



have given ourselves some handicaps(beyond age)- Kate is recovering from a fractured pelvis ( bingle with a car while on bike) and Graeme has an injury from a recent altercation with a Vespa( while cycling) and Deb has just been lazy with no training done. We don't want anymore handicaps like strong northerly winds, punctures and mechanical or physical breakdowns.

Our (intended) route is  
Leongatha-Melbourne-Castlemaine-St Arnaud-Birchip-Ouyen-Mildura.

Wish us well, Maureen! If we make it there will be another story for the newsletter

Debra Houghton

*We very much look forward to the outcome of this story*

South from Wollongong the path takes you to Port Kembla. This area is rather industrialized until you reach Lake Illawarra which has cycle paths around both the northern and southern reaches of this very large and picturesque lake. The southern route takes you to the lake entrance and then follows the coast on to Shellharbour Village with its rich history of shipping cargos to and from Sydney dating back to the 1850s. The next major town on the coast is beautiful Kiama with its famous blow hole. Kiama is about 35km south of Wollongong and the coastline here is quite rugged. The cycle path south of Shellharbour becomes intermittent and requires some riding on quiet connecting back roads. Be prepared for some map reading to follow the route and a lot of steep climbs. The reward comes in the form of spectacular views from the cliff tops.



**Combined Rides**  
**Sunday 4<sup>th</sup> December**  
**Tuesday 6<sup>th</sup> December**

Meet at Studley Park at approx 11:00 for an extended morning tea / lunch  
Everyone bring something yummy to share



Wollongong itself is the largest NSW town outside of Sydney. It is well serviced with transport and facilities, and trains connect with Sydney and all of the abovementioned towns. A free shuttle bus operates everyday around the Wollongong CBD and surrounds. Cycling within the CBD is not recommended as the roads are narrow and hilly. However, the Botanic Gardens are accessible by bike route and are well worth the visit.

If you have access to a car, the lookout views at the top of the Bulli Pass and Mt Keira are breathtaking. And not to be missed is the Grand Pacific Drive from Bulli to the magnificent Royal National Park, the world's second oldest. The drive itself is spectacular because a section of the road was recently built out over the ocean due to the unstable cliffs. As you drive over it you become aware of the waves crashing below. It has become a major tourist attraction in its own right.

If you are looking for cycling in scenic surrounds without having to tangle with busy traffic, Wollongong has much to offer. One word of warning though, the Wollongong Tourist Information Centre inexplicably closed recently, so make sure you get your copy of the Cycleways map before you arrive.

## Cycling Wollongong

Alan



After a Google search of off-road cycle paths in NSW, I discovered that Wollongong offers extensive easy riding along the Pacific coast. Equipped with the free Illawarra Cycleways Map from Tourist Information, my wife and I spent several days there and found new places to ride every day. North from Wollongong the cycle path is wide, well marked, and follows a series of magnificent surf beaches for 12 km to Bulli. It's easy riding but it can be windy.

## Something You always wanted to know

What is a bicycle?

A bicycle is a vehicle that has two or more wheels, built to be propelled by human power through a belt, chain or gears. Pedicabs, penny farthings and tricycles are considered to be bicycles. However, wheelchairs, wheeled toys and [scooters](#) are not.

## Swarm of BUG's Hit Murray To Mountains Rail Trail.

John Sully



One could be forgiven for thinking that this might be the headline from the front page of a Murdoch tabloid however, this was not my intention. Rather, it seemed like an appropriate title for my account of a bicycle ride undertaken by a small group of Banyule BUG cyclists, along the Murray to Mountains Rail Trail, over four days from 23 – 27 Sept 2011.

The group comprised Maureen Fisher, Les Bennett, Donna Flynn Gill Scott, Arnold Wheeler and John Sully.

No one went MIA so this adventure may serve to inspire other “seniors” to leave behind the comforts of suburbia, dust off their old treadlies and hit the road.

**Route:** Bright – Myrtleford – Everton – Wangaratta & Everton - Beechworth – Everton.

**Distance:** 115km.                      **Transport:** Vline train.& coach.

I caught the (agreed) city bound train from Watsonia Station expecting to find Maureen, Jill and Les aboard, however Les was the only one in sight. A hasty mobile call solved the mystery – the girls would meet us at Spencer St station instead.

We looked for somewhere to have a coffee while we kept an eye open for Arnold. He arrived shortly after, bicycle in tow and wearing a sizeable rucksack. I wondered if he intended riding with it on as wind resistance could be a problem...

With only minutes remaining before our train, the 12pm Vline service to Wangaratta, departed the girls rounded on to the platform looking a little flustered “held up at Watsonia” they wailed.

We were all glad to be leaving “wintry” Melbourne behind for a few days. The promise of good weather, gourmet food & wine and great riding was compelling

*To be continued next issue*

## Self-inflating tire keeps the pressure up for cyclists

Item from Gizmag compliments of Les

While it's nice to hear that Goodyear is developing [self-inflating tires](#) for cars, where does that leave bicycle riders? Still pumping, presumably? Well, not if they're running PumpTires on their steed. As its name implies, the PumpTire is designed to automatically pump air into the inner tube, using the compressive effect of the tire meeting the ground as it turns. Once the tube reaches the desired pressure, the pumping action ceases.

## **Bike travel blues.**

A recent trip to Wangaratta highlighted some of the difficulties faced when travelling with a bike. Due to the work currently taking place on the rail track between Seymour and Wangaratta what should have been a straight forward exercise turned into a juggling match between trains and buses all having their own set of rules.

Some trains terminated at Seymour the buses meeting these trains did not take bikes.

The buses that serviced the Wangaratta, Bright area all took bikes. The Country Link service coming through Wangaratta only took bikes if they were in a bike box and then only had limited space. Folding bikes are of course exempted but unfortunately very few people have the luxury of these, or one that would be good enough for rail trail riding. With hundreds of miles of rail trails is it not ludicrous that these are not easily accessible via public transport?