



Brisbane Bicycle Touring Association Inc.

Calendar for June – July 2008

- Riders must
- obey the road rules, and acknowledge that they ride at their own risk;
 - bring ID, water, sunscreen, pump, puncture repair kit, tools, first aid kit;
 - arrive early and be READY TO RIDE AT THE ADVERTISED STARTING TIME.
- Rides are open to non-members for up to 3 rides

Membership enquiries – 0432 688 764
 Website: <http://www.bbta.org>
 Email: rides@bbta.org
 Ride Coordinators – Kate and Elizabeth

MULTI DAY TOURS

Weekend 31 May – 1 June

Queen Mary Falls Weekend Tour – 70+44km med-hard (M4) 🏠
 Starts Warwick Police Station 7.30am. Starting in Warwick, this wonderful weekender heads to Killarney for via Yangan before cruising up to the picturesque Queen Mary Falls. A walk to the Falls is a great way to finish the day. Staying at the caravan park, accommodation options are camping or cabins, with an evening meal at the cafe. Sunday morning starts with a ride up to Carr's Lookout stopping at the cafe for a morning's cuppa before returning back past the camping ground for a comfortable downhill run, taking a shorter route back to Warwick. Riders must ring Jim and Judy, 32666418 by 25th May.

Weekend 7 - 9 June

Queens Birthday Long Weekend Tour – Darling Downs 🏠
 Day One – Oakey – Dalby 70km, Day Two – Dalby – Cecil Plains via Ackland 70km, Day three – Cecil Plains – Oakey 71km
 More details to follow on BBTA site. Riders must ring Jim and Judy for start and further details on 3266 6418

Weekend 28 – 29 June

Imbil Adventure 28 – 29 June 55km / 60km 🏠
 Yandina to Imbil, Accommodation is at the Island Reach Camping Resort, 5-15 Imbil Road Imbil and dinner is at the pub. Return to Yandina the next day via North Arm. Please phone by 23/6/08.
 Leader: Terry 0421 644 009 - 3846 7758

6 Day Tour Sunday June 29th – Friday July 4th

The Brisbane Valley Tour 9.00am Caboolture Railway Station (Matthew Terrace side)
 Caboolture to Ipswich via Rosewood – 346 km over 6 days. Please call for further details, Graham Roberts 38221898 [h] 0403 687 305
groberts@bigpond.net.au

Weekend 12 – 13 July

8.00 am Reverse Lions Road Weekend Tour 58 / 73 km Hard S4 to M4

Start Rathdowney. Join us for a classic club weekend tour in reverse. Starting at Rathdowney we cycle up Mt Lindsay Highway to the Qld/NSW border gate for our first break. We continue through the rainforest with the bellbirds twittering before turning onto the Summerland Way. Lunch will be beside the road before arriving at our accommodation, the Commercial Hotel Kyogle. Dinner is at the pub. An early start on Sunday will see us cycling 22km back up the Summerland Way to the Lions Road turn-off. Today will be a hilly and hard ride but very scenic with beautiful rainforests. Accommodation costs \$20 - \$25 /person with bedding supplied. BYO coffee, tea and breakfast. Kitchen facilities and lockable accommodation for bicycles available. BYO lunch, water and snacks for both days. Please ring to register for the ride as we need to confirm accommodation 10 days beforehand. Leader Stan and Jenni Pearce Ph 3369 9661 0418 568 061

Weekend 26-27 July

8.30 am Knapps Peak / Bigriggen Weekend Tour Medium 60 / 37 km S2 – M2

Start: Boonah. Details TBA. A ride saturated with scenic views on Saturday. We leave Boonah cycling toward Knapps Peak and Cannon Creek via quiet, country roads arriving at our campsite, Bigriggen Park, about lunch time. The morning ride of 38 km entails 14 km of dirt, which is quite rough and hilly in parts. An afternoon ride of 21 km provides fantastic views of Mt Barney and Mt Maroon

followed by a BBQ dinner. After a leisurely start to the morning on Sunday and a swim in the waterhole if you're brave, we cycle to Mt Alford before arriving in Boonah for lunch. Camping fees are \$7.00 per adult with hot showers costing 20 cents for 2 minutes. Additional costs for the BBQ to be advised. A small shop provides basic supplies. Overnight temperatures will be quite cold. Except for meat and wood, food and bbq utensils will be distributed among riders to carry. Please register by 16 July and advise if participating in the BBQ. Leader's Stan and Jenni Pearce Ph 3369 9661 0418 568 061

