- 1. All rides start at 9.30 am unless otherwise stated. Early starts and alternate meeting places are marked
- 2. Meet at the Jika Community Centre, Northcote (corner of Plant and Union Sts) unless otherwise stated below
- 3. The ride leader sets the route and nominates a tail. (The leader needs to maintain a ride speed to suit all the group)
- 4. Hot weather riding
 - Up to 30c The programmed ride will go ahead.
 - Between **30c to 35c** The programmed ride may go ahead but may be altered
 - Over 35c -There will be no "official" ride but any riders still wishing to ride can turn up at the starting point to meet up with like-minded riders

DATE	RIDE NAME	DESCRIPTION & APPROX km	LEADER
Tuesday 3 Oct 2023	BUNDOORA PARK – Seniors Week Ride	Meet members of Darebin BUG and ride with the group to Bundoora Park Café. A free morning tea (coffee or tea and a muffin) will be provided. Riders can either return to Jika (30km) or continue to Coburg Lake (BYO lunch) and then return to Jika (40km). Ride north on the Darebin Creek trail and turn off to Bundoora Park. Rejoin the Darebin Creek trail, ride south to McMahons Rd to ride west to the Merri Creek path and on to Coburg Lake (BYO lunch). Return to Jika via the Merri Creek path	Wolter (James – Bundoora Park to Jika)
Thursday 5 Oct 2023	Aqueduct trail Ride/train	Ride along the Main Yarra Trail to Possum Park, Warringal Parklands (MT). Continue on the Main Yarra trail/ Diamond Creek trail to Eltham (L). From Research ride the Aqueduct trail to Diamond Creek. Catch the train to Westgarth station. (Alternatively ride back to Eltham to take the train) Approx. 45km Moderate riding, some steep hills	David
Tuesday 10 Oct 2023	Spring Forward - Skeleton Creek - Ride/train	Celebrate the start of daylight saving with a reverse-direction version of an old favourite, the Skeleton Creek ride. Heading south to Yarraville Gardens (MT) and then along the Bay Trail through Williamstown to Cherry Lake (L). Skeleton Creek to Williams Landing for the train home. (Riders can either ride home from North Melbourne station or continue on the train to the city). Approx. 42km Easy riding, mainly flat	Wolter
Thursday 12 Oct 2023	Frankston – Train/ride	EARLY START - WESTGARTH STATION - 8.57AM Plat 1 Take the train from Westgarth to Jolimont then ride to Richmond station for the train to Frankston. From Frankston station ride along the Kananook Creek path to Carrum (MT). From Patterson River take the Longbeach trail to Mordialloc. Continue on the Bay trail north (lunch along the way) and then onto Westgarth. If a strong northerly wind is forecast, a decision may be made a day or so before to change the ride. Approx. 65km Easy riding, almost flat with escape routes by catching the train along the way.	lan H
Tuesday 17 Oct 2023	Cranbourne Gardens (Royal Botanic Gardens) Train/ride/ train	EARLY START - WESTGARTH STATION - 8.57AM Plat 1 Take the train from Westgarth to Jolimont then ride to Richmond station for the train to Cranbourne. It is a short ride to the Stringybark picnic ground (within the Gardens) (MT). Ride through the bushland section of gardens to the Woodland picnic area (L). It is then a short ride to the Visitors Centre. Around 2 hours is allowed for exploring the gardens and (AT) at the Visitors Centre Cafe. There are 3 designated walks of 1 to 1.5 hours, and various strolls through the 15-hectare Australian garden. Return journey is a combination of park paths and quiet streets to Lynbrook station for the train to Richmond. Approx. 25km of easy riding, mainly flat and as much walking as you want to do exploring the gardens.	lan S

