

CTA 2022 AGM 5d - Rides for 2021 (brief)

Some Hills

Sunday January 3 @ 7:45am

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

We meet at Kent Street Weir at 7.45 am for an 8 am start. Along the Canning River to Kelmscott and then up the hill to Roleystone for coffee at Affinity. (It's a lovely unsteep hill.) If it's very very hot, we could have coffee at the Dome in Kelmscott and not worry about the hill. There will be a faster and a slower group, so no excuses not to turn up. Ride leader Liz 0423 207258

Reid Tonkin east to west

Wednesday January 6 @ 7:00am

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

Beat the Heat start at 7am Meet at Burswood, we ride to Midland to connect to the new bike path on Reid Hwy, down Tonkin to coffee in Bassendean

Leader: Connie 0407 640 012;

Northern Beaches

Sunday January 10 @ 8:00am

43km: Leisurely 15-20km/h, Road bike - Rolling

Meet at Greenwood station at 0800 for an 0815 start. Pace leisurely, if large numbers will have a moderate group as well. Greenwood to coast via Hepburn Follow coast to Burns Beach Road onto Freeway to Butler station and return to Dome in Joondalup for coffee. Then back to Greenwood via Freeway bike path. Distance 43kms.

Leader: Brian 0438 110 571;

Ocean Views

Wednesday January 13 @ 8:00am

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

Meet at the Britannia Park - in Leederville (Parking available - free) Heading north along the bike path to North Beach Rd then west to the ocean. Coffee at Clancy's in City Beach then we will return to Britannia Park. (mainly on bike paths). Ride leader: Rita Mobile: 0423 056 595

Leader: Rita 0423 056 595;

Night on the Heritage Trail

Thursday January 14 @ 6:30pm

42km: Leisurely 15-20km/h, Moderate 20-25km/h, Mountain bike - Hilly

NOTE start point now changed to meet at the carpark of the Bellevue RSL. This is at the trailhead of the Railway Reserve Heritage Trail, in Purton Place Bellevue. We will meet at 6.30 and ride from there. Initially it is uphill until Mundaring where we pause briefly before continuing to the Parkerville Tavern for food and refreshments . Then a roll downhill back to Midland. Bring a good set of lights and charged batteries, water and a muesli bar or two. Also , be self supporting with your own spare tubes , pump and tools.

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

Three Bridges

Sunday January 24 @ 7:15am

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

Meet at the southern end of the Narrows Bridge at 7:15am for a 7:30am start (before it gets too hot!). After going over the Narrows Bridge we will pass the bike counter in Barrack Street before heading west to Perry Lakes. Then south to the Fremantle bridge and onto Point Walter for coffee and cake. Our third bridge will be the Canning bridge on our way back to the Narrows. Ride Leader: Christine 0400 570077

Allwen's Mystery Tour

Wednesday January 27 @ 7:30am

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

Meet at Narrows Bridge South side for a mystery ride.

ZigZagging under the Full Moon

Thursday January 28 @ 5:30pm

32km: Night ride, Road bike - Some hills

32 kms road bike, some hills, leisurely. We meet at 5.30 pm at Midland Station for a leisurely ride up to Kalamunda. Dinner at the Vault. With a full tummy and the lights turned on it's mainly downhill back to Midland. Good front and rear lights are a must! Ride leader Liz 0423207258

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

Orchard Espresso (take 2)

Sunday January 31 @ 7:45am

54km: Moderate 20-25km/h, Road bike - Some hills

54 kms, road bike, some hills, moderate. We meet at Kent Street Weir at 7.45. Last time we tried to do this ride, the wind nearly blew us away, but we are not giving up and do it this time around. Coffee at Orchard Espresso in Roleystone. Ride leader Liz 0423207258

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

Your Way or the Highways

Wednesday February 10 @ 7:30am

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

We will go through Tomato Lake to Leach highway to Tonkin highway, Roe highway and finally Kwinana freeway. This ride is on bike paths and riding should be uninterrupted. Coffee at the Dome at Deep Water Point Distance approx. 50km Meet at the Burswood western carpark near the toilets Masks are mandatory unless our ride is strenuous

Leader: Connie 0407 640 012;

Alfred's Kitchen

Thursday February 11 @ 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 Masks are mandatory unless the ride is strenuous

Leader: Randell 0468 767 405;

Mountain Biking in Kalamunda

Sunday February 14 @ 7:00am

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

We meet in Kalamunda at the start of the Bibbulmun at 7am for a round of single tracks to Pickering Brook and beyond. There will be two groups, a faster and a slower one. Ride leader Liz 0423207258

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

Northern Lakes

Sunday February 14 @ 7:30am

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

Meet at Britannia Park for a northerly ride to and around Yellagonga Regional park. Coffee in Joondalup and return trip by train or PSP.

Leader: Connie 0407 640 012;

Roads Less Travelled to Freo

Wednesday February 17 @ 8:00am

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

Leaving from Narrows Bridge (south end next to toilet block) heading south to Raffles (for those who wish to join the ride from the Raffles at 8:30pm). Making our way to Fremantle thru Mt Pleasant and over Wireless Hill.

