

# BOROONDARA

*Bicycle Users Group*

## Newsletter August 2005

**Boroondara BUG meetings are held on the 2<sup>nd</sup> Wednesday of each month, except January. Next meeting: 7.30pm Wednesday 10/8, at the Swinburne Hawthorn Campus in room TD244. The TD building is between Park and Wakefield Streets.**

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://home.vicnet.net.au/~bdarabug/boroondarabug.htm> 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](mailto:BoroondaraBug-subscribe@yahoogroups.com) to receive this monthly newsletter and occasional important messages.

Send a blank e-mail to [BoroondaraBugDiscussion-subscribe@yahoogroups.com](mailto: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.

### Features

#### **The Great Tassie Bike Ride, conclusion**

*John Markham is a veteran of many BV Great Rides who, after a hard day's riding, still finds the time and energy to keep a very detailed and reflective journal of his experiences. He has kindly agreed to share his account of the 2005 GTBR with readers of this newsletter. This is the final instalment. Ed.*

#### **Friday 11<sup>th</sup> February – Lake Burbury to Bronte Park, 97km**

Lake Burbury the following morning was flat and grey in the indifferent sunless light. We turned away from the lake and soon entered the chill humid rain forests of the southwest heritage area. The solid wall of trees on each side of the road gives no hint of the fabulous vastness and beauty of this magnificent region and the winding pitching strip of bitumen in essence is not the place to absorb the solitariness and spirituality of true wilderness. We crossed the Franklin River in its infancy as a shallow gurgling stream arched over with beech. Shortly after we climbed out onto a patch of button grass plain across which was the start of the path that will take you to Frenchmans Cap, a three to five day return journey, by foot, into true wilderness. A stiff climb past Mt Arrowsmith and you come onto the windy open saddle connecting it with the King William Range.

The sudden break is extraordinary. The vast forest stops at the edge of a field of coarse brown grass that straddles the crest and you enter a totally different environment of farms and dry woodlands. Our wilderness experience had been remarkably short but with the patchy rain and the effort of riding the switchback road really quite authentic.

The ride was nowhere near finished, even at Derwent Bridge the only habitable place since Queenstown. A side trip to Lake St Clair was regrettably out of the question, it had been a long tough ride and there was still nearly a third of the day's journey to do.

Bronte Park lay 30km further on across the dry empty plateau that is in the rain shadow of the west coast. The park was a welcome place, agreeable to campers in the pleasantly sunny evening that shortly evolved. It also has an interesting history being in its time a camp for forest and hydro workers and post-war migrants and has the mild distinction of being very close to the geographic centre of Tasmania. Today this small settlement is a base for fishermen enjoying the well stocked lakes of the central plateau and bushwalkers heading for the nearby wilderness. It was Friday evening and the weekend crowd from the cities were opening up their cabins in the village and unhitching trailers and boats. I pitched my tent with a few other riders in a

place that elsewhere would have been considered someone's back garden. The residents clenched their teeth and stayed indoors.

### **Saturday 12<sup>th</sup> February – Bronte Park to Bushy Park, 105km**

Although the coarse brown grass and scrubby woodlands give an impression of dryness to the central plateau there is a great deal of water about mostly in the air in the form of mountain mist and drizzle but much of it being transported from one place to another in giant canals and steel pipes. Essentially this is the place that supplies the water for the numerous hydro electricity plants that rim the plateau. At a time when hydro-electricity was a grand symbol of technological excellence and achievement Tasmania and the HEC charged ahead with damming every pristine river on the island and interconnecting every alpine lake. The canals are huge with water flowing at a smooth deadly speed, the surface just feet from the towpath. At one place along the road near Tarraleah the adjoining canal makes a sharp S-bend. The mass of water is so swift and relentless you can see a distinct centrifugal tilt in the surface profile.

The road took a long very steep spectacular drop from the misty woodlands on the plateau through a fascinating range of vegetation strata to the fern gullies and giant forest hardwoods of the Nive River. Then an equally long steep climb back to the original altitude of the plateau at Black Bobs, followed by yet another steep spectacular drop and a switchback of smaller ranges before reaching the town of Ouse at the head of the Derwent Valley.

A diversion off the highway past Ouse crosses Meadowbank Lake, an impoundment of the Derwent River, and heads towards the perimeter hills of the Mount Field NP. The summit of Mount Field sank behind the picturesque ranges that bordered the road. We were high up one side of the Derwent valley cycling through rich farmland under a warm dry sun. Ellendale which was the last official rest stop on the 106 km ride for that day was the centre for a fascinating variety of craft studios and small highly specialised farms and orchards. The road itself was lined with bramble hedgerows heavy with delicious blackberries. There were wild apple trees and occasionally plum and nectarine trees with ripe edible fruit. It was a suitable entrée to the agricultural and historic richness of Bushy Park with its hopfields and orchards, great barns and oast houses, gabled villas and cottage gardens, and quiet lanes deeply shaded by handsome deciduous trees in the manner of old England.

The Bushy Park Agricultural Showground was an easy place to settle into, a pleasant end to the ride, the garden-like countryside a satisfying foil to two days of wilderness experience. An enterprising local farmer makes elderflower syrup and was selling cups of it as hot tea. It was delicious and had an amazing effect on my tiredness. It went well with the mellow evening.

### **Sunday 13<sup>th</sup> February – Bushy Park to Hobart, 56km**

The last day and I got onto the road as early as possible, skipping breakfast. I was sure my preferred diet of coffee and hot pies from passing milk bars would keep me going to Hobart. Throughout most of the ride breakfast and en route lunches had not been a strong point with the organisers.

