

CTA 2021 AGM 5d - Rides for 2020

Your Way or the Highways

Wednesday January 1 @ 7:00am

60km: Moderate 20-25km/h, Road bike - Flat

Beat the Heat start at 7am It's an early start! We will go along Great Eastern, Tonkin, Roe and finally Kwinana highway. The traffic should be minimal on this day. Coffee will be somewhere that is open, probably the Dome at Deep Water Point Distance approx. 60km Moderate pace Meet at the Burswood western carpark near the toilets Ride leader Connie Phone 0407640012 ...

Leader: Connie 0407 640 012;

No Turkey - No Ham

Thursday January 2 @ 5:45pm

35km: Leisurely 15-20km/h, Night ride

Meet at the Narrows Bridge (Toilet Block) A short ride (35kms round trip) to enjoy a casual meal together - share your New Years resolutions and plans for 2020 with your cycling mates. Good working front and rear lights a must. Ride Leaders: Cliff & Rita Mobile: 0423 056 595 ...

Leader: Rita & Cliff 0423 056 595 or 0401 951 919;

Shelley Loop

Sunday January 5 @ 8:00am

40km: Moderate 20-25km/h, Road bike - Flat

start ' Frasers Restaurant ' Kings park at 8am mainly flat, relatively uninterrupted route, coffee at midway point, via Canning Bridge, Mt Henry Bridge, Riverton Bridge, Causeway finish at kings park. ...

Leader: Greg 0447344006;

Ocean Views

Wednesday January 8 @ 7:45am

45km: Moderate 20-25km/h, Road bike - Some hills

With summer temperatures we will start earlier in January. Meet at the Narrows Bridge (toilet block)- (remember to check the signs in the area as some areas now attract a parking fee.) Heading into the western suburbs through quiet streets "over a few" inclines "to enjoy coffee at the beach before heading back to the hustle bustle of the city. Ride leader: Rita Mobile: 0423 056 595 ...

Leader: Rita 0423 056 595;

Tour of the Lakes

Sunday January 12 @ 7:00am

50km: Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Some hills

Beat the Heat start at 7am We will ride through the western suburbs along 5 lakes. We will ride the full loop of 50kms and have coffee at the end of the ride. 'For those who would like a faster ride, Noel will be the second leader'. Meet at the Burswood western carpark near the toilets Ride leader Connie 0407640012 ...

Leader: Connie 0407 640 012;

A different path to Whiteman Park

Wednesday January 15 @ 7:45am

45km: Moderate 20-25km/h, Road bike - Flat

Meet at Maylands Train Station at 7:45am. We will work our way North. Meander through Ballajura before entering Whiteman Park for a coffee break. Returning by the new developments of Dayton and Bennett Springs, eventually joining the PSP back to Maylands. ...

Leader: Noel 0419 964808;

Pub Night

Thursday January 16 @ 5:30pm

40km: Moderate 20-25km/h, Night ride, Road bike - Flat

Meet 5:30 pm at East Perth railway station for a cycle along the river to Midland where we will have dinner at the Grand Central hotel before heading back to East Perth along the railway line. Good working front and rear lights a must! Ring Silvia on 0466242971 for more information. ...

Leader: Silvia 0466271481;

Ocean and Stadium

Sunday January 19 @ 7:15am

49km: Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Some hills

To beat the heat, meet at 7:15am (for 7:30am start) at the southern end of Narrows Bridge. We will ride to the Ocean and back to the Stadium for coffee. Then its only 8Kms back to the Narrows via South Perth. Leader: Christine 0400 570077 ...

Leader: Christine 9457 4779 / 0400 570077;

Swanning to the Farm Cafe

Wednesday January 22 @ 8:00am

48km: Moderate 20-25km/h, Road bike - Some hills

Meet at Midland Train Station at 8am. Starting with small undulations before it becomes a mainly flat ride through the wine and horse country. Coffee at the Farm Cafe in Baskerville. ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

Come for a Swim on Australia Day

Sunday January 26 @ 8:30am

45km: Leisurely 15-20km/h, Road bike - Some hills

Meet at the Raffles, Canning Bridge, with your bathers and towel for a "Come for a Swim Ride". We head North to the Narrows, then pass through all the picturesque suburbs as we hug the river to Fremantle. After crossing the Swan, it's only a short distance to our break at Point Walter for a swim, wade or coffee before heading back to the Raffles. Leader: Kleber 9354 7877 or kleberc@bigpond.com ...

Leader: Kleber 9354 7877 or kleberc@bigpond.com;

Karinya Bush Ride

Monday January 27 @ 7:30am

44km: Moderate 20-25km/h, Mountain bike - Rolling

Meet in Kalamunda at the start of the Bibbulmun Track (opposite Coles car park) On single and wider tracks we ride to the first hut of the Munda Biddi. Take some substantial snacks and plenty of water, refreshments at about 36 kms. If it is very hot, don't stay at home, we will do a short bush ride. ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

Canning Loop

Wednesday January 29 @ 8:30am

50km: Moderate 20-25km/h, Road bike - Flat

Meet at 8:30 am at the toilet block south side of the Narrows for a ride along the Canning river, stopping at Riverton bridge cafe for refreshments before heading back to the Narrows along the other side of the river. For more information ring Silvia on 0466242971. ...

Leader: Silvia 0466271481;

Beaufort Buns

Thursday January 30 @ 6:00pm

28km: Leisurely 15-20km/h, Road bike - Flat

Meet at Burswood Park Playground at 6 pm for a ride around the southside bicycle routes to Bayswater before weaving our way back to Beaufort Street for supper. Good working front and rear lights a must! Leader Stuart 0409882931 ...

Leader: Stuart 0409 882 931;

Beach Ride

Sunday February 2 @ 8:00am

55km: Moderate 20-25km/h, Road bike - Flat

Meet at the Claremont Train Station and be ready to take in great ocean views as we head south along mainly bike paths. Coffee somewhere with a view. Ride leader: Cliff/Rita Mobile: 0423 056 595 ...

Leader: Rita & Cliff 0423 056 595 or 0401 951 919;

Ocean Views

Wednesday February 5 @ 7:45am

25km: Moderate 20-25km/h, Road bike - Some hills

Shorter ride - longer coffee (due to heat) Meet at the Narrows Bridge (toilet block)- (remember to check the signs in the area as some areas now attract a parking fee.) Ride leader: Rita Mobile: 0423 056 595 ...

Leader: Rita 0423 056 595;

Kalamunda Cakes

Sunday February 9 @ 8:00am

55km: Moderate 20-25km/h, Road bike - Hilly

Meet at Burswood Park Playground at 8 am for the classic Kalamunda route, out through Welshpool and Queens Park to Crystal Brook Road, Lesmurdie Road and Esthers Cafe in Kalamunda before the Zig Zag and the back blocks of Kewdale back to Burswood. Leader Stuart 0409882931 ...

Leader: Stuart 0409 882 931;

Guildford Loop

Wednesday February 12 @ 7:00am

43km: Moderate 20-25km/h, Road bike - Some hills

Beat the Heat start at 7am. Meet at the Burswood western carpark near the toilets. Ride leader Connie 0407 640 012 ...

Leader: Connie 0407 640 012;

Dining at the Dome After Dark

Thursday February 13 @ 6:00pm

30km: Leisurely 15-20km/h, Road bike - Flat

Meet at the Raffles, Canning Bridge. We will cycle all the way to Point Walter on shared paths, with the beautiful Swan River in view, passing through Applecross and Attadale. The ride continues through Wireless Hill Park to our dinner appointment at the new Dome at Deep Water Point. It's then only a short ride back to the start at the Raffles. Good working front and rear lights a must. Leader: Kleber 9354 7877 or kleberc@bigpond.com ...

Leader: Kleber 9354 7877 or kleberc@bigpond.com;

50K Achievement Ride

Sunday February 16 @ 7:30am

50km: Achievement, Moderate 20-25km/h, Road bike - Some hills

Distance: ~50km: Achievement, Moderate 20-25km/h, Road bike - Some hills 7:30am for an 8:00am sharp start. Meet at the corner of Chittering Road and Great Northern Highway in Bullsbrook for registration and map/ride description. The time limit of 3 hours 20mins (average 15km/h) should ensure that everyone has a chance of completing the distance. Contact: Email: achievementrides@ctawa.asn.au ...

