm Market ride – Second Saturday of each month – 9:30am

Meeting Place: Jika Jika Community Centre

Ride Leader: Vivienne 9482.3147

Ride Distance: 12km

Ride Grading: Easy

Ride Route: Merri Creek path then Yarra River Path to Collingwood Children's Farm

Notes: Time to ride event

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 & Sunday Rides – Varying Distances & Locations

Sunday Morning Rides, For experienced riders.

Every Sunday, 2–3 hours riding, various distances, training for ATB.

Meet at **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 9am.

Contact Yannick on 0438 785 450

Saturday & Sunday Social Rides, Some for beginners, others for experienced cyclists.

Occasional Saturdays & regularly on 3rd Sunday of the month – a diverse program, some rides local and others involving public transport.

Manningham BUG

Rides are subject to change so **ALWAYS** phone the ride contact close to the date of the ride to confirm details.

For general enquiries ring Harvey (03)9890–8006 or Garry (03)9439–5016

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. Contact Don 9848-5803

		GRADE	CONTACT	MEET AT?
August				
Sat 19th	Training Ride (Progressive Dinner Ride warm up) Camberwell to Black Rock.	Solid 50km	Jacinta 9842 3323	9am Camberwell Station. Cookson St
Mon 21st	The BUG AGM Be at the Doncaster Pancake Parlour to have your say!- note the venue		Ed 9850- 7062	8pm. 550 Doncaster Rd
Sun 27th	Training Ride (Progressive Dinner Ride warm up) Box Hill To Williamstown.	Solid 60km	Jacinta 9842 3323	9am. Box Hill Station
September				
Sun 3rd	Training Ride (Progressive Dinner Ride warm up) Camberwell to Mordialloc or Frankston.	Solid 70km	Jacinta 9842 3323	9am. Camberwell Station
Sat 9th Sun 10th	11th Anniversary Progressive Dinner Ride Medium thru to serious! Car backup and drive options available	40+50 / 230km	Kevin 9842 3323	Bookings essential- fills up fast
October				
Wed 4th	Ride to Work Day An alternative way to get to work (- Now in its 13th year) http://www.bv.com.au/		BV 8636 8888	
Sun 15th	Around the Bay in a Day This year with the new extended distance of 250km - taking in the scenic route from Geelong to Queenscliff, via Portarlington.	SERIOUS!! 250, 210, 100, 42km	BV 8636 8888	
Sun 29th	Rotary River Ride This charity fun ride is mostly along the Yarra Trail and offering alternative distances of 15km, 30km and 50km, raises money for a good cause and is lots of fun. (Start times 9, 9:30, 10am) www.rotaryriverride.com.au	Medium		Hays Paddock, Kew Mel 45J1
Up-Coming rides & some to mark in your diary				
T.B.A.	The next alphabet ride - G.H.I. Gary is planning to take us on another of his alphabet rides along the paths and byways of Melb.	Easy	Gary 9439- 5016	

25th Nov – 3rd Dec	VicRoads Great Victorian Bike Ride from Northern Victoria to Melbourne in a week. The ride is the biggest event of its kind in the world		BV 8636 8888	
Wed 20th Dec	12th Annual Fish & Chip Ride	20km Easy	Harv 9890– 8006	6pm in the city

Interested?

[Email us to find out more about the BUG – seball@netlink.com.au](mailto:seball@netlink.com.au)

Whitehorse Cyclists Inc

Rides Program

Last updated 23 May 2006

Cycling opportunities in our area: [Graeme's message board](#)

Do you need to be a member to join in a ride? No! Try out some rides first. Just phone the nominated leader for more details. .

Note: Tuesday rides are designed to enable new, inexperienced or recovering riders build up their abilities.

More cycling opportunitis in our area: Ron of Rotary Forest Hill leads an easy ride every Sunday at 8am: Contact Ron on 0413 042 043

Date	Event	Distance	Grade	Contact
Thurs 3 August	Thursday ride Belgrave to Box Hill	45	Easy	Ken 9801 7157
Sat 5 August	Hastings loop	50/75	Med	Robin 9830 1449
Tues 8 August	2nd Tuesday easy ride	30	Easy	Barry McC 9848 1154
Tuesday 8 August 7.45 pm : Club Night: Club Night: Box Hill Community Arts Centre Station Street Box Hill Mike Taylor 9859 3647				
Thurs 10 August	Preston Market	45	Easy	Ken 9801 7157
Tues 15 August	3rd Tuesday easy ride	30	Easy	Gill 9725 5310
12 –27 August	NSW North Coast	Booked out		Jacques
Sun 13 August	Williamstown and back	60	Med	Mike McK 9816 3386
Thurs 17 August	Docklands	40	Med	Ken 9801 7157
Sun 20 August	Warby Trail Working Bee	30	Easy	Sandra 9878 4179
Tues 22 August	4th Tuesday easy ride	30	Easy	David M 9885 7673
Thurs 24 August	Latrobe University	50	Med	Ken 9801 7157
Sun 27 August	Out of your couch ride	30	Slow and amusing	John 9878 4179
Tues 29 August	5th Tuesday easy ride	30–35	Easy	Mike T 9859 3647
Thurs 31 August	Elwood City via RossTown	55	Med	Ken