Coffee/chatter at the Fremantle Cultural Centre, before heading back to Perth via Mosman Park. Ride Leader:
Rita Mobile :0423 056 595

Leader: Rita 0423 056 595;

CTAWA Annual General Meeting 2021

Sunday February 21 @ 9:45am

Main Events, Meeting, Social

The CTAWA Annual General Meeting is on Sunday 21st February 2021 at 9:45am for a 10:00am start. The venue is The RISE Community Centre, 28 Eighth Avenue, Maylands. The Agenda and all papers and reports for the AGM are available here.

Freeway Burbs and Ocean

Wednesday February 24 @ 7:30am

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

Will begin at the the Raffles at 7.30 and travel south on Freeway bike path to Gateway. Along Beeliar to Coogee then along the coast to Attadale. At the 40km we will go up Reserve St to a well earned coffee at the Neighbourhood Cafe in Moreing Rd. Back along the river to the Raffles. 50 Kms in total.

Leader: Judy 0400 229 159;

Spoilt for Choice

Thursday February 25 @ 5:30pm

20km: Night ride, Road bike - Flat

Meet at the Narrows bridge south side at 5:30. A flat ride on bike paths and residential roads. Dinner at the food hall at Broadway Fair in Nedlands Enjoy the night lights of the city on the ride back. Ride Leader: Cliff Mobile 0401 951 919

Leader: Cliff 0401 951 919;

Western Suburbs Wander

Sunday February 28 @ 7:30am

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

Meet at Burswood at 07:30am. The title says it all

Leader: Peter 0417 974 024;

50K Achievement Ride

Sunday March 7 @ 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;

River, Ocean and Lakes

Wednesday March 10 @ 8:00am

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

Meet at Britannia Park Ride along PSP beside Mitchell Fwy south to city, then beside river to Nedlands, North into Claremont, and then through Perry Lakes to City Beach and morning tea in Scarborough. Then back through Karrinyup, Doubleview, Herdsman Lake and Lake Monger to Britannia Park.

Leader: Ian 0431 424 488;

The Last Night ride

Thursday March 11 @ 5:30pm

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

This will be the last night ride until next summer. Meet at Midland railway station to ride up the Zig Zag to the Vault restaurant in Kalamunda.

Leader: Stuart 0409 882 931;

Follow the Freeway to Freo for a Feed

Sunday March 14 @ 8:00am

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

65 km: Low Moderate, mainly flat Meet at the Raffles, Canning Bridge. We will ride South to Wandi on the Freeway PSP before turning West using quiet back roads to Woodman Point. Then heading North on PSP's to Freo for our coffee break at The Mill Bakehouse. It's then a pleasant ride following the river back to the start at The Raffles. Leader: Kleber 9354 7877

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

Let's do some Hills

Wednesday March 17 @ 7:45am

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

46 kms, moderate, road bike, hilly it's not as bad as it sounds! We meet at Midland Train Station for a lovely ride through the John Forrest National Park, coffee at the bakery in Mundaring and then a different way back to the start. Leader: Liz 0423207258

Lets Not Do Hills

Wednesday March 17 @ 7:45am

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

Meet at the Narrows Bridge south side at 7.45am. We will do a Shelley loop with a detour through Applecross, coffee at LoQuay cafe in Riverton before heading back.

Leader: Allwen 0416 027 573;

(Ride 1) Seven Bridges (Plus Some)

Sunday March 21 @ 7:45am

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

Meet at the southern end of the Narrows Bridge at 7:45am for a 8:00am start. Heading south we will ride over the Canning, Mt Henry, Riverton and Djarlgarra bridges. Then it is mainly northward, making a detour to stop in Vic Park for coffee and cake. After being refueled, we will cross the Windan, Horseshoe and Narrows bridges, returning to our starting point. Ride leader: Christine Ph: 0400 570077

Leader: Christine 9457 4779, 0400 570 077;

(or Ride 2) What goes up must come down

Sunday March 21 @ 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;

Northern Green Spaces and Sea

Wednesday March 24 @ 7:30am

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

We begin at Greenwood Station at 7:30am, heading east before turning north through the green spaces along the chain of wetlands from Lake Goollelal to Lake Joondalup. Meander through the grounds of ECU and Central Park before ascending Water Tower Park. Then west through the Iluka parks till we come to the sea. Along the coast with lovely ocean views till we arrive at Hilary Boat Harbour for a well earned coffee or tea. Then back to Greenwood Station. 40kms in total.

Leader: Roy 0410 008 793;

Social Night: Two Touring Talks

Thursday March 25 @ 7:00pm

Meeting, Social

See you at the Social Night on 25th March (7 to 9 pm, Maylands Recreation Centre 'The Rise') where we will have two presentations: Solo Bike Touring in WA Guy Taylor on Solo Bike Touring in WA Off road bike tours Linda's cycling companion, Pippa, will be talking about a "Bikepacking" trip from Darwin to Halls Creek - approximately 2,000km over three weeks in August 2019. She will cover Pre ride preparation and planning Bike choice and preparation What to take and why Mindset Some takeaways after a ride Please remember to bring you own cup or mug. Hope to see you there. Charlie Social Co-ordinator

Leader: Charlie 0447 263 706 or social@bigpond.com;

Coffee at Coogee

Sunday March 28 @ 8:00am

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

Meet at the Raffles at 0800 for an 0815 departure. Through Applecross to Fremantle and onwards to Coogee for a coffee. Return via Bibra Lake and Freeway PSP. A leisurely Sunday ride, the emphasis being the coffee and cake! Leader David 0404 363 870, (although if you actually want to talk to someone, phone Sally 0424 986 334?)

