



FEB – JUNE 2019

Happy Autumn-Winter newsletter

Hi to all our TBUG members and supporters

It has been several months since the last Newsletter and we have all enjoyed the activities offered over Bike Week. I thought the Bike Film was just great and thanks to you all for supporting this event. A forward date for next year's **Bike Week in 2020 is March 1 - 8th**. On a more practical note, **annual membership is now due**, please see the final page of this newsletter for details or go to the Website. And Mick and Helen have returned safely from the middle-east, so get your cycle ready for more awesome rides on Wednesdays.

Take care on the road,
Di McHenry
(editor)



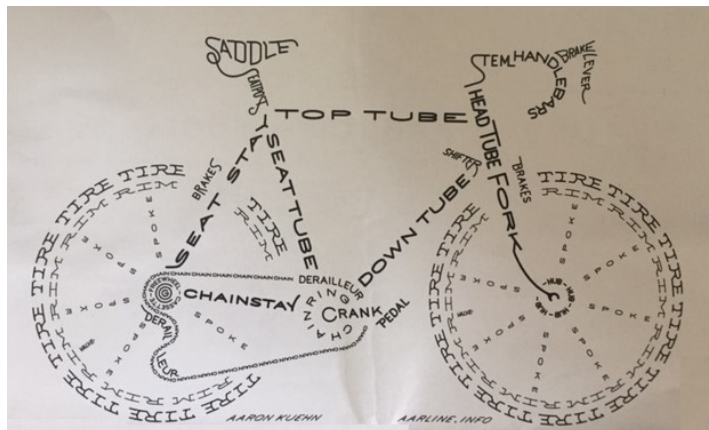
PRESIDENT'S REPORT

TBUG breaking the chain and hitting the mark!

By Malcolm Reid, TBUG President

As you all know our aim is to get more people on bikes - and Bike Week this year certainly achieved that aim, with great turnouts for both community rides at the beginning and end of the week. The Night Ride in particular was a great spectacle and overall, we had an attendance of nearly 500 at Bike Week events. This is a vast improvement on previous years when we struggled to get media coverage and people. I'm pleased to say that both the film night and CBD forum were also very well supported. **Thanks to City of Launceston, St Luke Health, City Prom, Cycology, INTAS, and State Libraries and Brack Communications for all your support.**

Our ride program has continued to go well and the Wednesday morning group goes from strength to strength. Of course, numbers will drop off during the winter but there will still be a TBUG regular rides



program with lots of variation. For all the latest details on upcoming rides throughout winter, don't forget to check out the TBUG website (<https://tamarbug.org.au/events/category/rides/>). We have rides listed right through until September. And speaking of the website you can also find a growing list of member discounts available on the membership benefits page: <https://tamarbug.org.au/members/>. In terms of advocacy for infrastructure improvements, it's a hard slog at times but we are working closely with Bicycle Network to continue to press the issues that matter at both state and local level. In the last months we have also achieved improvements to bike lanes in Brisbane, Charles and Margaret Sts as well as an agreed shared space around the Seaport and new bridge area. Over the next months new projects will be implemented in Mowbray, Howick St and Elphin Road. Also, the Rocherlea -Inveresk Track will have a new sealed section to Heritage Forest next year... we hope!! Additionally, we have raised our voice on the West Tamar Highway upgrades and are hopeful of significant improvements in the final designs to be published later this year. Some other things to look forward to are the Riverbend Park trails that will be resealed as part of ongoing developments, the Tamar Valley Peace Festival ride and the big news: A major e-bike expo is coming to Launceston in October...more news on that soon!



VICE-PRESIDENT'S REPORT



My name is Ian Howard. I write to share with you an exciting development in our State's peak Motoring advocacy group RACT. A weird way to start a TBUG news item but hey, these are weird and changing times. I have been commuting by bike for 12 years. I am also TBUG's new vice president which, much to my surprise, doesn't mean I'm in charge of staying up late and drinking too much. During these 12 years of cycling I have gone through the "Where did all these hills come from!" stage, when I first started riding along routes I was used to driving, to the much more encouraging "I thought there was a hill here?" I cannot explain how thrilling it feels to get stronger and fitter as you get older.