REGULAR DAY & NIGHT RIDES

Saturdays

6.45am SOUTHSIDE – Wynnum Dash 61km F2 – Long Cruise 61km MF2 – Wynnum Cruise 48km MF2

Depart: Lincoln St, Stones Corner (north end). Faster paced rides aimed at self-sufficient riders. One stop at midpoint in Wynnum. Outbound via Balmoral and Lytton, longer ride included Fisherman Island Circuit. Shorter takes more direct route from Lytton to Wynnum. After 10 minute stop in Wynnum, all riders return via the Bay from at Lota and through Cannon Hill. All riders meet after ride for coffee/breakfast @ Cafe di Moda, Stones Corner. Leaders: Peter Brennan (F2/61km) 0408-983474; Ginny Scott (MF2/61km) 3376 7781; Graham Roberts (MF2/46km) 0403 687 305.

8:00am NORTHSIDE - SANDGATE SWIFT 1st/3rd/5th Saturday each month. B to MF1 46km.

Start Toombul Centro (opposite Billy Baxters). Flat brisk paced ride along Jim Soorley (Schulz Canal) bikeway and back streets to Shorncliffe for a 10 minute stop then loop around Sandgate and return the same way. Aim to average 24kph overall with 25-30 kph along the open stretches of the canal. Coffee etc after ride at Billy Baxters. Leader Jenni E 3868-1789 or 0416-028-754

2.30pm Fitness and Friendship 40km Medium 🏠

Depart Windsor RWS carpark (opposite Brown St) Aim is to go out & back so that we are back on the Kedron bike track in time to meet up with the regular Arvo ride for the last 6 or so kms and have coffee together. If time allows & the riders are interested we may do some interval circuits on the criterium course – great for improving your fitness. 7, 21 June & 5, 19 July only Leader Kate Macdonald – Must Phone on 3857 7472

3.00pm NORTHSIDE - SATURDAY ARVO RIDE – 20km – Easy (S2)

Leader Varies: Start Windsor RWS carpark. Come along and try our regular easy-paced ride, mainly on bikeways and back roads, with very few hills. A very social ride with regular re-groups, this is a good way to get into or back into cycling. Refer to day by day listing for dates and leader contact details

RIDE GRADING: Terms such as Easy, Hard etc. take account of the distance, speed, and difficulty of the terrain. Codes such as S2, MF3 etc. give information about the pace and terrain (only).

L = leisurely pace, lively conversation
 S = social pace (speedo average up to 18kph plus)
 M = moderate pace (speedo average 19kph plus)
 MF = moderately fast (speedo av. 24kph plus)
 F = fast pace (speedo average 30kph plus)

- 1 = basically flat (uphill stretches are few and far between)
- 2 = some hills (more than 2/3 of the ride is on flat terrain, steep climbs are short, and few and far between)
- 3 = moderate hills (up to 1/3 of the ride is uphill; may include long or steep climbs, but not long AND steep)
- 4 = serious hills (mostly hills AND/OR includes one or two climbs comparable to – but not more difficult than – Mt Cootha)
- 5 = challenging (contact ride leader for details)

Note: "Trip average" speed will depend on the terrain, timing of stops, and other factors. Stops to regroup or rest will be more frequent and longer on L and S rides than on M, MF and F rides

🏠 means that riders are **expected** to phone/email the leader beforehand to register their interest in joining the ride

Sundays

3.00pm SOUTHSIDE - SUNDAY ARVO RIDE – 20km – Easy (S2) NOT EVERY SUNDAY THIS CALENDAR. Leader varies; Starts Lincoln Street, Greenslopes (Stones Corner) Another easy-paced ride suitable for both novices and experienced riders. Refer to day by day listing for dates and leader contact details.