Leader: Sally and David 0404 363 870, 0424 986 334;

Easy Easter Northern Burbs Bike Ride

Sunday April 4 @ 8:15am

35km: Leisurely 15-20km/h, Road bike - Flat

Start at 8.15am from Butler train station. A circular ride starting and finishing on the bus stop side of Butler Train Station. Mostly flat ride covering bike paths, back roads and we'll do some coastal cruising. May even find some Easter Eggs along the way! Leisurely ride approximately 35km with coffee stop at beaut cafe with ocean views.

Leader: Kristina 0431 906 142;

Back Roads to Wanneroo

Wednesday April 7 @ 8:00am

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

Distance: ~60km: Moderate 20-25km/h, Road bike - predominately flat with a few hills Meet at Britannia Reserve, Leederville to join a route taking the group through some of the north eastern suburbs, around semi-rural Lake Gngangara to enter Wanneroo from the east. Coffee stop at the Wanneroo Dome with the return journey skirting the Yellagonga northern lake systems.

Leader: Trevor 9345 1048, 0402 029 608 or teebs50@gmail.com;

Urban Crawl-Back Streets and Lanes of Perth (canceled storm coming)

Sunday April 11 @ 8:15am

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

This ride has been canceled Start and Finish : East Perth Train Terminal, Car park East Parade side Speed: SLOW
Bike: One you're happy to take into a sealed back lane. Distance: About 25km Coffee Stop: Yes

Leader: Charlie 0447 263 706 or social@bigpond.com;

Pre-Silo Tour Legs and Lungs Tester (for everyone)

Wednesday April 14 @ 8:30am

59km: Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Hilly

After starting at Midland Train Station we will take the easy route up to Kalamunda via the Zig Zag cycle path and then cycle across to Mundaring Weir and Mundaring. After refreshments and recovery it will be all the way down hill back to Midland. It's a bit hilly, but not too bad as the big uphill is via the Zig Zag. Pace will be slowish and there will be stops to regroup along the way.

Leader: Jeremy 0466 271 481 or silvia_jeremy@hotmail.com;

CTAWA 2021 Grain Silo Art Tour

Saturday April 17 - Saturday May 8

1240km: Road bike - Some hills, Tour, Touring bike

Due to capacity limits in some camping areas the tour is now full. No more entries can be accepted. Please read the Relaxation of Conditions. The tour is a "full" pannier tour with some limited support. With travel options outside of WA still limited this support is being provided to ensure greater participation of our membership. As we currently enjoy unrestricted travel within Western Australia, I have organised a longer duration cycle tour based upon FORM's PUBLIC Silo Trail which showcases world class murals painted on grain silos in unexpected towns across the State. The route takes in 6 of the seven painted silos, with the exception of the one in Albany. This total 22 day, unsupported tour of 1238 km is open to all CTAWA members. The tour will follow an anti-clockwise circular route commencing and finishing in York over nineteen riding days. Three rest days in the towns ...

Leader: Trevor 9345 1048, 0402 029 608 or teebs50@gmail.com;

City Beach for the Non Silo Tourers

Sunday April 18 @ 8:00am

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

From the Gazebo at Burswood we follow the river past the city, up to Kings Park through the western suburbs for a coffee at City Beach then return via The Boulevard and Trainline PSP Meet at Burswood Gazebo at Charles Patterson Park.

Leader: Randell 0468 767 405;

Bayswater to John Forrest National Park

Wednesday April 21 @ 8:00am

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

Around 55km, moderate pace, mostly flat but one big hill climb. Meet 8am at Garratt Road Bridge Park, riding via Helena Valley to the John Forrest scenic drive. Stopping for coffee in the hills, and returning via Guildford. Mike - 0400.123.432

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

Ellenbrook Lakes for the Non Silo Tourers

Sunday May 2 @ 8:00am

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

From Guildford Train Station we follow the river through the Swan Valley to Ellenbrook where we'll pass many ornamental lakes and enjoying the autumn colour of the vines. After coffee at Ellenbrook we'll return to Guildford TS using the West Swan Road PSP. Meet at Guildford Train Station on James Street

Leader: Randell 0468 767 405;

Mothers Day Markets to the Beach

Sunday May 9 @ 8:00am

35km: Leisurely 15-20km/h, Road bike - Flat

Meet at the overflow car park at the Stirling City Council. If you need a coffee before you ride, the markets are in the main car park area close by. We will ride on the PSP south along the freeway then cross over at West Perth onto the PSP along the railway line towards Freo veering off after Shenton Park to head towards the beach. Morning tea is at the Floreat Beach Kiosk. Then along the beach to Scarborough where we will turn inland to head back to Stirling on minor roads. Leader: Robyn ph: 0408 095 924

Leader: Robyn C 0408 095 924;

Swan Valley Meander

Wednesday May 12 @ 8:15am

48.5km: Moderate 20-25km/h, Road bike - Flat

Meet at Maylands Railway Station at 8.15am for a meander through Viveash, and beyond. Coffee on the way back at our new favourite café in Bassendean.