I've learnt how much better panniers are compared to a backpack and that there really is no substitute for a leather saddle. I save \$900 a year in car expenses personally, the state health system \$1.20 for every km I ride and I'm one less car adding to traffic congestion and wearing out our road network. Most importantly though, it's fun. Unfortunately, I have also learnt, there are significant impediments to everyone having access to the benefits I enjoy, and this is where organisations like TBUG come in and why I'm so impressed with what is happening within RACT at the moment. "Ah", I hear you say, "The segue at last".

It is safe to say, there is a big evolution in mobility on the way. In fact, it has already begun. Electric cars, autonomous cars and buses and an increasingly obvious need for active transport options. RACT has seen these changes coming and is working to position itself as guiding force in these new times. A mobility advocacy group, if you will. Acknowledging many of their members are runners, walkers and bike riders, RACT is becoming more involved in all forms of mobility and how they can all piece together to ultimately improve the efficiency of the network. Through this they seek to engage with running, walking and bike riding groups to intelligently inform Tasmania's development of sustainable transport policies and infrastructure. I see this as an exciting opportunity and a recognition of TBUG members past and present in positioning us as a brains trust for all things bike. Good news!



A LOCAL RIDE STORY

Malcolm heads to a couple of Victorian Trails

Vicky and I recently rode the 120km Great Victorian Rail Trail (GVRT) from Tallarook to Mansfield. The trail surface is gravel and, on many sections, riding fully loaded bikes was slow. There are some long climbs but of course, being a rail trail, they are not more than 3% and have some nice downhills too.



The trail is well provided with a range of accommodation. We camped at excellent camp grounds at Yea and Mansfield. If we'd had more time we would have had an extra day and done the side trip on the 13 km Alexandra spur to make it a three day ride. For those who like a climb, it's 46 km from Mansfield to Mount Buller, 16km of which is a climb up the mountain. The trail is well serviced by small towns such as Yark, Molesworth, Merton and Bonnie Doon along the trail

and of course these businesses welcome the trade the rail trail brings. As well as being close to highways, the trail wanders through scenic farmland, has a 200m tunnel and a new long bridge across the Eildon Dam. We rode back 30km along the trail to Merton and headed towards Euroa over the Euroa Gap. We camped at a venue that provides for group events. An alternative is to camp at Euroa. Then on to Nagambie and to camp at Heathcote. This area provides quiet shaded back roads and relatively flat riding visiting these small country towns. The main ride points are:

- Car parked at Spirit of Tasmania and bikes on Spirit (\$15)
- Easy trail 6km into Southern Cross railway station from Prince's Pier.
- VLineTrain to Tallarook, in the Myki zone. 1hr 10min, bikes in guards van for free.
- Maps on Cyclewayz App, <http://www.greatvictorianrailtrails.com.au/>, www.vline.com.au
- Verdict: highly recommended.

We also rode the 50km O'Keefe Rail Trail to Bendigo from Heathcote. This is a fully off-road trail that is a combination of redundant railway and off- road shared trail where the rail corridor has been lost. The trail passes through Axedale on the way with a pub, coffee shop and roadhouse. The main points are:

- VLine trains from Bendigo have spaces for bikes
- Excellent camp ground at Heathcote, good pubs and excellent bakery.
- Information: <https://www.bendigotourism.com/things-to-do/cycling-and-walking/okeefe-rail-trail>.
- Verdict: flat, good smooth gravel surface. Recommended.



These rides made us realise that Tasmania is missing out on these benefits while we wait for the development of the North East Recreation Trail. Contact malcolmcowanster@gmail.com for more information:

COMING EVENTS:

Up and coming rides

Check the web site for 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 for any reason.

Check the ride quality and length using the [TBUG Ride grade chart](#) as on Website Calendar. Check our grading system to select the right ride for you.