Contact: John 0400 361 406 or achievementrides@ctawa.asn.au;

Forrestfield Loop

Wednesday February 19 @ 7:45am

50km: Moderate 20-25km/h, Road bike - Some hills

Meet at Burswood western carpark near the toilets at 7.45am. This ride takes us on bike paths, rural roads and some hills with a well deserved coffee along the way Leader Stuart ...

Leader: Stuart 0409 882 931;

Serpentine Falls - Full Pannier Tour

Saturday February 22 - Sunday February 23

90km: Moderate 20-25km/h, Tour, Touring bike

This two day ride is mainly on back roads. After a pleasant ride through Wellard and along Kwinana Beach Rd we will stop for morning tea at Pengo's Cafe, admiring Penguin Island in the distance. From here we follow Warnbro Sound to Port Kennedy, then we leave the coast and head inland via back roads through Baldivis to the campground at The Serpentine Falls Park Home and Tourist Village. Bring your bathers so you can enjoy a swim in the caravan park pool (the Serpentine Falls may be closed for swimming due to possible parasitic amoebae). Also bring your food and drinks with you (as the hotel is currently closed and the tourist park has a camper's kitchen and BBQ). There are some supplies available for dinner and breakfast at the Serpentine IGA. The return to Armadale on Sunday is an easy 30 km passing through Mundijong. You might want to ride all the way home after a coffee break at the Dome in Armadale. Please RSVP to the tour leader by 15 February to assist with the booking of the tent sites. Tent sites are \$20 per person to be paid to the tour leader at Wellard TS on Saturday. It would be helpful if you could have the correct amount available. Cabins are available for those who don't want to camp. If you would like a cabin for the one night, you will need to ring ahead of the tour and mention you are with the Cycle Touring Association, and if available, you

will be able to book a cabin for the one night. Those interested in participating please contact Randell on 0468 767 405 or email mrdutchy61@gmail.com by 15 February 2020. ...

Leader: Randell 0468767405;

Non Mountain Bikers

Wednesday February 26 @ 7:00am

50km: Moderate 20-25km/h, Road bike - Some hills

Burswood Park at Western Carpark This ride is for the non mountain bikers. We will head north and then west to reach the coast to enjoy the sea breeze and then back again. Coffee somewhere along the way. Ride Leader: Connie Mobile 0407640012 ...

Leader: Connie 0407 640 012;

Kalamunda Bush Ride

Wednesday February 26 @ 7:45am

25km: Moderate 20-25km/h, Mountain bike - Rolling

Meet at the start of the Bibbulmun Track (opposite Coles car park) at 7.45am. There is a mixture of single tracks and wider paths with some undulations and sandy parts. Coffee at the end of the ride in Kalamunda. ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

It's Steak Night-cancelled

Thursday February 27 @ 5:30pm

Leisurely 15-20km/h, Mountain bike - Some hills, Touring bike

due to bad weather this event is cancelled. Have a nice evening at home in the Dry! ...

Leader: Rita & Cliff 0423 056 595 or 0401 951 919;

Urban Undulations

Sunday March 1 @ 7:30am

55km: Moderate 20-25km/h, Road bike - Hilly

meet 7:30 for a 7:45 start - some steep but not very high hills. Meet at East Perth station on the south east (river) side and we'll venture through the city to the western suburbs encountering some challenges as we go. This ride should have enough intensity to help prepare us for the rest of the achievement ride series. Don 0418 948 955 ...

Leader: Don 0418 948 955;

TO SHELLEY AND THEN SOME

Wednesday March 4 @ 7:45am

45km: Moderate 20-25km/h, Road bike - Flat

Meet at the south side of the Narrows bridge near the toilets at 7.45. Along the freeway bike path (assuming it's open by then) to Shelley with a bit of a detour through the back of Cannington with coffee at Lo Quay travelling home through Waterford and Manning. Ride leader Allwen 0416027573 ...

Leader: Allwen 0416027573;

CTAWA Annual General Meeting

Sunday March 8 @ 9:45am

Main Events, Meeting, Social

The CTAWA Annual General Meeting is on Sunday 8th March 2019 at 9:45am for a 10:00am start. The venue is The RISE Community Centre, 28 Eighth Avenue, Maylands. [Click here for the Agenda](#). Full Agenda papers are available [here](#). Please take the time to read the papers before the meeting and think about: Nominations for CTAWA committee positions Voting for the 2019 single day and multi day rides of the year Nominations for the CTAWA 2019 Cycle Tourist of the Year (see [here](#) for more details) Putting your name down to lead a ride in 2020 All the CTAWA committee positions for 2020 are vacant. Don't forget that you need to be a member to be able to vote at the AGM. So if you have forgotten to renew your membership for 2020 you'll need to do so before the AGM (general members receive a \$5 discount if they renew before 31st January). Attendees are requested to "bring their own mugs". Finally if you have any items you would like to add to the agenda for the AGM please contact Doug Allen as Secretary or via email at info@ctawa.asn.au. We look forward to seeing you at the AGM. ...

FREO - The Way to Go

Wednesday March 11 @ 8:00am

45km: Moderate 20-25km/h, Road bike - Some hills

Meet at the Narrows Bridge - South side near toilet blocks This ride will take us to Freo and back - yes may find a few inclines but you can't always have your coffee and cake without earning it first. Ride leader: Rita Mobile 0423 056 595 ...

Leader: Rita 0423 056 595;

Night Ride: Circling the Canning

Thursday March 12 @ 6:00pm

30km: Leisurely 15-20km/h, Night ride

Meet at the Raffles, Canning Bridge. We will enjoy quite back roads and shared paths, as we circle the Canning River, on our way to Riverton Forum and a smorgasbord of food choices. After our fill it's only a few km's back to the start. Must have good working front and rear lights. Leader: Kleber 9354 7877 ...

Leader: Kleber 9354 7877 or kleberc@bigpond.com;

Stuart's Farewell Dinner for TransAmerica

Saturday March 14 @ 6:00pm

8000km: Social

StragglingsTu USA TransAmerica 2020 Soon I will fly to Vancouver to start a bicycle trip across the USA. My partner Robyn is afraid that in my tent I will be a 'bear burrito' or that I will start talking politics with locals in West Virginia. Rita and Lynda are just afraid I will freeze in the Rockies. All Stu's friends and fellow riders from the CTAWA are invited to celebrate my trip by joining me for a farewell dinner at Amici Mieì Non Solo Pizza 44 Raleigh Street, Carlisle, Perth, WA Map: <https://www.zomato.com/perth/amici-mieì-non-solo-pizza-carlisle/maps#tabtop> Menu: <https://www.facebook.com/amicimieìnon-solo-pizza/menu/> on Saturday 14 March 2020 at 6 pm Please RSVP by Thursday 12 March to stragglingsstu@gmail.com or on 0409882931 for booking purposes. After that you can follow me across the USA on a realtime map at <https://share.garmin.com/stragglingsstu> and follow the commentary on my blog stragglingsstu.com *Leaving Perth to ride to Cairns 2016 ...*

Leader: Stuart 0409 882 931;

Not Easter Sunday - Head for the Hills

Sunday March 15 @ 8:00am

60km: Moderate 20-25km/h, Road bike - Hilly

(The ride date has been changed due to cycleworks affecting the ride originally scheduled for this date.) Meet at Burswood, bring your climbing legs and we will head to Kalamunda via Leach/Tonkin/Roe Hwy bike paths then up Kalamunda Road. Stop for a well-earned coffee. We will return to Perth via Zig-Zag thru Guildford onto the bike path along the railway line finishing in Burswood. Ride leader: Rita Mobile 0423 056 595 ...

Leader: Rita 0423 056 595;

Ellenbrook Explorer

Wednesday March 18 @ 7:45am

50km: Moderate 20-25km/h, Road bike - Flat

Meet at the Bayswater Train Station at 7.45am for an easy ride up the new Tonkin Highway PSP to Ellenbrook, stopping for a coffee break at the Dome. We'll make our way back following the route of the former Lord Street, passing through various new and older suburbs to the train station. For more information call Trevor 0402029608 ...

Leader: Trevor 9345 1048, 0402 029 608 or teeb50@gmail.com;

Amongst the Vines CANCELLED

Sunday March 22 @ 8:00am

45km: Moderate 20-25km/h, Road bike - Flat

Meet at Midland Train Station at 8 am for a loop around the Swan Valley with a coffee along the way. ...