Leader: Noel 0419 964808;

Reid Tonkin to Basso (non acheivers)

Sunday May 16 @ 8:00am

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

Follow the Reid and Tonkin highways to our new favourite spot for coffee

Leader: Rita 0423 056 595;

5000 in 4 Achievement Ride

Sunday May 16 @ 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;

Tour of the Lakes

Wednesday May 19 @ 8:00am

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

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;

Tonkin Top to Tail Tootle (cancelled because Kleber is in disposed and rain is coming)

Sunday May 23 @ 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;

One Way Ticket to Ride

Wednesday May 26 @ 8:00am

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

50km, leisurely, mostly flat, road bike 0800 at the Raffles for 0815 departure. We will pass the Narrows, so you can also start from there, 0830 (sharp) departure. One way ride through Subiaco to City Beach, (not planning to go up Reabold Hill, but it is there if you want to?), then along the coast to Burns Beach for coffee. Then to Currambine Station for a train back to the start at Canning Bridge. (No need to return to the start, of course, you can do your own thing.)

Leader: David 0404 363 870;

Guerrilla Surprise (cancelled due to rainy weather)

Sunday May 30 @ 8:45am

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

Meet at the Gazebo Burswood to join the group taking a route through the backblocks of Guildford, skirting Midland and via lower Greenmount across some of Swan View's foothills. After a coffee stop in Woodbridge, the return journey follows the Midland Rail line PSP back to the City. Trevor 9345 1048, 0402 029 608
teeb50@gmail.com

Forrestfield Loop

Wednesday June 2 @ 8:00am

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

Meet at Burswood western carpark near the toilets under a shelter at 8:00am. This ride takes us on bike paths, rural roads and some hills with a well deserved coffee at the end. The GPX route can be saved off from Ride With GPS. The link is below.

Leader: Connie 0407 640 012;

Swan River Loop

Sunday June 6 @ 8:15am

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

Meet at Burswood at 8:15am to ride north side of the Swan River to Midland, and returning along the south side of the river. Coffee in Midland This will be a leisurely ride to enjoy the views of the scenic river.

Leader: Connie 0407 640 012;

Observatory

Sunday June 6 @ 8:30am

67km: Moderate 20-25km/h, Road bike - Hilly

Sunday, 6th of June, 8.30am, Cannington Train Station 67 kms, moderate, hilly, road bike meet at 8.30 at Cannington Train Station for a hilly ride to the Observatory (950m elevation). Up Crystal Brook Road, just to get the blood pumping, after that it's still hilly but not so steep anymore, we get rewarded with a scenic ride, coffee in Kalamunda and a downhill on the Zig Zag. Ride Leader Liz 0423 207258

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

South to the Beach

Sunday June 13 @ 8:15am

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

Our Route starts at Cockburn and takes us along Armadale PSP the south through the rural suburbs before crossing the Wellard undulations to the beach. After coffee in Rockingham, it is an easy 4km along Rae Rd to finish at Rockingham Station. Please bring water and snacks as there are no shops before coffee. Meet at western

entrance to Cockburn Central Station at 8:15am for an (*:30am start. Train departs Underground Station at 7:53am arriving at Cockburn at 8:11am

Leader: Connie 0407 640 012;

Swan Valley Meander

Wednesday June 16 @ 8:15am

48.5km: Moderate 20-25km/h, Road bike - Flat

Meet at Maylands Railway Station at 8.15am for a meander through Viveash, and beyond. Coffee on the way back at our new favourite café in Bassendean.

Leader: Noel 0419 964808;

Airport Loop - For non-Achievers CANCELLED

Sunday June 20 @ 8:15am

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

We will meet at the Burswood for a relatively flat journey to coffee in South Guildford., before making our way back to the Burswood along the river.

Leader: Rita 0423 056 595;

Mountain Biking

Wednesday June 23 @ 9:00am

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

Mountainbike, undulated, moderate, 24 kms We meet at 9am in Kalamunda at the start of the Bibbulmun track. Mostly single tracks with coffee at the end of the ride in Kalamunda. Ride leader Liz 0423207258

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

Social Night - Two Talks - Cycling Feet and Tour Japan

Thursday June 24 @ 7:00pm

Meeting, Social

See you at the Social Night on 24th June (7 to 9 pm, Maylands Recreation Centre 'The Rise') where we will have two speakers. Anton Claux - Cycling Feet The role of Podiatry in cycling or can you ride without your feet. Do you have ongoing, niggling knee, lower leg or foot pain while you ride? Then your feet might be to blame. Come along to an informal discussion of common injury locations, types and risk factors for developing these injuries plus some relevant treatment options. All from a Podiatrist's perspective. Rob Loughman - Tour Japan Ten good reasons to put Japan on your cycle touring bucket list. Rob Loughman and Juliann Lloyd-Smith spent a month in late 2019 tandem cycling some touring destinations near Osaka and will share some experiences, highlights and travel tips to whet your post Covid-19 touring appetite. Please remember to bring you own cup ...

