



February - March 2016

## Hi TBUG members and supporters

Welcome to the New Year and boy have we packed it in so far. I hope you all have been enjoying this wonderful summer weather even if the air quality has not been its usual. We still have lots planned, so get your bikes ready and start peddling. Cheers Di

Quote for the month; "A bicycle can't stand alone, it's two tired!"

Just for your entertainment: look at this funny SBS CPR video.

<https://www.facebook.com/SBS2Australia/videos/874560215971943/>

Wonder why we ask if you are insured? Here is what is available, it covers you if you run into something!!!! (tree, person, car, other cyclist etc)

### Cycling Australia Bike Insurance

Cycling Australia now offers bike insurance for CA members, covering

- Accidental loss or damage
- Malicious damage
- Theft
- Loss or damage during transport

For more details on prices and excesses go to the CA website [www.cycling.org.au](http://www.cycling.org.au)

**Like what we do? Reminder to join for \$20 only...**

TBUG is asking for your support – please read on. We need more members to help make our advocacy work more effective. We're your **local** voice for effectively promoting **all levels of cycling**.

Ongoing work includes:

- Encouraging councils and the state government to improve facilities. Our suggestions to install bike racks at the Farmers' Market and West Tamar Council chambers have recently been successful.
- Supporting campaigns to promote a better culture for bike riding in our region.
- Contributing to meetings of the City of Launceston Bike and Pedestrian Committee. Last meeting we pushed hard for a quick start to implementing speed limit changes and street redesign as a priority for City Heart.
- Responding to the Preventative Health Strategy, attending Road Safety Forums and

contributing to the development of the Northern Tasmanian Bicycle Tourism Strategy.

On top of all this, our dedicated ride leaders continue to organize rides and other events.

If you have joined Cycling Australia, you are automatically a TBUG member. However, if you have joined Bicycle Network or another national bike organisation that is not the case. **Please help us with our ongoing work for you and your cycling facilities by joining TBUG now.**

For this basic membership please complete the attached [membership application form](#) and forward to TBUG with your membership fee. See contact and payment details (cheque or direct deposit) on the membership form. The form will be attached separately to this newsletter.

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## What's TBUG been up to in the last 2 months?

Members have been turning up and enjoying the Wednesday rides that Mick introduced, Marion adds some History rides to this event so join us if you can. You may also like to come along on Thursday nights, now we have more daylight the rides can last up to 1 ½ hours! These rides are open to members and friends. Bring enemies along too if you want to lose them! Only joking!!

Summer has been a very busy time for us with lots of rides available and mostly well attended. **BIKE WEEK** was just last week and if you missed that you missed lots. We had a massive 24 riders turn up for the **Latrobe to Devonport** circuit ride in February. So a big thanks to all for making that a wonderful day out! This is proving to be a favourite ride for many of us, perfect ride conditions were once experienced on this day.

**Cressy pre Christmas** ride, thanks Mick and thanks for a delightful meal at the Pub.

**Australia Day** ride was enjoyed by lots of riders and so was breakfast! Thanks Malcolm.

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## City of Launceston Bike and Pedestrian Committee

Malcolm Reid TBUG President

As you may know TBUG has two positions (myself and Malcolm Cowan), on this committee alongside council staff and councillors Hugh Mckenzie and Karina Stojensek.

This gives us a real opportunity to provide direct feedback to council works proposals, encourage the implementation of the Bike and Pedestrian Strategy priorities, make recommendations to the full council and to directly raise issues with appropriate staff.

For example with regards the latter we raised the question of safety on the path alongside the West Tamar Highway near Tamar Marine. Council are now in direct negotiations to try to implement a solution.

We also:

- discussed the Northern Tasmanian Bike Tourism Strategy highlighting the importance of building a strong local cycling culture to support visitor numbers. This was accepted by unanimously;

- We strongly urged the implementation of street level changes such as speed limit reductions with regards the city heart project;
- provided direct feedback on plans to improve pedestrian and bike safety around the Kings Bridge area;
- successfully lobbied for the installation of bike racks at the farmers market and at Dan Murphy development.

Recommendations to council included support for implantation of street redesigns in City Heart and recognising importance of bike tourism and supporting local bike riding.

Please contact me if you have any further questions and/or comments on [malkanga@bigpond.net.au](mailto:malkanga@bigpond.net.au).

