

A cyclist wearing sunglasses and a dark tank top is riding a road bike with orange-rimmed wheels. The background is a vibrant mural of the Sydney Harbour Bridge and the surrounding water, with a fish visible on the left. The text is overlaid on the right side of the image.

Cycling around Sydney

5th Edition

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Introduction

Exploring Sydney by bike is now even better!

If you're new to cycling in Sydney we hope you will enjoy using this new edition of *Cycling around Sydney*. This book sets out to entice you out to experience the very best of cycling that Sydney and its surrounds have to offer: refreshing beaches, sand and surf, a cosmopolitan lifestyle, unique ecological landscapes and a mix of indigenous and European culture and history. I'm sure you'll find that whether it's just you or a bunch of friends, the book will help motivate you to get out there, get close to the action, and blow those cobwebs away. A casual bicycle ride is a release from the daily grind. You can flow through many metro and rural landscapes and explore things from a different angle and attitude. The rides on offer aim to give you some or all of this.

As ever the cycling landscape continues to evolve – for the better, with new sections of pathway and exciting new attractions, but also sometimes for the worse, with new roads slicing through paths and open spaces, and V8 races where once was tranquillity. There is also always the churn of venues, bike shops and cafés so even though the routes of the 30 rides in this book are broadly unchanged from the previous edition, previous readers will always find a good reason to revisit them and to discover new riding experiences. This revised edition also places the 'spare parts' supplementary information in the same section as the ride info, gives height and profile information for the hillier rides, and a host more photos





5 Lane Cove pedal + paddle

Most of the ride is... winding along the valley side with glimpses of the river through the apple box and stringybarks

There are times when all you want is to ride under the shade of trees, or maybe take a swim or two on a hot summer's day. So here is your opportunity to coast from the leafy suburb of Pymble down to the Lane Cove River, then kayak to the harbour.

So you think you're good at logistics? Well here's a day's outing to test your skills. Unless

you have access to a mate who can do the car shuffle, the ideal way to do this pedal and paddle is to have an even number of people in the group and do the bike-to-kayak swap at the mid-point (the weir at Fullers Bridge being the logical place).

Most of the ride is through Lane Cove National Park, winding along the valley side with occasional



At a glance

Type of ride: easy, mostly downhill ride over 13km, plus 2 km to Chatswood or North Ryde City Rail stations if just riding, or a 12km paddle to Drummoyne or Balmain

Getting there and back: North Shore line CityRail services to Pymble station (stairs up from platforms to concourse, ramp down to street level), Milsons Point lifts from street-level concourse to platforms. Ferries from Birchgrove Pt, Thames St or Balmain East to McMahons Pt or Milsons Pt wharves. Also ferries from Woolwich Wharf (Valentia St), west to Parramatta River locations and east to Circular Quay. There are also ferries to Birkenhead Pt.

Best time: the shade and the water provide relief during the summer heat. Mid week will beat the Sunday picnic crowds, and mid-morning avoids lunch-hour joggers. Going with the tide will make for easier paddling!

Food: café, BBQs, toilets and Visitors Centre at Lady Game Dr entrance to Lane Cove National Park at Fullers Bridge; The Pier Hotel at Woolwich

Enjoy: quiet riding through leafy suburbs; paddling a meandering estuary, mullet and mangroves; harbour views

Watch out for: lunch-hour joggers running towards you in Lane Cove National Park, jumping mullet on river



