

Cycling in inner west & south west Sydney

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**



There are a number of BUGs in inner west and south west Sydney including:

- Liverpool BUG for social rides and other cycling activities in the Liverpool area. Contact Maree. **Ph. 0438 395 690, maree.stacy@sswahs.nsw.gov.au, www.cyclingconnectingcommunities.net**
- Western Sydney Cycling Network for social rides and other cycling activities in the Fairfield area. Contact Bob. **Ph. 0422 933 612, www.westernsydneycyclingnetwork.com.au**

Cycling skills courses and coaching



AustCycle skills courses for children and adults: **www.austcycle.com.au**

Department of Environment and Climate Change offer free AustCycle cycling training vouchers for cycling courses for 16+ years for community and staff groups till August 2009. Contact **Emission.Reduction@environment.nsw.gov.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. 9826 6455, www.macarthurcc.com.au**

Cycling coaches for individuals, schools, workplaces:
Tanya Bosch. **Ph. 9369 1436, Ph. 0419 217 974, onyabike@ozemail.com.au**
Matt Geale (Campbelltown). **Ph. 0412 952 626, matt@soular-energy.com**

Cycling



Cycling skills courses and coaching - schools

Ride2School project offer cycling courses for schools:
www.bicyclensw.org.au/content/ride2school

Road Safety Education Centres for primary schools

- CARES facilities: Bass Hill. **Ph. 9743 9297**,
City of Sydney. **Ph. 9265 9333**
- Campbelltown Bicycle Road Safety Education Centre.
Ph. 4645 4376

Georges River Environment Education Centre. Cycle Quests.
Ph. 9755 3189, www.georgesriv-e.schools.nsw.edu.au

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



Cycling for sport

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

Cycling NSW for introductory sessions at the Dunc Gray Velodrome, Bass Hill.
Ph. 9738 5850,
www.nsw.cycling.org.au

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

Bike hire @ Sydney Olympic Park. **Ph. 9714 7888**, www.sydneyolympicpark.com.au

See information on community bike fleets opposite.

Free maps and resources

Discover Fairfield and Liverpool by bike (SSWAHS). Ph. 9828 5911

Active Transport Guide: Cycling around Fairfield City (Fairfield City Council). Ph. 9725 0222

Roads and Traffic Authority (RTA) produce a range of resources including cycling maps and *A handbook for bicycle riders*. Ph. 1800 060 607, www.rta.nsw.gov.au

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

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

Live Green Sydney Cycling map. City of Sydney. Ph. 9265 9333, www.cityofsydney.nsw.gov.au/cycling

RPA/Sydney University Bicycle Map (SSWAHS/USyd). Ph. 9515 9055, hpureception@email.cs.nsw.gov.au

Thinking about cycling? How to get from A to B and take the road to better health (SSWAHS). Ph. 9828 5911

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). Ph. 9281 4099, www.bike-it.com.au

Community bike fleets

Western Sydney Cycling Network (Fairfield area).
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

Cycling events

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

- National Ride2School Day
- Gear Up Girl
- City of Sydney Spring Cycle
- National Ride to Work Day

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

Earth Ride: www.earthride.com.au



Cycling at Sydney Olympic Park

Bicycle hire available at the information centre and Bicentennial Park, and from Blaxland Riverside Park (weekends only).

Getting to and around Sydney Olympic Park by bicycle map (Sydney Olympic Authority). Ph. 9714 7888

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.

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

For more information

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