LYCRA GROUP RIDE PROGRAM

All rides start at Warringal Park (Melways Map 32 C4) unless otherwise indicated. Visitors always welcome — just turn up at the start time and say hello. Scheduled rides may be varied to suit conditions.				
Tuesday rides	Longer and quicker (but not too long or quick!). Typically 50-75 km. Coffee stop usually included but BYO snack and drink too.			
Sunday rides	Short and social, 35-50 easy km. Aim to be back at Warringal before 1 pm. Coffee and chat.			
Yum Run	Thursdays 40 km loop of Koonung, Mullum and Main Yarra Trails. No leader. Stop at Petty's for delicious snacks and coffee.			
Adventure Ride	Third Friday of the Spring & Autumn months. Anything goes — summary on program. Contact Ride Leader with any questions.			

|--|

Date	Ride/Event	Description	Leader
Sun 3 Mar	Lux Foundry Brunswick	Heidelburg to Thornbury, Coburg, Upfield path, Lux Café, CCT to	Ralph N
3011 3 Mai	34 km MAP	Fitzroy Nth, Alphington back to Heidelberg.	0419 133 562
Tue 5 Mar	Flemington Racecourse	Thundering hooves; flying turf; brilliantly coloured silks! And that's just	Brett C
10e 3 Mai	~50 km MAP	the Banyule BUG. MYT, CCT, Zoo, A Vale. Kensington, Carlton back	0412 733 675
Thu 7 Mar	The Yum Run MAP	40 km loop - Koonung, Mullum & MYT. Petty's Orchard Cafe for snax	No leader
Sun 10 Mar	That's Amore	Cheddar, Leicester, Gorgonzolq, Peccorino, Ricotta, Camembert,	Robyn M
3011 10 Mai	~40 km MAP	Brie, Edam, Gouda, Fetta, Blue. Plus you can now pay individually !	0413 306 913
Tue 12 Mar	Elwood canal	Trails to St. Kilda, Elwood and Gardenvale. Then streets to M'beena,	Alan Pr
10e 12 Mai	57 km MAP	Anniversary Trail. Some H1 on Anniversary Trail. Break at Elwood	0419 878 660
Thu 14 Mar	The Yum Run MAP	40 km loop - Koonung, Mullum & MYT. Petty's Orchard Cafe for snax	No leader
Fri 15 Mar	Cheetham Wetlands	Adventure Ride! Pedal to N Melbourne station, train to Williams	Maurie A
FII 13 Mai	50km+ MAP	Landing, Skeleton Ck Trail, Bay West Trail, W'town, train or ride home.	0419 186 082
Sun 17 Mar	Ringwood Lake	Koonung Trail to Eastlink, Ringwood exit to Ringwood Lake. Then Lena	Glenda W
3011 17 Mai	51 km MAP	Gv, Dandenong Ck Trail to Eastlink and Mitcham streets and home	0431 657 915
Mon 18 Mar	Casual	dinner 6.30 pm @ Godfathers Restaurant. 106 Mountainview Rd, Briar Hill	
Tue 19 Mar	Oakleigh Park	Anniversary Trail S to Hughesdale, Oakleigh. N on streets to Gardiners	Maurie A
TUE 19 Mar	50 km MAP	Ck trail at H'glen. Tnrough Box Hill, Bushy Ck, Koonung, MYT home.	0419 186 082
Thu 21 Mar	The Yum Run MAP	40 km loop - Koonung, Mullum & MYT. Petty's Orchard Cafe for snax	No leader
Sun 24 Mar	Kalparrin Gardens	Plenty River Trail (H2), some gravel, past Greensborough. Rest. Ring	John Gordon
	35 km MAP	Road (short H2), W to Darebin Creek Trail. South to Atiga Café, home	0404 834 634
Tue 26 Mar	Three Lakes	Streets W to Darebin Creek. Findons Res track to Childs Rd. Morang	Robert R
	55 km MAP	Dv to Mill Park Lakes. Lakes Blvd to Plenty Rd. Streets to University Hill	0412 430 244
Thu 28 Mar	The Yum Run MAP	40 km loop - Koonung, Mullum & MYT. Petty's Orchard Cafe for snax	No leader
Sun 31 Mar	Riders' Choice	Rider who nominates a destination is Leader. Or by general agreement	t (Easter Sunday)