Monday Evenings – you must ring leader to participate on this ride

6.15pm The Palace Night Ride M1 25km 19km hour average 📍
Depart: Hoffs Cycles carpark, Bowser Pde Sandgate. Bayside night ride to Palace Hotel at Woody Point for dinner (\$10.95 + drinks) Secure bike parking. Suitable lights etc otherwise no ride. New riders, please ring to confirm ride is on.
Leader Jim Forayter 0407 175 488

Tuesday & Thursday mornings – alternates one day each week

8.00am Big Oasis S1 to M1 43 or 57km Easy Medium
Depart: Anaconda Carpark, South Pine Road, Everton Park. Flat ride to either (Tuesdays) Laguna Cafe at Sandgate (57km) or to the Cannery at Banyo (43km), depending on the riders fitness – or Thursdays to Nudgee Beach (43km) with morning tea at Pam n Harry's, spinning along Kedron Brook and Shultz Canal bikeways. Leader for June: Darryl B Ph: 0417 229 263; Leader for July: Geoff S Ph: 3359 4688 or 0408 702 294

Thursday mornings

9.00am Logan BUG Ride 30km to 80km
Depart: Carnival St near Loganlea RWS (Not a BBTa ride) This is a 'pot luck' ride. Distance and pace depending on the group. Coffee afterwards at Waterford West. For more info contact Leader: Samantha Kajewski 0488 749 026 or Leader Kurt Doerr 5546 3482

MEETINGS AND SOCIAL EVENTS

Monday 16 June

Rides Planning Night

Monday 14 July

Social night

DAY-by-DAY CALENDAR

Saturday 31 May

6.45am Wynnum Dash 61km F2 - Long Cruise 61km MF2 Wynnum Cruise 48km MF2 Depart Lincoln St Stones Corner. Refer regular rides section

8:00am Sandgate Swift Depart Toombul Centro (opposite Billy Baxters) Refer regular rides section for more detail

Saturday Arvo Ride – See regular rides section for more detail.
Leader: Tony Malone Ph: 3201 4727

Queen Mary Falls Weekend Tour – see Tours section for more details

Sunday 1 June

6.00am MS Brissie to the Bay Bike Ride 50km, 25 km, 10km Start Musgrave Park Ph 1800 287 367 for more details

8.00am Mt Nebo 55km 📍

Cycle along the rail trail at Ferny Grove and up the Goat Track to Mt Nebo, returning to Roma St RWS. Must ring for start location.
Leaders: Paul and Kate Ph: 0432 688 764

8.30am Downfall Creek & Kedron Brook S2 30km Easy

Depart: Toombul Shoppingtown, carpark outside Coles. Follow the bike paths through Downfall Creek from Virginia to the Bushland Centre at Chermanside West. From there it goes along Trouts Rd to Everton Park & onto the Kedron Brook bikeway & back to Toombul. Coffee stop etc at Toombul afterwards. Leader: Jeffrey Foreman Ph: 3262 4410

Sunday Arvo Ride – Bulimba - See regular rides section for more details. Leader: Graham C Ph: 3349 5676 or 0402 477 083

Monday 2 June

6.15pm Palace Night Ride 25km M1 📍 see regular rides section for more details. Leader: Jim F Ph: 0407 175 488

Tuesday 3 June

8.00am Big Oasis S1 to M1 43 or 57km Easy Medium. See Regular rides section for more details. Leader: Darryl B Ph: 0417 229 263

Thursday 5 June

9.00am Logan BUG Ride. See regular rides section for more details

Saturday 7 June

Queen's Birthday Long Weekend Tour – Darling Downs. See multi day tour section for more details

6.45am "Wynnum Dash", "Long Cruise", "Wynnum Cruise" See regular rides section for more details

8:00am Sandgate Swift See regular rides section for more details

9.00am Centenary Hump, L2 26km

Assemble in the car park, Jindivick Street, behind the shops (UBD 177 L20), travel quiet streets and bikeways, some undulations, including a middling size hump, back to Chase the Rider for coffee and whatever.
Leader: Stephen Jackson Ph: 0438 943 813

2.30pm Fitness and Friendship 40km Medium 📍 see regular rides section for more details

3.00pm Saturday Arvo Ride See regular rides section for more details Leader: Tony Malone Ph: 3201 4728

Sunday 8 June

7.00am Straight to the Point 80km MF2

Depart: Beenleigh – Bob Jane Car Park Opp B'leigh RWS Alamein St. Come for a Sunday jaunt down the V1 to Paradise Point & return via Movie World. We'll stop for coffee before the return ride over some rolling hills (BP). Leaders: Ian & Sam Kajewski Ph 3200 4935

7.30am Northside Petrie Ride 40km, M2. Leader: Meryl Ph: 3491 9114

8.00am Long Pocket, the long way via 5 bridges S2 65km.