Not much to say about the final part of the ride. The joyless northern riverside suburbs of Hobart were still slumped in a Sunday morning torpor, and there was no joy in the stream of city bound traffic on the Brooker Highway. But a festival of wooden boats and shipping and the marvellous array of waterfront cafés and restaurants were drawing holiday crowds to Constitution Dock, and the golden sandstone facades and the cool greenness of the plane trees in Salamanca Place made a perfect place to end another Tasmanian bike ride.

*Many thanks to John Markham for sharing this experience with us.*

## **RMIT Public Bicycle Forum**

On Thursday 21 July staff and students from RMIT University's School of Architecture and Design, Industrial Design Program hosted a public forum on the topic 'Scenarios for the Public Bicycle in Melbourne'. The forum was attended by about 15 people with a variety of interests in cycling, public transport, sustainability and city planning. Bicycle Victoria was represented by Harry Barber and Sean Pinan (Bart Sbeghen's replacement) and Boroondara BUG was represented by Phil Crohn and Julia Blunden.

Ban-Hsi Liu, a graduate student, set the ball rolling by speaking to his discussion paper on the topic. He outlined the different systems and technologies for public bicycle systems currently in operation in a number of cities including Amsterdam and Copenhagen. These cities are predominantly in Northern Europe, and differ from Melbourne in having a strong cycling culture and no compulsory helmet laws. His vision was for provision of public bicycles in various locations in Melbourne's CBD, especially at train stations, to enable people to combine the use of public transport for longer legs and bikes for shorter legs of their journeys as well as to be available to tourists.

Next those present divided twice into three smaller groups, with different 'provocations' to discuss, after which findings were reported back to the full group. Integration of public bikes with public transport and with tourist information systems were seen as presenting no insuperable difficulties. However the viability of a public bike system in Melbourne was seriously questioned. The number one obstacle identified was our compulsory helmet law. Problems with provision of helmets include fit, hygiene

and damage. Other issues identified included abuse of bikes, public liability (what if someone damages a bike, fails to report it, and the next user has an accident as a result?), and the lack of a true cycling culture in Melbourne. Harry Barber also expressed the view that funds put into provision of public bicycles could be spent in other ways that would do more to promote cycling in Melbourne.

RMIT personnel present then spoke about other bicycle related projects they are working on. These include the Melbourne Pedicab Project, based on the Indian model; the Cycle-based Services Project, which will include the exchange of organic fruit and vegetables and is based at Ceres; and the Southern Cycle Project which involves collaboration with universities in S-E Asia. They expressed their interest in hearing from cyclists and cycling advocates about other projects in which they might usefully become involved.

At the end of the forum Harry Barber spoke briefly about some of BV's long-term hopes for bicycle infrastructure in the CBD and suggested a project that he thought could be more useful than the Public Bicycle Project. This is the design of a cheap, temporary bike shelter that could be used by schools that are willing to encourage students to ride to school but not yet convinced that the demand justifies permanent reinstatement of the bike shelters that were once standard in our schools.

The forum generated a lot of lively discussion and performed a very useful function in alerting those present to the expertise and readiness of the Industrial Design staff and students at RMIT to take on bicycle related projects. The Program Director Industrial Design is Soumitri Varadarajan, phone: 9925 5330, email: [soumitri.varadarajan@rmit.edu.au](mailto:soumitri.varadarajan@rmit.edu.au)

*Julia Blunden*

## General News

### Australian Bikeability Toolkit

The Bikeability Toolkit is a new tool available for individual cyclists, bicycle advocates, bicycle user groups, engineers or anyone wishing to conduct a review of a bicycle route, local area or create a bicycle plan.

From the website:

"..The Bikeability Toolkit includes checklists and resource materials that will help create physical and social environments to encourage cycling..."

<http://www.travelsmart.gov.au/bikeability/> or via <http://www.travelsmart.gov.au>

The Toolkit should be available soon on the Bicycle Federation of Australia's website: <http://www.bfa.asn.au/> and the Australian Bicycle Council site: <http://www.abc.dotars.gov.au/>

*Thanks to Yarra BUG for this item*

### TravelSmart news

TravelSmart is distributing pedometers and cycle computers to staff in TravelSmart Workplaces, who commit to walking or cycling all or part of the way to work. Participants can track their progress by registering through either of the project web sites ([www.travelsmart.vic.gov.au/walksmart](http://www.travelsmart.vic.gov.au/walksmart) and [www.travelsmart.vic.gov.au/cyclesmart](http://www.travelsmart.vic.gov.au/cyclesmart)) and entering their steps walked or kilometres cycled each day. Employers wishing to know more about the project should email [emma.dean@doi.vic.gov.au](mailto:emma.dean@doi.vic.gov.au) or ring 9655 6377.

*Thanks to Graeme Stone for this item.*

### Bicycle Victoria Time to Ride Program

Would you like help to get healthy and have fun? Are you inactive and aged 50+? Perhaps you know someone who is?

Do you or they live in Ballarat, Wangaratta or in the municipalities of Darebin or Moreland in metropolitan Melbourne? Then join the *Time to Ride* program. Based on the award-winning Cycling for Health program, *Time to Ride* is your chance to get started.

What's involved? Commencing in September 2005, the program is designed to help men and women aged 50+ who currently lead relatively inactive or sedentary lifestyles, but wish to improve their health through being more active. The program is coordinated by Bicycle Victoria but involves a number of community-based partners in each of the initial three regions.

We help participants to make regular moderate-intensity physical activity a part of their weekly routine.

The *Time to Ride* program includes:

- Your *Getting Started* and follow-up *Check-in* sessions supervised by your Time to Ride program Mentor
- Help to develop your own Activity Plan
- Your Getting Started Guide and Activity Diary
- Supportive, non-competitive social rides designed for beginner and intermediate riders led by local ride leaders
- Trail maps and ride suggestions in your local area

- Your free *Bike Setup* (get your bike professionally tailored to you)
- Your free *Bike Serviceability* check
- Your free *Basic Bike Maintenance* course
- The opportunity meet and make friends with other beginner riders
- Opportunities to ride with established riding groups or form your own
- *Ride On*® magazine
- Don't have a bike? We may be able to help you.