				9801 7157
Sun 3 Sept	Frankston ride	60	Med	Val 9844 2971
Tues 5 Sept	1st Tuesday easy ride	30-35	Easy	Ken 9801 7157
Thurs 7 Sept	Domain Chandon Winery	40	Med	Ken 9801 7157
Sat 9 Sept	Mullum Mullum Family Festival ride	Four	Easy	John B 9878 4179
Sun 10 Sept	Mornington Peninsula	70+	Hard	Graeme S 0425 750 773
Tues 12 September	2nd Tuesday easy ride	30	Easy	David Y or David M 9884 8037 & 9885 7673
Tuesday 12 September 7.45 pm: Club Night: Club Night: Box Hill Community Arts Centre Station Street Box Hill Mike Taylor 9859 3647				
Thurs 14 Sept	Thursday ride	50	Med	tba
Sun 17 Sept	Circumnavigate Whitehorse	45	Med	Alec 9890 8954
Tues 19 September	3rd Tuesday easy ride	30	Easy	tba
Thurs 21 Sept	Thursday ride	50	Med	tba
Sun 24 Sept	Lancefield-Woodend	60	Med	Elsa & Keith 9857 5805
Tues 26 September	4th Tuesday easy ride	30-35	Easy	Loreto 9808 1960
Thurs 28 Sept	Thursday ride	50	Med	tba
Sun 1 Oct	Heathmont Brunch ride	35	Easy	Elaine 9877 1434
Tues 3 Oct	1st Tuesday easy ride	30-35	Easy	tba
Thurs 5 Oct	Thursday ride	50	Easy	tba
Sun 8 Oct	Springfest COWBAC ride	10/20	Easy	Elaine 9877 1434
Tues 10 Oct	2nd Tuesday easy ride	30-35	Easy	tba
Tuesday 10 Oct 7.45 pm: Club Night: Club Night: Box Hill Community Arts Centre Station Street Box Hill Mike Taylor 9859 3647				
Thurs 12 Oct	Box Hill - Belgrave	60	Med	Lindsay B 9801 2809
14-15 Oct	Round the Bay in a day	210	Hard	BVwebsite
14-15 Oct	Bicycling Australia Show 2006			BA website
17-22 Oct Oct	Golden Triangle	55 each day	Med	Ken 9801 7157
Tues 17 Oct	3rd Tuesday easy ride	30	Easy	tba
Thurs 19 Oct	Thursday ride	50	Med	tba

Banyule Bicycle User Group—Rides Program

Rides start **9am** from Heidelberg Park (Melway ref 32 B4) except where indicated. A reasonable level of riding fitness is assumed, but novice riders will be looked after on shorter versions of scheduled rides. Members BYO morning tea. We welcome visiting riders.

August 2006

Tue 1	Coburg Lake 35 km	Out via Wilson's Res., Darebin Ck Trail, streets, Merri Ck to Lake for break. Continue Merri Ck Trail to Broadhurst Ave, streets, Darebin Ck Trail to Bundoora Park, Springthorp
Sun 6	Riders' Choice	
Tue 8	Elwood 60 km	Trails to City, Port & Elwood, then streets through Gardenvale, Glenhuntly etc. to join Anniversary Trail. Some H1 on Ann. Trail. Break at beach or Gunn Reserve (Glenhuntly).
Sun 13	Seven Trails 63 km	Yarra, Anniv., Gardiner's Ck, Scotsman's Ck, streets (short H2, long H1), Dandenong Ck to lunch break at Koomba Park. Then streets (short H3), Somers, streets (H1) and Koonung home.
Tue 15	Queens Park 45 km	Out & back to Moonee Ponds via Capital City Trail, Moonee Ponds Creek Trail, Bent St.
Sun 20	Lalor Gardens 41 km	Out through Springthorpe (H2 to Waiora Rd), Bundoora Pk, Ring road, Dalton Rd, Lalor streets. Return by Hume Trail, Ring road.
Tue 22	Riders' Choice	
Sun 27	Belgrave 52 km	Leisurely ride to Box Hill station. Take 10.09 train to Belgrave. Downhill ride to Ringwood and Dandenong Ck. Trail. Then streets (short H3 and long H1) and Koonung Trail.
Tue 29	Point Cook 74 km	Capital City Trail to South Kensington station (coin-only machine). Train to Altona (Zone 1). Ride Coastal Trail, Altona Meadows/Sanctuary Lakes streets & trails to the Coastal Park for lunch. Return by same route. Train from Altona to H'berg via city would shorten trip by 20 km