Start & finish Rocks River Park, 17 Mile Rocks, BYO picnic lunch. Meet 1st car park on left. Good prep ride for S level Cycle Qld riders (& any others) via Edenbrooke, West End (m'tea), Long Pocket (river rest stop). Some ups and downs, several short/steep pinches plus Dornoch Terr. Ave 16km/h (excl. 2 rest stops), running at 20-28km/h on flat bits. Slow up hills. Leader: Marjorie Ph 0409 640 656

3.00pm Sunday Arvo Ride See regular rides section for more details. Leader: Jeffrey Foreman Ph: 3262 4410

Monday 9 June

6.15pm Palace Night Ride 25km M1 📍 see regular rides section for more details. Leader: Jim F Ph: 0407 175 488

Thursday 12 June

8.00am Big Oasis 43km or 57km S1 to M1 See regular rides section for more details. Leader: Darryl B Ph: 0417 229 263

Saturday 14 June

6.45am "Wynnum Dash", "Long Cruise", "Wynnum Cruise" See regular rides section for more details

3.00pm Saturday Arvo Ride See regular rides section for more details. Leader: Elizabeth C Ph: 0412 875 980

Sunday 15 June

7.30am Did I really get up early for this? 100km M1 📍

Depart: Windsor RWS (opp. Brown St) > Scarborough and back by 12.30pm.

Aim is improve rider's endurance & provide a challenge. Av. speed 19-20 kph. Out via Geebung, Deagon Deviation to Scarborough 45 kms. Return via Sandgate, Bloondall Wetlands & Schultz canal 55 kms.

Only stop is at Scarborough for water & toilet. Mainly flat except for Kedron Brook Rd & parts of Wavell Heights. No tail rider, a map is provided for riders not familiar with the route. **Recommend that riders bring energy food to eat on the way.** Coffee at the end of the ride.

Please ring if going on this ride. Leader: Kate M. Ph: 3857-7472

7.30am Sunday Swift 60km MF1

This ride follows a clockwise direction leaving Sandgate along Telegraph road through to Strathpine along South Pine Rd. Then onto Gympie Rd through to Mango Hill, Deception Bay, Newport Waters, back along the Hornibrook Bridge, followed by the foreshore of Sandgate where coffee awaits after. We will be aiming to average 25kms over 60km. Leader James T Ph 3357 7569

9:00 am Flatlands 54 km S1

Depart: Virginia Railway Station (UBD 120, N12), Sandgate side. The ride works its way to Sandgate for a snack, possibly at Clontarf, on to Woody Point, and then returns through Chermanside to end at around 12:45. We are looking at a riding average of 16 km/h, plus regroupings and snacks, running at up to 22 km/h on the good flat bits. Should be loading bikes by 1:15pm. Leader: Stephen Jackson Ph: 0438 943 813 Email: smasj@bigpond.net.au

9.00am Francis Lookout Sherwood 42km S2 – M2

Start Gregory Park, Baroona Rd, Rosalie. Following the Western Freeway bike path we visit the Rocks Riverside Park and explore the back streets of Oxley and Corinda. Morning tea is at Francis Lookout with views to Mt Coot-tha and the City. We complete the ride via Brisbane Corso and Eleanor Schonell Bridge finishing with coffee at Park Road. Leader: Stan and Jenni Ph: 3369 9661 or 0418 568 061

3.00pm Sunday Arvo Ride see regular rides for further details. Leader: Graham C Ph: 3349 5676 or 0402 477 083

Monday 16 June

6.15pm Palace Night Ride 25km M1 📞 see regular rides section for more details. Leader: Jim F Ph: 0407 175 488