For further information on the *Time to Ride* program or for a registration form Freecall Bicycle Victoria on 1800 639 634 (country callers) or (03) 8636 8888 and ask to speak to Melanie Oke.

## News From Neighbouring BUGs

### Confirmation at Last for Old Convent, by Royce Millar

The old Abbotsford Convent's long-promised new purpose in life is set to become a reality. The long-awaited resurrection of the historic Abbotsford Convent as a cultural hub is finally under way, with the developer Australand agreeing to withdraw.

Eight years after the Kennett government gave up the convent site for apartments, the Bracks Government will today announce that land on both sides of St Heliers Street will remain in public ownership. A car park on the northern half, until now reserved for apartments, will instead be set aside for use by the Abbotsford Convent Foundation and the Collingwood Children's Farm.

The apartment plan has long been opposed by a diverse group of residents, heritage experts, businesses and the children's farm. They feared that in a spot poorly served by public transport, the proposed convent arts complex and the farm would not work without parking.

Richmond MP Dick Wynne, who has worked for years to secure the precinct for public use, was jubilant yesterday. 'This is the missing piece of the puzzle in the St Helier's convent precinct that the community has fought hard and long for', he said.

Four kilometres from the city centre, the heritage-listed convent occupies 5.6 hectares overlooking the Yarra River. Built in the mid-1880s in the style of a French medieval village, the former Convent of the Good Shepherd was run for many years as a home for wayward women.

La Trobe University quit the property in the mid-1990s. The Abbotsford Convent Coalition was formed in 1997 after a Kennett government tender process chose Australand to develop housing on the site. After packed public meetings, the coalition developed its own arts community and education scheme in opposition to Australand's. The plan also attracted about \$2 million in philanthropic contributions.

In 2002 the Labor Government formerly backed the coalition plan by handing control of the southern site to the Community Foundation. Under the revised plan, Australand was to build an apartment complex on the northern site, between St Heliers and Johnston streets. But the foundation and the children's farm warned that their projects were at risk if they lost access to the existing car park on Australand's northern site.

A driving force for years behind the coalition was Abbotsford resident Jo Kinross. Now living in New Zealand, Ms Kinross said she could finally celebrate after a years of minor victories and setbacks. 'The various celebrations up to this point have always felt a bit premature, but now we can all truly celebrate a victory', she said. 'There aren't too many good news stories of this kind around any more.'

Premier Steve Bracks said the decision on the northern site showed that the Government recognised that car parking was crucial to the precinct's success. 'The unique rural setting of the convent and the children's farm, so close to the centre of the Melbourne, is an important asset, not only for the local community but for all Victorians', he said.

But securing the convent sites has come at a cost. The Government has paid Australand \$1.8 million to withdraw, and almost \$8 million to VicUrban for the costs it has incurred on the site since the 1990s. This is on top of an initial Community Support Fund grant of \$4 million to help refurbish the buildings.

But the foundation's chairman, Bill Russell, also chairman of PricewaterhouseCoopers, said the convent project was worth the investment. 'It just should never have been viewed as a residential development site', he said. This week Australand apartment manager Rob Pradolini said he had 'mixed emotions' about severing its eight-year association with the site. He said he believed the apartment project would have been successful despite a downturn in the apartment market. Frank Palomares, acting manager of the children's farm, said the decision was a breakthrough. 'This means the future of the farm is secure, and we can grow and prosper', he said.

The convent is to be occupied by a Steiner School, the Northern Melbourne Institute of TAFE, 3MBS classic radio, the offices of the Slow Food movement in Victoria, indoor and outdoor function spaces, restaurants, bars and artist studios.

***Yarra Bicycle Users Group***

# **Boroondara BUG News**

## **Bike Infrastructure Priorities List**

The BUG is currently engaged in putting together a list of high priority bike infrastructure projects in Boroondara. To see what suggestions have already been made, and to make your contribution join our BoroondaraBUGdiscussion group. See page 1 of this newsletter for instructions on how to join.

## **Minutes of Boroondara BUG Meeting 6.30pm Wednesday 13<sup>th</sup> July 2005**

**Held at Swinburne, Hawthorn Campus, room TD244**

**Present:** Graeme Stone, Phil Crohn, Jason den Hollander, David Leong, Tim Connors, Julia Blunden

**Apologies:** Graham Ellis

### **Correspondence:**

1. Copies of VicRoads Cycle Notes No 15 'Providing for Cyclists at Roundabouts'.
2. Annual BCC form to complete with contact details for the BUG.
3. Emails but no hard copy received of Stonnington Bike Strategy. JB to contact SCC to request two copies. JB to prepare a submission to SCC with input from others.

### **Business Arising**

**Hawthorn and Victoria Bridge Shared Paths:** JB reported that after a phone conversation and exchange of emails with Richard Smithers at Yarra City Council it appears hopeful that we may see some action on the shared paths by September. We need to continue to monitor this.

**Main Yarra Trail between Chandler Highway and Pipe Bridge:** JD reported that there had been no further developments with this.

**Landscaping of Burwood Road from the Tower Hotel to Burke Road:** JD reported that re-surfacing, reduction of kerbside bluestone to one course, tree planting and preliminary lane marking have all happened. GS to investigate plans for the splitter island which needs narrowing to allow sufficient room for cyclists. GS will check with BCC and if necessary write a letter on this issue. JD will prepare a diagram of green surfacing needed around the bend from Burwood Road to Camberwell Road to alert motorists driving straight ahead along Burwood Road to the possibility of cyclists in the left lane continuing round on the main route.

