

# C4P RIDES PROGRAMME

June 2010 to October 2010

## SOUTHERN CYCLE PATH LOOP

Sunday 13 June 2010 - approx. 50 km  
Start 9:30 am from concert hall car park

We will ride along the freeway and Roe highway cycle paths, coming back along the Canning and Swan river cycle paths to the concert hall. Take some snacks as there is no refreshment stop along route. For further information please ring Silvia on 9272 2127.

## RIDE TO CARMEL

27-Jun-10  
Distance: 60 km Grade: Hilly

Depart from the Perth Concert Hall car park at 10.00 am for a ride up the Darling Scarp to Fairbrossen Tea Rooms in Carmel for an early lunch. Return to Perth mid afternoon. Please note this ride involves a hard climb up Welshpool or Crystal Brook Road. Ring John on 9447 8939 for more information.

## JOHN FORREST LOOP

Sunday, 11 July, 2010 50 km Grade: Medium  
Start: 9:00 AM from Midland Train Station

By train arrive at Midland Train Station at 9:00 AM for a 9:30 start at the top end of Morrison Rd. (turn left into Pechy Rd - at the local carpark). Head up Railway Reserve Historic trail to Stoneville / SawyersValley for lunch at Mundaring. Downhill through Glenforest / Greenmount and back across to the start. Mountain bikes a must. It is a long ride and good fitness is required. Contact: Warren on ph: 9242-1176 for details.

## TRAINING RIDE

Sunday, 10 August, 2008  
50 km easy

Catch the 9 am train from Perth train station to Seaforth (Armadale line) for a 9:30 am start from Seaforth train station. We will go along the Tonkin Highway bicycle path to Rowley Road and then across via the Lakes to Fremantle. We will have some refreshments when we get to Freo. From Fremantle you can either hop onto the train or cycle back to Perth. For more details contact Silvia on 9272 2127.

## RAILWAY AND RIVERS

08-Aug-10  
50 km Grade: Flat  
Start: 10.00am from Concert Hall car park

From the City this ride will take us partially along the Swan River past the Burswood Casino and then follow the Armadale Train Line along adjacent quiet roads until we reach the Roe Highway at Beckenham. Diverting then to connect with the cycle way meandering along the Canning River as we head back towards Perth, passing under the Riverton, Shelly and Mt Henry Bridges to our lunch destination at Toscanini's Café in Applecross. A short leisurely ride after lunch past the Raffles, up the Kwinana Freeway cycle way, over the Narrows Bridge for a return to our starting destination. Call Trevor on 9345 1048 or 040 202 9608 for details.

## FREMANTLE

Sunday, 29 Aug 2010 60 km Grade: Easy  
Start:10:00 AM from Concert Hall car park

We should reach Raffles Hotel at 10:45 for anyone who would like to join the ride there. Head inland route to Fremantle for lunch at the Istanbul Restaurant (Essex St). Returning via western suburbs. By early afternoon. Contact Mari on 9384-9430 or 0448 280 923.

## NORTH OF THE RIVER ENVIRONS

12-Sep-10  
40 km Grade: Flat  
Start: 10.00am from Concert Hall car park  
Trevor

This ride follows the cycle path along the north side of the Swan through the older riverside suburbs of Maylands, Bayswater and Ashfield, until we leave the river at Bassendean. Proceeding along quieter sections of Walter Road through some of the Eastern Suburbs, we will head for our lunch stop at the Inglewood Hotel.

It's a short connect after lunch onto the railway reserve cycle way near the Maylands Train Station, where we can make our way back to the City.

Call Trevor on 9345 1048 or 040 202 9608 for details.

## YORK WEEKEND

26-Sep-10  
Start  
Bill

## BICKLEY ROLLER COASTER

10/10/2010  
40 km, Grade: Hilly  
Start: 10:00 am from Kalamunda

Meet at the car park of the Kalamunda Historic Village for a ride up and down the hills behind Kalamunda. We will have morning tea along the way at the Packing Shed and if the hills have really got you going then we could also have a reviving coffee and cake when we get back to Kalamunda. For more information contact Jeremy on 9272 2127.

## HARDEY ROAD TO CHIDLOW

Sunday, 24 Oct 2010 40 km Grade: Medium  
Start: 10:00 am from Hardey Rd (off Gt. E. Hwy)

Start from the sports ground car park on Hardey Rd. off Great Eastern Hwy in Glen Forrest. Follow the bike path up the hill for an enjoyable ride through the hills. We will stop at the Sawyers Valley Pub for lunch.