

COTA Cycling Group: Rides for 2010

We ride four Wednesdays each month.

- The first and third Wednesday rides are short (20 - 30km) to encourage less experienced riders to join us. The second and fourth Wednesday rides are more challenging (50 - 60km).
- We generally meet at **10am** at the 'Place to meet' (see below). When meeting at Flinders St. Station, meet at the info centre on the main concourse. Train times shown are current as at January 2010. Please check them the day before. A coffee stop is found midmorning. We take our own lunch and picnic together on the long rides. Riders are welcome to join the rides along the way (we will travel in the last carriage of the train) or cut the ride short at any point.
- If the temperature is 30°C or above on the day, the long rides will be cut short.

All riders are encouraged to join Council on the Ageing (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Please contact **Janet Bennett** by e-mail janpeter@bigpond.net.au or on **9853 9808** to discuss details.

Date	Place to meet	Description	Grade
3 Feb	Flinders St Station MEL 2F G6 Sandringham line.	Short ride – <i>Vanilla slice Ride</i> in reverse! Take the train to Hampton Station and ride back to the city via the Bay Trail ~ 20km.	Easy
10 Feb	Flinders St Station MEL 2F G6 Frankston line ~9.08am arrive 10.45am	<i>Mornington Peninsula Ride</i> – From Bittern (Stony Point line) to Frankston via the Bittern Coastal trail, minor roads and bike trails ~ 50km. Ride may continue back along the bay trail.	Med
17 Feb	Flinders St Station MEL 2F G6 Williamstown line	Short ride - Williamstown to city, via the coast ~20km.	Easy
24 Feb	Flinders St Station MEL 2F G6 Hurstbridge line ~ 9.08am arrive 10.10am	<i>From Diamond Creek Station to the city</i> - via the Aqueduct, Diamond Valley Trail and the Main Yarra Trail ~ 55km.	Hard
3 Mar	Footbridge in Southbank MEL 2F F7	Short ride – A Capital City trail circuit with a coffee stop at the Abbotsford Convent ~ 30km.	Easy
10 Mar	Footbridge in Southbank MEL 2F F7	<i>Ride to Werribee</i> - via the coastal trails and Point Cook National Park. Return to city by train ~ 50km (or the reverse depending on wind direction).	Med
17 Mar	Footbridge in Southbank MEL 2F F7	Short ride – Port Melbourne Rail Trail, Elwood Canal and return to city via Albert Park ~20km. Includes a visit to Ripponlea with the option of lunch.	Easy
24 Mar	Flinders St Station MEL 2F G6 Hurstbridge line ~ 9.16am arrive 9.48am	<i>Ride from Heidelberg station to Carrum</i> - Ride the Main Yarra, Koonung Creek, EastLink and Dandenong Creek trails to Carrum ~60 km. Train return to city.	Med
31 Mar		No ride	

7 Apr	Flinders St Station MEL 2F G6 Hurstbridge line	Short ride – train to Heidelberg and return to city	Easy
14 Apr	Flinders St Station MEL 2F G6 Hurstbridge line ~ 9.16am arrive 9.48am	<i>From Heidelberg station, Mill Park Lakes tour</i> - North through Watsonia to Plenty Rd path, Mill Park streets to Lakes. West via O'Herns Rd to Hume Trail, then Ring Rd, Reservoir streets, Darebin Ck Trail to finish at Alphington station ~60 km	Med
21 Apr	Flinders St Station MEL 2F G6	Short ride – train to Jacana and return to city via Moonee Ponds trail ~ 20km	Easy
28 Apr	Flinders St Station MEL 2F G6 Lilydale line ~ 9.07am arrive 10.03am	Kinglake ride. We will visit the area and support the community. A road ride, some unsealed ~ 60km. Return via Hurstbridge station.	Hard
5 May	St. Kevin's Boathouse, Yarra Boulevard MEL 59 B1	Short ride – Gardiners Creek and Anniversary trail circuit ~ 30km.	Easy
12 May	St. Kevin's boathouse, Yarra Boulevard MEL 59 B1	<i>A circuit of the city</i> - Ride the Gardiner & Scotchman's Creek trails to Jells Park, then Eastlink, Koonung Creek and Main Yarra trails to return to start ~ 70km.	Med.
19 May	St. Kevin's Boathouse, Yarra Boulevard MEL 59 B1	Short ride – Main Yarra and Anniversary trail circuit ~ 25km.	Easy
26 May	St. Kevin's Boathouse, Yarra Boulevard MEL 59 B1	<i>The 'Ed and Alan' bike and road tour</i> to Carrum and return by train to city ~ 50km.	Med
2 Jun	Flinders St Station MEL 2F G6	Short ride – train to Glen Waverley station and return to city by Waverley rail trail ~ 20km.	Easy
9 Jun	Flinders St Station MEL 2F G6 Belgrave line ~ 9.50am arrive 10.28am	<i>Heatherdale Station to Docklands</i> - using the Eastlink, Koonung Creek and Main Yarra trails ~ 50km.	Med
16 Jun	Flinders St Station MEL 2F G6	Short ride – Coburg and return via the Upfield rail trail ~ 20km.	Easy
23 Jun	Footbridge in Southbank MEL 2F F7	Main Yarra and Plenty river trails to the Ring road to Dalton rd. Then across country to the Hume trail. Return to city via the Merri creek trail ~ 60km.	Med
30 Jun		No ride	