**Web Site:** JD reported that the new url has been registered but the site has not yet been migrated. When this happens shortly the two sites will run in parallel for about 12 months.

**Glenferrie Road:** GS reported that line-marking of fairways and logos, and of parking bays will be done by VicRoads through the shopping centre. Beyond that area BCC is responsible for marking the parking bays. Other issues raised were the 3 courses of bluestones approaching the freeway, and the rough road surface due to digging up by various authorities. GS to speak to VicRoads about the road surface.

**Bicycle Advisory Committee and Future Strategy Generally:** JB reported that she and GS have not yet arranged a meeting with Jim Hondrakis. GS pointed out that BCC's budget for the next financial year is now finalised and we need to look at this in detail. We also need to compile a list of projects and prioritise them. JD has done some preliminary work on this. He will issue an invitation on the BBUG Discussion Group for members to submit their ideas. It was agreed that we need to wait for the Integrated Transport Strategy report before we can renew the push for a BAC.

**Bike Parking in Glenferrie:** JB to liaise with Rosemary West and prepare a list of spots where bike parking rails both needed and practical.

**Map of Bike Facilities in Boroondara:** JD requested that BBUG members continue to send him suggestions for additions to the map on our web site which is an ongoing project. The Travelsmart map for Boroondara will not be available for some time and has a rather different emphasis. It was noted that the VicRoads web site, very recently revamped, includes a series of bike maps.

### **New Business**

**BMX Track Schmozzle:** JB has written a letter to the Progress Leader about this. It was agreed that no further action be taken for the present.

*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](mailto:jblunden@bigpond.com); web site: [www.keypoint.com.au/~bbwinc](http://www.keypoint.com.au/~bbwinc)

**Hawthorn Cycle Tours:** contact Hawthorn Aquatic and Leisure Centre, phone: 9815 0988; e-mail: [lexbishop@bikerider.com](mailto: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](mailto:janpeter@bigpond.net.au) or COTA, phone: 9654 4443.

**Knox Bicycle Touring Club Incorporated, email:** Email: [Mikeaatleisure@aol.com](mailto:Mikeaatleisure@aol.com) Web site: [home.vicnet.net.au/~knoxbike](http://home.vicnet.net.au/~knoxbike)

**Manningham BUG:** e-mail: [seball@netlink.com.au](mailto:seball@netlink.com.au), [H.Edwards@bom.gov.au](mailto:H.Edwards@bom.gov.au); web site: [www.vicnet.net.au/~mannbug](http://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/](http://home.vicnet.net.au/~mbush/)

**Whitehorse Cyclists:** e-mail: [ejhopper@vicnet.net.au](mailto:ejhopper@vicnet.net.au); web site: <http://www.whitehorsecyclists.org.au/>

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

**YHA:** contacts: Claire, phone: 9726 5142 or Jane, phone: 9525 6462; e-mail: [yhacycling@yahoo.com.au](mailto: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](mailto: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](http://mbtc.org.au)

## Boroondara BUG Contacts:

### Convenor:

Graeme Stone, 16 Jervis Street, Camberwell VIC 3124.  
Phone: 9889 5426  
e-mail: [graeme\\_stone@optusnet.com.au](mailto:graeme_stone@optusnet.com.au)

### Webmaster:

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### Other Contacts:

Phil Crohn: [philcrohn@ozemail.com.au](mailto:philcrohn@ozemail.com.au)  
David Leong: [leongd@anz.com](mailto:leongd@anz.com)

### 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 Activities

The Camberwell Downhillers met not once but twice last month. On Friday 15/7 a group of 18 enjoyed dinner together at Andiamo's, in Camberwell, where else? We had two adjacent tables at one end of the upstairs area which gave us a degree of privacy and enabled us to circulate with ease to swap news, cycling and otherwise. The food also met with general approval. Many thanks to Elva for organising this most enjoyable evening.

On Sunday 17/7 a somewhat smaller number of us gathered by slow degrees, after some slight confusion as to the meeting time, at Ashburton Station. Despite an unfavourable forecast we had quite pleasant weather for our ride. First we headed to Alamein Station and then north along Gardiners Creek to Blackburn Lake. There we had an early lunch in a sunny, sheltered courtyard area behind the loos, which many of us had failed to notice on previous visits. Next we rode north through the streets to reach the Koonung Creek Path, then followed this west to its end. Graeme had identified several possible routes to take us back to the Anniversary Trail and Ashburton and we opted for the shortest, that through Hayes Paddock and Stradbroke Park. This worked well except that the cyclists in front omitted to turn right at Elgar Avenue as planned. However a little improvisation got most of us to Whitehorse Road just to the south of our planned afternoon tea stop at Deepdene.

After this the party began to disband to head home in separate directions. Graeme kindly consulted his internal Melway to devise a suitable route for me to get back to Hawthorn, but as I went to mount my bike a sickening squelch announced a very flat tyre so I opted for a motorised rescue instead. Thanks to the several organisers of this very pleasant ride.

Note: I have since tried Graeme's suggested route, along Sackville and Wellington Streets. It would have been fine on a Sunday but on Friday afternoon at about 3.30pm was an excellent demonstration of the traffic congestion created by school chauffeurs!

*Julia Blunden*

### August Ride: Sunday 17 August 2005

#### Williamstown – Point Cook – Aircraft/Laverton

**Start:** Meet at Flinders Street Station to catch 9-05 am train to Williamstown. No waiting for latecomers as the next train departs at 9-45.

**Ride Outline:** This ride starts at Williamstown station – the oldest in Victoria still in its original form - and ends at Aircraft station for return to Flinders St. A BYO lunch and drink should be taken and a visit to the RAAF museum at Point Cook is included.

