

Cycling around Canberra



Cycling around Canberra gives you the inspiration and confidence to get out on quieter streets, roads and bike paths and see what this city and its hinterland has to offer. You'll be coasting along at a pace that lets you take it all in. The senses will reel with the sounds and smells of the bustling city and the ever-changing bush. Going for a tour by bike gives you the freedom to stop and chat, sample the produce, or dive in for a swim.



Cycling around Canberra includes:

- 25 rides, from 1 to 6 hours long
- five ride themes: the national capital, Canberra's satellites, exposing Canberra's hidden places, active family fun and 'swap' rides, and riding the bush capital
- all the information you need to plan your trip, travel to the start using public transport, and confidently navigate your way
- great ideas on places to visit, restaurants and cafés to enjoy
- a wealth of facts about what you'll see along the way
- over 170 stunning, full-colour photographs

Canberra-bred cycling author and back-street cycling guru Bruce Ashley's excitement at experiencing new locations and cultural delights is reflected in a guide that both stimulates and informs. He hopes it will get you out of the armchair and onto the saddle!

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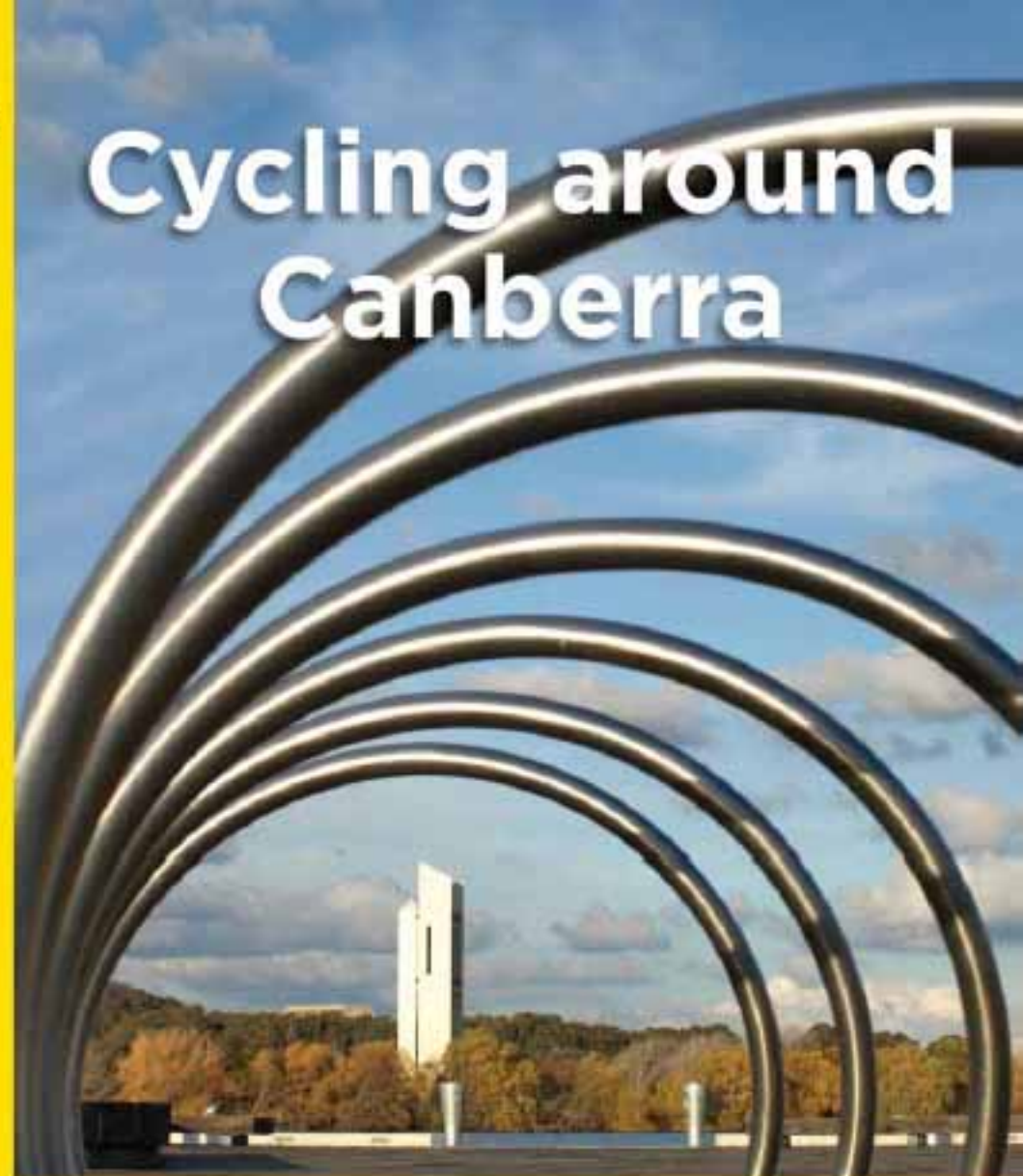
COLOUR
GUIDE