DATE	RIDE NAME	DESCRIPTION & APPROX km	LEADER
Thursday 19 Oct 2023	Eastlink - Yarraman/ Dandenong	EARLY START - WESTGARTH STATION - 8.57AM Plat 1 Take the from Westgarth to Jolimont then ride to Richmond station for the train to Yarraman. Ride from Yarraman to meet the Dandenong Creek trail north through Dandenong to Jells Park. On the Eastlink trail ride to Ringwood. Turn off to the Box Hill to Ringwood Rail Trail west. Riders can catch a train to return or continue on the backstreets to get to the Koonung Creek trail / Main Yarra Trail. This ride may be reversed if strong winds are expected. Approx. 64km Moderate riding mainly flat but with some hills	Ed
Tuesday 24 Oct 2023	Port Arlington to St Leonards by Ferry	EARLY START – JIKA JIKA – 8.15AM Ride to the Docklands. Take the ferry from the Docklands to Portarlington and return. Ride to St Leonards mostly on gravel shared trails and some roads. Afternoon tea at the Portarlington Bakery. Then a flat extra ride west to Point Richardson and for the keener riders if we have time, a 90m climb to a viewpoint over the town. Ferry leaves the Port Phillip Ferries terminal at Docklands at 9.30am and leaves Portarlington at 4.00pm. Sail time is 1hr 10mins. Cost is \$32 return for seniors, \$35 for non seniors. Buy tickets at the terminal. We will aim to be there by about 9.00am, so will leave Jika at 8.15am sharp. Alternatively meet us at the terminal. If the weather forecast is bad, a decision would be made a day or so before to change the ride. Distance 8km Jika to Docklands, then St Leonards and back to Portarlington 29km. Extra to Pt Richardson 6km. Lookout ride 4km + 90m climb. Approx. Totals 45km, 51 or 55km	Jopie
Thursday 26 Oct 2023	Hedgeley Dene Gardens	Take the Darebin Creek trail south towards Kew. Cross under the Freeway to Hyde Park and the Outer Circle Rail Trail. Take the Anniversary Trail south to Frog Hollow Reserve (MT). Continue on the Anniversary Trail and take the Gardiners Creek trail west. Cross over Malvern Rd to Hedgeley Dene Gardens (L) or ride back to Gardiners Creek trail to TH King Oval /Pavilion (L). Continue on the Gardiners Creek trail until the Capital City Trail to Westgarth. Approx 40km Easy riding, no major hills	Andrew
Tuesday 31 Oct 2023	Lakes, Rivers & more	Take the Darebin Creek trail north and turn off to Edwards Lake (MT). Continue on to Coburg Lake and Fawkner Cemetery. Ride via Hadfield, Glenroy & Pascoe Vale to Moonee Ponds Creek. Lunch at Montgomery Park. Return to Jika. Afternoon tea option on the way. Approx. 45 km	George
Thursday 2 Nov 2023	Williamstown Beach	Take the Capital City trail via the City Link then the Footscray Rd path to Yarraville Gardens (MT). Head south on Hyde st towards Newport and Williamstown onto the Bay Trail West. Continue on Bay Trail West to Williamstown beach (L). Return via Newport. Approx 50 km. Easy riding, almost flat	Jon
Tuesday 7 Nov 2023	Carnival Ride	No, not the Spring Carnival but the <i>Carnival Splendor</i> cruise ship berthed at Station Pier. Sandridge Trail to see it up close, then the Webb Trail to Sandridge Lookout (MT) for those brilliant panoramic shots you're looking for. Then via Westgate Park and the Westgate Punt (\$5, public holiday price) to lunch at Yarraville Gardens and home via the Newmarket Saleyards in time for that horse race. Approx. 35km Easy riding, almost flat <i>Note: Public Holiday</i>	Wolter
Thursday 9 Nov 2023	Mernda	Take the Darebin Creek trail north to Norris Bank Parklands (MT). Continue on the Darebin Creek Trail to the South Morang Rail Trail and South Morang station. Then ride to Hawkestowe Park (Homestead) (L) and continue to Mernda on the Mernda Rail Trail. Return by train from Mernda (or ride back to Epping). Approx 40km Easy riding, some steep short climbs but mainly flat	David