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**If you want any issue raise at this committee please let me know via email. The next meeting is on March 16 2016 [malkanga@bigpond.net.au](mailto:malkanga@bigpond.net.au)**

### Up and Coming events:

**Check out the website for any late changes, additions or more rides. Click [here](#)**

**If you are keen to do any rides, contact the person listed and they will be able to tell you more or if the ride is cancelled – due to inclement weather.**

### TBUG RIDE GRADE CHART

Terrain Difficulty	Speed is pace on the flat
1. Flat	A. Leisurely (13-15 kph)
2. Gentle Grades	B. Moderate (15-20 kph)
3. Rolling Hills	C Brisk to fast (20-25 kph)
4. Mostly rolling hills, some steep climbs	D. Workout (25+ kph)
5. Steep hills, long climbs	

**Reviews.** We had an amazing ride around Prospect on the 14th. At the end of Bike Week, we had a wonderful ride with some NW coastal cyclist joining us from Latrobe to Devonport and return, if you haven't done this ride before add it to your to do list. Our ride to Evandale for the Penny Farthing Fair was also delightful. So put the air in your tyres and meet us this week/month for more fun rides.

## **A note on bike etiquette: Letting others know you are there.**

If you are riding in a group and come up behind another rider, say 'Hi I am on your tail', or 'finally caught you', this will tell them you are near and lessen the scare factor.

Use of Bells, On a shared pathway the bell should be rung nicely to alert another cyclist or pedestrian that you are approaching from behind or in front. It is courteous to let them know you're there. Even a polite 'excuse me' will do the trick. Be aware that some pedestrians may be deaf or hearing impaired or wearing earphones, or chatting on their mobiles. If there is a risk you are going to hit someone, use your voice and keep both hands on the brakes!

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## **Forthcoming late Summer - early Autumn Rides.**

**Note: Thursday rides will finish on March 31<sup>st</sup>!**

### **Wednesday 24<sup>th</sup> Feb.**

3B 40kms . Meet at Carrick Hall at 9.15am. Explore the quiet country roads with Mick: [hlmstatham@gmail.com](mailto:hlmstatham@gmail.com) 0418 131 211.

**Sunday 27<sup>th</sup> Feb. Lilydale Loop Ride.** 3B 30kms. Meet at Lilydale Larder at 9.15am. Chris: [cjadams@bigpond.net.au](mailto:cjadams@bigpond.net.au) 0448342749.

**March. Sunday 6<sup>th</sup>. Clean Up Aust Day bike ride.** 3B 24kms 8.45am [cjadams@bigpond.net.au](mailto:cjadams@bigpond.net.au) 0448342749. And Helen. [hlmstatham@gmail.com](mailto:hlmstatham@gmail.com) 0400 511 156

**Monday 14<sup>th</sup> March. Glover Ride to Evandale.** 4B 48kms. 8.45am Brickfields.with Malcolm: [malcolmcowanster@gmail.com](mailto:malcolmcowanster@gmail.com) 0417 573 991

**Sunday 20<sup>th</sup> March. Westbury-Selbourne ride.** 3B 48kms. Mick: [hlmstatham@gmail.com](mailto:hlmstatham@gmail.com) 0418 131 211.

**Monday 28<sup>th</sup> March. Easter Monday. Around the Tiers. 100kms in a day.** 3B. 100kms. With Malcolm. [malcolmcowanster@gmail.com](mailto:malcolmcowanster@gmail.com) 0417 573 991

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## **Events that might interest you during the year. Add these to the calendar so you don't miss them.**

March 4<sup>th</sup>. National Ride2school Day.

March 13<sup>th</sup>. Falls Creek. Peaks Challenge.

March 20<sup>th</sup> Newcrest. Orange Challenge. and Glenelg to Victor Harbour- Boileau Velo Coast to Coast.

April 17<sup>th</sup>. The Ascent. Yarra Ranges in Vic. 100km Women's only ride!!!!

## More things happening around Launceston.

This fellow cycles on this to work and loves it.



## Around Tasmania.

Check out further down the page to read about the Tasmanian Trail.

## Around Australia.

Keep reading as there is a map of the top 10 rides in Australia.

Summer riding tips and our annual snake alert! The warm conditions are a reminder to brush up on [snake bike treatment](#) as a lot of slithery critters have been spotted from October to March.