Cycling around Canberra

Bruce Ashley



Cycling around Canberra



The full-colour guide to Canberra's best bike rides



- Get fit and have fun exploring Canberra by bike
- Discover a variety of short rides, half-day and longer rides
- Learn about Canberra history, culture and the environment
- Find out about Canberra's best bike paths and bike-friendly trails
- Includes colour maps, photos and detailed ride notes





Capital touring

Here's your chance to experience Australia's Federal Capital by bike. This could be a gentle lakeside tour of its natural amphitheatre setting, a two-wheeled journey explaining the city's unique creation or seeing the bush capital from a new woodland vantage point.

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Ride 3 Riding Walter & Marion's town



Mt Ainslie at its northern end) and an east-west 'municipal' axis passing through adjacent mountains. Using these primary axes and two major bridge crossings of an artificial lake, a 'Parliamentary Triangle' would be formed housing National functions. A 'water' axis formed a straight southern foreshore of the lake at the

Central Basin to define a 'Parliamentary Zone'. The axes also provided a framework from which to hang a radiating network of streets in circular, octagonal and hexagonal patterns. The ride route illustrates these elements: Melbourne Avenue, Anzac Parade and views from Red Hill that show the central Land Axis; Bolderwood and

Ride 3 Riding Walter & Marion's town

David Sts and Limestone Av, indicative of the octagonal layout for north Canberra; Constitution, Commonwealth, and Kings Avenues that bound the Parliamentary Triangle; and the southern shoreline of Lake Burley Griffin that follows the Water Axis (see also Ride 4, p43). And of course a tour of the Griffin's Canberra would not be complete without at least going around one full circle (Arthur) and one circuit (Dominion).

National Capital Exhibition: Until a few years ago it was simply the Regatta Point Exhibition, but it has been totally refurbished to best interpret the people, events, history and design that contributed to Canberra's development (NCA, 2010). The Griffins and the Griffin plan feature prominently in the displays. The Exhibition is open weekdays 9am to 5pm, Weekends 10am to 4pm, closed public holidays (except Australia Day and Canberra Day), T 6272 2902. You can also take a virtual tour of the Exhibition at www.nationalcapital.gov.au. The Deck café and licensed restaurant is adjacent, with opening times as above.

General Bridges Memorial: Walter Burley Griffin was only ever directly commissioned to design one architectural item in the ACT – the grave and monument for WWI commander General Bridges. By all accounts, Major-General Sir William Throsby Bridges K.C.B., C.M.C., was a man of the times, of great standing and a valiant leader killed on the battlefield at Gallipoli. He helped establish the Royal Military College at Duntroon, and was appointed its first commandant over a century ago in May 1910. The monument's design of clean sharp lines provides a strong statement in the dark grey polished stone, avoiding flamboyant touches often associated with monuments



of heroes past. It used to be located atop Mt Pleasant where you can see the patch of concrete where it used to sit (at start of Ride 5, p7), but in 1993 the monument and grave was moved to its current, and I think more fitting location, at Duntroon.

Canberra's Centenary: will happen on the 12th of March, 2013, one hundred years after Lady Denman named "Canberra" as the National Capital, in a ceremony held where Parliament House now sits. Many events are planned as part of the celebrations including development of a multi-use Centenary Trail through the ACT. See more at www.Canberra100.com.au.

15 A dawn chorus



Depending on where you are in the world and what time of year, the dawn chorus can be pretty early – even earlier than many of the bunch riders out for their training ride. In fact for most birds it's *pre-dawn*. This ride route is close to inner Canberra, but not necessarily urban in nature. Due to the foresight of early planners, such as Griffin and the NCDC, many inner areas of Canberra – mainly the steeper enfolding hills – have been left with a generous cover of bush. This, combined with the landscaped urban areas and household gardens, provide the Canberra area with right environment for a stunning abundance and diversity of bird life.

The ride starts at the end of Black Mountain peninsula and the first section around the foreshores of **Lake Burley Griffin** will give you plenty of chances to see some of the region's waterbirds, such as coots, ducks, waterhens, or some rarer migrants. Sulphur-crested cockatoo numbers seem to continue to rise in Canberra, almost in concert with their morning din. You can be almost deafened by the screeching at locations where they congregate. The Gang Gang – ACT's colourful faunal emblem – can often be seen munching on the berries



At a glance

Type of ride: 22 km, 2-hour daybreak ride around the western shores of Lake Burley Griffin, Aranda, and Black Mountain; a few gentle climbs on mainly off-road paths, with some dirt management trail sections