Leader: Charlie 0447 263 706 or social@bigpond.com;

Lake Coogee

Sunday June 27 @ 8:15am

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

Meet at the Bull Creek station at 8:15am (there is a train arriving from Perth at 8:05am) for 8:30am start. Heading south we will take the Kwinana Freeway to Rowley Road, then head west to the Beeliar Regional Park in Henderson. It is then north through the park, with a small section (< 1km) on rideable limestone to Lake Coogee. Continuing northward we will stop in North Coogee for coffee before later turning north eastward to return to our starting point. Ride leader: Christine Ph: 0400 570077

Leader: Christine 9457 4779, 0400 570 077;

Whiteman Park Caversham - CANCELLED

Wednesday June 30 @ 8:30am

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

~50km Road Bike- Flat, Leisurely Pace. Wednesday 30 June 2021, 8.30am to 12.30 Whiteman Park/ Caversham
Leader Jeremy Ph. 0466 271 481 Depart Burswood- Finish Burswood. Meet at Gazebo Burswood @ 8.30am for a 8.45 departure and enjoy a flat ride along paths and roads to Whiteman Park and Caversham. Coffee stop about 2/3rds way along the ride.

Leader: Jeremy 0466 271 481 or silvia_jeremy@hotmail.com;

Fremantle Loop

Sunday July 4 @ 8:30am

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

This ride will go ahead despite the weather. Maximum 20 people Meet at south side of Narrows Bridge next to toilet Block at 0830 Ride on North side of River to Fremantle then to Raffles on the south side of river Coffee stop at Dome Deep Water Point Continue to Mount Henry Bridge then return to Narrows via bike path adjacent Kwinana Freeway Mainly flat with some short climbs Moderate Pace

Leader: Greg 0447 344 006;

Midland Coffee Run

Thursday July 8 @ 8:30am

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

We may have less chance of rain on Thursday, therefore Meet at the Burswood western carpark near the toilets at 08:30 for a river run along the Swan river for coffee in Midland Ride leader Connie 0407 640 012

Leader: Connie 0407 640 012;

A Hill or Two (CANCELLED)

Wednesday July 14 @ 8:15am

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

Starting at Britannia Park Leederville @8:15am Heading north to Beach Road then west across to the ocean - stopping at Clancys in City Beach for morning coffee/chat and heading back to the start thru Herdsman and Lake Monger. A hill or 2- Moderate pace. 45/50kms Leader Rita Mobile 0423 056 595

Leader: Rita 0423 056 595;

Ride to CTA Christmas in July 2021 - cancelled due to weather. Arrive at The Woodvale warm and dry.

Sunday July 18 @ 10:00am

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

This short ride will allow CTA riders to arrive in time for the CTA Christmas in July 2021 at The Woodvale Tavern. Full details on the "Christmas" event are here. The ride is 20km from Britannia Reserve, Leederville up the Mitchell Freeway PSP to Woodvale.

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

CTA Christmas in July 2021

Sunday July 18 @ 12:00pm

Social

The organisation of a weekend overnight cycle tour to celebrate Christmas-in-July is becoming more problematic due to the shortage of sufficient overnight accommodation to cater for our group in appropriate venues reasonably accessible from Perth. Therefore, in a departure from previous practice, this year the Club will be holding a Christmas-in-July luncheon on a Sunday afternoon instead. An event of this nature is easier to organise and doesn't involve the requirement for overnight accommodation for attendees. The Woodvale Tavern (British pub style venue), 143 Trappers Drive, Woodvale serve a three course (traditional Christmas fare) carvery roast with soup and desert for \$34 per head. Scroll down to the bottom of this link to view details <http://thewoodvale.com.au/tavern/menus/> The venue will arrange to set up designated tables to cater specifically for our group and will even decorate with Christmas trimmings. In keeping with previous formats, this event will still incorporate a cycle ...

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

10000 in 8 Achievement Ride

Sunday July 25 @ 8:00am

115km: Achievement, Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Hilly, Strenuous 30-35km/h

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;

Mystery Ride

Sunday July 25 @ 8:30am

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

Meet at 8:30 at the Burswood - It's a Mystery Ride - Flatish , 45kms , Good coffee stop. Promises to be a great Sunday morning outing. Ride leader - Rita Mobile 0434 056 595

Leader: Rita 0423 056 595;

River, Ocean and River (cancelled)

Wednesday July 28 @ 8:30am

52km: Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Flat

Meet at 08:30 at The Raffles, Canning Bridge, for an 08:45 start. We will head north on the freeway PSP over the Narrows Bridge, (if you prefer you can start at the Narrows, we will pick you up as we go past, 09:00 sharp at the Narrows). Then through Subi, onto Salvado Rd to Sth City Beach, then south along the coast to Freo. Coffee at "The Mill" returning south of the river through E Freo, Bicton, Attadale and Applecross. Organiser: Sally Phone: 0424 986 334

Leader: Sally and David 0404 363 870, 0424 986 334;

Foothills and Swan Valley Combo (cancelled)

Sunday August 1 @ 8:30am

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

From Guildford Train Station we'll cycle along to the river skirting Midland to the Swan View and Jane Brook foothills then into the Swan Valley crossing the Maali Bridge and back to Guildford. Coffee break at Yahava Koffeeworks, West Swan.