A group of 5 of us were out exploring the NE Rail Trail, riding out from Scottsdale, one fine day we sighted 3 snakes along the trail. So be alert!

## Tours of the World. Most popular.

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These are the most viewed tours from January 2016: from [cylcetoursglobal](#)

Jan	Tour Name	Dec	Country(ries)	Tour Operator
1	<a href="#">Hue to Nha Trang</a>	-	Vietnam	<a href="#">Down Under in Vietnam</a>
2	<a href="#">Dream Bike Tour Korea</a>	2	Korea	<a href="#">bikeOasis</a>

3	<a href="#"><u>Annapurna Fun Ride</u></a>	17	Nepal	<a href="#"><u>Infinite Mountain Adventure</u></a>
4	<a href="#"><u>Bangkok - Phuket</u></a>	1	Thailand	<a href="#"><u>Kirch Cycling tours</u></a>
5	<a href="#"><u>Giro d'Italia: Final Week</u></a>	-	Italy	<a href="#"><u>Go4Cycling</u></a>
6	<a href="#"><u>Vietnam on a Bike</u></a>	-	Vietnam	<a href="#"><u>Down Under in Vietnam</u></a>
7	<a href="#"><u>Dover to Cape Wrath</u></a>	6	UK	<a href="#"><u>Peak Tours</u></a>
8	<a href="#"><u>Way of St James The Coast</u></a>	7	Portugal, Spain	<a href="#"><u>Fold N' Visit</u></a>
9	<a href="#"><u>Legendary Cols</u></a>	-	France	<a href="#"><u>Forever Morzine</u></a>
10	<a href="#"><u>Napoleon Expedition</u></a>	12	Across Europe	<a href="#"><u>Ride and Seek Bike Tours</u></a>
11	<a href="#"><u>Etape du Tour</u></a>	-	France	<a href="#"><u>Go4Cycling</u></a>
12	<a href="#"><u>Vietnam Coastal Odyssey</u></a>	-	Vietnam	<a href="#"><u>Down Under in Vietnam</u></a>
13	<a href="#"><u>Tulip Tour by Bike and Barge</u></a>	-	Netherlands	<a href="#"><u>Actieve Vaarvakanties</u></a>
14	<a href="#"><u>Saigon to Hanoi</u></a>	-	Vietnam	<a href="#"><u>Grasshopper Adventures</u></a>
15	<a href="#"><u>Great Taste Trail Luxury</u></a>	-	New Zealand	<a href="#"><u>Wheelie Fantastic Cycle Tours</u></a>
16	<a href="#"><u>Across Korea: Damyang to Jeju</u></a>	-	Korea	<a href="#"><u>bikeOasis</u></a>
17	<a href="#"><u>5 Days in Hoi An</u></a>	-	Vietnam	<a href="#"><u>Down Under in Vietnam</u></a>
18	<a href="#"><u>Emerald Tour from Ljubiana</u></a>	-	Slovenia	<a href="#"><u>France Bike</u></a>
19	<a href="#"><u>Annapurna Trek &amp; Bike Ride</u></a>	-	Nepal	<a href="#"><u>Infinite Mountain Adventure</u></a>
20	<a href="#"><u>Japan Cycling Tour</u></a>	-	Japan	<a href="#"><u>Japan Holidays</u></a>

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## What is happening in Hobart?

More information go to [www.cyclingsouth.org](http://www.cyclingsouth.org)

## Overseas travel, the condensed version.

Contact Bruce Robertson. CEO of Cycletoursglobal, phone 0403742110, or look for [www.cycletoursglobal.com](http://www.cycletoursglobal.com)

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## Top 10 Cycle Routes in the World.

[www.travel.nationalgeographic.com.au/travel/top10/cycle routes](http://www.travel.nationalgeographic.com.au/travel/top10/cycle%20routes)