Riding first

- 0km** ● **Mort Bay foreshore steps**
- ▶ around Mort Bay to Thames St wharf
 - ▶ ferry to Milsons Pt
 - ALT (R) Thames St
 - Curtis Rd (L) Darling St
 - ▶ Darling St 1km down to wharf
 - ▶ ferry at Darling St to Milsons Pt
 - EXIT wharf (L) to foreshore promenade
 - **Sydney Harbour Bridge**
 - Alfred St South for 300m
 - Burton St ▶ entry Milson Pt Station
 - ▶ CityRail train to Pymble Station
- 1km** ● **Pymble Station**
- EXIT station Sth side (L) down ramp to subway
 - U Pacific Hwy subway to roundabout
 - ▶ Pymble Av (L) 400m Rand Av
 - Livingstone Av for 1.5km
 - Kendall St
 - Inverallan Av at roundabout
 - Lofberg Rd for 100m
 - cycleway around far side of carpark
 - clockwise around edge of reserve
 - from path across Prince of Wales Dr
 - ▶ access way past Scout Hall
 - ▶ Windsor Walk through to Andrew Av
 - Andrew Av
 - X Yanko Rd at refuge to service rd
 - service road alongside Yanko Rd
 - ▶ pathway alongside Yanko Rd
 - pathway west side Ryde Rd
 - X Lane Cove River on de Burghs Bridge
- 6km** ● **de Burghs Bridge**
- ▶ 100m after bridge
 - loop under Lane Cove Bridge
 - ▶ 200m on path (L) Lane Cove NP entry
 - **Bloodwoods Park**
 - ▶ Riverside Dr for 4.5km, Lane Cove NP
 - ▶ past boatshed & thru car park
 - along top of weir to other side
 - **Kukundi Wildlife Shelter**
 - swap from bikes to kayaks
- 11km** ● **Lane Cove River Weir (swap point)**
- launch kayaks downstream of weir
 - !slippery and slimy rocks at launch
 - ▶ paddle down Lane Cove River for 2km
 - "Fairlyland" (R bank)
 - ▶ paddle down Lane Cove River for 4.4km
- 17km** ● **Fig Tree Bridge**
- ▶ paddling for 1km
 - **Rotunda & beaching spot (L bank)**
 - ▶ 4km to junction Parramatta River
 - **Moocooboolo & Kellys Bush**
 - ▶ past Greenwich wharf to headland
 - X due south 300m to Birchgrove Wharf
 - ▶ SE for 800m to Ballast Point
 - ▶ 400m around Ballast Pt back to "start"
- 24km** ● **Mort Bay foreshore**

Paddling first

- 0km** ● **Mort Bay foreshore**
- 400m around Ballast Point
 - ▶ NW for 800m to Birchgrove Wharf
 - X river due N for 300m to Manns Pt
 - ▶ past Greenwich wharf to river junction
 - **Moocooboolo & Kellys Bush**
 - ▶ upstream past Woolwich for 4km
 - **rotunda & beaching spot (R bank)**
 - ▶ upstream paddling for 1km
- 6km** ● **Fig Tree Bridge**
- ▶ past mangroves for 4.4km
 - "fairlyland" (L bank)
 - ▶ 2km & U Epping Rd bridge
 - ▶ beach kayaks at weir
 - !slippery & slimy rocks at landing area
- 13km** ● **Lane Cove River Weir (swap point)**
- ▶ swap from kayaks to bikes
 - **Kukundi wildlife shelter**
 - ▶ ride along top of weir to other side
 - ▶ past boatshed & thru car park
 - ▶ Riverside Dr for 4.5km, Lane Cove NP
 - **Bloodwoods park**
 - ▶ 200m on path on exit from NP
 - loop U bridge and up (L) to Ryde Rd
 - footpath next to Ryde Rd
- 18km** ● **de Burghs bridge**
- X Lane Cove River on de Burghs Bridge
 - ▶ pathway W side Ryde Rd for 700m
 - ▶ pathway alongside Yanko Rd
 - service road alongside Yanko Rd
 - X Yanko Rd at (2nd) refuge
 - Andrew Av
 - ▶ path from Andrew Av to Windsor Walk
 - ▶ access road down past Scout Hall
 - across Prince of Wales Dr to cycleway
 - **Ku-ring-gai Bicentennial Park**
 - ▶ (L) anti-clockwise around reserve
 - cycleway around far side of carpark
 - Lofberg Rd for 100m
 - Inverallan Av (L) Kendall St at
 - Livingstone Av for 1.5km
 - Rand Av (L) Pymble Av for 400m
 - ▶ thru roundabout to ped w/pass
 - ▶ up ramp to station steps
- 24km** ● **Pymble Station**
- ▶ CityRail train to Milsons Point Station
 - EXIT Milson Pt Station (L) to Burton St
 - "Fairlyland" (R bank)
 - **Sydney Harbour Bridge**
 - foreshore pathway to wharf
 - ▶ ferry Milsons Pt to Thames St wharf
 - ALT ferry to Darling St wharf
 - ▶ Darling St 1km to Curtis Rd
 - Curtis Rd R Thames St
 - ▶ around Mort Bay back to "start"
- 25km** ● **Mort Bay foreshore**



