



RIDE INFORMATION SHEET

Western Sydney Parklands Ride

This is a 33 Kilometre **medium** grade ride, with long stretches of unimpeded cycle path, with some hills. Because of the number of small hills, basic cycling fitness and ability to use the bike gears is advised. The ride can be broken into two shorter easier routes using the junction of Elizabeth Drive cycle path and M7 cycle path as the dividing point. (More details at the end of this information sheet.)

There are limited water stops so take sufficient water particularly in warmer weather.

Coffee stop / shop options – Abbotsbury or Carnes Hill both a short distance by bike away from the track

<p>START Car Park - Plough and Harrow Park Off Elizabeth Drive</p> <p>Water, Toilets & BBQ/ picnic facilities</p> <p>Start with loop on the cycle path of park then out onto cycle path on Elizabeth Drive (northern side) ride up to Cowpasture Rd</p> 	
<ul style="list-style-type: none"> • Left on Cowpasture Rd path - cross at the lights (onto eastern side cycle path) 	
<ul style="list-style-type: none"> • Use switchback pedestrian bridge (Over Cowpastures rd). • Cycle path around the edge of reserve to Abbotsbury shops. • Follow Cycle path on Province Rd. 	
<ul style="list-style-type: none"> • At Car Park Fairfield City Farm, take cycle path on the left – rolling hills up to 'The Dairy' picnic area. <i>(for a short cut take Cotswold Rd from here up to the lookout)</i> 	

- Follow water canal then left at Western Sydney Parkland marker (wooden block without logos on it).
- Short path through small grove of trees
- Follow Western Sydney Parkland sign onto slightly rough surface roadway.



Significant hill to Sugarloaf Ridge lookout - rough surface road
All but the keenest cyclist will have to walk this hill, but the views are worth it!



It is worth taking the short path off the main track to sugaloaf ridge lookout



After lookout – continue back on the main path/road.

Exit from WSP path near water tower



Steep decent to M7 – Hazard – loose gravel at bottom turn onto M7 path (at Villiars rd link)

Continue south on the M7 Path



For the shorter options ■ *The Elizabeth Drive exit from the M7 path is the option to return to start at Plough & Harrow Park.* ■ *This is also the point to enter to only ride the West Hoxton / Carnes Hill section.*

Take third bridge crossing M7 (after Elizabeth Drive exit) for continuation of Western Sydney Parklands track.



Parkland track exits the park onto Twentyseventh Ave

Continue south on Twentyseventh Ave (compacted gravel road)

Cross over Fifteenth St using cycle crossing

Twentyseventh Ave becomes
Thirtysecond Ave

At end of sealed road continue on
gravel road (right side)



Western Sydney Parklands track
Continues on rough gravel road (right
side)



Gate to Greenway Loop cycle path

Leave Parkland track where it becomes
grass walking track and use Greenway
Loop path .

Follow Greenway Loop path
(passes horse paddocks and then
along fence line of housing
development)



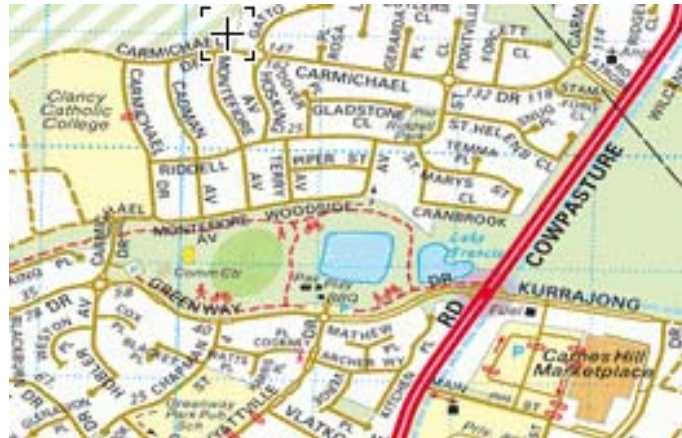
Exit Greenway Loop at Carmichael Drive (at the WSP sign)

Carmichael Drive ride down the hill past Clancy Catholic College)



Follow bend in Carmichael rd

Right turn on to cycle path in Greenway Park through to Cowpasture Rd. Use pedestrian lights to at Kurrajong Rd. into Carnes Hill Shopping Centre. Coffee stop shops, and toilets.



- Return to Cowpasture Rd – Right onto Cowpasture Rd cycle path (eastern Side) continue unto the entrance of M7 Cycle path
- Continue north on M7 Cycle path to Elizabeth Drive Exit
- Right Elizabeth Drive cycle path down the hill.
- Cross at traffic lights to Plough and Harrow Park.

END

For shorter ride options both start and end at Plough & Harrow Park (■)

1. Abbotsbury / Cecil Hills section (aprox 13km)

Follow the directions but return to Plough and Harrow Park by leaving the M7 path on to the Elizabeth Drive path down to the pedestrian lights to cross back in Plough & Harrow park.

2. West Hoxton / Carnes Hill section. (aprox 20km)

From Plough & Harrow Park cross at the pedestrian lights turn Right onto the Elizabeth Drive cycle path up to the M7 cyclepath. Turn left on the M7 path. And follow the directions on this sheet from there.