1. La Route. Verte Canada. Quebec, 4000kms
2. Underground railroad bike route, USA and Canada. 3,130kms [www.adv-cycling.org](http://www.adv-cycling.org)
3. Ruta Chile.1,300kms [www.gochile.cl](http://www.gochile.cl)
4. Munda Bididi trail. W.A. 332kms [www.mundibiddi.org.au](http://www.mundibiddi.org.au)
5. Hanoi - Ho Chi Minh City, Vietnam
6. Gran Fondo – Campagnolo. Italy. Climb 2400m over 209 kms. [www.infodolomiti.it](http://www.infodolomiti.it)
7. Luchon – Bayonne. France, [www.customgetaways.com](http://www.customgetaways.com) and [www.clevancances-65.com](http://www.clevancances-65.com)
8. Route du Comte Jean, Belgium - France. 220kms old Flemish cycle route. [www.visitbelgium.com](http://www.visitbelgium.com)
9. Lands End to John O’Groats. Britain. [www.ctc.org.uk](http://www.ctc.org.uk)
10. Cape Argus Pick n pay cycle tours. Sth Africa. [www.cycletours.co.za](http://www.cycletours.co.za)

Cycle trails of Australia. [www.cycletrailsaustralia.com/4\\_planning](http://www.cycletrailsaustralia.com/4_planning)

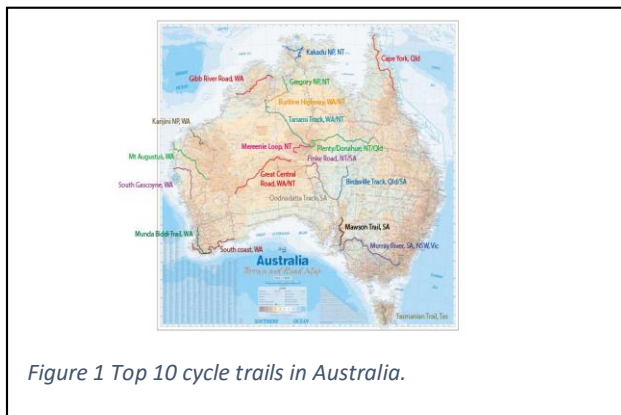


Figure 1 Top 10 cycle trails in Australia.



Figure 2 Tasmania Trail.

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Now for some info on the Tasmania Trail, that very elusive trail that we see all the signs for.

## Tasmanian Trail Summary

The summary below gives a brief overview of each of the sections (as per the official [Tasmanian Trail guide](#)) from a mountain biking perspective. It is based on a series of weekend rides over the trail in late 2010 and early 2011.

### 1. Devonport – Latrobe

All on road, looks like it might be nice alongside river on map, but honestly pretty mundane.

### 2. Latrobe – Sheffield

Campsite south of Latrobe fairly nice. First off road section not that exciting just south of Latrobe - Slight gradient uphill going North – South, and last bit recently logged with lots of downers (fallen trees) cluttering up track making for lots of lifting and pushing.

On road section along Native Plains Road to Railton, though the really keen could ride adjacent to road under power poles for quite a few kms.

Railton to Sheffield is a nice little rail trail section. If had own transport and just wanted to pick the eyes out of the trail, I'd start at Railton.

### 3. Sheffield – Gog Ranges

Nice sections of quiet road south of Sheffield, though some steep climbs. Once on Star of West Road be ready for lots of logging operations, though also some really nice riding through pines. Gorgeous little campsite at Gog Ranges. Hut is now run down and toilet no longer works but right beside river in flat paddock area. Be warned that if this river is in flood it's a big, big back



track to the alternate route, but worth the diversion as the section on the other side of the river is pretty sweet.

#### 4. Gog Ranges – Cluan

I enjoyed section out onto Mole Creek road so much I turned around and did it again (though that was also the only way I could get out as the river was in flood). Plenty of uphill though if travelling north to south.

You're on the road from here (Detour into Deloraine may be worth it for Woolies Supermarket as last big chance to shop for a long, long way). The mapped section through Montana Falls is now detoured around. You follow Leonards Road the whole way (still a pretty nice section though).

Another short section of off road trail from Lakes Highway to Maroneys Road. This is now a trail bike area so lots of tracks everywhere (feel free to dump your gear and play – I did).

Back on road to Cluan Camp. I didn't stop here but it looked really uninviting, as in it looked like it had been converted into a motorbike race track.

#### 5. Cluan Ranges to Bracknell

I did this South to North, and had a lovely spin down the hill for kilometre after kilometre ... so enjoy the climb :). Once you get to the top, and head off into the plantation, it's a nice bit of trail, and worth a few detours to enjoy the views over Liffey valley. Be warned that you'll hit a gate with lots of warning signs about not proceeding, you need to go past here, and take a track about 50-100 metres on right which will detour you around logging area. Will involve really steep (likely unridable) descent. Follow that GPS route.