April 2024 rides usually start at 9.00 am unless otherwise indicated

Date	Ride/Event	Description	Leader	
Tue 2 Apr	Craigieburn 59 km MAP	Bring Myki. Urban jungle ride to Craigieburn, incorporating train trip part-way. The map shows 73 km but 14.5 km is by train. Relax!	Jean M 0438 095 142	
Thu 4 Apr	The Yum Run MAP	40 km loop - Koonung, Mullum & MYT. Petty's Orchard Cafe for snax	No leader	
Sun 7 Apr	Strathewen 35 km + MAP	Start Hurstbridge 10.00am. Train from H'berg 9.14am arrives 9.57am. St Andrews, Strathewen, Hurstbridge station. Option: ride home (+25 km)	John Pi 0418 511 587	
Tue 9 Apr	Lower Kororoit Ck ~67 km MAP	To CCT, Dynon Rd, Y'ville, Freeway/Fed Trails, Kororoit Ck Trail to Barnes Rd, streets to Newport. Familiar route home. Train options back.	Les D 0421 763 024	
Wed 10 Apr	Banyule BUG General Meeting. Venue to be advised.			
Thu 11 Apr	The Yum Run MAP	40 km loop - Koonung, Mullum & MYT. Petty's Orchard Cafe for snax	No leader	
Sun 14 Apr	Caulfield Park 47 km MAP	Anniversary trail, Ferndale Park. Streets to Caulfield Park. Return by Armidale, Toorak paths and streets to Capital City Trail. (Some gravel)	Arthur I 0409 572 506	
Tue 16 Apr	Sunshine 60 km MAP	Streets & trails W to M'byrnong, Hi'point, Canning Res. River path (southside). Climb to Sunshine. Return by railtrail to F'scray, CC Trail etc	Ralph N 0419 133 562	
Thu 18 Apr	The Yum Run MAP	40 km loop - Koonung, Mullum & MYT. Petty's Orchard Cafe for snax	No leader	
Fri 19 Apr	Adventure Ride!	Time, place & route to be advised. Fear not – it may be tough (only a teeny bit at most) but will be interesting. Possibly even enjoyable.	tba	
Sun 21Apr	Preston Market 40 km MAP	Studley Rd, Wingrove St, St Georges Rd, Preston Mkt, Dalton Rd, Ring Rd, DCT, Dunne and Ruthven St, Brown St, home.	Ralph N 0419 133 562	
Tue 23 Apr	N'market via M'nong 57 km MAP	Coburg- P Vale–E'don streets to M'nong River Trail. MRT south to café. Return by Newmarket Saleyard trail to CCT and home. (H1)	Alan Pr 0419 878 660	
Thu 25 Apr	The Yum Run MAP	Usual 40 km loop incl. Petty's Orchard Cafe for snax. ANZAC Day	No leader	
Sun 28 Apr	Ceres Too 38 km MAP	Alphington, DCT, MYT, MCT, St Georges Rd, Beavers Rd, new bridge, CERES. MCT. Elizabeth St, High St, Royal Pde, McMahon Rd, DCT.	Glenda W 0431 657 915	
Tue 30 Apr	Glen Eira 60 km MAP	Bay Trail to Elwood. Nepean Hwy bike trail. Union St and Elster path to rail trail at Bentleigh. Leila Rd to Murrumbeena Rd. Ann. Trail home.	John Pe 0425 886 261	

Web: <u>www.banyulebug.org.au</u> Email: <u>banyulebug@yahoo.com.au</u> Reg No. A0036671P