



Crusoe Reservoir and Number 7 Park

On a recent 3 day cycling trip around Bendigo, myself and a group of cycling buddies discovered Crusoe Park and later felt very pleased that fate had lead our cycles in that direction.

Bendigo has this wonderful trail that runs North/South largely following the Bendigo Creek which in parts is now a barrel drain. This trail extends for some 30 k end to end. Along the way it connects many wonderful parks and bush areas, including at the Southern end, Crusoe Reservoir.

Crusoe Reservoir and No 7 Park began life in the 1860's as Bendigo's domestic water supply. The odd name No 7 comes about because there were 6 more reservoirs planned, but were never built. Today it is a wonderful bush land setting connected by well-formed walking/cycling tracks that circumnavigate the two reservoirs. Crusoe Reservoir is the larger of the two and can be used for swimming, fishing (well stocked with cod, yellow belly & red fin) and non-powered boating. The entire area is teaming with bird and animal life. There is a thriving population of sugar gliders that with patience can be spotted.

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Of great interest are the historical remains of the original purpose of the ponds – domestic water supply. Sluice

avoid this in the morning or afternoon as school is opening and closing. The many hundreds of kids on bikes are still learning the concepts of left and right.

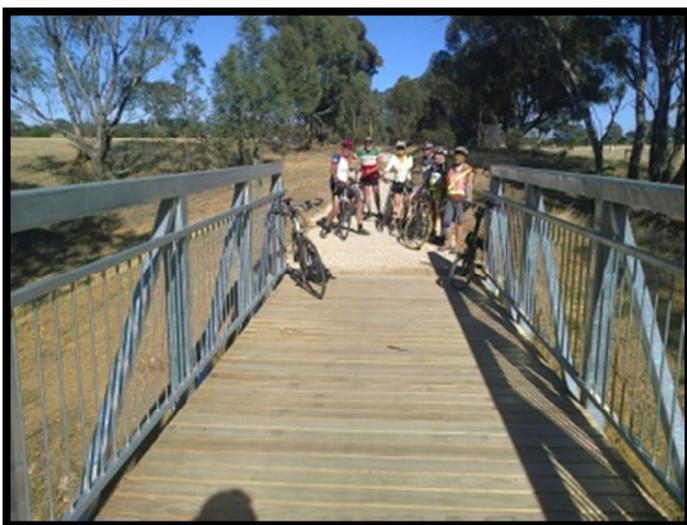


gates, concrete and brick channels, brick settling ponds and a beautifully constructed circular brick containment basin whose purpose has been lost can be viewed all over the park. Local historians are not sure as to why this was constructed on such a grand scale, but it is thought that it was connected to gold mining that was carried out close by.

This is a great place to cycle slowly and take in the many views. Take a lunch with you and enjoy all that this location has to offer.

Allan Garbutt

How Many of the Latte group does it take to fix a bike??



The other rides we completed were Bendigo to Axedale along the rail trail. This is a much improved trail and has had extensive trail and bridge work recently completed. The other cycling delight is the Bendigo Creek trail. Try to

It looks like three but rumor has it only because the rest wouldn't fit in the picture

Exercise – Cycling 75 Minutes a Week Could Save Your Life!



No single treatment has better potential to prevent premature death than exercise. The clear conclusions from a raft of recent studies show that exercise protects us from heart attacks, strokes, diabetes, obesity, cancer, Alzheimer's disease and depression. It even boosts memory. It's better than any drug treatment and has none of the side effects.

A recent US study of more than 50,000 men and women showed that a lack of cardio-respiratory fitness was the most important risk factor for early death. It accounted for about 16 per cent of all deaths in men and women over the period of study, more than the combined contributions of obesity, diabetes and high cholesterol, and double the contribution of smoking.

A weekly dose of moderate exercise reduces the risk of premature death through heart disease by 40 per cent. The evidence suggests that exercise stimulates circulation which flushes out fatty deposits in the walls of blood vessels and dilates the small vessels that



could otherwise be the cause of a heart attack or stroke. It also makes it easier for enzymes to destroy fatty particles before they can gum up the works.

Other findings show that just a modest weekly dose of exercise lowers the chances of developing type 2 diabetes by 58 per cent, halves the risk of breast cancer in women, and lowers the risk of bowel cancer by around 60 per cent.

So how much exercise is enough? The benefits observed were based on studies of people who followed the US government's advice on physical activity. This prescribes 150 minutes per week of moderate-intensity aerobic activity, such as brisk walking, ballroom dancing or gardening, or 75 minutes of more vigorous activity such as **cycling**, running or swimming.

Source: "New Scientist", 29 August 2012 issue. Thanks Alan