Leader: Randell 0468767405;

Let's do some Hills CANCELLED

Wednesday March 25 @ 8:00am

45km: Moderate 20-25km/h, Road bike - Hilly

It's not as bad as it sounds: Meet at Midland Train Station at 8.30am. From there up through Darlington and the John Forrest National Park to Mundaring for coffee at MO-JO. After the break it's mainly downhill! ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

River Night Ride CANCELLED

Thursday March 26 @ 5:30pm

30km: Leisurely 15-20km/h, Night ride

Meet at Burswood at 5.30 pm. Dinner at "Grilled" Subiaco Square, vegetarian options available, reasonable prices. South Perth, WA Uni, Subiaco and return via Elizabeth Quay, predominately on bike paths. Good working front and rear lights necessary! ...

Leader: Brian 0438 110 571;

5000 in 4 Achievement Ride CANCELLED

Sunday March 29 @ 7:30am

55km: Achievement, Moderate 20-25km/h, Road bike - Hilly

7:30am for an 8:00am sharp start. Meet in the car park on the left cnr of Gilwell Ave and Page Rd across Albany Hwy from Kelmscott Train Station for registration and map/ride description. Please note it is best to park at Kelmscott Station due to parking restrictions at Gilwell. The course promises 5,000' of uphills and down dales around the Armadale & Roleystone area. Time limit is 4 hours. achievementrides@ctawa.asn.au ...

Contact: John 0400 361 406 or achievementrides@ctawa.asn.au;

Tour of the Lakes CANCELLED

Wednesday April 1 @ 7:30am

50km: Moderate 20-25km/h, Road bike - Some hills

Start at 7:30am We will ride through the western suburbs along 5 lakes. We will ride the full loop of 50kms and have coffee at the end of the ride. Meet at the Burswood western carpark near the toilets Ride leader Connie 0407640012 ...

Leader: Connie 0407 640 012;

Hills of Perth Rejoice - Take 2 CANCELLED**Sunday April 5 @ 8:15am**

55km: Moderate 20-25km/h, Road bike - Hilly

This ride will explore more of Perth's hilliest roads and streets in the northern and western suburbs with a caffeine refreshment stop en route. So bring your hill climbing legs along to enjoy this hilly adventure. Ride Leader: Ann Phone/SMS: 0439 913 906 ...

Leader: Ann 0439913906;

FREO - The Way to Go CANCELLED**Wednesday April 8 @ 8:00am**

45km: Moderate 20-25km/h, Road bike - Some hills

Meet at the Narrows Bridge - South side near toilet blocks This ride will take us to Freo and back - yes may find a few inclines but you can't always have your coffee and cake without earning it first. Ride leader: Rita Mobile 0423 056 595 ...

Leader: Rita 0423 056 595;

A Jolly Jaunt to Joondalup CANCELLED**Sunday April 12 @ 8:30am**

40km: Leisurely 15-20km/h, Road bike - Some hills

Meet at Greenwood Train Station. We follow the Freeway PSP through Kingsley and Woodvale then head West to the coast at Ocean Reef. After taking in the beautiful Indian Ocean for a few kilometres we then head East to our morning tea stop at the Dome in Joondalup. After our fill, we circumnavigate Lake Joondalup and Lake Goollelal on shared paths as we return to the start at Greenwood Train Station. Leader: Kleber 9354 7877 ...

Leader: Kleber 9354 7877 or kleberc@bigpond.com;

Western Suburbs Loop CANCELLED**Wednesday April 15 @ 8:15am**

45km: Moderate 20-25km/h, Road bike - Rolling

Meet at the Gazebo by Movies at Burswood. Riding a mix of shared paths and road, we will follow the beautiful Swan River on the North side Looping out through Mosman Park before heading back through Wembley. Coffee stop by democratic vote. Leader: Noel 0419 964 808 ...

Leader: Noel 0419 964808;

100K Achievement Ride CANCELLED

Sunday April 19 @ 8:00am

100km: Achievement, Moderate 20-25km/h, Road bike - Some hills

8.00am for an 8.30am sharp start. Meet at Armadale Train Station for registration and map/ride description. A pretty but demanding ride taking in Mundijong, Serpentine Dam (coffee stop), keep going uphill to Jarrahdale, and then back to Armadale. The middle section is hilly. Time limit is 6hrs 40mins. This works out to be a leisurely pace average. achievementrides@ctawa.asn.au ...

Contact: John 0400 361 406 or achievementrides@ctawa.asn.au;

Rolling to Roleystone CANCELLED**Wednesday April 22 @ 8:30am**

49km: Moderate 20-25km/h, Road bike - Some hills

Winding our way along the Canning River before we climb one small hill. After the coffee we return via a different route. Ride leader: Liz 0423207258 ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

Ride in our beautiful Bush CANCELLED**Sunday April 26 @ 8:30am**

40km: Moderate 20-25km/h, Mountain bike - Hilly

Meet at Midland train station Mountain Bikes for this familiar trip "up" the south side of the Reserve Trail, stopping in Mundaring for coffee and then a short drop down to Mundaring Weir Hotel on the Munda Biddi before returning back via Mundaring back down the south side to return to the Midland Train station. Ride leader: Rita Mobile 0423 056 595 ...

Leader: Rita 0423 056 595;

Guildford River Ride**Wednesday April 29 @ 7:45am**

44km: Midweek, Moderate 20-25km/h, Road bike - Flat

Meet at Narrows South side at 7.45 am Traverse East side of river to Guildford and return via West side. Coffee at Tranby House. Ride Leader Brian ...

Leader: Brian 0438 110 571;

Kep-ing to Northam CANCELLED**Saturday May 2 - Sunday May 3**

170km: Mountain bike - Hilly, Touring bike

we meet at Midland Train Station at 8.45 am for a 9am start. From there we make our way up the hill to Bakers Hill, where we have lunch at the pie shop. In the afternoon we pedal on to the Duke's Inn in Northam for a well earned dinner and a bed for the night. You will have to book your own accommodation! On Sunday it's the same way back to Midland. The distances are 85 kms on the Kep Track and 89 kms on the road. You can find the maps on our website: Go to Touring/Other Tour Routes/2019 Retiree's Run/Day1. Please confirm your participation with the tour leader Liz, 0423 207 258 or elsbethmarshall@gmail.com ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

Forrestfield Loop

Sunday May 3 @ 8:15am

50km: Moderate 20-25km/h, Road bike - Some hills

Meet at Burswood western carpark near the toilets at 8.15am. This ride takes us on bike paths, rural roads and some hills with a well deserved coffee along the way ...

Leader: Noel 0419 964808;

Kingsley Kaper (cancelled due to weather)

Wednesday May 6 @ 7:45am

55km: Moderate 20-25km/h

This ride will take us to the north and then east. Great bike paths and a beautiful lake along the way. This is a new route for me! ...

Leader: Connie 0407 640 012;

Urban Undulations

Sunday May 10 @ 7:30am

55km: Moderate 20-25km/h, Road bike - Hilly

meet 7:30 for a 7:45 start - some steep but not very high hills. Meet at East Perth station on the south east (river) side and we'll venture through the city to the western suburbs encountering some challenges as we go. This ride should have enough intensity to help prepare us for the rest of the achievement ride series. Don 0418 948 955 ...

Leader: Don 0418 948 955;

FREO - The Way to Go

Wednesday May 13 @ 8:00am

45km: Moderate 20-25km/h, Road bike - Some hills

Meet at the Narrows Bridge - South side near toilet blocks This ride will take us to Freo and back - yes may find a few inclines but you can't always have your coffee and cake without earning it first. Ride leader: Rita

Mobile 0423 056 595 ...

Leader: Rita 0423 056 595;

100K Achievement Ride

Sunday May 17 @ 8:00am

100km: Achievement, Moderate 20-25km/h, Road bike - Some hills

8.00am for an 8.30am sharp start. Meet at Armadale Train Station for registration and map/ride description. A pretty but demanding ride taking in Mundijong, Serpentine Dam (coffee stop), keep going uphill to Jarrahdale, and then back to Armadale. The middle section is hilly. Time limit is 6hrs 40mins. This works out to be a leisurely pace average. gpx route files are available at 100 km. achievementrides@ctawa.asn.au ...

Contact: John 0400 361 406 or achievementrides@ctawa.asn.au;

Mt Lawley to Mt Yokine to Mt Hawthorn

Wednesday May 20 @ 8:30am

45km: Moderate 20-25km/h, Road bike - Some hills

Not as bad as it sounds, through some beautiful suburbs. Coffee at Leederville where the ride will end. Meet at the gazebo by toilet block (Charles Patterson Park) ...

