



ACTIVE & HEALTHY PROGRAM - GOLD 32 - 16 July 2018 TO 14 December 2018

Activity	Where	Specific Requirements*	Date	Time
<p>City and river explorer ride: Social, easy-paced 20-25 km cycle from New Farm Park into the Brisbane CBD past Waterfront Place and through the City Botanic Gardens where we'll visit the nesting stone curlews. We then continue to South Bank, Kangaroo Point and return. This ride has some hills. There will be an optional extension along the boardwalk to Teneriffe and Newstead. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>New Farm Park Brunswick Street, New Farm Meet at the rotunda 15 minutes before the start time</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Mon 16 Jul</p>	<p>9.30am-12.30pm</p>
<p>Cycling the city and Dockside: Easy to medium-paced 25 km ride from Greenslopes. We will follow the South East Freeway Bikeway into the city, ride from South Bank to QAGOMA, then a city/river loop over the Go Between and Goodwill bridges. We will travel from Kangaroo Point to Dockside, through Mowbray Park and Stones Corner following Norman Creek, then back to Greenslopes. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>Thompson Estate Pine Street, Greenslopes Meet at the car park 15 minutes before the start time</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Fri 20 Jul</p>	<p>9.30am-12.30pm</p>
<p>Cycling Brisbane's southern foreshore: Easy paced social 20 km ride along the beautiful foreshore from Wynnum North, through Manly to Lota and return. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>Elanora Park Granada Street, Wynnum Meet at the car park inside the boom gate 15 minutes before the start time</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Wed 25 Jul</p>	<p>9.30am-12 noon</p>
<p>Cycling the city and river loop: Easy to medium paced social 25-30 km ride to Toowong via the Go Between Bridge, along the Bicentennial Bikeway, through St Lucia and the university, over the Eleanor Schonell Bridge and into the city via the South East Freeway Bikeway or Norman Creek Bikeway. Continue through South Bank or cross the Goodwill and Go Between bridges and return to West End. Expect some hills. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>Orleigh Park Cnr Riverside Drive and Hill End Terrace, West End Meet at the car park 15 minutes before the start time</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Tue 31 Jul</p>	<p>9.30am-12.30pm</p>

<p>Cycling the Brook to the beach: Social 26 km ride following Kedron Brook to Nudgee Beach. Return via the brook trail with some possible deviations. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>Kalinga Park Park Avenue, Clayfield Meet at the car park 15 minutes before the start time</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Mon 6 Aug</p>	<p>9.30am-12 noon</p>
<p>Conquer the Gateway: Start with a warm up lagoon loop before tackling the Gateway Bridge. Enjoy great views while peddling at a moderate pace as you head towards a café on the northern side of the Brisbane River. Stop for a break and coffee before returning. There are some steep hills on this 25 km ride, but these can be done at your own pace. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>Minnippi Parklands Stanton Road West, off Wynnum Road, Tingalpa Meet at the car park near the lake 15 minutes before the start time</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Thu 16 Aug</p>	<p>9.30am-12.30pm</p>
<p>Cycling the mangroves to the sea trail following Downfall Creek: Medium paced 35 km ride from Chermide to Banyo then on to the Kedron Brook path and back to Toombul. Stop for a coffee break in Nundah and then return to Chermide on back roads through Northgate and Virginia. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>7th Brigade Park Murphy Road, Chermide Meet at the Kids Space car park 15 minutes before the start time</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Tue 21 Aug</p>	<p>9.30am-12.30pm</p>
<p>Cycling Brisbane's northern foreshore: Medium-paced 35-40 km cycle along the Sandgate foreshore to Brighton. Ride along the Deagon Deviation to Nudgee Beach via the Boondall Wetlands and return via the wetlands and Shorncliffe. Mainly flat ride that follows bike paths and quieter back roads. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>Arthur Davis Park Flinders Parade, Sandgate Meet in front of the swimming pool 15 minutes before the start time</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Fri 31 Aug</p>	<p>9.30am-12.30pm</p>
<p>Cycling the City to Rocks Riverside Park: This longer, quicker paced 45 km ride takes you through Toowong, Seventeen Mile Rocks, St Lucia and Highgate Hill. Expect some bigger hills and longer climbs. This can be hot and open and there will be rest breaks to suit the group. This ride would suit fitter and experienced cyclists. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>Orleigh Park Cnr Riverside Drive and Hill End Terrace, West End Meet at the car park 15 minutes before the start time</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Tue 4 Sep</p>	<p>9.30am-1pm</p>