Leader: Randell 0468 767 405;

Narrows to Fremantle and back

Wednesday August 4 @ 8:30am

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

Meet at south side of Narrows Bridge, next to toilet Block at 0830 Ride on North side of river to Fremantle to Raffles on south side of river coffee stop at Dome Deep Water point Continue to Mount Henry Bridge then return to Narrows via bike path adjacent Kwinana Freeway Mainly flat with some short climbs Moderate Pace

Leader: Greg 0447 344 006;

Sunday Lunch in the Valley (the ride is cancelled) but meet there for lunch

Sunday August 8 @ 10:30am

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

Meet at the Burswood at 10:30am to cycle for lunch at the Pasta in the Valley. You can ride with the group or make your own way there by car. If the weather isn't suitable for cycling we will just be meeting at the venue for lunch. (Keep an eye on the Website for updates) Lunch at 12 noon. We will ride as a group along the river, then return back to the Burswood along the bike path adjacent to the Midland Train line. This will allow you to peel off and take the train if you wish. The venue would like to have an indication of numbers so if you wish to join in, please let me know by either sending a txt or email by Wednesday Aug 4. The address is 2931 West Swan Road Caversham - for those of you that are driving. Ride Leader: Rita Mobile: ...

Leader: Rita 0423 056 595;

To Shelley and Beyond

Wednesday August 11 @ 8:15am

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

Meet at the south side of the Narrows bridge near the toilets at 8.15am. Along the freeway bike path to Shelley with a bit of a detour. Coffee at Lo Quay

Leader: Allwen 0416 027 573;

Forrestfield Loop

Sunday August 15 @ 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 half way through at Gracies cafe. The GPX route can be saved off from Ride With GPS. The link is below.

Leader: Noel 0419 964808;

Waterfalls and Wildflowers to Lake Leschenaultia

Wednesday August 18 @ 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 (gravel) through the John Forrest NP where we'll pass waterfalls and wildflowers. After passing Lake Leschenaultia we stop for coffee at The Bay Tree Café in Chidlow then it's mostly a gentle descent back.

Leader: Randell 0468 767 405;

South of River Loop Mk 2

Sunday August 22 @ 8:15am

42km: Moderate 20-25km/h, Mountain bike - Some hills

Distance: ~ 42km, Moderate 20-25 km, Road Bike, some Hills Meet At Raffles/Canning Bridge West. Follows the river up around to Point Walter, up the hill to Bicton, Riverside Drive, to Marine Terrace. Coffee @ Roasting Warehouse South Fremantle (old 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 Raffles Finish. Organiser - Udeni 0439 933 968

Leader: Udeni 0439 933 968;

Sprinters Stage

Wednesday August 25 @ 8:30am

54km: Moderate 20-25km/h, Road bike - Flat

Time: 8:30am Distance: ~54km, Moderate 20-25km/h (faster for the sprinters), Road bike-flat Ride leader: Linda 041 9933 998 Meet at the narrows bridge near the toilets. Warm up ride along the southern banks of the Swan River to Burswood, then SE to Tomato Lake. After Tomato Lake the sprinters get into position as the route continues along continuous bike paths to Bateman Rd at Mt Pleasant, followed by a well needed coffee break at the Deep Water Point Dome (~45km into the ride). After refuelling, sprint up past the Raffles back to the narrows bridge.

Leader: Linda 0419 933 998;

Century Challenge Achievement Ride

Saturday August 28 @ 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;

CANCELLED - Road trip to Mundaring 'meet up'

Sunday August 29 @ 8:15am

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

CANCELLED - DUE TO FORECAST RAIN The rain gremlins have struck again. Sunday's 29 August ride up to Mundaring has been cancelled. Get out your slippers. You could use the time to sign up for the CTAWA sponsored First Aid Training This ride has no leader, however meet at Midland train station and ride to Mundaring as a group. Someone will know the way whether it's over Ryecroft Rd or through John Forrest National park. Ride leader unavailable Contact Connie for details 0407640012

CANCELLED - Mountain Bikes- Head For The Bush

Sunday August 29 @ 8:30am

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

CANCELLED DUE TO RAIN Sunday August 29 8:30 am -Moderate Pace with "inclines"- Meet at Midland Train Station You could sign up to the CTAWA sponsored First Aid Training. From the grazes, sprains, breaks

and knocks that I have heard of, mountain bikers would benefit from being competent in first aid. We will ride the south side of the Reserve Trail "up" to Mundaring with the additional section down and back to the Mundaring Weir. A stop for coffee/cake/chatter on the return at the Artisan Bakery in Mundaring. We will return to Midland Train station down the south side of the trail. Mountain bike required for this ride. Ride Leader Cliff - Mobile 0401 951 919

Leader: Cliff 0401 951 919;

Whiteman Park Caversham (cancelled 90% chance of rain)

Wednesday September 1 @ 8:30am

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

~50km Road Bike- Flat, Leisurely Pace. Wednesday 30 June 2021, 8.30am to 12.30 Whiteman Park/ Caversham Leader Jeremy Ph. 0466 271 481 Depart Burswood- Finish Burswood. Meet at Gazebo Burswood @ 8.30am for a 8.45 departure and enjoy a flat ride along paths and roads to Whiteman Park and Caversham. Coffee stop about 2/3rds way along the ride.