September 2006

Sun 3	Museum Gardens 35 km	Streets west (H2). Down Upfield Trail and Royal Parade to Gardens for break. Return by Canning St. and Capital City Trail home.
Tue 5	Bundoora Park 40 km	Out via Plenty River Trail (H2), Kalparrin, Springthorpe (H1). Return by Darebin Ck Trail, Wilson's Reserve.
Sun 10	Riders' Choice	
Tue 12	Sandridge Beach 50 km	Yarra Trail, City to beach. Return by Lorimer St, Docklands, Royal Park (H1).
Wed	General Meeting	8 pm Watsonia Library. All welcome.

13		
Sun 17	Lower Maribyrnong River – 55 km	Streets west to River. Break at Pipemakers Park. Then continue down river Trail to Footscray Rd Trail and home by Capital City Trail.
Tue 19	Strathewen	Meet at train station(s). Depart 9.00 am train from Heidelberg (9.03 Rosanna) for Hurstbridge (Zone 2 ticket). Ride via Arthur's Creek to Strathewen for break (no shops). 36 km out and back to H'bridge. Undulating, with 1x H2. Train or ride (28km)
Sun 24	The Basin.	Anniv. Trail to E. Camb. station (H2). 9.59 Train (prepurchase Sunday ticket) to Bayswater. Dandenong Ck and Mountain H'way Trails (long H1) to The Basin (shops). Break at Wicks Reserve. Return by same route (38 km total) or bike all the way home via Dandenong Ck Trail, Mitcham, Koonung Trail (long downhills but short H3 and long H1 back to Mitcham high point) (56 km total)
Tue 26	Riders' Choice	

For further information contact Richard (9459 8648) or Les (9459 2701)

Melbourne Bicycle Touring Club

We are based in Melbourne, Victoria and conduct rides (or events) every weekend. We are a diverse collection of people with a common interest in cycling – cycle touring in particular. Please feel free to join us!

MBTC Rides and Events

Rides Program

August			
Thurs 3	Great WA ride photos		Jon
Sat 5	Brunch in Brighton with a ride along Beach Road	40km easy	Judy
Sun 6	Westgate Park MTB ride – suit beginner MTBers	45km medium	Gael
Sun 6	Fairfield Afternoon River Ramble to Fed Square, plus movie.	15km easy	John
W/E 5/6	Lilydale to Hurstbridge via Healesville	100km med	Heather & Leon
Thurs 10	Social Night		Susan
Sat 12	Frankston to Dromana	110km hard	Rob
Sun 13	Fairfield loop via Beasley's teahouse	70km medium	Peter
Sun 13	Mt Donna Buang Snow Ride	70km hard	Peter
W/E 12/13	Regent Honeyeater Treeplanting in Lurg Hills	Scenic & rewarding	Lou
Weds 16	Club lunch at Gopals	Yummy & cheap	Norm
Thurs 17	France by Friday with Carol and Roger		Peter
Sat 19	Ride to Ruffy Creek Lake	40km easy-	Norm