Leader: Noel 0419 964808;

Hills Training

Friday May 22 @ 9:00am

49km: Road bike - Hilly

meet at Midland Station at 9am. We head up through the John Forrest National Park and Oxley Road to Mundaring for coffee at the "Patch of Country". On the way back we try and find a different way. ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

Cycling Through Cockburn to Coogee CANCELLED due to weather

Sunday May 24 @ 8:15am

62km: Moderate 20-25km/h, Road bike - Flat

Meet at south end of The Narrows Bridge to ride down the rebuilt PSP to Cockburn Central and then over the hill to coffee at Coogee. Then it is back via Bibra Lake and Wireless Hill and via Canning Bridge back to The Narrows. ...

Leader: Stuart 0409 882 931;

Over the Hills to the Swan

Wednesday May 27 @ 9:00am

52km: Midweek, Moderate 20-25km/h, Road bike - Hilly

The title says it all, meet at Guildford Train Station at 9.00. The ride takes us via Kalamunda and Swan View before we cross the river. Coffee will be somewhere in the Swan Valley or at the end in Guildford. ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

Amongst the Vines

Sunday May 31 @ 9:00am

45km: Moderate 20-25km/h, Road bike - Flat

Meet at Midland Train Station at 9 am for a loop around the Swan Valley with a coffee along the way. ...

Leader: Randell 0468767405;

Whiteman Park

Wednesday June 3 @ 8:30am

58km: Moderate 20-25km/h, Road bike - Flat

Meet at Burswood western carpark. Follow the river first, then north from Bassendean to Whiteman park, for a ride in the bush. Coffee break at the big sheltered picnic tables, with take-away available from the Village Cafe. Return via the new super-slick PSP, from Gnangara Rd to Bayswater, then railway bike path.

<https://www.komoot.com/tour/191114577> ...

Leader: Mike 0400 123 432 or myk@myk.id.au;

Hills Training

Friday June 5 @ 9:00am

63km: Moderate 20-25km/h, Road bike - Hilly

We meet at 9am at Cannington Station. The route goes via the Zig Zag uphill to Kalamunda and then via the Observatory to our coffee stop in Pickering Brook. We have to climb some substantial hills before we stop, so you might need some snacks on the way. For those who don't want to do the full 63 kms with 867 meters elevation, I know a short cut. Leader Liz 0423207258 ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

Bickley and Victoria Reservoir

Sunday June 7 @ 9:00am

47km: Moderate 20-25km/h, Road bike - Hilly

We meet at 09.00 at Gosnells Railway Station. This ride will take us up the hill via Bickley and Victoria Reservoirs. There is a 3 kms long section of gravel and we might have to push the bike for 100 meters, but it is worth it. We'll bypass Kalamunda and have coffee in Pickering Brook before we speed down Mills Road East back to Gosnells. ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

TO SHELLEY AND THEN SOME

Wednesday June 10 @ 8:30am

45km: Moderate 20-25km/h, Road bike - Flat

Meet at the south side of the Narrows bridge near the toilets at 8.30am. Along the freeway bike path (assuming it's open by then) to Shelley with a bit of a detour through the back of Cannington with coffee at Lo Quay travelling home through Waterford and Manning. ...

Leader: Allwen 0416027573;

Ride in our beautiful Bush

Sunday June 14 @ 8:30am

40km: Moderate 20-25km/h, Mountain bike - Hilly

Meet at Midland train station Mountain Bikes for this familiar trip "up" the south side of the Reserve Trail, stopping in Mundaring for coffee and then a short drop down to Mundaring Weir Hotel on the Munda Biddi before returning back via Mundaring back down the south side to return to the Midland Train station. Ride leader: Rita Mobile 0423 056 595 ...

Leader: Rita 0423 056 595;

Southern Loop to Fremantle

Wednesday June 17 @ 8:45am

55km: Moderate 20-25km/h, Road bike - Some hills

Meet by the toilets south side of the Narrows Bridge. Freeway; Riverton Bridge; Shelly Loop; Marmion St to Fremantle. Swan River; Coffee in Applecross, before heading back along the PSP to the start point. ...

Leader: Noel 0419 964808;

Hills Training

Friday June 19 @ 8:30am

55km: Moderate 20-25km/h, Road bike - Hilly

Meet at carpark cnr Canning Hwy and Ellam St behind the buildings (lots of free parking there). We ride up Welshpool Rd, Repatriation, Walnut, Mundaring Weir Rd to Zig Zag and home again. Coffee in Kalamunda. ...

Leader: Sue U 0419762027;

Let's do some Hills

Wednesday June 24 @ 9:00am

45km: Moderate 20-25km/h, Road bike - Hilly

It's not as bad as it sounds: Meet at Midland Train Station at 09.00. From there up through Darlington and the John Forrest National Park to Mundaring for coffee at MO-JO (if open). After the break it's mainly downhill!

...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

Explore Kalamunda Pickering Brook by MTB

Thursday June 25 @ 8:30am

40km: Mountain bike - Rolling

Come explore the new single trail from Kalamunda with Noel. ...

Leader: Noel 0419 964808;

HIGHS AND LOWS OF CITY BEACH (postponed to Friday 3rd July due to weather)

Sunday June 28 @ 8:30am

45km: Moderate 20-25km/h, Road bike - Some hills

Come with some climbing legs, but the coffee/social distance chatter is the reward and a "flat" route back to the start. Meet at the Narrows Bridge (south side near toilet block) ...

Leader: Rita 0423 056 595;

Kingsley Kaper

Wednesday July 1 @ 8:30am

55km: Moderate 20-25km/h

This ride will take us to the north and then east. Great bike paths and a beautiful lake along the way. This is a new route for me! Coffee will be at the end of the ride. ...

Leader: Connie 0407 640 012;

HIGHS AND LOWS OF CITY BEACH

Friday July 3 @ 9:00am

45km: Moderate 20-25km/h, Road bike - Some hills

Come with some climbing legs, but the coffee/social distance chatter is the reward and a "flat" route back to the start. Meet at the Narrows Bridge (south side near toilet block) ...

Leader: Rita 0423 056 595;

Rivers, Lakes, Ocean

Sunday July 5 @ 8:30am

50km: Moderate 20-25km/h, Road bike - Some hills

Ride east along the river before heading south through parklands and along the linked-lake system, followed by a western traverse which ends with views of the ocean and a café stop at the Coogee Beach café. Then its back to Point Walter following the coast through Fremantle. Meeting place: Point Walter in front of Walters River Café ...

Leader: Noel 0419 964808;

On Ya Mountain Bike

Friday July 10 @ 8:30am

45km: Moderate 20-25km/h, Mountain bike - Hilly

Meet at Coles carpark, Kalamunda for a ride along the newly created single track to pickering Brook for coffee. Return via Munda Bidli ...

Leader: Noel 0419 964808;

5000 in 4 Achievement Ride

Saturday July 11 @ 8:30am

55km: Achievement, Moderate 20-25km/h, Road bike - Hilly

8:30am for an 9:00am sharp start. Meet in the car park on the left cnr of Gilwell Ave and Page Rd across Albany Hwy from Kelmscott Train Station for registration and map/ride description. Please note it is best to park at Kelmscott Station due to parking restrictions at Gilwell. The course promises 5,000' of uphills and down dales around the Armadale & Roleystone area. Time limit is 4 hours. achievementrides@ctawa.asn.au ...

Contact: John 0400 361 406 or achievementrides@ctawa.asn.au;

Cycling Through Cockburn to Coogee

Sunday July 12 @ 8:30am

62km: Moderate 20-25km/h, Road bike - Flat

Meet at south end of The Narrows Bridge to ride down the rebuilt PSP to Cockburn Central and then over the hill to coffee at Coogee. Then it is back via Bibra Lake and Wireless Hill and via Canning Bridge back to The Narrows. ...

Leader: Stuart 0409 882 931;

Tonkin Hwy North to Ellenbrook

Wednesday July 15 @ 9:00am

50km: Moderate 20-25km/h, Road bike - Flat

Meet Maylands Train Station (Southern Side). Head up the Tonkin PSP to Ellenbrook. Back along (New) Lord St. with Coffee/Lunch back in Maylands. ...

