



ACTIVE & HEALTHY PROGRAM - GOLD 33 - 29th January 2019 to 14 June 2019

Activity	Where	Specific Requirements*	Cost #	Date/s	Time	Info & Bike Hire contact
Upper Kedron Brook: Longer distance and quicker paced social 40+ km ride to suit experienced 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.	Grovely Sports Ground Hanran Street, Keperra Meet at the car park 15 minutes before the ride starts	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment. Bring money for a coffee stop.	\$15 if bike hire required	Tue 29 Jan	9.30am-1pm	Bushranger Bikes 0409 053 694
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 Tenerife and Newstead.	New Farm Park Brunswick Street, New Farm Meet at the rotunda 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. Bring money for a coffee stop.	\$15 if bike hire required	Thu 31 Jan	9.30am-12.30pm	Bushranger Bikes 0409 053 694
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.	Thompson Estate Baron Street, Greenslopes Meet at the carpark at the corner of Victoria Tce and Baron St 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. Bring money for a coffee stop.	\$15 if bike hire required	Mon 4 Feb	9.30am-12.30pm	Bushranger Bikes 0409 053 694
Brisbane's southern foreshore: Easy paced social 20 km ride along the beautiful foreshore from Wynnum North, through Manly to Lota and return.	Elanora Park Granada Street, Wynnum Meet at the car park inside the boom gate 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. Bring money for a coffee stop.	\$15 if bike hire required	Wed 13 Feb	9.30am-12 noon	Bushranger Bikes 0409 053 694
Urban explorer ride: Medium paced social 30-35 km ride. Follow Ithaca and Enoggera creek through many shady parks and suburbs including St John's Wood, Banks Street Reserve, Ashgrove, Downey Park, Victoria Park and Kelvin Grove Urban Village. There are some steep hills.	Dorrington Park Mirrabooka Road, Ashgrove. Meet at the hockey grounds car park 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. Bring money for a coffee stop.	\$15 if bike hire required	Tue 19 Feb	9.30am-12.30pm	Bushranger Bikes 0409 053 694
Brook to the beach: Social 26 km ride following Kedron Brook to Nudgee Beach. Return via the brook trail with some possible deviations.	Kalinga Park Park Avenue, Clayfield Meet at the car park 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. Bring money for a coffee stop.	\$15 if bike hire required	Wed 13 Mar	9.30am-12 noon	Bushranger Bikes 0409 053 694

<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.</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. Bring money for a coffee stop.</p>	<p>\$15 if bike hire required</p>	<p>Tue 19 Mar</p>	<p>9.30am-12.30pm</p>	<p>Bushranger Bikes 0409 053 694</p>
<p>Cycling the mangroves to the sea trail following Downfall Creek: Medium paced 35 km ride from Cherside to Banyo then on to the Kedron Brook path and back to Toombul. Stop for a coffee break in Nundah and then return to Cherside on back roads through Northgate and Virginia.</p>	<p>7th Brigade Park Murphy Road, Cherside 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. Bring money for a coffee stop.</p>	<p>\$15 if bike hire required</p>	<p>Mon 25 Mar</p>	<p>9.30am-12.30pm</p>	<p>Bushranger Bikes 0409 053 694</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.</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. Bring money for a coffee stop.</p>	<p>\$15 if bike hire required</p>	<p>Fri 29 Mar</p>	<p>9.30am-1:00pm</p>	<p>Bushranger Bikes 0409 053 694</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 experienced cyclists with a reasonable level of fitness.</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. Bring money for a coffee stop.</p>	<p>\$15 if bike hire required</p>	<p>Thu 4 Apr</p>	<p>9.30am-1pm</p>	<p>Bushranger Bikes 0409 053 694</p>
<p>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.</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. Bring money for a coffee stop.</p>	<p>\$15 if bike hire required</p>	<p>Wed 10 Apr</p>	<p>9.30am-12 noon</p>	<p>Bushranger Bikes 0409 053 694</p>
<p>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 QGOMA and then return.</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. Bring money for a coffee stop.</p>	<p>\$15 if bike hire required</p>	<p>Tue 16 Apr</p>	<p>9.30am-12.30pm</p>	<p>Bushranger Bikes 0409 053 694</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.</p>	<p>Downfall Creek Environment Centre Rode Road, Chermside 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. Bring money for a coffee stop.</p>	<p>\$15 if bike hire required</p>	<p>Fri 26 Apr</p>	<p>9.30am-1pm</p>	<p>Bushranger Bikes 0409 053 694</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 Tinchy Tamba on South Pine River. Then follow the Gateway Bikeway to Boondall 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.</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. Bring money for a coffee stop.</p>	<p>\$15 if bike hire required</p>	<p>Thu 2 May</p>	<p>9.30am-1pm</p>	<p>Bushranger Bikes 0409 053 694</p>
<p>Ferny Grove suburban explorer: Explore the bike paths and cycling routes around Ferny Grove. Quiet back roads, some rural areas and a section of the old Ferny Grove to Samford rail corridor. Undulating 20-25 km ride with rest stops to suit the group.</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. Bring money for a coffee stop.</p>	<p>\$15 if bike hire required</p>	<p>Mon 27 May</p>	<p>9.30am-12.30pm</p>	<p>Bushranger Bikes 0409 053 694</p>
<p>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.</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. Bring money for a coffee stop.</p>	<p>\$15 if bike hire required</p>	<p>Fri 31 May</p>	<p>9.30am-12.30pm</p>	<p>Bushranger Bikes 0409 053 694</p>
<p>Northern bayside: Longer distance and quicker paced social 35-40 km ride to suit experienced 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.</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. Bring money for a coffee stop.</p>	<p>\$15 if bike hire required</p>	<p>Mon 3 Jun</p>	<p>9.30am-12.30pm</p>	<p>Bushranger Bikes 0409 053 694</p>
<p>Northern suburbs and creek explorer ride: Quicker paced 40-45 km ride from McDowell following Cabbage Tree Creek bikeways and paths through Bridgeman Downs, Aspley, Carseldine and Taigum to Sandgate/Shorncliffe and return. Includes bike paths and roads. This ride would suit experienced cyclists with a reasonable level of fitness.</p>	<p>McDowall Reserve Speilberg Street, McDowall Meet at the Reserve entrance, cnr of Speilberg Street and Stallone Court 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. Bring money for a coffee stop.</p>	<p>\$15 if bike hire required</p>	<p>Tue 11 Jun</p>	<p>9.30am-1pm</p>	<p>Bushranger Bikes 0409 053 694</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.</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. Bring money for a coffee stop.</p>	<p>\$15 if bike hire required</p>	<p>Fri 14 Jun</p>	<p>9.30am-12.30pm</p>	<p>Bushranger Bikes 0409 053 694</p>
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