From Williamstown station, the time ball in Gellibrand Park may be inspected. Both the station and the time ball tower were constructed from local bluestone.

We follow the trail around the bay through wetlands, past the Altona oil refinery, circuit Cherry Lake to the Altona Civic Centre and stop in the main shopping centre for a coffee. Trip distance about 12 km and great for bird watching.

We continue along the beach trail through Altona Meadows, Cheetham Wetlands and Skeleton Creek to Sanctuary Lakes North Boulevard and Greg Norman Drive where there is an optional coffee/toilet stop by the lake.

Continue to Point Cook Road and turn left towards the bay. The section along Point Cook Road is about 3 km – half on the road and half on a paved path beside the road. We enter the RAAF Point Cook Base and sign the visitors' book. Total trip distance to here is 30 km. We continue through the RAAF base 700 metre to picnic tables adjacent to the RAAF museum where we have BYO lunch and drinks. The museum will be open for inspection – admission is free but donations will be welcomed. The museum has about 400,000 items dating from the formation of a flying base here in World War 1 for the Australian Flying Corp., predecessor of the RAAF. The AFC was the second air force formed anywhere in the world. There are 20 examples of aircraft, some of which you may see flying during the afternoon. For further information on the museum, visit [www.raafmuseum.com.au](http://www.raafmuseum.com.au). If there is time you can also visit the beach.

We finish the ride by cycling up Point Cook Road over the Geelong Freeway to Aircraft Station for return to Flinders Street by train. Total ride distance is about 40 km - and all flat!!

#### Bailout and other options

The ride may be started from Altona – saves 12 km. Catch the 9-45 train from Flinders St and alight at Altona. Wait for the main group at the bakery near the supermarket in the main street of the shopping centre.

Lunch may be obtained and consumed at the cafe by the lake at Greg Norman Drive or at the supermarket and shopping centre in nearby Point Cook Road. You could then meet up with the main group at the RAAF museum or return direct to Aircraft Station.

Near the entry to the RAAF is the turn off to the old Point Cook Homestead and/or Point Cook Coastal Reserve where there is an extensive picnic area adjacent to the beach. Lunch is available at the homestead. Add about 10 km for this option.

To cross Skeleton Creek we have to ride near the Geelong Freeway. You can leave the group at this point and go direct to Aircraft or Laverton Stations.

A new park has been established on Point Cook Road about 500m south of the supermarket and shopping centre. Picnic facilities are also available here.

Travel by car to Newport Station to meet the 9-05 from Flinders Street – arrives at Newport at about 9-25 and Williamstown at 9-36. The train we catch at Aircraft for the return to Flinders Street stops at Newport.

**For further information contact John Green, phone: 9853 7483 (evenings).**

## **CDGBR Program for 2005**

**Ride Dates for 2005:** Sundays: 21/8 – John; 11/9 – Val & Joe; 16/10 – David & Geraldine; 20/11 – Alan, Lee & Geraldine

**Dinner Date:** Friday: 25/11 (End of year Dinner).

## **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](mailto: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 started 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 2005**

We will ride 4 Wednesdays in the month .We will meet at 10am at the place specified. If the weather forecast for the day, published the evening before, is 31°C or above 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 or roads 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 1<sup>st</sup> and 3<sup>rd</sup> Wednesday rides will be reasonably short, approximately 30km. The details of these rides will be decided on the morning with the group, at the listed starting point.

The 2<sup>nd</sup> and 4<sup>th</sup> Wednesday rides will be more challenging, approximately 50- 60km, and are detailed below.

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.

**Program July – December 2005**

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

Date	Place to meet	Description	Grade
August 10 <sup>th</sup>	Elgar Park carpark (enter from Elgar Rd.) MEL 47 C4. Nearest railway station is Mont Albert.	Koonung Creek trail to Blackburn Rd. then on road riding to Mullum Mullum trail and Beasley's nursery. Return via Main Yarra trail.  Ride approx 40 km.	*
August 17 <sup>th</sup>	Yarra Boulevard, junction of Main Yarra trail and Gardiner Creek trail MEL 59 B1 (near St. Kevin's boathouse) or ride from Flinders St. station.	We will choose a 30km circuit to ride on the day.	#
August 24 <sup>th</sup>	Elgar Park carpark (enter from Elgar Rd.) MEL 47 C4. Nearest railway station is Mont Albert.	Koonung Creek trail, Main Yarra trail, Light rail trail to Port Melbourne and return, approx 50km.	*
August 31 <sup>st</sup>		No Ride	
Sept. 7 <sup>th</sup>	Jell's Park East, MEL 72 A6, car park 5 or ride there from Glen Waverley station.	We will choose a 30km circuit to ride on the day.	#
Sept. 14 <sup>th</sup>	As above	We will ride the Upper Dandenong Creek and Blind Creek circuit with an extension to the end of the Dandenong Creek, approx 50km.	#
Sept. 21 <sup>st</sup>	As above	We will choose a 30km circuit to ride on the day.	#
Sept. 28 <sup>th</sup>	As above	We will ride the Lower Dandenong Creek Trail to Carrum and return, approx 60km.	# with some gravel.
Oct. 5 <sup>th</sup>	Westerfolds Park, Anderson St. carpark, MEL 33 F3. There is no train station nearby.	We will choose a 30km circuit to ride on the day.	#
Oct. 12 <sup>th</sup>	As above	Westerfolds via Eltham to Diamond Creek and return and extension along Main Yarra Trail, approx 50km	* with some ^.
Oct. 19 <sup>th</sup>	As above	We will choose a 30km circuit to ride on the day.	#
Oct. 26 <sup>th</sup>	Carpark on the Strand, Williamstown, MEL 56 C4 or ride from Newport station to the carpark.	We will ride from the carpark along the beaches in Williamstown and Altona to Point Cooke Coastal Park, approx. 60km.	* but with wind !
Nov. 2 <sup>nd</sup>	Melbourne Zoo carpark, near Royal Park railway station, MEL 29 E11	We will choose a 30km circuit to ride on the day.	#
Nov. 9 <sup>th</sup>	As above	Moonee Ponds Creek trail to the Western Ring rd trail and return via the Merri Creek trail, approx. 50km.	*
Nov. 16 <sup>th</sup>	As above	We will choose a 30km circuit to ride on the day.	#
Nov. 23 <sup>rd</sup>	Meet at Southbank footbridge MEL 43 G10 at 9.30. Nearest railway station is Flinders St.	We will ride to the COTA AGM starting at 10am., lunch in the city and then ride a circuit of the Capitol City trail approx. 30km.	#
Nov. 30 <sup>th</sup>		No Ride	
Dec. 7 <sup>th</sup>	Meet at Southbank footbridge MEL 43 G10 at 9.30. Nearest railway station is Flinders St.	We will choose a 30km circuit to ride on the day.	#
Dec. 14 <sup>th</sup>	Drysdale Historic Station carpark	We will ride a circuit of the Bellarine	*