Leader: Noel 0419 964808;

Roe/Tonkin Loop

Sunday July 19 @ 9:00am

45km: Moderate 20-25km/h, Road bike - Flat

Meet at the Toilet Blocks on south side of the Narrows Bridge. We will head south to Roe Highway along a beautiful bike path on a route that flows. The route will bring us back to Perth via Tomato Lake and coffee at Blasta Brewing. You can head home from that point but we will bring you back to the Narrows Bridge where we began. ...

Leader: Connie 0407 640 012;

Rolling to Roleystone

Wednesday July 22 @ 9:00am

49km: Moderate 20-25km/h, Road bike - Some hills

Winding our way along the Canning River before we climb one small hill. After the coffee we return via a different route. Ride leader: Liz 0423207258 ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

Social Night: A Virtual Tour of the USA

Thursday July 23 @ 7:00pm

Meeting, Social

As we open up from the COVID-19 lock down join Doug Allen as he takes us on a virtual tour of the USA. The event will conform to whatever COVID-19 restrictions are in place at the time. Please remember to bring you own cup or mug. Hope to see you there. Charlie Social Co-ordinator ...

Leader: Charlie 0447263706 or carminecilli@bigpond.com;

Heading South West

Sunday July 26 @ 8:30am

50km: Moderate 20-25km/h, Road bike - Flat

Meet at The Raffles, Canning Bridge. Heading south on the Freeway PSP, (with a toilet stop at Mt Henry Bridge, 'cause there are no toilets near The Raffles), then down to Berrigan Drive where we turn west to Woodman Point. Coffee somewhere in Coogee, then back via Freo, the river to Bicton then suburban streets back to The Raffles. ...

Leader: Sally and David 0404363870, 0424986334;

River Loop**Wednesday July 29 @ 9:15am**

45km: Moderate 20-25km/h, Road bike - Flat

Meet at toilet block Narrows south side. Follow the Swan and Canning rivers to Kent Street Weir where we will stop for a coffee break at the Canning River Cafe. We will return to the Narrows via Curtin University, the Armadale rail line and South Perth foreshore. ...

Leader: Silvia 0466271481;

Tour of the Lakes (for the non acheivers)**Sunday August 2 @ 8:00am**

50km: Moderate 20-25km/h, Road bike - Some hills

Start at 08.00 We will ride through the western suburbs along 5 lakes. We will ride the full loop of 50kms and have coffee at the end of the ride. Meet at the Burswood western carpark near the toilets Ride leader Connie 0407640012 ...

Leader: Connie 0407 640 012;

Century Challenge Achievement Ride**Sunday August 2 @ 8:00am**

160km: Achievement, Moderate 20-25km/h, Road bike - Some hills

100 miles (160km) Brisk, 8:00am for an 8:30am sharp start. Meet behind BAKER'S HILL Pie Shop, 4617 Great Eastern Highway, Baker's Hill. Parking - Behind Pie Shop We will be riding the 160km Take 2B course which takes us from Bakers Hill to York , Beverley and back to Bakers Hill. Please bring adequate food and water as the last 80km are travelled through open country with no facilities. I will bring maps , details are to be found here :- http://ctawa.asn.au/ctawa_files/rides/achievementrides/CTAAR160kmARviaYork&BeverleyRevisedApril2013.pdf ...

Contact: John 0400 361 406 or achievementrides@ctawa.asn.au;

Your Way or the Highways

Wednesday August 5 @ 8:30am

60km: Moderate 20-25km/h, Road bike - Flat

We will go along Great Eastern Highway, Tonkin Highway, Roe Highway and finally Kwinana highway. The traffic should be minimal on this day. Coffee will be probably at the Dome at Deep Water Point Distance approx. 60km Meet at the Burswood western carpark near the toilets ...

Leader: Connie 0407 640 012;

Bridges, Underpasses and Toilets of Perth**Wednesday August 12 @ 8:30am**

50km: Moderate 20-25km/h, Road bike - Flat

Bridges and Tunnels provide a safe grade separated means of crossing busy roads railways and rivers. I'm sure I can show you some that you never know existed. Don't miss this ride of all the essential infrastructure for riding around Perth. Join in and see how many Bridges Underpasses and Toilets we can find on this ride to nowhere, simply to find a coffee at the end. Meet at Charles Paterson Reserve (By the toilets). ...

Leader: Noel 0419 964808;

Beating the Rain - Ellenbrook Lakes**Friday August 14 @ 8:30am**

45km: Moderate 20-25km/h, Road bike - Flat

From Midland Train Station we follow the river through the Swan Valley to Ellenbrook where we'll pass many ornamental lakes. After coffee we'll return via Guildford. Meet at Midland Train Station ...

Leader: Randell 0468767405;

Leaders Choice (cancelled due to weather)**Sunday August 16 @ 8:30am**

50km: Moderate 20-25km/h, Road bike - Some hills

East west north south, probably towards Fremantle. Meet near the western car park under the gazebo ...

Leader: Noel 0419 964808;

Cycling to Coogee for Coffee**Wednesday August 19 @ 8:30am**

65km: Moderate 20-25km/h, Road bike - Flat

Meet at Mill Point Reserve, Narrows bridge for a scenic ride between river and ocean and ultimately along Beeliar to PSP along Kwinana Fwy to Coogee. ...

Leader: Robert B 0448323762;

More of Tonkin and Reid

Sunday August 23 @ 8:30am

51km: Moderate 20-25km/h, Road bike - Flat

Meet at South side of Narrows Bridge at 0830. Moderate pace. Coffee stop to be determined. Narrows, East Perth, Tonkin Highway, Reid Highway, Narrows. 51 kms, mainly on PSP. ...

Leader: Brian 0438 110 571;

To Shelley and Beyond (for the non mountain bikers)

Wednesday August 26 @ 8:30am

45km: Moderate 20-25km/h, Road bike - Flat

Meet at the south side of the Narrows bridge near the toilets at 8.30am. Along the freeway bike path (assuming it's open by then) to Shelley with a bit of a detour through the back of Cannington with coffee at Lo Quay travelling home through Waterford and Manning. ...

Leader: Allwen 0416027573;

Munda Bididi Double Loop

Wednesday August 26 @ 9:00am

38km: Moderate 20-25km/h, Mountain bike - Hilly

Meet at 9am at the Pickering Brook Primary School. From there we do two loops, one to the observatory and back and the second one to the Carinya hut and back. Please take a picnic to eat at Carinya. Coffee at the Pickering Brook coffee shop on the way home. This is a demanding ride with some technical sections. The ride will only go ahead by nice weather, check website the night before. ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

Waterfalls and Wildflowers on the Rail-trail.

Friday August 28 @ 8:30am

50km: Moderate 20-25km/h, Mountain bike - Hilly, Touring bike

From the carpark on the corner of Morrison and Peachy Roads we follow the Heritage Rail Trail through the John Forrest NP where we'll pass waterfalls and wildflowers. After passing Lake Leschenaultia we stop for coffee at The Bay Tree Caf  in Chidlow then it's mostly a gentle descent back. Meet at John Forrest NP west side. ...

Leader: Randell 0468767405;

10000 in 8 Achievement Ride**Sunday August 30 @ 8:00am**

115km: Achievement, Leisurely 15-20km/h, Road bike - Hilly

8:00 am for 8:30 am sharp start 115 km, hard, road-bike, hilly Meet at the Kelmscott Railway Station for registration and map/ride description (you will need it). This is the clubs hilliest ride which requires you to climb and descend 10,000ft within 8 hours. You will climb a total of 2100 metres. Contact: John 0400 361 406 or achievementrides@ctawa.asn.au ...

Contact: John 0400 361 406 or achievementrides@ctawa.asn.au;**Scenic Cycle to Guildford for Non Achievers****Sunday August 30 @ 8:45am**

50km: Moderate 20-25km/h, Road bike - Flat

Meet at the Burswood shelter beside the toilet block. Heading south along a mix of bikes paths and quiet roads before we head east to enjoy a coffee/chat in Guildford. From there is a easy ride back to the Burswood along the bike path. ...

Leader: Rita 0423 056 595;

Forrestfield Loop (cancelled due to weather)**Wednesday September 2 @ 8:00am**

50km: Moderate 20-25km/h, Road bike - Some hills

Meet at Burswood western carpark near the toilets at 8am. This ride takes us on bike paths, rural roads and some hills with a well deserved coffee along the way ...

