



## ACTIVE & HEALTHY PROGRAM - JULY TO DECEMBER 2020

Date	Title	Description of activity	Location	Meeting Place	Start time	Finish time	Booking details	Requirements
Wednesday 15 Jul	Upper Kedron Brook	<p>Intermediate distance and medium paced social 30 - 35 km ride. Follow Kedron Brook from its upper reaches to Alderley, the Grange, Toombul and to Nundah for a break. The return will be a loop through Wavell Heights and back following the brook. Can be a hot ride with head breezes. This ride would suit those with a reasonable level of fitness and some cycling experience.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Grovely Sportsground Park, Keperra	Meet at the car park on Hanran Street, 15 minutes before the start time.	9:30:00 AM	1:00:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.
Thursday 30 Jul	Conquer the Gateway	<p>Start with a warm up lagoon loop before tackling the Gateway Bridge. Enjoy great views while peddling at a moderate pace as you head towards a café on the northern side of the Brisbane River. Stop for a break and coffee before returning. There are some steep climbs on this 25 km ride, but these can be done at your own pace. Due to the climbing this ride would suit regular cyclists with a reasonable level of fitness.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Minnippi Parklands, Tingalpa	Meet at the car park near the lake, Stanton Road West, off Wynnum Road, 15 minutes before the start time.	9:30:00 AM	12:30:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.

Tuesday 4 Aug	City and river loop	<p>Medium paced social 30 - 35 km ride to Toowong via the Go Between Bridge, along the Bicentennial Bikeway, through St Lucia and the university, over the Eleanor Schonell Bridge and into the city via the South East Freeway Bikeway. Loop through Kangaroo Point, Docksides and over the Story Bridge to New Farm Park for a break. Then follow the river front &amp; Boardwalk back through Howard Smith Wharves to the City Botanic Gardens and back through Southbank or the Bicentennial Bikeway to the Go Between Bridge to Orleigh Park. Expect some hills. This ride would suit those with a reasonable level of fitness and some cycling experience.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Orleigh Park, West End	Meet at the car park on the corner of Riverside Drive and Hill End Terrace, 15 minutes before the start time.	9:30:00 AM	1:00:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.
Monday 17 Aug	Mountain to mangroves trail	<p>Medium paced 30 - 35 km ride with a mix of bike paths, road sections and hills. Follow Downfall Creek to Virginia, and on to Northgate. Cycle through back streets and then pick up the Kedron Brook bikeway through to Banyo. Follow more back streets and paths to Virginia and then retrace the Mountain to Mangroves corridor back to Raven Street Reserve. There will be rest breaks to suit the group as it can be a hot ride with head winds. This ride would suit those with a reasonable level of fitness and some cycling experience.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Downfall Creek Bushland Centre	Meet at the car park on <b>Rode</b> Road, 15 minutes before the start time.	9:30:00 AM	1:00:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.

Friday 21 Aug	Beaches ad border	<p>Medium paced 35-40 km ride across the Ted Smout Bridge to Woody Point, then back following the Deagon Deviation and the new Northern Gateway Arterial Bikeway to Boondall and loop around or through the Entertainment Centre and out to the Banyo Interchange before returning via the Boondall Wetlands, Deagon, Shorncliffe and Sandgate. This can be a hot ride with some on-road sections. This ride would suit regular cyclists with a reasonable level of fitness.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Decker Park, Brighton	Meet at the car park on Twenty-Fifth Avenue, 15 minutes before the start time.	9:30:00 AM	1:00:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.
Monday 31 Aug	Freeway, City and Norman Creek loop	<p>Easy to medium-paced 25 km ride from Greenslopes. We will follow the South East Freeway Bikeway into the city, ride from South Bank, then a city/river loop over the Go Between and Goodwill bridges. We will spin through Kangaroo Point to Dockside for a coffee break, then through Mowbray Park and Stones Corner following Norman Creek back to Greenslopes.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Thompson Estate Reserve, Greenslopes	Meet at the car park at the corner of Victoria Terrace and Baron Street, 15 minutes before the start time.	9:30:00 AM	12:30:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.
Friday 11 Sept	Northern suburbs and creeks explorer ride	<p>Quicker paced 40-45 km ride from McDowall following the Cabbage Tree Creek bikeways and paths through Bridgeman Downs, Aspley, and then some back streets to pick up the Mountain To Mangroves corridor at Chermside West &amp; out to Virginia and Nundah. Then we will follow the Brook and Northern Gateway Arterial paths back to Boondall, Taigum, Fitzgibbon, Carseldine and pick up the Cabbage Tree Creek corridor back to McDowall. Includes bike paths and roads. This ride would suit regular cyclists with a reasonable level of fitness.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	McDowall Reserve, McDowall	Meet at the reserve entrance, corner of Spielberg Street and Stallone Circuit, 15 minutes before the start time.	9:30:00 AM	1:00:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.