Tuesday 17 June

8.00am Big Oasis 43km or 57km S1 to M1 see regular rides section for more details. Leader: Darryl B Ph: 0417 229 263

Friday Night 20 June

6.00pm Ride and Dine 20km L2 Easy

Departs: Roma St Parklands Café. A restaurant ride imposing only modest athletic demands before getting down to the real business of the evening at an unpretentious BYO restaurant in the West End. Lights essential, high-visibility gear always handy. Leader: Robert B Ph: 3369 0707

Saturday 21 June

6.30am Redlands and the 7 Sisters 50km B3 Coffee after ride

Depart Car park Logan Bike Hub, cnr Mungaree Dr & Commercial Drive. An easy ride over the 7 sisters. Rolling hills – momentum counts – great smooth roads. You'll love this. Then coffee & breakfast at Coffee Club Logan Hyperdome. Leaders Ian & Sam Kajewski Ph 3200 4935 or 0418 749 026

6.45am "Wynnum Dash", "Long Cruise", "Wynnum Cruise" See regular rides section for more details

7.00am Nice N Easy 48km M2

Depart: Toombul Centro Shoppingtown SW carpark under rail line. A ride to Sandgate waterfront for half way cafe stop, by road and bikepath, returns via Boondall Wetlands and Shultz canal. Leader: Anne M Ph 3279 0948

8:00am Sandgate Swift See regular rides section for more details

2.30pm Fitness and Friendship 40km Medium 📞 see regular rides section for more details

3.00pm Saturday Arvo Ride See regular rides for more details.

Leader: Tony Malone Ph: 3201 4728

Sunday 22 June

8.30am Linville-Blackbutt Rail Trail 4 MTB's & Hybrids 46 km L3

Start: Linville RWS car park (2hr drive NW of Brisbane). Leisurely day out riding through the bush of the Brisbane Valley region on the rail trail. Gentle climb of 300m on our 3 hour ride to Blackbutt for BYO or cafe lunch. Quicker return back to Linville. For those wanting a longer ride, you could commence your ride at Moore and ride the 7 km of rail trail to Linville in time for 8.30 start. Leader Iain M Phone 0402-110-645 or 3848-3617. Email : ikmoore@optusnet.com.au

Monday 23 June

6.15pm Palace Night Ride 25km M1 📞 see regular rides section for more details. Leader: Jim F Ph: 0407 175 488

Thursday 26 June

8.00am Big Oasis 43km or 57km S1 to M1 see regular rides section for more details Leader: Darryl B Ph: 0417 229 263

9.00am Logan BUG Ride. See regular rides section for more details

Friday Night 27 June

6.00pm Out and About on Friday Night 45km

Nothing to do on a Friday night? Come for a ride through the wetlands out to Sandgate for dinner. Lights essential to see through the darkness. We then proceed back to Toombul along Sandgate Road to get that extra fitness in. Finish about 9.30pm. Leader: Torben A Ph 0413 927 957

Saturday 28 June

6.45am "Wynnum Dash", "Long Cruise", "Wynnum Cruise" See regular rides section for more details

7.00am Pedal Braker 120km;- Hard MF5 📞

Depart: Robina RWS Westside Carpark: We will ride up Springbrook Rd. to Salmon's Saddle, then down to Numinbah Rd. follow this to Murwillumbah to have Lunch. Return over Tomewin and Tallegudgera Connection Rd. Scenic but many hills some big. Please Ring to Register.

Leader: Peter Watson Ph 38077816 Mob 0423109652 Email peter.bmwk75rt@gmail.com

Imbil Weekend Tour See multi day tour section for more details.

Leader: Terry Ph: 0421 644 009 or 3846 7758

3.00pm Saturday Arvo Ride See regular rides section for more details. Leader: Rob Adamson Ph :3266 8353

Sunday 29 June

7.00am Coffee with Three Lumps 105km M4

Start Roma St Parklands Café. If you are a little mad then this is right up your alley. First Mt Cootha for a warm up. Then trip up to Mt Glorious via Mt Nebo Village. Travel via Waterworks Rd, The Gap, Mt Nebo Rd and through Mt Nebo Village. Return via the same route. Coffee stop at Mt Nebo.