Leader: Connie 0407 640 012;

Forrestfield Loop**Friday September 4 @ 8:15am**

50km: Moderate 20-25km/h, Road bike - Some hills

Meet at Burswood western carpark near the toilets under a shelter at 8.15am. This ride takes us on bike paths, rural roads and some hills with a well deserved coffee along the way ...

Leader: Noel 0419 964808;

It's A Bit Hilly**Sunday September 6 @ 8:00am**

52km: Moderate 20-25km/h, Road bike - Some hills

This ride takes us to the little hills below Kalamunda. Through Forrestfield and to Ridgehill Rd returning through Helena Valley. Coffee will be at Hazelmere Meet at Bayswater railway station ...

Leader: Connie 0407 640 012;

South of River Loop

Wednesday September 9 @ 8:15am

55km: Moderate 20-25km/h, Road bike - Some hills

Meet at Mt Henry Bridge Reserve, follow The Esplanade, Pulo Rd then through, Rossmoyne, Shelley passing Lo Quay towards Waterford back on to FWY PSP to Canning Bridge, Raffles, follow the river up around to Point Walter, up the hill to Bicton, Riverside Drive, to Marine Terrace. Coffee @ Port City Roasters. Then on South Terrace towards South Beach, through Hollis Park, to Hampton-Rockingham Road intersection on to Healy Road, south on to Redmond, east Millar Cres., south to O'Connell St., east on to Forest Road towards Bibra Lake. Follow Progress Rd to Kwinana FWY bike track back to Mount Henry Bridge Finish. ...

Leader: Udeni 0439933968;

Hills Training

Friday September 11 @ 8:30am

75km: Road bike - Hilly

Meet at the Dome in Kelmscott for Liz's 5 dams ride. 1400 meters elevation. If you would like the GPX file of the ride, it can be saved from the link below. There will be no leader or tail end Charlie. The order of the dams: Bickley, Victoria, Canning, Wungong and last but not least Churchman Brook. Coffee and nourishment at the end at the Dome. Ride leader Liz, 0423207258, elsbethmarshall@gmail.com ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

200K Achievement Ride

Sunday September 13 @ 6:00am

200km: Achievement, Moderate 20-25km/h, Road bike - Hilly

200km Hard, 6:00am for a 6:30am sharp start. Start and finish at Deepwater Point, Mt Pleasant. Riders must register with achievement rides coordinator! New safer and more varied route, with much less distance on major roads, and options of catching the train if you need. Note the ride is unsupported. Riders must meet qualifying criteria (see The CTA Achievement Ride Series) or similar. Contact achievementrides@ctawa.asn.au with details by email. Time Limit 13 hours 20 mins (average 15km/hr). Lights are a must. Possible Route (200 km) With the roadworks around South Perth and Roe Highway the normal route needs to be amended temporarily. This is a possible route following the Main Roads diversions. It increases the overall distance to around 209km. This file hasn't been validated [sgpx gpx="/ctawa_files/rides/achievement rides/CTA AR 200km 2 2019-08-17.gpx" mlinecolor="#ff0000"] This is the normal route [sgpx gpx="/ctawa_files/rides/achievement rides/CTA AR 200km 2.gpx" mlinecolor="#ff0000"] achievementrides@ctawa.asn.au ...

Contact: John 0400 361 406 or achievementrides@ctawa.asn.au;

River to Ocean to River (for the Non Achievers)

Sunday September 13 @ 8:30am

40km: Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Flat

Meet at The Raffles, 0830. In a relatively easy ride we will head north on the freeway PSP to The Narrows, Sth Perth, (toilet stop). (You can start from here if that suits you better, for an 0900 (sharp) departure.) Through Claremont to Cottesloe, to Leighton Beach for coffee. Then to East Fremantle, through Bicton, Attadale and Applecross, sticking close to the river. ...

Leader: David 0404363870;

Airport Loop

Wednesday September 16 @ 8:30am

50km: Moderate 20-25km/h, Road bike - Flat

This ride takes us on a loop around the Perth Airport along bike paths to some quiet rural roads at the base of the hills. A coffee stop at Hall & Oats in South Guilford before heading back along the Swan River. ...

Leader: Rita 0423 056 595;

OYB Prologue - Cancelled due to forecast of poor weather

Sunday September 20 @ 8:30am

Leisurely 15-20km/h

Take this opportunity to ride with some of your fellow OYB tourers by joining the group at the Bayswater Train Station at 8.30am for a scenic ride to Whiteman Park for coffee / morning tea ...

Leader: Trevor 9345 1048, 0402 029 608 or teeb50@gmail.com;

Avocados

Wednesday September 23 @ 8:30am

50km: Moderate 20-25km/h, Road bike - Some hills

Meet at 8.30 at Kent Street Weir for a mostly flat ride to Avocados in Kelmscott. There is one steep Hill (Carawatha Avenue in Mount Nasura). ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

Social Night: Girls do the Gibb and the Not So Humble Bicycle Wheel

Thursday September 24 @ 7:00pm

Meeting, Social

See you at the Social Night on 24 September (7- 9 pm, Maylands Recreation Centre 'The Rise') where we will have two presentations: 'Girls do the Gibb' - Come along to see Linda and Christine report on how they rode the 1,100 km of the Gibb River Road in August. Hear about the sand and rocks of the Kurunji Track, the corrugations on the Gibb River Road and the glorious dark night skies. Not So Humble Bicycle Wheel - Noel Eddington will surprise us with the mysteries you may not already know about the bicycle wheel. Please remember to bring you own cup or mug. Hope to see you there. Charlie Social Co-ordinator ...

Leader: Charlie 0447263706 or carminecilli@bigpond.com;

Down the Coast and up the River

Sunday September 27 @ 8:30am

65km: Moderate 20-25km/h, Road bike - Some hills

Meet at the Narrows Bridge, South side, near the toilet block. Leaving the CBD behind, we will be heading North parallel to the Freeway to Stirling, where we head West towards Scarborough and the coast. Then we head South, to Fremantle, following the coast as much as possible for a well earned coffee break at the Mill Bakehouse. We will return to the Narrows Bridge hugging the North of the river as much as possible. ...

Leader: Kleber 9354 7877 or kleberc@bigpond.com;

Northern Loop

Wednesday September 30 @ 8:15am

50km: Moderate 20-25km/h, Road bike - Flat

Commencing Britannia Reserve car park in Leederville. PSP north to Reid Hey, then to North Link, Coffee at Caff on Broadway Bassendean. PSP to City. Along Aberdeen St, return to Britannia. 45 km, flattish course, medium pace. ...

Leader: Charlie 0447263706 or carminecilli@bigpond.com;

2020 On Your Bike - Tiny Towns Tour

Saturday October 3 - Sunday October 11

550km: Main Events, On Your Bike, Road bike - Rolling, Tour, Touring bike

Tour Brochure, Entry Form Following undertaking a two-day reconnoitre of the proposed 2020 Tiny Towns tour route and consulting with all the relevant country stakeholders, the On Your Bike Team has decided the tour will proceed as planned. The tour will be conducted under Western Australia's prevailing COVID-19 Phase 4 restrictions: Indoor gathering capacity limits based upon the 2 square metre per person rule; Continuation of physical distancing where possible; Maintenance of good personal hygiene. The reduced gathering capacity of venues we will be utilising are able to manage our anticipated participant numbers, however it may necessitate closer proximity to fellow participants during the service of the seated evening meal. With transmission of the Coronavirus still a possibility within our community, if you feel uncomfortable in this regard, maybe you should re-evaluate the risks and consequently your decision on participating in this tour. Note: The tour Entry Form has fillable form fields. It can be filled in online, saved and then emailed to oyb@ctawa.asn.au If you can't fill in the form due to device "issues" you can try using this alternative (Contact Angus, webmaster@ctawa.asn.au, if you need any help). Bright skies and big horizons await this cycling adventure exploring open landscapes and the tiny country towns dotted throughout Western Australia's north eastern Wheatbelt region. Broad acre dry land farming is the backbone

of this region, producing around 40% of the State's grain harvest. Cycling along quieter, sealed rural roads, this loop tour out of Calingiri predominately follows the designated tourist route of the Wheatbelt Way trail. Participants will have the opportunity to see open farmlands, rocky outcrops, salt lakes and wildflowers, as well as having time to visit museums, collections, historical sites and heritage trails within some of these smaller country towns located in this less travelled area of our State. The tour will overnight in the towns of Wongan Hills, Koorda, Beacon, Mukinbudin (Rest Day), Bencubbin, Wyalkatchem and Goomalling. For general enquiries, please contact: Trevor Knox Tour Leader 2020 On Your Bike - Tiny Towns Tour GPX route files are available here ...