Leader: Jeremy 0466 271 481 or silvia_jeremy@hotmail.com;

Up Some Hills and Down Hills

Sunday September 5 @ 7:45am

59km: Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Hilly

Meet at Cannington station at 7:45am for 8:00am start. After a few undulations, we will go up the Zig-Zag to Kalamunda, then take some back streets and roads to arrive at our coffee stop in Pickering Brook. After refueling, it will be along Canning Road before descending Mills Road East to Gosnells. It is then a flat ride back to our starting point. Ride leader: Christine Ph: 0400 570077

Leader: Christine 9457 4779, 0400 570 077;

Cruising the Canning

Wednesday September 8 @ 8:30am

40km: Leisurely 15-20km/h

Meet at Bull Creek Train Station. This will be a pleasant and relaxed ride on PSP's and quite back roads. We head South on the Kwinana Freeway and then West on the Roe Highway to meet up with the Canning River. The essential coffee stop will be at the Lo Quay Café in Riverton. We continue cruising the river through Shelley and Rossmoyne to the finish at Bull Creek Train Station. Leader: Kleber 9354 7877

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

Foothills and Swan Valley Combo

Sunday September 12 @ 8:30am

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

From Guildford Train Station we'll cycle along to the river skirting Midland to the Swan View and Jane Brook foothills then into the Swan Valley crossing the Maali Bridge and back to Guildford. Coffee break at Yahava

Koffeeworks, West Swan.

Leader: Randell 0468 767 405;

Tour of the Lakes

Wednesday September 15 @ 8:00am

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

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

Leader: Connie 0407 640 012;

First Aid Training - Registration Closed

Thursday September 16 @ 12:00am

Meeting, Midweek, Social

2021 - FIRST AID TRAINING (registration for full course required by 30 August 2021) Accredited course + online learning 9:00 to 15:30 CBD College, Suite 5, Level 1, 150 Adelaide Terrace, East Perth WA 6004
Demonstration - cancelled 14:00 to 16:00 Community Hall, 'The Rise', 28 Eighth Avenue, Maylands, WA 6051
First Aid Training (registration now closed) Registrants for the full day course should remember to complete the online learning section before attending the all day practical training on 16 September. The 2 hour lecture only course has been cancelled and people who registered will get full refunds. Details on the training is available here and the registration form is available here. If you have problems filling in the registration form (e.g. Apple users) you can try the alternative form here. I invite all our members to take this opportunity to develop and maintain useful skills in the friendly ...

Leader: Stuart 0409 882 931;

OYB Prologue

Sunday September 19 @ 7:45am

45km: Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Some hills

Start Narrows Bridge at 0745. Moderate pace if a big group I will also offer a leisurely ride Narrows to Applecross to Fremantle following rail line back to the city via Claremont and back to Narrows. Coffee stop at Leighton. Come along and meet your fellow OYB Tourers Contact Brian 0438 110 571

Leader: Brian 0438 110 571;

Mountain Bike

Wednesday September 22 @ 8:00am

26km: Mountain bike - Rolling

Wednesday, 22.9.21, 8am til 11.30. Mountainbike, moderate, 26 kms, some hills. Meet at the start of the Bibbulmun track in Kalamunda for a mountain bike ride on single tracks. We will have coffee in Pickering Brook about half way. Ride leader: Liz 0423207258

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

Canning Excursion

Wednesday September 22 @ 8:15am

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

Meet at toilet block at Narrows bridge at 8.15am. Distance approx 55km, moderate speed road bike We will travel through South Perth and Kensington past Curtin University to Shelley and then travel along the bike path following the Canning river to Gosnells. Once we hit the train tracks we will follow them to Queens Park station where we will cut through Cannington and head back to Lo Quay for coffee and cake. We will then head back through Manning and Como to the freeway bike path back to the Narrows.

Leader: Allwen 0416 027 573;

Social Night - Rides Here and There

Thursday September 23 @ 7:00pm

Meeting, Social

See you at the Social Night on 23rd September (7 to 9 pm, Maylands Recreation Centre 'The Rise'). Two speakers again on the night. Yew Li Cheng - 2021 CTA Silo Art Tour Photos and stories from the back of a tandem. What happens on tour... doesn't stay on the tour. If you came on the tour, then you better come to this social night to see & hear what's going to be said about you! Active participation welcome but no heckling. If you missed out on this tour, then you better come along too so you can see what you missed & what we got up to. PS: If anyone has any good photos from the tour and would like to share them, please feel free to email them to me. Thanks Yew Li Jeremy Knowles - NGA HAERENGA - TE WAIPOUNAMU Great Rides of New Zealand's South ...