Wednesday 16 Sept	Western creek explorer	<p>Easy to medium paced social 25 km + ride from the upper reaches of Enoggera Creek through The Gap, St John's Wood and Banks Street Reserve to Kelvin Grove. There will be the option to continue for a short loop through Downey Park and the Northey Street Gardens, returning to Kelvin Grove for a break. Then we retrace our path to The Gap. Ride includes some hills.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Brian Hallinan Bikeway, The Gap	Meet Riaweena Street West, by the creek, near the school road pedestrian bridge, 15 minutes before the start time.	9:30:00 AM	12:30:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.
Thursday 24 Sept	Parklands and South Bank	<p>Easy to medium-paced 25 km ride following the bikeway from Finsbury Park across Enoggera Creek, past Victoria Park. Ride through the bike and pedestrian tunnel to Roma Street Parkland, city courts precinct and Kurilpa Bridge to QGOMA and then return.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Finsbury Park, Wilston	Meet at the car park at the end of Finsbury Street, 15 minutes before the start time.	9:30:00 AM	12:30:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.
Wednesday 30 Sept	Northern bayside	<p>Medium paced 35km social ride from Shorncliffe to Nudgee Beach via Deagon, the Entertainment Centre, Boondall Wetlands, Northern Gateway Arterial path and return. Mainly flat on bike paths and quieter back roads. Due to the distance and open exposed areas, this ride would suit regular cyclists with a reasonable level of fitness.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Moora Park, Shorncliffe	Meet at the top car park Swan Street, 15 minutes before the start time.	9:30:00 AM	12:30:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.

Friday 2 Oct	Kedron Brook Spin	<p>Social 25 km easy paced ride following Kedron Brook to Toombul and then explore the paths to Skygate at Eagle Farm. There will be rest breaks to suit the group as it can be hot with head winds.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Grinstead Park, Alderley	Meet at the top car park by the playground at Shand Street, 15 minutes before the start time.	9:30:00 AM	12:30:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.
Tuesday 20 Oct	Urban explorer ride	<p>Medium paced social 30-35 km ride. Follow Ithaca and Enoggera creeks through many shady parks and suburbs including St John's Wood, Banks Street Reserve, Ashgrove, Downey Park, Victoria Park and a loop through Kelvin Grove Urban Village. Expect a couple of steep climbs.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Dorrington Park, Ashgrove	Meet at the hockey grounds car park Mirrabooka Road, 15 minutes before the start time.	9:30:00 AM	12:30:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.
Friday 23 Oct	Ferny Grove suburban explorer	<p>Explore the bike paths and cycling routes around Ferny Grove. Quiet back roads, some rural areas and a section of the old Ferny Grove to Samford rail corridor. Undulating 20-25 km ride with rest stops to suit the group.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Upper Kedron Recreation Reserve, Upper Kedron	Meet at the playground car park, top of Upper Kedron Road, 15 minutes before the start time.	9:30:00 AM	12:30:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.