	MEL 238 C11 or 456 F12 after 2002!. There is no train station nearby.	Peninsula – Drysdale, Portarlington, Queenscliff, Pt. Lonsdale and return, approx 50km.	
Dec.21st	Meet at Southbank footbridge MEL 43 G10 at 9.30. Nearest railway station is Flinders St.	Christmas Ride. We will ride from the meeting place to Fairfield boathouse for lunch and return to the city.	

## 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.

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.

**Next Rides Planning Meeting:** Wednesday 10th August, 7.30pm. All welcome.  
Contact Doug for details: 9499 7325

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 Morffew  
AH 9499 7325 [dougmorf@alphalink.com.au](mailto: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.

### 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.

### 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.

### Pre-Spring: Wattles and Waterways Ride: Eltham to Alphington Sunday August 21 2005

For more information ring Sean 9457 6626

### True Spring: Rustic Rural Ride: Pakenham Circuit Sunday September 18 2005

For more information ring Louise 9484 3860

### 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

### Weekend Rides

Darebin BUG CUP DAY WEEK-END RIDE - Friday October 28 2005 to Tuesday November 1 2005

Four days of cycling, covering 170 km from Bairnsdale to Lakes Entrance via Nowa Nowa, riding along the East Gippsland Rail Trail and Gippsland Lakes Discovery Trail.

Contact Jo for further information: 0147 548 580

Other weekend rides are being planned. Offers to assist with planning and leading are very welcome, please contact the Rides Coordinator, Doug Morffew on 9499 7325 / 0409 956 913

### Around the Bay in a Day 2005

Join the 100km ATB team for training at Jika Jika Community Center (corner of Young and Plant Streets, Northcote) @ 9.00 am sharp each Sunday.

See the [ATB Sunday Training Rides Program](#), for any changes contact Louise on 9484 3860.

For more details contact:

- Doug 9499 7325 regarding organizing group registration and payment with Bicycle Victoria
- Jo 0147 548 580 regarding organizing accommodation on Saturday 15 October and the DBUG jersey
- Louise 9484 3860 or Yannick 0438 785 450 for details of the ATB Sunday Training Rides Program. If you wish to be included on the ATB email and postal list, please email Louise@louisen@vicnet.net.au or ring on 9484 3860.

## Manningham BUG

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

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

### Rides Program

		GRADE	CONTACT	MEET AT...
<b>August</b>				
Sun 7th August	<b>Beasley's to Diamond Ck &amp; back</b> some hills, choice of some easier options depending on the riders	Easy 30-40km	Gary 9439-5016	10am Beasley's Nursery Car park Heidelberg-Warrandyte Rd, Mel 34F3
Mon 15th	<b>BUG Monthly Meeting</b> In the Stanley Room at <a href="#">The Manningham Club</a> , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10
Sat 20th August	<b>Training Ride</b> (Progressive Dinner Ride warm up) Start, distance and location yet to be determined!	Solid	Kevin 9842 3323	
Sun 21st August	<b>Training Ride</b> (Progressive Dinner Ride warm up) Start, distance and location yet to be determined! Most likely a repeat of yesterday's ride for those that can't do Saturdays!	Solid	Kevin 9842 3323	