Bracknell is a pretty quiet place. If you've got supplies from Deloraine, no real reason to head here and shorter detour towards Caves Track might be an option.

#### 6. Bracknell to Arthurs Lake

The top half of the push up Caves Track is a monster, but this is what you came here for. Some lovely riding as well. Hit the track, but know it's going to be hard. The last section along Arthurs Lake is usually muddy, wet riding. Quite a few tracks, I followed the lakeside, few deep river crossings, but you can't get lost, just follow the power lines.

Campsite at Arthur's Lake looked pretty well laid out.

The first time I did the trail I bypassed caves track and cycled up the alternative Poatina road after staying at a backpackers in Poatina. I enjoyed the ride up the hill, so there's no bad option.

#### 7. Arthurs Lake to Miena

This section has been cold every time I've done it. Pleasant first section alongside water race, but don't expect to get too excited, then it's gravel road back out to Lake Highway and fast bitumen riding to Miena.

There's a pub at Miena (never eaten there) and also a very basic shop. Only for the desperate.

#### 8. Miena to Bronte Park

The first section of off road trail shown on the map just south of Little Pine Lagoon appears to have been abandoned. I couldn't find trail markers into it from either end, and didn't sound like much fun anyway.

Second section of off trail shown on map (and not advised for cyclists) is a ripper. Hard work, scratchy, lots of bike carrying and some beautiful country. Having said that though, just

thundering down the Marlborough Highway (actually a narrow gravel road) is a darn nice ride as well.

Plenty of nice wild places to camp around Pine Tier Lagoon, or head to Bronte Park for backpackers accommodation or more upper class.

#### 9. Bronte Park to Victoria Valley

Some guides show a bit of an off road section, but it's off limits, so this is just a ride down Marlborough Ride, a little section along Bitumen on the Lyell Highway and then quite a cruisy, pleasant ride along Victoria Valley Road to Victoria Valley. Campsite is just a paddock. No reason to stop here as it's all downhill to Ouse (OK, other than several up hill sections).

#### 10. Victoria Valley to Ouse

Be warned, the GPS track may not be that accurate for this bit as my GPS malfunctioned so it is my best guess to the route. I really liked this section, lot's of fun downhill, with a really steep descent at the end. There's not a mountain biker who won't enjoy this little off road section. Ouse has a small supermarket with a pretty reasonable selection, but the pubs recently closed down. Also has a nice little take away (nothing spectacular).

#### 11. Ouse to Glenora

This was perhaps my favourite section, but you won't enjoy it so much as several of the best bits are currently shut due to logging, plus even if you did go in here, what you won't know is that this section crosses a MTB orienteering map which I had great fun on, but won't even know about it. Sorry. 9.

When you get to the turnoff to the Victoria Valley Road you're actually supposed to cycle down on the dirt track on the other side of the road (if you search you'll see a marker next to a small gate with a lock on it). I threw my bike over the fence and did this, and ended up getting lost for my effort. Nice climb and views then drop down to dam.

From here the trail is closed and you have to go left around a big detour, the trail (as per my GPS track) goes up through some nice bushland, drops down for a crossing of Broad River then follows some trails back out to Ellendale Road. This is the fun bit if you know where you are. I haven't gone over Mt Bethune as when I rang the landholders they wouldn't let me ride through without taking a key and then returning it which seemed like too much hassle, but at the same time I had to respect their property. Bonus of this is Ellendale has a shop, so got to gorge out.

Section through Meadowbank can be a bit intimidating (lots of no trespassing signs) and on one or two spots you feel like you're riding through someone's front yard, but stick to the GPS route and you'll be fine ... I hope. There's one small section where I actually lost the trail, but I've adjusted the route to the correct trail (I hope). All care, no responsibility. Good news is heading North to South even if I've got the trail slightly wrong the section in particular is a no brainer. Not much at Glenora, there's a small servo/shop at Bushy Park (turn left out of Kenmore Road and go a kilometre or so down the road), but never been in there myself.

#### 12. Glenora to Lachlan

For those just looking for trails, past Glenora there's not much on offer. The route selected is OK, but really designed for horse riders to keep them off the busier roads. You'll expend a lot of effort cycling up Black Hills only to drop straight down the other side into New Norfolk wondering

why you just did that. So really only for the purists who want to follow the trail, or those who like hills.