Leader: Brian Lowe Ph 0417 202 881

7:00am Centenary to Ipswich 70km MF2

Depart: Mt Ommaney Shopping Centre, Dandenong Rd, elevated carpark (City side) near bike path. Follow Centenary Highway past Springfield, Augusta Way, Redbank Pl Rd through Silkstone to Queen's Park Ipswich where we stop at a coffee shop in very pleasant surroundings. Back to Redbank Plains and across to Brisbane Tce to Wacol Station Rd, Summers Rd and onto the Centenary bikepath for home. Leaders: Allen and Ginny Ph: 3376 7781 or 0408 596 168

7.30am Maurice's Meanderings 75kms - Med M2

Start Lincoln Street Greenslopes (stones corner). This social ride covers the City, River, Toohey Forest and the famous Bulimba Creek bike trail. Our favourite coffee stop at Fairfield Bakery. Leader Maurice Quirke 0407 116 145

8.00am Shops to Shore 63km B1 to MF1

Depart: Toombul Centre (opposite Billy Baxters). Brisk paced ride to Redcliffe via Wavell Heights, Deagon Deviation and Anzac Ave, return via Woody Point, Sandgate, Boondall Wetlands and Schultz Canal. Two 10 water/toilet stops at Hornibrook Bridge and Sandgate. No tail rider. Aim to average 24kph traveling at 27-30kph on roads/along the canal. Leader: Jenni E Ph 3868 1789 or 0416 028 754

Tuesday 1 July

8.00am Big Oasis – see regular rides section for more details.

Leader: Geoff Snell Ph 3359 4688 or 0408 702 294

Thursday 3 July

9.00am Logan BUG Ride 30km to 80 km see regular rides section for more details

Saturday 5 July

6.45am "Wynnum Dash", "Long Cruise", "Wynnum Cruise" See regular rides section for more details

8:00am Sandgate Swift See regular rides section for more details

8.00am Give Me a Break 45km S2

Depart: Mt Ommaney Shopping Centre (NE side) carpark closest to Centenary Highway & the bikepath. Travelling along Centenary highway bikepath, Coronation Drive bikepath to Southbank for breakfast and then continuing onto Kangaroo Point cliffs and New Farm Park. Returning same route. Leader: Anne M Ph 3279 0948

2.30pm Fitness and Friendship 40km Medium 📞 see regular rides section for more details

3.00pm Saturday Arvo Ride – see regular rides section for more details. Leader: Don S Ph 3311 3037

Sunday 6 July

6.00am Easy Imperial Century M2 160kms 📞

Start Roma Street RWS. Come along and do the Imperial Century with me! It will be a long day, but should be enjoyable and rewarding. To take advantage of tailwinds we shall either be catching the train down the coast and cycling back or cycling down and training it back.

Decision by ride leader a few days before the ride. Essential you contact Maurice to take part. As a prerequisite you must have done 100kms before. Leader Maurice Quirke Ph 0407 116 145

7.00am Reverse Wynnum (slower Wynnum Cruise) 46km medium

Depart: Lincoln St (North end) Stones Corner. Out via Cannon Hill to the bay. 10 min. stop @ Wynnum, Pandanus Beach. Inbound via Lytton & Balmoral then retrace the outward route before coffee @ finish. Leader: Iain M Ph: 0402-110-645

Email: ikmoore@optusnet.com.au

3.00pm Sunday Arvo Ride See regular rides section for more details. Leader Jeffrey Foreman, 3262 4410

Monday 7 July

6.15pm Palace Night Ride 25km M1 see regular rides section for more details. Leader: Jim F Ph: 0407 175 488

Thursday 10 July

9.00am Logan BUG Ride See regular rides section for more details

8.00am Big Oasis – see regular rides section for more details.