Sun 21st August	<b>Terry's Tour</b> About 30 km, includes trails, roads, and good hills - but if the old man can do it, so can you! Might even cover areas that are new to you. Coffee at Beasleys when we finish.	Solid 30km	Terry 9848 6027	9.30am. Beasley's Nursery Car park Heidelberg-Warrandyte Rd., Mel 34F3
Sat 27th August	<b>Woori to Warby</b> Start Woori Yallock, 20km to Warburton for a coffee stop. Then back to Launching Place Pub for lunch (The most dangerous part of the ride.) then 5km to return to Woori Yallock. For those people with energy to burn - ride on to Lilydale and return to Woori Yallock 34kms. Ride option 1: total 40kms, Ride option 2: total 74kms.	Medium 40km – 74km	Ann T 94597112 / 0404876156	10am Old Woori Yallock Station car park, Warburton Hwy -end of Symes Rd (To be confirmed) Mel 286E10
<b>September</b>				
Sat 3rd Sun 4th Sept	<b>10th Anniversary Progressive Dinner Ride</b> Medium thru to serious! Car backup and drive options available	40+50 / 230km	Kevin 9842 3323	Bookings essential- fills up fast
Sat 17th Sept	<b>Eltham - Hurstbridge - Nutfield - Diamond Ck - Eltham</b> Three short challenging hills but with lots of flat. Passes three!! coffee shops	Medium/Solid 60km	Gary 9439-5016	9.30am Eltham Lower Park Mel 21H10
Mon 19th	<b>BUG A.G.M &amp; Monthly Meeting</b> <a href="#">The Manningham Club</a> , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10
<b>October</b>				
Sun 2nd Oct	<b>Lanes, Lorrikeets &amp; Lattés</b> The ever popular family ride. Mostly on paths and quiet roads. An ideal introductory ride.	Easy 20km	Tracey & Steve 9894-7975	10:30am Blackburn Station (south side of the track) Mel 47 K10
Wed 5th Oct	<b>Ride to Work Day</b> An alternative way to get to work!		BV 8636 8888	
Sat 15th Oct	<b>Mitcham to Jell's Park</b> Jacinta heads downhill for a change! ring for details	Medium	Jacinta 9842 3323	9:00am Mitcham station Mel 48 J9
Sun 16th Oct	<b>Around the Bay in a Day</b>		BV 8636 8888	
Mon 17th	<b>BUG Monthly Meeting</b> In the Stanley Room at <a href="#">The Manningham Club</a> , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10
<b>November</b>				
	<b>Great Victorian Bike Ride</b> 26 November 2005 to 4 December 2005		BV 8636 8888	

Mon 21st	<b>BUG Monthly Meeting</b> In the Stanley Room at <a href="#">The Manningham Club</a> , 1 Thompson's Rd Bulleen		Harv 9890-8006	8pm Mel 32 D10
<b>December</b>				
Wed 21th Dec	<b>11th Annual Fish &amp; Chip Ride</b> The ever popular end of year event Be part of this institution! Lights are required for the return trip after some of the best fish and chips have been consumed	20km Easy	Harv 9890-8006	6pm Floral clock St. Kilda Rd Mel 2F H8

Interested? [Email us to find out more about the BUG](#)

## Whitehorse Cyclists Inc

### Rides Program

<b>Club members.... Like to lead a ride? Click here for <a href="#">66 ideas</a> ...There are also more detailed ride lists in the <a href="#">members' area</a>: <a href="#">New passwords will be sent around May 1</a></b>				
<b>Cycling opportunites in our area: <a href="#">Graeme's message board</a></b>				
<b>More cycling opportunites in our area:</b> While Ron is overseas, Hans of Rotary Forest Hill leads an easy ride every Sunday at 8am:Contact Hans on 0419 312 866				
<b>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. .</b>				
Date	Event	Distance	Grade	Contact
<b>Tuesday 9 August Note new time: 7.45 pm: Club Night: Club Night: Box Hill Community Arts Centre Station Street Box Hill Bruce 9848 4804</b>				
Tues 9 August	Second Tuesday easy ride	45-50	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 11 August	Thursday ride	50	Med	Ken 9801 7157
Tues 16 August	Third Tuesday easy ride	45-50	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 18 August	Thursday ride	50	Med	Ken 9801 7157
Sun 21 August	Warburton Trail Working Bee			Sandra 9878 4179
Tues 23 August	Fourth Tuesday easy ride	45-50	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 25 August	Thursday ride	50	Med	Ken 9801 7157
Tues 30 August	Fifth Tuesday easy ride	45-50	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 1 Sept	Thursday ride	50	Med	Ken 9801 7157
Sat-Sun 3-4 Sept	Walhalla Weekend	50	Med/Hard	Darby 9878 3589
Tues 6 Sept	First Tuesday easy ride	30	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 8 Sept	Thursday ride	50	Med	Ken 9801 7157
<b>Tuesday 13 Sept Note new time: 7.45 pm: Club Night: Club Night: Box Hill Community Arts Centre Station Street Box Hill Bruce 9848 4804</b>				

Tues 13 Sept	Second Tuesday easy ride	45	Easy	Ken- 9801-7157 Len- 9898-2660
Thur 15 Sept	Thursday ride	50	Med	Ken 9801 7157

[Last updated 26 May 2005]

## 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 March 2005

#### Rides Program

<i>August</i>			
<i>Thurs 4</i>	<i>Ian Christie's "Nuclear powered vegetarian bicycle design for the 21st Century"</i>		<i>Margaret</i>
Sat 6	Moonlighting with Kerry in the Strezleckis	75km medum/hard	Kerry
Sun 7	Bayside Path update - view "missing link", picnic at Billilla then "Boxheimer to Bach & Beyond" concert 2:15pm	easy & cultural!	Anne
Sun 7	Woodend Winter Wander in the Wombat State Forest	60km medium	Elizabeth
<i>Thurs 11</i>	<i>Ray Thomas' Regent Honeyeater Project - MBTC's involvement in this habitat restoration project</i>		<i>Jon</i>
Fri 12	Wine Lovers Meeting	very easy	Judy
Sat 13	Doncaster to Doncaster, via Warrandyte, Pantom Hill, St Andrews, Hurstbridge, Heidelberg - good ATB training	85 km hard	Tim
Sun 14	Hilly, scenic Berwick/Cardinia/Pakenham via then flatter Pakenham loop (combined with YHA Cycling) train-based	35k medium + 50k medium	Jon
W/E 13/14	Cross country ski trip (if there's snow!) Mt St Gwinear		Geoff
W/E 13/14	Regent Honeyeater Project Treeplanting - Benalla	social hard yakka!	Lou
Tues 16	Club Lunch - Starpark Café 733 Burke Rd, Camberwell	reliably satisfying!	Fred
<i>Thurs 18</i>	<i>All you wanted to know about cycle photography with</i>		<i>Graham</i>
Sat 20	MAD MTB Ride Reconnaissance - Healesville loop	50-60km med/hard	Graham
Sun 21	Southbank to Studley Park for lunch and back on bike paths	40k easy	Hilde
Sun 21	MBTC ATB training	100k hard	Judy

