

Cycling in inner west & south west Sydney

August 2011



Cycling events

Go to www.bicyclensw.org.au for information on:

- National Ride2School Day
- Gear up Girl
- Spring Cycle
- National Ride to Work Day

MS Sydney to Gong Ride
www.msaustralia.org.au/gongride

Earth Ride www.earthride.com.au



Social riding

Bicycle NSW and other BUGs (Bicycle User Groups) across Sydney Contact Bicycle NSW to find out more.

Ph. 9218 5400, www.bicyclensw.org.au

To read their newsletter and social rides calendar:

www.pushon.com.au

NSW Transport, Road Traffic Authority (RTA) website including riding for fun, events, courses, transport and planning etc.

www.bicycleinfo.nsw.gov.au/

Liverpool BUG (for social rides and other cycling activities in the Liverpool area)

Contact Maree. 0438 395 690,

maree.stacy@sswahs.nsw.gov.au

Western Sydney Cycling Network (for social rides and other cycling activities in the Fairfield area)

Contact Bob. 0422 933 612,

www.westernsydneycyclingnetwork.com.au



Cycling at Sydney Olympic Park

Sydney Olympic Park has over 35 kilometres of cycling pathways and trails. From Olympic icons to spectacular parklands and areas of cultural heritage a bike is the perfect way to explore.

Bike Safari Circuits map (Sydney Olympic Authority).
Ph. 9714 7888

Monster BMX Track and Mountain X Course are built for pros and beginners alike. Two tracks of meandering dirt jumps and turns designed to get your heart rate racing. Open sunrise to sunset. Off Hill Road, Sydney Olympic Park. Ph. 9714 7888

Cycling skills courses and coaching

AustCycle skills courses (beginners and intermediate) for adults and children, including schools programs. NSW Environment and Heritage funds free Austcycle cycling training vouchers for cycling skills courses. Contact Austcycle for details www.austcycle.com.au

Back on Your Bike and Commute by Bike.
Sydney Community College. Ph. 8752 7555,
www.sydneycommunitycollege.com.au

Back on Your Bike. Macarthur Community College.
Ph. 02 9826 6455, enquiry@macarthurcc.com.au

Cycling coaches: For individuals, schools, workplaces etc:

- **Austcycle Coach** Radmila Avramovic.
Mobile Bike Rental & Mobile Bike School.
For Bookings call 0449 525 829,
info@mobilebikerental.com.au
www.mobilebikerental.com.au



- **Austcycle Coach** Donna Meehan. 0414 476369,
donna@domestique.com.au,
www.domestique.com.au
- Tanya Bosch. Ph. 9369 1436, 0419 217 974,
onyabike@ozemail.com.au
- Matt Geale (Campbelltown). 0412 952 626,
matt@soular-energy.com

For more information

Contact Jeni Bindon at the Health Promotion Service,
Ph. 9515 9055, jbind@email.cs.nsw.gov.au

get healthy
Information & Coaching Service
1300 806 258
Monday - Friday 9am - 5pm
www.gethealthynsw.com.au



Health



www.cyclingconnectingcommunities.net

Cycling skills courses, competitions, events etc. – schools

Austcycle www.austcycle.com.au

Bicycle NSW Schools Program. **Ph. 9704 0800**
www.bicyclensw.org.au/content/schools-program

Road Safety Education Centres for primary schools, CARES Facilities:

- Bass Hill. **Ph. 9743 9297**
- City of Sydney. **Ph. 973 9297**

Campbelltown Bicycle Road Safety Education Centre.
Ph. 4645 4376

Georges River Environment Education Centre.
Environment Quests – learn about the local environment by bike. **Ph. 9755 3189**,
www.georgesriv-e.schools.nsw.gov.au



Western Sydney Cycling Network (Fairfield area) offer courses:
www.westernsydneycyclingnetwork.com.au



Active After School Program – cycling courses run by coordinators and bike groups. **Ph. 8765 2539**,
mark.busby@ausport.gov.au ausport.gov.au

Community bike fleets

Western Sydney Cycling Network (Fairfield area). Bike hire, skills courses and rides. **Ph. 9604 2221**,
www.westernsydneycyclingnetwork.com.au

Miller Bike Fleet @ The Hub. Use of a bike for a gold coin donation for residents and organisations in Miller.
Ph. 9608 8920, www.cyclingconnectingcommunities.net

Wheels in Motion bike fleet. Bike hire for a gold coin donation for residents and organisations in Rosemeadow and Ambervale. **Ph. 4655 8644**

Community Bike Shed – Recycled Bikes. **Ph. 9789 9567**



Cycling for sport

Marconi Cycling Club. **0414 694 141**,
www.marconicyclingclub.com

For other local cycling clubs and introductory sessions at the Dunc Grey Velodrome, Bass Hill Contact: Cycling NSW.
Ph. 9738 5850, www.nsw.cycling.org.au

Cycling Australia for coaching, clubs, race events etc.
Ph. 9644 3002, www.cycling.org.au

Mobile Bike rental info@mobilebikerental.com.au
www.mobilebikerental.com.au

Bike hire @ Sydney Olympic Park. **Ph. 9746 1572**,
www.sydneolympicpark.com.au

Free maps and resources

Discover Fairfield and Liverpool by bike and Active Transport Guide: Cycling around Fairfield City (Fairfield City Council). **Ph. 9725 0222**

Road Traffic Authority (RTA) produce a range of resource including cycling maps and A handbook for bicycle riders.
Ph. 1800 060 607, www.bicycleinfo.nsw.gov.au/

Bicycle NSW www.bicyclensw.org.au

Getting to Sydney Olympic Park by bicycle (SSWAHS)
Ph. 9828 5911

Bike Safari Circuits map (Sydney Olympic Authority)
Ph. 9714 7888

Sydney cycling guide and map, City of Sydney
Ph. 9265 0333, www.sydneycycleways.net

Cycling Promotion Fund produce fact sheets, brochures, posters etc.
Ph. 03 9818 5400, www.rideabike.com.au

Cycling books

Visit the Australian Cyclist Bookshop for great books like Cycling Around Sydney: 25 classic rides around Sydney.
Ph. 9218 5400,
www.woodslane.com.au/aus%5Fcyclist

Bike It Sydney (back street guide to inner Sydney) Edition 1, 2, 3.
Ph. 9281 4099, www.bike-it.com.au

Bicycles for hire

Bicycle Recycling by Fairfield City Council. Join the scheme at Fairfield Showground - for a small fee you have long-term use of a recycled bike and a new helmet.
Ph. 9725 0222

Watershed Bike Library – Bikes, cargo/carriage bikes and equipment for loan. 218 King St Newtown. **Ph. 9519 6366**,
watershed@marrickville.nsw.gov.au