Terrain Difficulty	Pace
1 – flat	A – leisurely (13-15kph)
2 – gentle grades	B – moderate (15-20kph)
3 – rolling hills	C – brisk to fast (20-25kph)
4 – rolling hills, some steep climbs	D – workout (25+kph)

UPCOMING RIDES

June, July and August

- June rides for **Wednesdays** are on: 5th, 12th, 19th, and 26th.
- Sunday rides listed are. **Sunday 9th**, yes that is during the Long Weekend. With Di. A Legana Loop is planned. Starts at Windsor Park, Medical car park at 9.15 and we will cycle to Legana and Loop back.
- **Sunday 16th**, with Helen, starting at 9.15. Park opposite the Info Centre in Exeter and cycle to Winkleigh and Beaconsfield. Has some hills and is 3D.
- **Sunday 30th**. With Di, A loop from Breadalbane, to Perth along the new cycle path, from Perth along the Mill Rd, finishing back at Breadalbane. Meet outside the Micra repair centre at 9.15am.
- **July: Wednesday rides, are planned for every Wed.**
- **Sunday 7th**, Another wonderful History ride with Marion. Starting at Glebe gardens at 9.15am
- **Sunday 14th**. Mick will take you on the Cressy to Barton Rd. 64km. 2C.
- **Sunday 28th**. Di will lead a Loop ride from Hillwood Strawberry farm, north to the Hwy and back along the rivers edge. Hopefully the café at the Strawberry farm will be open when we finish. 9.15am meet at the Farm gate.
- **August: Wednesday rides are planned for each Wed.**
- **Sunday 4th Aug.** Marion has another History ride planned. This time hit the scenic Tamar River for a ride from Rosevears Pub. 9.15 meet and park opposite the Pub on the foreshore side.
- **Sunday 11th**. Di will lead you around the Ravenswood – Waverley area, to places you never imagined you would go. 9.15 meet at car park at the back of UTAS Architecture building.
- **Sunday 18th**. Mick will lead an Evandale to Franklin village ride, 40 kms 2C. Meet at the car park for Pioneer Park off High St. After the Medical Centre. 9.15am.
- **Sunday 25th**. Helen will do a wonderful ride from Brickfields to Woolmers (Longford) and return. 9.15am at the Brickfields.
- **Sept. Sunday 8th**. Mick will lead you around the West Tamar region again, from Exeter to Flowery Gully. Meet at the car park opposite the Info centre in Exeter at 9.15am. Some Big hills 56km 2 D.

Note: if you are keen to attend then let the leader know, either by email or text, or by liking the ride on Facebook. This means you can be informed if the ride is cancelled due to weather or whatever. Also, you might want to add your favourite rides or pictures to Facebook.

L & P-plate Ride Program.

This program will give you confidence and skills to enjoy your riding more. It will be held over three Sundays from 10.30 am – 1pm. This program will be re-offered shortly, minimal fee of \$15 for the three sessions. To be held behind the UTAS architecture building, if you are keen then register an interest by email to Di - dianamchenry@netspace.net.au



SMART PHONES

Here are some cool apps you might check out to improve your cycling experience. Download time!

1. Xeno – Canto birds songs from around the world. www.xeno-canto.org
2. Wikimapia: you can mark points and zones on a satellite map. You can discover unexpected locations and record your own abbreviations of the real world.
3. Field Trip: www.fieldtripper.com Unobtrusive travel guide. May not highlight world interesting architectural items of interest. When near interesting places though, it will vibrate in your pocket.
4. The atlas of living Australia. Biological data from museum collections, wildlife surveys and other research projects. www.ala.org.au
5. iNaturalist: like the Atlas, this allows you to search organisms that have been observed. You can take a photo of the organism and it neatly arranges for a taxonomic expert to give it a quick look and assign it a identification. www.inaturalist.org
6. Field guide to Tasmanian fauna. Produced by the Tasmanian Museum and Art Gallery. High quality pictures and descriptions from above the trees to below the waves. 700 species are included. www.tmag.taws.gov.au/collections_and_research/zoology/field-guide.