W/E 20/21	Rutherglen Wineries tour leaving on Fri night train	minimal ks, easy	Glenn
Wed 24	Moreland Club Lunch - Matsumoto Japanese Restaurant	Yummy	Gael
<i>Thurs 25</i>	<i>Social night</i>		<i>Phil</i>
Sat 27	MBTC ATB training	125k hard	Judy
Sun 28	Rail Trail trip Lilydale Station to Launching Place & back	50km	John
W/E 27/28	Bellarine Peninsula from Geelong, overnight in Queenscliff. Mostly quiet back roads, undulating in parts	110km medium	Max
W/E 27/28	Regent Honeyeater Project Treeplanting - Benalla	social hard yakka!	Lou
<b>September</b>			
<i>Thu 1</i>	<i>Recycling bicycles</i>		<i>John</i>
Sat 3	MBTC ATB training - Audax Ride	150 hard	Judy
Sat 3	MTB Skills Course - learn skills that will get you riding fearlessly or at least more confidently in off-road situations	\$\$\$ medium	Steve
Sun 4	Castlemaine Diggings - a surprising MTB loop ride through the mining relics and box-ironbark bushland. car-based	40km medium/hard	Peter
Sun 4	City/Yarra/Merri/Capital City/Moonee Ponds Ck Trails then Yum Cha!	35k appetising	Phil
<i>Thu 8</i>	<i>Sleepless in the Check (Czech?) Republic and beyond</i>		<i>Elizabeth</i>
Sat 10	Geelong country ramble - undulating	60k easy/medium	Peter
Sat 10	Federation Square to Williamstown mangrove walk and return	40km easy	John
Sat 10	MBTC ATB training	160k hard	Judy
Sun 11	Federation Square to Williamstown mangrove walk and return	40km easy	John
W/E 10/11	Belgrave to Lilydale via Badger Creek Camping Park - a hilly, scenic overnight country ramble	75km medium	Robyn
W/E 10/11	Regent Honeyeater Project Treeplanting - Benalla	social hard yakka!	Lou
<i>Thu 15</i>	<i>Trip planning</i>		<i>Gael</i>
Sat 17	MBTC ATB training	160k hard	Judy
Sat 17	Belgrave to Tessalors Tulip Farm	40km easy	Frank

Sun 18	Progressive Lunch - delicious lunch at three venues	Delicious easy/medium	Phil
<i>Thu 22</i>	<i>Cycle touring in Italy &amp; France (part 2)</i>		<i>Gail</i>
Fri 23 to Mon 26	Grampians tour	150 to 200k medium	Peter
Sat 24	Warburton loop via Marysville and Reefton - hilly and interesting	100km hard	Graeme
Sun 25	Ringwood to Jells Park via Knox along Dandenong Ck trail	40km easy	Liz & Glynn
Sun 25	MBTC ATB training	180km	Judy
W/E 24/25	Regent Honeyeater Project Treeplanting - Benalla	social hard yakka!	Lou
<i>Thu 29</i>	<i>Library games</i>		<i>Fred</i>
<b>October</b>			
Sat 1 Oct	Single Track Boathouse to Westerfolds Park and return ride.	50km easy/medium	Graham
Sat 1 Oct	Federation Square to Broadmeadows loop via Moonee Ponds Creek, Ring Road and Merri Creek trails	60km medium	John
Sat 1 Oct	MBTC ATB training	190km	Judy
Sun 2 Oct	Family & MTB ride @ Birds Land Reserve / Lysterfield. Cruise around the lakes or head into the hills. BBQ, games, & a hill climb challenge!	Easy/hard, 2- 20kms!	Tony
Sun 2 Oct	Federation Square to Broadmeadows loop via Moonee Ponds Creek, Ring Road and Merri Creek trails	60km medium	John

*For information on the above rides, please contact the Touring Secretary, Gael Reid, on (03) 9495 0538, or at [rides@mbtc.org.au](mailto: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**

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**

<b>DATE</b>	<b>RIDE</b>	<b>Bike</b>	<b>GRADE</b>	<b>CONTACT</b>
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Sunday 7 <sup>th</sup> Aug	<b>Bicycle Maintenance Course Albert Park Lake</b>	Any	Easy	Dan or Belinda
Sunday 14 <sup>th</sup> Aug	Belgrave – Pakenham – Kooweerup – Pakenham (100km+)	Road	Hard	Voula
W/E 20 – 21 <sup>st</sup> Aug	AROUND THE BAY IN TWO DAYS	Any	Easy/Medium /Hard	Belinda
Saturday 27 <sup>th</sup> Aug	Fairfield- Southbank – Gardiner’s creek – Fairfield (50km) Outer Circle Rail Trail	Any	Medium	Joe
Sunday 28 <sup>th</sup> Aug	Frankston - Sorrento return (100km)	Road	Hard	Kathryn
Sunday 4 <sup>th</sup> Sep	Lysterfield Lake (35-45km)	Any	Medium	Jim
Sunday 11 <sup>th</sup> Sep	Ringwood to Ferntree Gully Walk or ride to one tree hill (45km)	Any	Easy	Daniel
Tuesday 13 <sup>th</sup> Sep	<b>RIDE PLANNING NIGHT</b>			
Sunday 18 <sup>th</sup> Sep	Lilydale to Warburton	Any	Medium	Ann, Noleen and Rob
W/E 24-25 <sup>th</sup> Sep	Wonthaggi Weekend Trip Bass Coast Rail Trail	Any	Easy	Ben and Julie

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](mailto: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](mailto: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.