Spare Parts

Maps & Reference: RTA cycleways map *Hornsby and Pittwater*; Sydway maps 158–160, 178–180, 198–199; UBD maps 78, 97–98, 117–118, 138; Pittwater and Hawkesbury Gateways, Waterways Authority NSW; Ku-ring-gai Chase National Park Visitor Guide, NSW National Parks & Wildlife Service (May 2007); Sydney's Northern Beaches Map (Sydney's Nthn. Beaches Visitors Association, see www.sydneybeaches.com.au).

The Basin–Palm Beach Ferry: Palm Beach Ferry Service operates hourly services from The Basin to Palm Beach (via Currawong and Great Mackerel Beach) at 20 minutes past the hour (9.20am to 5.20pm Mon–Thurs, to 8.20pm Friday, 6.20pm Weekends) plus a 7.50am service weekdays. Services from Palm Beach to The Basin depart on the hour from 9am–8pm. Adult fare for either direction is \$6.20 one-way, bikes \$2. Phone 9974 2411, www.palmbeachferry.com.au or timetable and running information.

Cafés and Eateries: After The Basin and ferry trip try Carmel's by the Sea café at

Governor Phillip Park, Palm Beach, ph. 9974 4374 or Palm Beach Fish and Chips, 1104 Barrenjoey Rd, ph. 9974 2363. Watch the Newport Arms Hotel's giant outdoor TV screen whilst enjoying a bistro lunch in the palatial beer garden, Kalinya St, Newport, ph. 9997 4900. On the way home, you could stop in for food and refreshments at the Bayview Marina Café, Bayview Anchorage, 1714 Pittwater Road ph. 9979 5782.

Ku-ring-gai Chase National Park: Covers east of the Pacific Hwy to Pittwater, including West Head and Barrenjoey Head and Lighthouse. Highlights include Aboriginal sites along Resolute Track, outstanding water views from West Head Lookout (about 3km further on from the Basin track turnoff), and the Gangal Aboriginal Heritage Walk on the return from the lookout. The trail allows you to visit three different types of Aboriginal sites, and will take about three hours to cover the 3.5km of track starting at the West Head Rd and looping down to the water and back up to the lookout. Track maintenance is being



carried out through 2007 which may cause closure of the track during weekdays. Phone the NPWS visitor centre at Bobbin Head on 9472 8949 for any updates.

The Basin: Bookings are required for camping at the Basin, and there is a fee of \$10 for adults and \$5 per child for tent camping sites. At the Basin there is a telephone and drinks machine. There is no landing fee if coming by water if you have a booking. About 300m along from the start of the Basin Track there is a boardwalk to the right that takes you to a highly regarded Aboriginal engraving site. Contact NPWS ph. 9974 1011 to book a campsite at www.nationalparks.nsw.gov.au > Ku-ring-gai Chase National Park > Camping & accommodation.

Public Toilets: Terrey Hills Playing Fields, Yulong Ave; The Basin campground (two locations); Palm Beach Wharf; Hitchcock Park, Careel Bay; Iluka Park, Barrenjoey Rd; Clareville Beach; Bayview Park, Pittwater Rd; Church Point, Pittwater Rd; McCarrs Ck Reserve.