WHAT'S NEW?

I have recently been corresponding with a travel consultant in the U.S, as I am off to Cuba to cycle in October Lucky me! As a result, here are some of the wonderful tours that you might like to add to your bucket list – Di.

Perpetual Motion Adventures delivers world-class, hidden-gem bike tours to cyclists of all ages and abilities. Working with established bike tour companies, PMA researches and curates' tours around the globe then works with customers to find the right fit for them. As a one stop shop for all your biking adventures, we do the work so you can enjoy the ride! There is no additional cost to you.

Lizard Head Cycling Guides: We'll take you where you can't go alone - Our road cycling and mountain biking tours are handcrafted to best explore select regions on lightly traveled roads.

Tourissimo: Operating cultural active vacations throughout Italy; local experts presenting a truly authentic version of Italy; offering an array of Chef tours; special edition tours.

Ride and Seek: Learn more about our history, making cycle journeys in the footsteps of historical figures which ride the length and breadth of Europe and around the World.

Grasshopper Adventures: We carefully craft our tours, ensuring to truly connect you with the destination so you can experience everything that makes it tick. Operating tours in 16 countries in

Asia: Bhutan, Cambodia, China, India, Japan, Laos, Mongolia, Myanmar, Nepal, Philippines, Sri Lanka, Taiwan, Thailand, Timor Leste, Uzbekistan, Vietnam. So should you know of anyone interested in domestic or international bicycle tours, please feel free to connect us, or pass along my info. Lauren Lasky lauren@pma.bike | 508.561.7580

More Digi-Things . .

- BreatheVelo. Locally produced in Tasmania, cycle tops made from Merino. Check out Mark Munnings on FaceBook.com/breathevelo or ride@breathevelo.cc 0403 773 145.
- Trip.com
- Ratestogo. Hotel deals.
- Away.com
- Ebookers. Cheap hotel deals
- And Car Hire. Argus car hire. The more you use the cheaper the rate!



ON YOUR BIKE

Plan for a Backyard Ride . .

Take a little adventure and visit Flinders or King Islands with Sharpe Airlines.

- Explore Emita
- Cycle2 Rock and Sea tour
- Ride Strz Tour. Ride around the delightful Mt Strzelecki N.P.
- MTB. Flinders is a clean, community minded and eco-friendly business
- King Island options. Join the feasting at the Long Table Festival. 3-5 April 2020
- Also Feb 26-28 2021. Check both options at Sharp Airlines.

Around Launceston

- On Your Bike Tours is a great way to know Launceston. Includes North Esk and Tamar river areas. Friday and Sunday at 10am or 1.30pm. Includes a Tassie Taste platter. Adults \$60. Children 10-18 \$50. Phone Alison 0407 612 611.
- Wes Sulzberger our local Champion on a bike has begun a new venture called En Route and is offering bike touring and training options around our delightful state.
- Derby. Check out the new trails. There are Lake Derby, Rapids, Wotchya Upto, Deadly Bugga.
- Sally's Ride. Set the date of Dec 1st for 2019.
- Ride/Run NERT early August.

Around Hobart

- For info on what's on in the south of the island, try Cycling South.
- **Have your say on mountain biking on kunanyi / Mt Wellington**
The City of Hobart is exploring new ways of improving the riding experience in the lower foothills of kunanyi/Mt Wellington.
- Council wants to understand how the existing track network is being used, the type of riding experiences you are having now and what you'd like to see in the future. More>>

- **Hobart Airport bike assembly station**

Cycle tourists arriving at Hobart Airport now have a stand and tools to reassemble their bikes. They'll have to drag their bike box across the road from the terminal but it's undercover and it's good to see some welcoming infrastructure provided for visitors with 2-wheels.