<p>Cycling the Brook: Social 20 km easy paced ride following Kedron Brook to Toombul and then explore the paths to Skygate at Eagle Farm. There will be rest breaks to suit the group as it can be hot with head winds. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>Hickey Park Babarra Street, Stafford Meet at the entry to the sports ground 15 minutes before the start time</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Mon 17 Sep</p>	<p>9.30am-12 noon</p>
<p>Cycling to the parklands and South Bank: Easy to medium-paced 25 km ride following the bikeway from Finsbury Park across Enoggera Creek, past Victoria Park. Ride through the bike and pedestrian tunnel to Roma Street Parkland, city courts precinct and Kurilpa Bridge to QAGOMA and then return. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>Finsbury Park Finsbury Street, Newmarket Meet at the car park 15 minutes before the start time</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Fri 28 Sep</p>	<p>9.30am-12.30pm</p>
<p>Cycling the mountain to mangroves trail: Quicker paced 40-45 km ride with a mix of bike paths, road sections and hills. Follow Downfall Creek to Virginia and on to Nundah. Cycle through back streets and then pick up the Kedron Brook bikeway through to Banyo. Follow more back streets and paths to Virginia and then retrace the Mountain to Mangroves corridor back to Raven Street Reserve. There will be rest breaks to suit the group as it can be hot with head winds. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>Downfall Creek Environment Centre Rode Road, Chermside</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Wed 3 Oct</p>	<p>9.30am-1pm</p>
<p>Cycling the beaches and border: Medium paced 35-40 km ride across the Ted Smout Bridge to Woody Point, then back following the Deagon Deviation and out to Tinchi Tamba on South Pine River. Then follow the Gateway Bikeway to Boondall North railway station for a short bike'n'hike before returning through Deagon and Shorncliffe. This can be a hot ride with some on-road sections. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>Decker Park Twenty Fifth Avenue, Brighton Meet at the car park 15 minutes before the start time</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Mon 8 Oct</p>	<p>9.30am-1pm</p>

<p>Ferry Grove suburban explorer: Explore the bike paths and cycling routes around Ferry Grove. Quiet back roads, some rural areas and a section of the old Ferry Grove to Samford rail corridor. Undulating 20-25 km ride with rest stops to suit the group. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>Upper Kedron Recreation Reserve Upper Kedron Road, Kedron Meet at the playground car park 15 minutes before the start time</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Tue 23 Oct</p>	<p>9.30am-12.30pm</p>
<p>Cycling by the creek: Easy to medium paced social 25 km ride from the upper reaches of Enoggera Creek through The Gap, St John's Wood and Banks Street Reserve to Kelvin Grove where you will stop at a great coffee shop and then return. Ride includes some hills. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>Brian Hallinan Bikeway Riaweena Street, The Gap Meet at the park 15 minutes before the start time</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Thu 15 Nov</p>	<p>9.30am-12.30pm</p>
<p>Cycling the northern bayside: Longer distance and quicker paced social 35-40 km ride to suit more experienced and fitter cyclists. Ride from Shorncliffe to Nudgee Beach via Deagon, the Entertainment Centre, Boondall Wetlands and return. Mainly flat on bike paths and quieter back roads. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>Moora Park Park Parade, Shorncliffe Meet at the top car park 15 minutes before the start time</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Tue 20 Nov</p>	<p>9.30am-12.30pm</p>
<p>City and river explorer ride: Social easy paced 20-25 km cycle from New Farm Park into the Brisbane CBD past Riverfront Place and through the City Botanic Gardens where we'll visit the nesting stone curlews. Then continue on to South Bank, Kangaroo Point and return. There will be an optional extension along the boardwalk to Teneriffe, Newstead and return. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>New Farm Park Brunswick Street, New Farm Meet at the rotunda 15 minutes before the start time</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Mon 26 Nov</p>	<p>9.30am-12.30pm</p>
<p>Cycling Upper Kedron Brook: Longer distance and quicker paced social 40+ km ride to suit more experienced and fitter cyclists. Follow Kedron Brook from its upper reaches to Alderley, the Grange, Toombul and to Skygate at Eagle Farm for a break. The return will be a loop through Wavell Heights and back following the brook. Can be hot with head breezes. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.</p>	<p>Grovely Sports Ground Hanran Street, Keperra Meet at the car park 15 minutes before the ride starts.</p>	<p>Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.</p>	<p>Monday 3 December 2018</p>	<p>9.30AM -1.00PM</p>

Northern suburbs and creek explorer ride: Quicker paced 40-45 km ride from McDowell following Cabbage Tree Creek bikeways and paths through to Bridgeman Downs, Aspley, Carseldine and Taigum to Sandgate/Shorncliffe and return. Includes bike paths and roads. Suitable for riders with bike experience and fitness. Presented as part of Council's Active and Healthy and Cycling Brisbane programs.	McDowall Reserve Speilberg Street, McDowall Meet at the Reserve entrance - cnr of Speilburg Street and Stallone Court 15 minutes before the start time	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment - \$15. Bring money for a coffee stop.	Fri 7 Dec	9.30am-1pm
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