

but wait — there's more...

**Enjoy** social rides to many different destinations



**Improve** fitness with regular exercise

**Weekly** ride programs — beginners: intermediate: quicker

**Country trips** to bike trails in Victoria

**e-bikes** welcome — relaxed riding

**Learn** about Melbourne's bicycle trails, their expanding network and how to interconnect between trails

**Bi-monthly** meetings with supper and an occasional guest speaker



**Bi-monthly** newsletter

**Bicycle** maintenance advice

**Promote** cycling in Banyule and beyond

**Participate** in local fairs and festivals by providing bike parking and training

**Interact** with Banyule Council on cycling matters

**No** competitions, **no** racing, **no** training, nothing compulsory — just relax, smile and ride



contact us



### website

[www.banyulebug.org.au](http://www.banyulebug.org.au)

*(you can apply for membership on-line)*

### email

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### telephone

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### post



Banyule BUG Bicycle User Group

PO Box 2018

East Ivanhoe Vic 3079



Banyule Bicycle User Group

Incorporated

Reg No A0036671P

known as ... Banyule **BUG**



## we are about.....

Health and fitness  
Making new friends  
Tailored rides  
Social nights and functions  
Advice on bike purchase and maintenance



## something for everyone

**Banyule BUG** offers rides to suit **men and women** cyclists of all ages and experience. Short and long rides; slower or quicker; flat or undulating. Nothing's compulsory — choose the rides and destinations that interest you.



## where does it all begin?

Most rides start from:  
**Warringal Parklands**  
Heidelberg

Melways reference Map 32 C4

Turn into the car park off Beverley Rd

Located on the Main Yarra Trail and Rivergum Trail — for riders, runners and walkers. Ideal starting spot!



## why ride a bike?

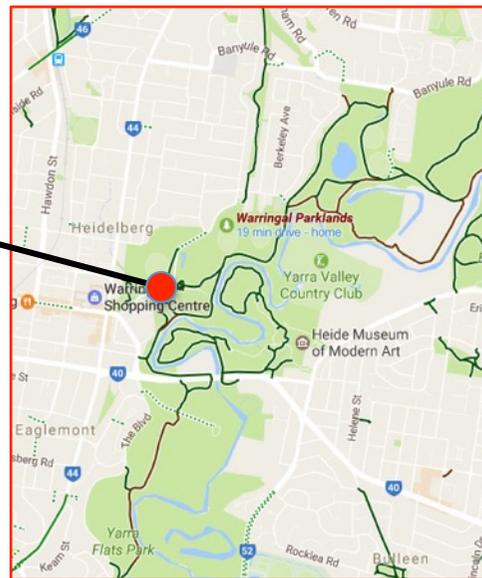
There are significant benefits for every person who takes up cycling — improved physical health and fitness, better mental health and fitness and a greater sense of well-being, fulfillment and happiness.

*"People are like bicycles. They can keep their balance only as long as they keep moving"* (Albert Einstein)



## friendship

Banyule BUG members come from all walks of life and are a welcoming, friendly group. There's plenty of time to chat and get to know fellow pedallers while riding, stopping at parks, in coffee shops and enjoying meals together.



## a variety of rides

Six organized rides every week

### Tuesdays



9.00 am Quicker ride (8.15 am Dec-Feb)  
9.30 am Beginner & Intermediate  
(10 am Jun-Aug)



### Wednesdays

8.00 pm Night ride (Quicker group)

### Thursdays

9.00 am 40 km loop and coffee stop  
(8.15 am Dec – Feb)

### Fridays

9.30 am Beginner & Intermediate  
(10 am Jun-Aug)

### Sundays

9.00 am Quicker ride (8.15 am Dec-Feb)

plus



### Bi-monthly

7.30 am Long ride (90-110 km)

### Occasional

Country rides with o'night stays