Leader: Geoff Snell Ph 3359 4688 or 0408 702 294

Saturday 12 July

6.45am "Wynnum Dash", "Long Cruise", "Wynnum Cruise" See regular rides section for more details

8.00am Long Pocket, the long way via 5 bridges S2 65km. Start & finish Rocks River Park, 17 Mile Rocks, BYO picnic lunch. Meet 1st car park on left. Good prep. ride for S level Cycle Qld riders (& any others) via Edenbrooke, West End (m'tea), Long Pocket (river rest stop). Some ups and downs, several short/steep pinches plus Dornoch Terr. Ave 16km/h (excl. 2 rest stops), running at 20-28km/h on flat bits. Slow up hills. Leader: Marjorie 0409 640 656

8.00 am Reverse Lions Road Weekend Tour 58 / 73 km Hard S4 to M4 See Tour section for more details. Please ring to register for the ride as we need to confirm accommodation 10 days beforehand. Leader Stan and Jenni Pearce Ph 3369 9661 0418 568 061

3.00pm Saturday Arvo Ride See regular rides section for more details. Leader: Tony Malone Ph 3201 4728

Sunday 13 July

7.00am Coffee with One Lump 60km M4

Depart: Roma St Parklands (at Cafe). Try out your hill climbing legs with a trip up to Mt Nebo village. Travel via Waterworks Rd, The Gap and Mt Nebo Rd. Returns same route. Coffee stop at Mt Nebo Village. Leader Brian Lowe Ph 0417 202 881 Email: blowe6@bigpond.com

7.00am Country Ups and Downs 70km B3 to MF3 depending on group

Depart Bethania RWS car park, Station Rd, Bethania. Some gradual climbs and some great scenery to Bannockburn and onto Logan Village & back through Logan Reserve. We use to ride this when a dirt road – all bitumen now! Logan Village stop if we want. Leader Ian Kajewski 0418 749 026 or 3200 4935.

7.30am "Did I really get up early for this?" 100km M1

Depart: Windsor RWS (opp. Brown St) Aim is improve rider's endurance & provide a challenge. Av. speed 19-20 kph. Out via Geebung, Deagon Deviation to Scarborough 45 kms. Return via Sandgate, Bloondall Wetlands & Schultz canal 55 kms. Only stop is at Scarborough for water & toilet. No tail rider, a map is provided for riders not familiar with the route. **Recommend that riders bring energy food to eat on the way.** Coffee at the end of the ride. **Please ring if going on this ride.** Leader: Kate M. Ph: 3857-7472

3.00pm Sunday Arvo Ride. See regular rides for more information. Leader Jeffrey Foreman Ph 3262 4410

Monday 14 July

6.15pm Palace Night Ride 25km M1 see regular rides section for more details. Leader: Jim F Ph: 0407 175 488

Tuesday 15 July

8.00am Big Oasis – see regular rides section for more details.

Leader: Geoff Snell Ph 3359 4688 or 0408 702 294

Thursday 17 July

9.00am Logan BUG Ride - See regular rides section for more details

Saturday 19 July

6.45am "Wynnum Dash", "Long Cruise", "Wynnum Cruise" See regular rides section for more details

7.30am O'Reilly's for lunch 50KMS

Starting at the base of the mountain we cycle up the road, which is long but not too steep, as it was originally a horse and cart track, to O'Reilly's for lunch. Coffee stop approximately half way up at the alpaca farm. Must ring leader to register and further meeting details. Leader Maurice Quirke 0407 116 145

8:00am Sandgate Swift See regular rides section for more details

9.00am Centenary Hump 25km L2

Assemble in the car park, Jindivick St, behind the shops (UBD 177 L20), travel quiet streets and bikeways, some undulations, including a middling size hump, back to Chase the Rider for coffee and whatever. Leader: Stephen Jackson Ph 0438 943 813

2.30pm Fitness and Friendship 40km Medium see regular rides section for more details

3.00pm Saturday Arvo Ride See regular rides section for more details. Leader: Ian Board Ph 3353 2365

Sunday 20 July

7:00am Centenary to Caboolture 120km MF2

Depart: Mt Ommaney shopping Centre, Dandenong Rd. Bike path to Toowong to Bardon across to Ashgrove to Everton Park. Old Northern Rd to Strathpine onto Gympie Rd to Morayfield and Caboolture for a meal break at 60km. Drink stops planned on the trip. W head back the same way. Leaders: Allen and Ginny ph. 33767781 or 0408596168

8:00am Cruising Toowoomba 56km S2

Depart Ruthven St and Little St Toowoomba. We pass through Top Camp, Ramsay, and then to Cambooya, Wyreema and back through Drayton. There will be a snack stop half way. It is a pleasant ride on country back roads. Leaders Marg and Bruce Ph 4630 7229 Email: bmstew@bigpond.net.au

Monday 21 July

6.15pm Palace Night Ride 25km M1 see regular rides section for more details. Leader: Jim F Ph: 0407 175 488

Thursday 24 July

8.00am Big Oasis – see regular rides section for more details.