Leader: Trevor 9345 1048, 0402 029 608 or teeb50@gmail.com;

Meet Up for non OYBers

Wednesday October 7 @ 8:00am

50km: Moderate 20-25km/h, Road bike - Flat

Meet up for a 50 km ride along the bike paths..... the new bike path on Reid to Midland ...

Leader: Connie 0407 640 012;

Meet Up (non OYBer's)

Sunday October 11 @ 8:00am

50km: Moderate 20-25km/h, Road bike - Flat

Meet at Mill Point Reserve (Narrows Bridge) for an informal ride. We will let the wind take us to our desired destination. ...

Leader: Connie 0407 640 012;

Lets do some Hills

Wednesday October 14 @ 8:30am

46km: Moderate 20-25km/h, Road bike - Hilly

It's not as bad as it sounds: Meet at Midland Train Station at 8.30am. From there up through Darlington and the John Forrest National Park to Mundaring for coffee. After the break it's mainly downhill! ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

300K Achievement Ride - Brevet

Saturday October 17 @ 5:00am

300km: Achievement, Brevet, Moderate 20-25km/h, Road bike - Hilly

300km Very Hard. This ride will be run as a Brevet. Please refer to newsletter (or Using brevets) for more details. This is the clubs most challenging ride, having to complete 300km in 20 hours (average 15km/h) and is required to complete the Super Achiever Series. Riders need to have front and rear lights in good working

order. Participants Must Book at least one week prior to the ride to arrange details, and to prove their ability to ride long distances before being accepted to start. achievementrides@ctawa.asn.au ...

Contact: Arie 0419043229;

Around & About Mandurah Outskirts

Sunday October 18 @ 9:15am

58km: Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Flat

Meet at Mandurah Train Station for a 9.15am departure. Trains from Perth Underground are 7.53, 8.08 or 8.23. We shall leave immediately after the 8.23 train arrives in Mandurah and be back at the station about 2pm. This is a flat ride to South Yunderup. We'll head north and follow the coast for a short while before joining the freeway bike path to South Yunderup for an early lunch. We'll return via Mandurah foreshore for those who would like another coffee before the train back to the city. Don't forget to bring a bike lock, there has been a spate of bike theft in Mandurah. There is free parking at the train station if you are planning to drive. ...

Leaders: Lynn 0402303270; Mal ;

Railway, Ocean and Lakes

Wednesday October 21 @ 8:00am

45km: Moderate 20-25km/h, Road bike - Some hills

Meet at the carpark on Britannia Road opposite playing fields at 8.00am. Through Leederville, along railway and then into Perry Lakes and across to City Beach (via a small bump called Reabold Hill). Coffee stop in Scarborough and then return via Lakes. ...

Leader: ian 0431424488;

Ellenbrook Lakes

Sunday October 25 @ 8:30am

45km: Moderate 20-25km/h, Road bike - Flat

From Midland Train Station we follow the river through the Swan Valley to Ellenbrook where we'll pass many ornamental lakes. After coffee we'll return via Guildford. Meet at Midland Train Station ...

Leader: Randell 0468767405;

To Shelley and Beyond

Wednesday October 28 @ 8:30am

50km: Moderate 20-25km/h, Road bike - Flat

Meet at the south side of the Narrows bridge near the toilets at 8.30am. Along the freeway bike path to Shelley with a bit of a detour through Applecross and the back of Cannington with coffee at Lo Quay

travelling home through Waterford and Manning. ...

Leader: Allwen 0416027573;

Tonkin Top to Tail Tootle (postponed until another date , rain forecast)

Sunday November 1 @ 7:45am

140km: Moderate 20-25km/h, Road bike - Flat, Road bike - Rolling

The Tonkin Highway is now open North to Muchea. So come and join your cycling friends, and ride the full length to Thomas Road mainly on PSP's and some wide designated cycling lanes. Meet at Midland Train Station at 7.45am with some energy bars to eat on the way. The Tonkin Highway is actually 85km long, but the extra 55km is needed to arrive at the (Top) start at Muchea, and from the (Tail) Thomas Road to the finish of the ride at Armadale Train Station. Morning Tea will be at Muchea, 37km, and lunch at the Dome in Gosnells, 108km. For those that only want to do part of the ride, there are plenty of opportunities to leave the ride as we pass through the suburbs. 140 km: Moderate - mostly flat with short easy climbs. ...

Leader: Kleber 9354 7877 or kleberc@bigpond.com;

Zig Zag

Wednesday November 4 @ 8:00am

50km: Moderate 20-25km/h, Road bike - Some hills

Start at 08.00, meet at Maylands Train Station, through Helena Valley, up the zig zag to Kalamunda, then down again. Coffee in Forrestfield to return along Tonkin Hwy bike path ...

Leader: Connie 0407 640 012;

Inner Suburbs Loop

Sunday November 8 @ 7:45am

40km: Leisurely 15-20km/h, Road bike - Flat

Meet at the southern end of the Narrows Bridge at 7:45am for a slower paced ride through suburbs around the city. Coffee stop at Zamia Cafe in Kings Park before returning to the Narrows Bridge. ...

Leader: Christine 9457 4779 / 0400 570077;

Jacarandas

Wednesday November 11 @ 8:15am

46km: Moderate 20-25km/h, Road bike - Flat

Meet at Raffles Hotel at 8.15 am. Flat Ride around Applecross, South Perth, Mt Lawley & Inglewood, looking for purple flowers on trees. Note: A minute silence will be observed during coffee. The link below will take you to the Ride with GPS website, where you can save off a GPX file. Leader: Noel 0419 964808 ...

Leader: Noel 0419 964808;

Kep-ing or Road-ing to Northam

Saturday November 14 - Sunday November 15

170km: Mountain bike - Hilly, Tour, Touring bike, Weekend

We meet at Midland Train Station at 8.45 am for a 9am start. From there we make our way up the hill to Bakers Hill, where we have lunch at the pie shop. In the afternoon we pedal on to the Duke's Inn in Northam for a well earned dinner and a bed for the night. You will have to book your own accommodation! On Sunday it's the same way back to Midland. The distances are 85 kms on the Kep Track and 89 kms on the road. You can find the maps on our website: Go to Touring/Other Tour Routes/2019 Retiree's Run/Day1. Please confirm your participation with the tour leader Liz elsbethmarshall@gmail.com ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

It's all about the Coffee

Wednesday November 18 @ 8:00am

57km: Moderate 20-25km/h, Road bike - Flat

Heading north to Reid Highway along bike paths we will enjoy a well-earned coffee at a bike friendly coffee stop in Bennett Springs. Our return journey heads south again along bike paths back to our starting point of Britannia Park. Suitable for tandem riders ...

Leader: Rita 0423 056 595;

Social Night: Kalbarri Escape and Alternative Way - Slovenia

Thursday November 19 @ 7:00pm

Meeting, Social

See you at the Social Night on 19 November (7- 9 pm, Maylands Recreation Centre 'The Rise') where we will have two presentations: The Kalbarri Escape Shane and Randell head northwards to Kalbarri on a 7 day, 700km self supported cycle tour enjoying quiet roads, rural views, grey nomads. The Alternative Way - Slovenia Keith McBurnie will share his alternative way to organise a cycling tour. In 2019 Keith and friends cycled Slovenia, using this method to plan and organise a simple and flexible tour. Find out about GPX routes. Please remember to bring you own cup or mug. Hope to see you there. Charlie Social Co-ordinator ...

Leader: Charlie 0447263706 or carminecilli@bigpond.com;

Serpentine River Flats

Sunday November 22 @ 9:05am

50km: Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Flat

Meet at Kwinana Station at 8.50 at Kwinana station for a 9.05 am start. We will warm up on a short section along Thomas Rd before turning into quieter roads. We turn south to cross the gentle undulations of the

Casuarina Sand Dunes before looping through the Serpentine River Flats. We mostly follow back roads but there is a 2 km section on Mundijong Road which does carry some traffic. There are no shops or facilities along the Serpentine Flats, so to access refreshments we need to re-enter the suburban roads for the final 10 km of the ride. Dome Kwinana has a forecourt with room for bikes, but please bring a lock. We then take the opportunity to burn off the calories on the Parmelia Ridge to return to Kwinana Station. ...