A much more pleasant ride is just to turn right at Bushy Park along the B62 and just bee-line it into New Norfolk. For the hungry one's a detour into the Salmon Ponds for pancakes is a tempting option if you take this detour.

New Norfolk is a pretty decent town: Woolworth's, Subway, Bakeries etc.

If abandoning the trail here and heading to Hobart, the quickest way is straight alongside the highway to Hobart, but heavily trafficked and not much shoulder in places. Riding along the Northern Side of the river is a much quieter and more pleasant road, the cross at Bridgewater and follow the signed cyclists route which will lead you onto the intercity cycleway and drop you into Town.

A more extreme option is to continue to follow the trail through Lachlan and up over Jeffries Track and then cut off onto the East West Trail which will eventually (after much climbing) bring you around the back of Mt Wellington and onto the bike paths that way. This is a pretty big ride.

### 13. Lachlan – Judbury

It's a decent ride up from Lachlan, and can get very, very muddy in winter, and unfortunately there's not a huge amount of reward on the other side down to Judbury as the trail has been upgraded from old bush trails to major logging roads over the past few years which robs the trail of some of its beauty.

### 14. Judbury - Geeveston

When I last did it the trail 2010 this section had been almost completely re-routed from its original course. At the time the route went up Bermuda Road, but I've been told (January 2013) that the course has returned to close to its original route from Judbury back out along She Oak Road and then around to Geeveston. The GPS route still follow my 2010 route (until I can get back down there and follow the new route).

Geeveston has a good take-away and decent IGA supermarket for supplies.

### 15. Geeveston - Dover

I'm the first to admit that this section won't be to everyone's taste, but I love it. Another section, another hill as soon after leaving Geeveston on the bitumen road you again veer up gravel roads, and then forestry roads and start climbing. There's lots of forestry in these parts, and I'll leave it up to your moral compass how that sits with you, but this isn't a ride through wilderness, and let's leave it at that.

After some fast descending, there's a brilliant 4wd drive track section, before emerging back out onto new blue gravel and back onto gravel roads as you descend (don't take the old turnoff to John's Road) nearly all the way to Dover.

To finish off the ride is one of the steepest and most brutal climbs, or maybe it just got to me because I thought I was home ... however the reward for this is once again a fun slippery descent, with the last few hundred metres through farmers paddocks.

The bakery was closed last time I was down there (Jan 2012), but there was a take away and grocery store at Dover and there is some places to stay down there. You may not have mobile coverage down here unless you have a Telstra phone.

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## For those wanting to travel overseas, try looking at these.

FlexitreksBike holidays. [www.flexitreks.com/bike-holidays-europe](http://www.flexitreks.com/bike-holidays-europe)

Trek cycling tours. [www.trektravel.com](http://www.trektravel.com)

Heading to Britain? then check out Newcastle and Thecyclehub.org between the River Tyne and Sustrans Route 72.

Heading to Holland?

Actieve Vaarvakanties, H C Bike tours, Go4cycling, Yubike, or Boat-bike tours.  
[www.hollandbiketours.com](http://www.hollandbiketours.com)

## If you are interested in local touring “Like” Bicycle Touring Tasmania on Facebook and contribute.

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### LIKE TBUG ON FACEBOOK at

**Tamar Bicycles Users Group** or click [here](#)



Encourage your friends and family to Like us - it's a great way to get the latest updates and interesting news from TBUG. Go to <http://www.facebook.com/tbugbikes>. We have almost **500 likes** on the Facebook page. Bike riders from all over are liking us!

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### THANK YOU's

- ❖ Major sponsor St. Lukes Health
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- ❖ Foot and Playsted for printing
- ❖ Discounts for TBUG members are provided by:



- Cycle2...
- AvantiPlus
- Sprung
- Mountain Designs
- Mountain Bike Tasmania
- Freedom Mountain Bike Hire
- Cycology

- Launceston Scout Shop
- Sarah Courtney. For the Bike Ed brochures. See me if you want one!

## COMMITTEE MEETINGS

We would love to see you at our committee meetings, 6pm at Newstead Tennis Centre on Olive Street. We share tea as we meet and talk about all things bicycle.

**Next meeting: Will be March 16th. 6pm**

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## CONTACT US

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[www.tbug.org.au](http://www.tbug.org.au)

### General Enquiries

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