Wednesday 28 Oct	City and river loop	<p>Easy to medium paced social 25-30 km ride to Toowong via the Go Between Bridge, along the Bicentennial Bikeway, through St Lucia and the university, over the Eleanor Schonell Bridge and into the city via Norman Creek Bikeway. Continue through South Bank or cross the Goodwill and Go Between bridges and return to West End. Expect some hills.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Orleigh Park, West End	Meet at the car park, corner Riverside Drive and Hill End Terrace, 15 minutes before the start time.	9:30:00 AM	12:30:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.
Tuesday 3 Nov	Mangroves to the sea trail following Downfall Creek	<p>Medium paced 35 km ride from Chermerside to Virginia &amp; Northgate, then on to the Kedron Brook path and some back streets to Banyo for a coffee break. Then return to Chermerside via Virginia and the Downfall Creek Trail.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	7th Brigade Park, Chermerside	Meet at the Kidspace Playground car park, off Murphy Road, 15 minutes before the start time.	9:30:00 AM	12:30:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.
Wednesday 18 Nov	Brisbane's northern foreshore	<p>Medium-paced 35-40 km cycle along the Sandgate foreshore to Brighton. Then ride along the Deagon Deviation and out to Nudgee Beach via Boondall Wetlands trail. There are loop options now available using the new Gateway Arterial paths and we will return via Shorncliffe. Mainly flat ride that follows bike paths and quieter back roads. Due to the distance and open exposed areas, this ride would suit regular cyclists with a reasonable level of fitness.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Arthur Davis Park, Sandgate	Meet at the front of the swimming pool, off Flinders Parade, 15 minutes before the start time.	9:00:00 AM	1:00:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.

Thursday 26 Nov	The Brook	<p>Social 20 km easy paced ride following Kedron Brook to Toombul and then some back streets to Northgate. A little on road riding through to Nundah and then across to the Kedron Brook path at Kalinga PK and back to Hickey PK. There will be rest breaks to suit the group as it can be hot with head winds.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Hickey Park, Stafford	Meet at the entry to the sports ground end of Babarra Street, 15 minutes before the start time.	9:30:00 AM	12:00:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.
Monday 30 Nov	Brisbane's northern foreshore	<p>Easy paced social 20 km ride along the beautiful foreshore from Wynnum North, through Manly for a break at the boat harbour. Then on to Lota for a loop and return.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Elanora Park, Wynnum	Meet at the car park inside the boom gate off Granada Street, 15 minutes before the start time.	9:30:00 AM	12:00:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.
Friday 4 Dec	Cycle the Brook	<p>Easy paced, flat, social 20 - 25km ride following Kedron Brook through Alderley, Stafford, Kedron and Clayfield to Toombul. A lap of the Criterium Track and then return via the brook trail with a loop around Mercer Park Wavell Heights.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	Teralba Park, Everton Park	Meet at the car park by the Soccer Fields, off Osborne Road, 15 minutes before the start time.	9:30:00 AM	12:00:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.

Thursday 10 Dec	City and river explorer Xmas ride	<p>Social, easy-paced 20-25 km cycle from New Farm Park into the Brisbane CBD past Waterfront Place and through the City Botanic Gardens, where we'll visit the nesting stone curlews. We then continue to South Bank, Kangaroo Point and return. This ride has some hills. There will be an optional extension along the boardwalk to Teneriffe and Newstead &amp; possibly to Brett's Wharf Hamilton return - additional 5 - 8kms.</p> <p>This is a GOLD event suitable for seniors.</p> <p>Presented as part of Council's Active and Healthy &amp; Cycling Brisbane programs.</p>	New Farm Park, New Farm	Meet at the rotunda in the park, 15 minutes before the start time.	9:30:00 AM	12:30:00 PM	Not required. For more information phone Jon from Bushranger Bikes on 0409 053 694.	Bring a bicycle and helmet if you have one, otherwise phone Jon on 0409 053 694 to organise equipment hire - \$15. Bring money for a coffee stop.
--------------------	--------------------------------------	--	-------------------------	--	------------	-------------	---	---