



# Rides Program

**President:** Neil Tonkin 9869 2568 (H)  
**Secretary:** Sue Saczko 9489 3380 (H)  
**Rides Co-ordinator:** Bruce Campbell 9809 0288(H)

## July 1997

**Date:** 5 July **Day of Week:** Saturday **Difficulty:** M - H  
**Name of Ride:** Eastwood-Airport Hilton Coffee Shop **Distance:** 65 km  
**Contact:** Doug Stewart **Phone:** 9887 1478  
**Starting At:** Western side of Eastwood Station (near ticket office) at 7:00 am  
**Description:** Via Meadowbank, Bicentennial Park and Cools River and return.

**Date:** 6 July **Day of Week:** Sunday **Difficulty:** M  
**Name of Ride:** Hornsby - Galston **Distance:** 45 km  
**Contact:** Mark Waugh **Phone:** 9484 5962  
**Starting At:** The Water Tower, Hookhams Corner, Hornsby at 7:30 am  
**Description:** Ride from Hornsby to Berowra then Galston Gorge and return to Hornsby. Make sure you contact Mark prior to the ride.

**Date:** 12 July **Day of Week:** Saturday **Difficulty:** E - M  
**Name of Ride:** Mystery Ride **Distance:** Up to 40 km  
**Contact:** Mark Grimmond **Phone:** 9456 5291 (H)  
**Starting At:** West side of Hornsby Station at 8:00 am.  
**Description:** Make sure you ring Mark for details. If no-one rings, the ride may be off so don't just turn up on the day. Rides are often towards Bobbin Head or Galston but will change!

**Date:** 19 July **Day of Week:** Saturday **Difficulty:** M  
**Name of Ride:** Duck River Loop **Distance:** 45 km  
**Contact:** Bruce Campbell **Phone:** 9809 0288  
**Starting At:** Western side of Eastwood Station (near ticket office) at 7:00 am  
**Description:** Via Meadowbank, Bicentennial Park, Rookwood, Auburn Botanic Gardens, Parramatta

**Date:** 20 July **Day of Week:** Sunday **Difficulty:** M  
**Name of Ride:** Lane Cove River MTB Ride **Distance:** 20 km  
**Contact:** Neil Tonkin, Tony Evans **Phone:** 9869 2568; 9481 0471  
**Starting At:** Wahroonga Station at 8:00 am  
**Description:** Exploratory morning mountain bike ride of local ridges and valleys of the Lane Cove River from its source to Fullers Bridge near Chatswood. For details contact Neil or Tony prior to ride.

**Date:** 26 July **Day of Week:** Saturday **Difficulty:** E  
**Name of Ride:** Parramatta Park **Distance:** 25 km  
**Contact:** Doug Stewart **Phone:** 9887 1478  
**Starting At:** Meadowbank Wharf at 7:30 am  
**Description:** Via Parramatta Valley Cycleway to Parramatta Park or Lake Parramatta and return.

If you can't find what you want. don't forget Push On in the centre pages of Australian Cyclist for rides by other BUGs.



# Rides Program

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## August 1997

**Date:** 2 August **Day of Week:** Saturday **Difficulty:** M - H  
**Name of Ride:** Eastwood-Akuna Bay **Distance:** 70 km  
**Contact:** Doug Stewart **Phone:** 9887 1478  
**Starting At:** Western side of Eastwood Station (near ticket office) at 7:00 am  
**Description:** Via Mona Vale Road and loop through Akuna Bay. A few tough hills to climb.

**Date:** 3 August **Day of Week:** Sunday **Difficulty:** M  
**Name of Ride:** Hornsby - Galston **Distance:** 65 km  
**Contact:** Mark Waugh **Phone:** 9484 5962  
**Starting At:** The Water Tower, Hookhams Corner, Hornsby at 7:30 am  
**Description:** Ride from Hornsby to Mona Vale via McCarrs Creek and then return to Hornsby. Make sure you contact Mark prior to the ride.

**Date:** 9 August **Day of Week:** Saturday **Difficulty:** E - M  
**Name of Ride:** Mystery Ride **Distance:** Up to 40 km  
**Contact:** Mark Grimmond **Phone:** 9456 5291 (H)  
**Starting At:** West side of Hornsby Station at 8:00 am.  
**Description:** Make sure you ring Mark for details. If no-one rings, the ride may be off so don't just turn up on the day. Rides are often towards Bobbin Head or Galston but will change!

**Date:** 16 August **Day of Week:** Saturday **Difficulty:** M  
**Name of Ride:** M2 Excursion **Distance:** 50 km  
**Contact:** Doug Stewart **Phone:** 9887 1478  
**Starting At:** Western side of Eastwood Station (near ticket office) at 7:00 am  
**Description:** Run almost the full length of the M2, easy grades but speeding traffic. This ride assumes the promised access at the end of Vimiera Road. Maybe a change of venue.

**Date:** 17 August **Day of Week:** Sunday **Difficulty:** M  
**Name of Ride:** Cowan - Calga and return **Distance:** 60 km  
**Contact:** Neil Tonkin, Tony Evans **Phone:** 9869 2568; 9481 0471  
**Starting At:** Cowan Station at 7:40 am (meet train from Hornsby)  
**Description:** Brisk early morning ride through magnificent Hawkesbury River sandstone valleys on quiet roads, return via Brooklyn for a quayside stop with coffee and gateaux.

**Date:** 23 August **Day of Week:** Saturday **Difficulty:** E  
**Name of Ride:** Bicentennial Park Easy Saunter **Distance:** 25 km  
**Contact:** Doug Stewart **Phone:** 9887 1478  
**Starting At:** Meadowbank Wharf at 7:30 am  
**Description:** Bicentennial Park to circle the duck ponds and then check the progress of the Olympic cycleway program. Morning tea in a relaxing spot with a view. Bring some cake.

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