DATE	RIDE NAME	DESCRIPTION & APPROX km	LEADER
Tuesday 14 Nov 2023	Plenty River Trail	Ride north on the Darebin Trail to Norris Bank Park (MT), continue north and turn along the Western Ring Road path to Kalparrin Gardens Lake Greensborough(L). Then along the Plenty and Main Yarra Trails to return to Westgarth. Approx. 50km Moderate riding with some uphill sections	Ed
Thursday 16 Nov 2023	Brimbank Park/ Steele Creek	Two old favourites together. Ride north along the Moonee Ponds Trail to Boeing Reserve (MT). Then ride via Mascoma St to meet the Western Ring Rd trail and continue to Brimbank Park (L). Return via the Steele Creek Trail to Afton Bridge then the Maribyrnong Trail and back to Westgarth via Kensington. Approx 55km Moderate riding, some steep short climbs but mainly flat	lan S
Tuesday 21 Nov 2023	Point Cook & Sanctuary Lakes	EARLY START – JIKA JIKA – 9.00AM Ride to Nth Melbourne station for the train to Laverton. Then exploring the wilds of Point Cook and Sanctuary Lakes and including Laverton Creek, Skeleton Creek and lots of little lakes and water views. Train back from Altona to Nth Melbourne and Jika. 54km approx. Moderate riding mainly flat	Jopie
Thursday 23 Nov 2023	Blackburn Lake	From Darebin Parklands take the Darebin Creek trail south towards Kew. At Wilsmere Park cross under the freeway to Hyde Park and on to the Outer Circle Rail Trail (Anniversary Trail). Continue south on the Anniversary Trail to Frog Hollow Reserve (MT). Continue past Alamein and turn left onto the Gardiners Creek trail. Continue to Canterbury Rd, hen ride north on Middleborough Rd/ Blackburn Rd/ Alandale Rd to Blackburn Lake (L). Return via Oliver Ave/Blackburn rail path/ride thru back streets to get to Koonung Trail/Main Yarra trail. Approx 55km Mainly easy riding, but with a couple of long hills	Andrew
Tuesday 28 Nov 2023	Rosstown Rail Trail via Bay trail	The old Rosstown Rail Trail is approximately 11km between Elsternwick and Oakleigh stations. Ride down the Bay trail to Elwood (MT), Elsternwick, along the trail to Oakleigh (L). The ride returns through the Urban Forest to the Anniversary Trail to Westgarth. Approx. 55km Easy riding, mainly flat	Sue
Thursday 30 Nov 2023	Craigieburn	Ride on the Merri Creek Trail to Coburg Lake (MT). Continue to the Ring rd & the Craigieburn bi pass trail and ride to Craigieburn (L) From Craigieburn take the train to Glenroy station. Ride via Glenroy, Pascoe Vale, Coburg & Brunswick. Afternoon tea option on the way, then on to Jika. About 50km. If strong North winds ride may be done in reverse.	George
Monday 4 Dec 2023	Ride Planning meeting	Ride Planning Group meeting at James's	
Tuesday 5 Dec 2023	Half Moon Bay – Fish and Chip ride	Fingers crossed for Fish&Chips. Take the Capital City Trail via the City Link to the Docklands. Then down the Sandridge Rail Trail to Beacon Cove (MT) and Bay Trail to Half Moon Bay (L). Optional lunch will be fish'n chips on the beach. Return via Bay Trail or take the train back from Brighton. Approx. 60km Easy riding mainly flat	Nola

DATE	RIDE NAME	DESCRIPTION & APPROX km	LEADER
Thursday 7 Dec 2023	Main Yarra Trail Extension to Warrandyte	The Main Yarra Trail has made it to Warrandyte, you just need to ride a bit of the Mullum Mullum Creek Trail to get to it. We start with the section of the Main Yarra Trail you all know and love to Possum Hollow (MT) then stream up through Westerfolds Park and along the Mullum Mullum trail to Manna Gum Reserve. Climb the new concrete shared path to Warrandyte High School and back or have an extended lunch break at Manna Gum Reserve. Diamond Creek Trail to Eltham Station for the trip home (36km ride) or pedal home (50km total) via Green Gully Trail and Koonung Creek, depending on volunteers. Approx. 36km to Eltham or 50km to Jika Moderate riding, a few steep hills	Wolter
Tuesday 12 Dec 2023	Morning ride & Christmas lunch	Lunch at Grandview Hotel, 429 Heidelberg Road 12noon for 12.15pm Fairfield (TBC) preceded by a ride led by Colin. Event details will be sent prior to the lunch. Please let Paul know numbers for lunch the week prior and if you do not intend to ride.	Colin
Thursday 14 Dec 2023	Upfield Path	Ride through the backstreets to the Upfield Trail. Morning tea along to way. Turn off to the Merri Creek trail then on to the Ring Road path. Continue on the Darebin Creek trail to Norris Bank Parklands (L). Return via the Darebin Creek trail. Approx. 55 km Easy riding and mainly flat	Sue
Tuesday 19 Dec 2023	Mernda to Jika via Hawkstowe Park	EARLY START - MERRI STATION - 9.17am train to Mernda Take the train from Merri station to Mernda station. From Mernda station ride to Mernda Lakes, a gravel section through Hawkestowe Park (but not down to the homestead), South Morang, Janefield, lunch at Binnak Park, Latrobe Uni and Darebin Creek. (Note: This ride will be different than the Mernda - Yan Yean ride in May'23) Approx 50km. Moderate riding with some hills	Jopie
Thursday 21 Dec 2023	Ad hoc ride	Riders to decide on the ride and the leader	Group to decide

Complied by – Ralph, Nola, Jopie & Sue