Accessibility: no steps; some dirt trail sections; narrow squeeze point at Aranda trail entry not accessible using hand-cranked trikes (detour via Bindubi St and Banjalong Cres shared path and footpath)

Getting there and back: start and finish at Black Mountain Peninsula Park (end Garry Owen Dr, off Lady Denman Dr); bikers can use Lake Burley Griffin path from City/Acton and from the south and west

Ride options: right to subways under Glenloch Interchange to skip the Yarramundi Reach section (5 km less), or include the loop as an additional "link" in the *Chain of Ponds* ride (Ride 4 p43)

Best time: a pre-dawn start to hear the full range of birds in song, and Sundays to allow a tour through the National Arboretum

Food: either a picnic brunch at Black Mtn Peninsula on return, a bite at the Zoo or detour to Jamison Centre or Acton *en route*

Enjoy: the crisp early morning air and bird song, some of the best "bush" parts of inner Canberra and varied natural and urban landscapes

Watch out for: early morning joggers coming towards you on the wrong (your left) side of the path; crossing Lady Denman Dr to the Zoo

Ride 15 A dawn chorus

of the many planted trees. If it's late enough in the morning, the **National Zoo & Aquarium** will be open, where you might be able to see some of the wildlife you missed so far.

Leaving the lakeside takes you through the nascent **National Arboretum**, only a few years ago a pine plantation, but now growing to be one of the most recognised arboreta in the world



Ride 15 A dawn chorus

- 0km** ○ **Black Mountain Peninsula**
- ▶ end of Black Mtn Peninsula access road
- Ⓛ John Cardiff Cl for **200m**
- ▶ past BBQs to foreshore pathway
- Ⓥ to foreshore path, ▶ lake shore for **700m**
- ★ **Yarramundi Reach & rowing jetty**
- ▶ path around Acacia Inlet for **800m**
- ★ **Burrungu Gallery (uphill on right)**
- ▶ path around lake, through trees for **2km**
- X Lady Denman Dr at refuge crossing !care
- ★ **National Zoo / Scrivener Dam**
- Ⓡ Lady Denman Dr for **1.1km**
- ! narrow road, higher speed traffic
- Ⓛ Forest Dr at signals
- ▶ through junction & under road overpasses
- ▶ straight ahead at "Stop" sign and junction
- ! give way to traffic from left
- ★ **National Arboretum**
- ▶ Arboretum entrance road for **200m**
- Ⓡ to dirt management trail for **800m**
- Ⓥ to trail for **800m** (plantation on left)
- ★ **cork oak plantation**
- Ⓢ at junction, ▶ **200m** through subways
- Ⓛ at junction with shared path
- ▶ path alongside William Hovel Dr for **500m**
- ★ **viewpoint to Black Mountain and lake**
- ▶ path alongside Bindubi St for **500m**
- Ⓡ through gate/style to management trail
- ★ **Aranda Bushland Nature Reserve**
- Ⓥ **500m** at track junction to concrete path
- ▶ path **500m**, X Walu St
- ▶ **600m** on path, ▶ through subway

- Ⓡ then Ⓛ to follow path between fields
- ▶ ramp & footbridge over Belconnen Way
- 12.2km** ○ **Belconnen Way pedestrian overbridge**
- Ⓡ after footbridge to path, ▶ path for **200m**
- Ⓥ **200m** to path uphill
- ▶ **600m** path behind houses, bush on right
- Ⓛ To path alongside Haydon Dr for **300m**
- X Haydon Dr at refuge
- ▶ path through bush next to AIS for **900m**
- ★ **Australian Institute of Sport**
- ▶ subway under Gungahlin Dr, Ⓡ at junction
- ★ **Bruce Ridge Nature Reserve**
- Ⓛ through gate to "Bruce Ridge" trail
- Ⓥ Bruce North trail for **500m**,
- ▶ under powerlines, ▶ **200m**, Ⓛ to path
- Ⓡ at junction with path, ▶ **400** to RNB
- Ⓡ onto roadway, straight ahead at RNB
- ▶ Dryandra St for **800m**, Ⓡ Frith Rd
- ▶ to end Frith Rd
- Ⓢ to dirt management trail "AM238"
- Ⓥ **500m** up "Botanic Gardens Track"
- ▶ management trail through forest for **800m**
- Ⓛ down Black Mountain Dr for **800m**
- ★ **Australian National Botanic Gardens**
- X Clunies Ross Dr, Ⓡ to path, ▶ for **300m**
- Ⓥ to Sullivans Ck path, ▶ under roadway
- ▶ path around lake foreshore for **800m**
- Ⓛ to Black Mtn Peninsula access road
- ▶ **900m** to end of roadway
- 22.3km** ○ **Black Mountain Peninsula**

There is usually a mob of eastern grey kangaroos grazing in the plantation - including some impressive specimens almost the height of rider on bike!