Leader: Geoff Snell Ph 3359 4688 or 0408 702 294

9.00am Logan BUG Ride See regular rides section for more details

Friday 25 July

6.00pm Out and About on Friday Night 45km

Nothing to do on a Friday night? Come for a ride through the wetlands out to Sandgate for dinner. Lights essential to see through the darkness. We then proceed back to Toombul along Sandgate Road to get that extra fitness in. Finish about 9.30pm. Leader: Torben A Ph 0413 927 957

Saturday 26 July

6.45am "Wynnum Dash", "Long Cruise", "Wynnum Cruise" See regular rides section for more details

8:00am Inner to Outer 86 km S2 Depart: Shingle Inn, top of Queen Street, to New Farm, Toombul to Hornibrook Highway, lunch at Sandgate, back through Banyo, Herston and Roma Street. Bikeways and quiet streets. Average of 16 km/h, plus regroupings and snacks, running at up to 22 km/h on the good flat bits. Should be back by 3:00pm. Leader: Stephen Jackson Ph: 0438 943 813 Email: smasi@bigpond.net.au

8.30 am Knapps Peak / Bigriggen Weekend Tour Medium 60 / 37 km S2 – M2 See Tours section for more details. Please register by 16 July and advise if participating in the BBQ. Leader's Stan and Jenni Pearce Ph 3369 9661 0418 568 061

3.00pm Saturday Arvo Ride See regular rides section for more details. Leader: Kate M Ph 3857 7472

Sunday 27 July

7.30am Village Wander 50km B2

Depart Bethania RWS car park Station Rd Bethania. An easy ride through the suburbs then country roads to Logan Village. Coffee stop and return through Buccan. Leader Samantha Kajewski Ph 0488 749 026 or 3200 4935

8.00am Shops to Shore 2 78km B1 to MF1

Depart: Toombul Centre (opposite Billy Baxters). Brisk paced ride to Redcliffe via Wavell Heights, Deagon Deviation to Scarborough, return via Woody Point, Sandgate, Boondall Wetlands and Schultz Canal. Three 10 min water/toilet stops at Hornibrook Bridge, Scarborough and Sandgate. No tail rider. Aim to average 24kph traveling at 27-30kph on roads/along the canal. Leader: Jenni E Ph 3868 1789 or 0416 028 754

Monday 28 July

6.15pm Palace Night Ride 25km M1 see regular rides section for more details. Leader: Jim F Ph: 0407 175 488

Tuesday 29 July

8.00am Big Oasis – see regular rides section for more details.

Leader: Geoff Snell Ph 3359 4688 or 0408 702 294

Thursday 31 July

9.00am Logan BUG Ride See regular rides section for more details

Saturday 2 August

6.30am "Wynnum Dash", "Long Cruise", "Wynnum Cruise" See regular rides section for more details

7.30am Sandgate Swift See regular rides section for more details

3.00pm Saturday Arvo Ride See regular rides section for more details. Leader: Pauline R Ph 3262 1464 or 0439 637 582

Sunday 3 August

7.30am Sunday Swift 60km MF1

Leaving Sandgate along Telegraph road through to Strathpine along South Pine Rd, Gympie Rd to Mango Hill, Deception Bay, Newport Waters, back along the Hornibrook Bridge, foreshore of Sandgate where coffee awaits after. Averaging 25kms over 60km. Leader James T Ph 3357 7569

8.45am Montville Loop 52km Hard S4 – M4

Start Landsborough Railway Station. Join us on a picturesque ride to Montville via Mt Mellum and Hovard Road. After a lunch break in Montville we descend the range via Hunchy Road then cycle through Palmwoods, Eudlo, Mooloolah and the Dularcha tunnel back to Landsborough. Please phone to register. Leader: Stan and Jenni Ph 3369 9661 0418 568 061