Around Australia

- **Bike S.A.** 21st Sept – 29th. Tour the Eyre Peninsula. See our website for more details.
- New Zealand **South Island** Feb. Marlborough to Queenstown.
- Or Ride and Seek NZ. **Auckland to Queenstown**. 24 days, 2060 kms Feb 8th – Mar 9th 2020.
- Or take off to Europe and **cycle the Danube**. 1st July 28th. Available in 2 stages.
- **Around the Bay in a Day**. (Melbourne) October 6th 2019.
- **Great Vic Bike Ride**. November 22nd -Dec 1st 2019. Limestone Coast S.A. to Great Ocean Road. From the Limestone coast in SA to Torquay along the Great Ocean Road. 5 and 9 day options.
- **Greater Hobart Trails**
- Choose your own adventure from the Greater Hobart Trails website.
- **Hobart MTB Rides**
Regular social and adventure rides
- **Cycle Queensland's Sunshine Coast Ride - 12-17 October 2019**
Based off a central campsite and hub not far from Noosa's Main Beach with 1, 3 and 5 day options
- **Sydney to the Gong - Sunday 3 Nov 2019**
For 38 years, tens of thousands of cyclists have hit the road in this legendary ride from Sydney to Wollongong to raise funds for people living with multiple sclerosis. 58 and 82km options.

Top Quote of the newsletter:

"I wanted to go out and change the world, but I couldn't find a baby-sitter" - Graffito



BUY, SELL & SWAP

- Wind trainers for indoor cycling use. Now only \$50. Ring John, 0416 310 722.
- Electric assist bikes. Now available 15% off at Cycology, York Street.
- Old bikes wanted for works of art. Contact Anna at fovey@intas.net.au if you have one spare.

DISCOUNTS

Just tell the shop owners you are a TBUG member and get healthy discounts on products and services. Outlets include:

- **Cycle2; Geards; AvantiPlus; Sprung; Launceston Scout Shop; Aspire outdoor clothing**
- **Mountain Designs; Mountain Bike Tasmania; Cycology; Onyourbiketours.com**



LIKE US ON FACEBOOK!



- Search Tamar Bicycles Users Group or click [here](#). Do encourage your friends and family to LIKE us too. It's a great way to get the latest updates and news from TBUG. We have hundreds of LIKES on the Facebook page. Add yours!

COMMITTEE MEETINGS

We would love to see you at our AGM. **Wednesday May. 22nd** At Newstead Tennis Centre on Olive Street, 6pm start. We share tea and talk about all things bicycle.

Tamar Bicycle Users Group Inc.

- Postal: PO Box 5059, Launceston TAS 7250; www.tamarbug.org.au
- General Enquiries: contact@tamarbug.org.au
- Newsletter items: dianamchenry@netspace.net.au
- To unsubscribe: send a blank email to newsletters-request@tamarbug.org.au with "UNSUBSCRIBE" as the subject (without quotes) and reply to the confirmation email.

And thanks to:

- Major sponsor St. Lukes Health
- Kerry Finch MLC for photocopying
- Foot and Playsted for printing
- INTAS for financial services
- Sarah Courtney for Bike Ed brochures.



TBUG MEMBERSHIP!!

Any voluntary advocacy group such as TBUG gains strength from the number of members we have. It also helps our financial viability. Elsewhere in the newsletter there are examples of the infrastructure and rides that TBUG works to provide and we need your support to continue to do this. TBUG membership is available on two levels as follows.

Supporter Membership. This is only \$20 (\$44 for three plus members at the same address) and runs from October 2018 - 31 December 2019 so it's time to renew your existing membership. You can do this on the website at: <https://tamarbug.org.au/memberships/basic-membership>

Alternatively, if you require **membership and 24/7 ride insurance and support**, join TBUG through Cycling Australia. TBUG is an affiliated Club of Cycling Australia/Tasmania. Go to <http://membership.cycling.org.au/> and select "Ride+" membership. Membership is \$99 and \$74 for Seniors. Cycling Australia membership runs for 12 months from joining date and you will be sent a reminder. Family membership discount is available. Contact CT 9998 6810.