Leader: Connie 0407 640 012;

What goes up must come down

Wednesday November 25 @ 8:00am

52km: Moderate 20-25km/h, Road bike - Hilly

Meet at 8am at Cannington Station. Up the Zig Zag for refreshments in Gooseberry Hill, then through the Bickley Valley before returning to the start. (730 m elevation) Ride leader: Liz 0423207258 ...

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com;

An evening by the wireless

Thursday November 26 @ 6:00pm

Leisurely 15-20km/h, Night ride, Road bike - Flat

From the south end of the Narrows Bridge we'll head south beside the Kwinana Freeway to Canning Bridge, then along the foreshore to Melville before the gentle climb of the evening to Wireless Hill. Supper will be at the Dome cafe at Deepwater Point. Then its another gentle roll home to The Narrows ...

Leader: Stuart 0409 882 931;

Guildford River Loop

Sunday November 29 @ 8:00am

50km: Moderate 20-25km/h, Road bike - Flat

A picturesque amble along the river. Meet at the Burswood at gazebo near the river ...

Leader: Randell 0468767405;

Retirees Spoke Tour Busselton

Monday November 30 - Friday December 4

Brisk 25-30km/h, Leisurely 15-20km/h, Moderate 20-25km/h, Tour

Please note it is important to register your interest if you are attending. This year's Retirees Tour will be held in the south west town of Busselton. Located at the RAC Busselton Holiday Park, 97 Caves Road, Busselton. Phone: (08) 9755 4241 The format of The Retirees Spoke Tour will allow us to settle in one location and enjoy the rides that are plentiful in the area. All levels of accommodation will be available, feel free to bring your caravans, tents, or just relax and enjoy the comfort of the park chalets. We would encourage you to

bring your non-cycling partners with you as there are any number of activities to be enjoyed in the Busselton and surrounding area. Mountain bike trails are also in abundance, this ride option will also be made available during the week. Depending on numbers, we would like to offer each day's ride as a Moderate and or Leisurely pace. Activities will be arranged for each night for those who would like to join in, such as a board games night, movie night, etc. (your suggestions are appreciated) A group meal out in Busselton is planned on our final night. Register your interest by contacting, Rita/ Cliff Miller mobile: 0423 056 595 or email: cmil2956.rm@gmail.com. The total cost will depend on the accommodation style you chose. We will be contacting the park to obtain if possible, a group booking price. Also keep in mind if you are a RAC member, discounts are available Tour routes for the event can be found here and some other files of interest are listed below: [MMFileList folder="ctawa_files/touring/other/2020 Retirees Spoke Tour" format="table" order="asc"] ...

CTA Christmas Lunch, The Henley Brook, Henley Brook

Sunday December 6 @ 11:45am

Social

Here are the details for the CTA 2020 Christmas Lunch. Venue and date: The Henley Brook (The Hen), <https://thehenleybrook.com.au/> 9810 West Swan Road, Henley Brook (5 km from Guildford Train Station). 12:00pm Sunday, 6 December 2020 Long Table style, everyone buys own lunch and drinks. Will be outside in a marquee on the lawn. There will be live music and families, could be busy. As it's a busy time for the venue please RSPV me (social@ctawa.asn.au), no later than the 30th November. I will advise venue final numbers a week out. See their website for food and drink menu - thehenleybrook.com.au Thanks Charlie ...

Leader: Charlie 0447263706 or carminecilli@bigpond.com;

Forrestfield Loop

Wednesday December 9 @ 7:30am

50km: Moderate 20-25km/h, Road bike - Some hills

Meet at Burswood western carpark near the toilets under a shelter at 7.30am. This ride takes us on bike paths, rural roads and some hills with a well deserved coffee at the end ...

Leader: Connie 0407 640 012;

Tandem Tootle

Sunday December 13 @ 8:00am

53km: Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Flat

Meet at South side of Narrows Bridge. South Perth, Maylands, Tonkin, Reid Freeway. Coffee at Cheeky Chinos City of Stirling . Leader Brian 0438 110 571 If enough numbers a leisurely and a moderate ride ...

Leader: Brian 0438 110 571;

South of River Meander

Wednesday December 16 @ 8:00am

50km: Moderate 20-25km/h, Road bike - Some hills

Meet at the South end of Narrows Bridge; Follow the PSP on FWY South to Canning Bridge, head west on the bridge to Raffles, PSP and roads hugging the Melville Waters up around to Point Walter, up the hill to Bicton, Riverside Drive, to Marine Terrace. Coffee @ Port City Roasters. Then on South Terrace towards South Beach, through Hollis Park, to Hampton-Rockingham Road intersection on to Healy Road, south on to Redmond, east Millar Cres., south to O'Connell St., east on to Forest Road towards Bibra Lake. Follow Progress Rd to Kwinana FWY bike trackback to Narrows Bridge Southend Finish. ...

Leader: Udeni 0439933968;

Alfred's Kitchen

Thursday December 17 @ 5:45pm

30km: Leisurely 15-20km/h, Night ride, Road bike - Flat

Meet at East Perth Railway Stn (PSP side) at 5.45pm for a ride out to Guildford for a taste of the best outdoor hamburgers in town! We'll follow the river there and back using the cycleway next to the railway line. Must have good working front and rear lights Leader Randell 0468 767 405 ...

Leader: Randell 0468767405;

"Christmas Prelude - Only Five More Sleeps"

Sunday December 20 @ 7:45am

40km: Leisurely 15-20km/h, Road bike - Flat

Distance 40 km, Leisurely, Flat Meet at The Narrows, at the usual spot near the toilets, at 0745 for an 0800 departure. A leisurely ride south on the PSP to the Raffles, through Applecross, Attadale, Bicton East Fremantle, to an al fresco coffee on the lawn near Leighton Beach. Then through Cottesloe and Claremont, back to The Narrows. To get into the Xmas spirit, at least one Christmas themed piece of apparel is to be worn, or something to decorate your bicycle. Organiser: David. Phone Sally 0424 986 334 (because usually David doesn't answer his phone!) ...

Leader: Sally and David 0404363870, 0424986334;

River Run

Sunday December 20 @ 8:00am

45km: Moderate 20-25km/h, Road bike - Flat

Meet at 8 am at the south side of the Narrows bridge opposite the toilet block. We will head south and east along the bike paths of the Swan and Canning rivers. We will have refreshments at Lo Quay cafe before heading back to the Swan River and the Narrows. Organiser: Silvia Phone: 0466242971 ...

Leader: Silvia 0466271481;

Swan Valley Meander

Wednesday December 23 @ 8:00am

20km: Moderate 20-25km/h, Road bike - Flat

Meet at Guildford Railway Station at 8am for a meander through Viveash, and beyond. If weather is forecast to be over 37 we can just go to Midland and have coffee or ice cream! ...

Leader: Noel 0419 964808;

A Jolly Jaunt to Joondalup

Sunday December 27 @ 8:00am

40km: Leisurely 15-20km/h, Road bike - Some hills

Meet at Greenwood Train Station. We follow the Freeway PSP through Kingsley and Woodvale then head West to the coast at Ocean Reef. After taking in the beautiful Indian Ocean for a few kilometres we then head East to our morning tea stop at a cafe in Joondalup. After our fill, we circumnavigate Lake Joondalup and Lake Goollelal on shared paths as we return to the start at Greenwood Train Station. ...

Leader: Kleber 9354 7877 or kleberc@bigpond.com;

Tour of the Lakes (for the non MTBers)

Wednesday December 30 @ 7:00am

50km: Moderate 20-25km/h, Road bike - Some hills

Beat the Heat start at 7am We will ride through the western suburbs along 5 lakes. We will ride the full loop of 50kms and have coffee at the end of the ride. Meet at the Burswood western carpark near the toilets. If it becomes too hot, we will turn around and find a coffee spot. Ride leader Connie 0407640012 ...

Leader: Connie 0407 640 012;

MTB to Pickering Brook

Wednesday December 30 @ 7:00am

24km: Leisurely 15-20km/h, Moderate 20-25km/h, Mountain bike - Hilly

Meet 7 am at the start of the Bibbulmum track in Kalamunda for a mountain bike ride on the new fantastic single tracks to Pickering Brook and beyond. My route is 24 km's at a slower pace and John has probably got some surprises for the faster people. Leaders Liz 0423207258, John 0400361406 ...

Leaders: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com; John 0400 361 406 or achievementrides@ctawa.asn.au;