		med	
Sun 20	St Kilda – Mornington with lunch at The Royal Hotel – Mornington	45 – 100km easy to hard	Judy
W/E 19/20	Three Trains Ride to Korumburra	120km medium	Glenn
Thurs 24	2005 Kona 24 hour MTB race		Harry
Sat 26	Did Da Vinci invent the bicycle? Interactive exhibition at Docklands	Social	Anne
Sun 27	Redesdale/Mt Lofty MTB ride and BBQ. You've seen the DVD, now ride the 'Kona 24 Hour' course!	17–34km medium MTB	Tony
Sun 27	Lara to Werribee via You Yangs.	42 km medium	John
W/E 26/27	Regent Honeyeater Treeplanting in Lurg Hills	Scenic & rewarding	Lou
Thurs 31	Touring the world and the lightest way to do it. Mark Hepworth tells all.		Jane
	September		
Sat 2	Port Melbourne to Frankston	90km med- hard	Rob
Sun 3	Kensington to the Time Beacon at 100 steps , Altona & return	50km easy/med	Clive
Sun 3	PROGRESSIVE LUNCH. The club's grand gastronomic event. Plenty of wholesome and unwholesome fare cooked by the club's chefs. Numbers limited.	Foody	
Easy/med	Anne		
Thurs 7	My Favourite Gear		Anne
Sat 9	Woodend Loop	110km hard	Leon
Sun 10	Hurstbridge/ St Andrews area, undulating, some unsealed	50km medium	Gerry and Robyn
W/E 9/10	Overnight mountain bike ride, bush-camping at Starling Gap.	120km hard	Jon
W/E 9/10	Regent Honeyeater Treeplanting in Lurg Hills	Scenic & rewarding	Lou
Tues 12	Lunch at Graduate House	Yummy & great value	Darren
Thurs 14	Trip Planning and Social Night		John
Sat 16 Sep	Belgrave to Emerald loop	40km easy- med	Peter
Sun 17 Sep	Eltham Sugarloaf Reservoir Loop	65km med- hard	Peter
W/E 16/17	Castlemaine MTB Weekend. Gully singletracks, fire trails and water races. Try MTB Orienteering.	40–60 kms medium	Tony
W/E 16/17	Transition to Touring Strzelecki Delight	80km medium	Kerry
Thurs 21	Cycling GPS		Clive
Sat 23	Belgrave to Tesselaars Tulip Festival	40km easy- medium	Frank
Sun 24	Pakenham to Lilydale via Gembrook & Launching Place	80km med- hard	Peter
W/E 23/24	Ballarat to Mooramong (National Trust Property near Skipton) rail trail & roads, shearers quarters accom	140km medium	Pat

W/E 23/24	Regent Honeyeater Treeplanting in Lurg Hills	Scenic & rewarding	Lou
Thurs 28	Atherton Tablelands by bike.		Geoff
Thurs 28– Sun 1st	Grampians Grandfinal Getaway (MTB tour)	250km med–hard	Peter
Sat 30	Carrum to Jells Park, with morning tea in Dandenong	29km easy	John
	October		
Sun 1	Hoppers Crossing to Southbank	45km easy	Karin
Sun 1	Cranbourne Botanic Gardens	50km medium	Dave
Thurs 5	Digital cameras		Jon

For further information on any event, contact the Touring Secretary Gael Reid on (03) 9495 0538, after hours. Or at rides@mbtc.org.au

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

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Rides Program

DATE	DESCRIPTION	BIKE	GRADE	CONTACT
AUGUST				
Sat 5	Elwood. 1st Saturday of the Month Road Ride. Come one, come all for an enjoyable get up and go ride. Ride at your own pace, go fast or go slow. Ideal for all riders of all abilities. Join on the back of a comfortable group or ride at own individual pace. Meet at Elwood, ride along Beach Rd, til you've had enough and meet back at the cafe for coffees or lunch at the end. Starts 9:30, ride 20 km or go as far as you like	Any	Own pace, training ride, sociable	Anne Ph 9530 9324
Sun 6	Camberwell Market ride. Come for an easy and sociable ride of around 20k, and check out some bargains and food of the lively Camberwell market. Just the thing for a cold winter's day	Any	Easy	Paul
Sun 13	Mordialloc to Elwood return. Come for an enjoyable, sociable ride of about 35 km duration along the bay with lunch at Elwood	Any	Easy	Nick
Sun 20	Macedon to Broadmeadows. Enjoy this peaceful ride, offering undulating terrain and a good downhill. Enjoy lunch and log fires at the Clarkefield pub. Around 50 km with	No road bikes	Medium	Kathy

some dirt roads

Sat 26 **Movie night.** Join us on a social night at the movies, getting to know your fellow cyclists

[Liz](#)

Sun 27 **Canterbury (or Mitcham RS) to the Dandenongs** (Return). Route travels to The Basin, Sassafras, Skyhigh Restaurant, Croydon, Ringwood and back. ~ 50km from Mitcham, 70km from Surrey Park. For the dedicated cyclists. Early morning start to avoid traffic, brunch en route. Please contact leader.

No
mount
ain
bikes

Hard,
hilly

[Simon W](#)

Last update 26th July 2006. Hosted by [Vicnet](#)

Visitors (whether members of YHA or not) are welcome to attend any of our rides or other activities. Please note that cyclists aged under 18 must be accompanied by an adult.

YHA contacts: Claire, phone: 9726 5142 or Jane, phone: 9525 6462; e-mail: yhacycling@yahoo.com.au; website: <http://www.vicnet.net.au/~yhacycle>

How to join our mailing list

Send a blank e-mail to [YHA Cycling](#) with 'subscribe' in the subject line.

Soon after, you will receive an e-mail asking you to confirm your subscription.

Reply to this e-mail and you're in. E-mail addresses are kept private and are NOT broadcast to the masses.