Leader: Charlie 0447 263 706 or social@bigpond.com;

Rockingham Bound cancelled

Sunday September 26 @ 9:00am

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

Meet at Mandurah Train Station for a prompt 9.15am departure. Best trains from Perth Underground are 8.08 or 8.23 We shall leave immediately after the 8.23am train arrives in Mandurah and plan to finish about 12.30pm A 50 km road ride with some ups, downs and plenty of flat. Some PSP, suburb touring and a touch of coast here and there. We will ride through to Rockingham train station to end the ride. Coffee will be in the heart of Rockingham. Leader: Connie and Noel 0407640012 or 0419964808

Leaders: Connie 0407 640 012; Noel 0419 964808;

River, Ocean and River cancelled

Wednesday September 29 @ 8:30am

52km: Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Flat

Meet at 08:30 at The Raffles, Canning Bridge, for an 08:45 start. We will head north on the freeway PSP over the Narrows Bridge, (if you prefer you can start at the Narrows, we will pick you up as we go past, 09:00 sharp at the Narrows). Then through Subi, onto Salvado Rd to Sth City Beach, then south along the coast to Freo. Coffee at "The Mill" returning south of the river through E Freo, Bicton, Attadale and Applecross. Organiser: Sally Phone: 0424 986 334

Leader: Sally and David 0404 363 870, 0424 986 334;

2021 On Your Bike - Heart of the Great Southern

Saturday October 2 - Sunday October 10

430km: Main Events, On Your Bike, Road bike - Rolling, Tour, Touring bike

Tour Brochure, Entry Form, Garment Sizing The 2021 On Your Bike tour will be in its 33rd year, we are hoping you can come along and join us. The tour starts in the lower fringes of the Wheatbelt Region at Narrogin, crossing over and sometimes following the Great Southern Highway and Great Southern Railway (now only used for freight). The tour route will make its way through rolling plains, encompassing rich farming land, along the way staying at Williams, Darkan (a longer day ride option will be offered on this route from Williams to Darkan), Wagin, Katanning, and then heading eastwards to Nyabing, north to Dumbleyung, Wickepin and back to Narrogin. The rest day is in regional Katanning that likes to be recognised as the 'heart' of the Great Southern. The town that started at the end of the 19th century is sprinkled with heritage buildings and is now known ...

Leader: Brian 0438 110 571;

Connie's Mystery Tour

Sunday October 3 @ 8:00am

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

This ride will be all about the coffee (and cake) Meet at the gazebo near the toilets at Burswood. We will end up in Bassendean to another café that offers great coffee and cakes after a 50ish km round loop

Leader: Connie 0407 640 012;

The King's Last Crumb

Wednesday October 6 @ 8:45am

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

Meet 8.45am at Burswood pavilion near the toilets. Leisurely scenic ride from Burswood along the South Perth foreshore & Mounts Bay Road before we start the climb to Kings Park. We'll do a full lap or 2 around Kings Park before descending Mount Street to check if your brakes are working. If we are still energetic, we can climb up Mount St as training for Bridgetown tour! We'll then ride along Riverside Drive towards The Last Crumb café in Bassendean for brunch & coffee (pies and cakes are really yummy). Distance approx 55km, more if you want to do laps of Mount Street. Remember to byo cup if you are having coffee. Ride leader Yew Li from the back of the tandem.

Leader: Yew Li ;

Swanning in the Swan Valley

Sunday October 10 @ 8:30am

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

Meet up at the Burswood at 8:30 - heading into the Swan Valley for a lovely flatish ride along the river to our coffee stop of Yahava Coffee then a loop thru residential roads back to the Burswood. Ride leader: Rita Mobile: 0423 056 595

Leader: Rita 0423 056 595;

Whiteman Park Caversham

Wednesday October 13 @ 8:30am

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

~50km Road Bike- Flat, Leisurely Pace. Whiteman Park/ Caversham Leader Jeremy Ph. 0466 271 481 Depart Burswood- Finish Burswood. Meet at Gazebo Burswood @ 8.30am for a 8.45 departure and enjoy a flat ride along paths and roads to Whiteman Park and Caversham. Coffee stop about 2/3rds way along the ride.

Leader: Jeremy 0466 271 481 or silvia_jeremy@hotmail.com;

200k Achievement Ride .

Saturday October 16 @ 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. Route (200 km) [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;

Lizzie's Legburner

Sunday October 17 @ 9:00am

54km: Moderate 20-25km/h, Road bike - Hilly

Sunday, 17th October 2021 9am until 2pm, Gosnells Station Roadbike, hilly, moderate, 54 km's We meet at Gosnells Station at 9am. The bad news is that we have two very steep hills to climb (Crystal Brook Road and Walnut Road), the good news is that the rest is a piece of cake. Coffee probably at Pickering Brook. Ride organiser (not leader): Liz 0423207258

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

Pootling to Tranby

Wednesday October 20 @ 8:00am

38km: Leisurely 15-20km/h, Moderate 20-25km/h, Road bike - Flat

Meet at Burswood Gazebo at 0745 for an 0800 start. Eastern side of river to Guilford and then western side of river to Tranby for coffee. Continuing on to stadium bridge and back to Burswood. Distance 38 kms. Moderate speed, if large group will offer a leisurely ride as well. Contact Brian 0438 110 571

Leader: Brian 0438 110 571;

Guerrilla Surprise

Sunday October 24 @ 8:45am

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

Meet at the Gazebo Burswood to join the group taking a route through the backblocks of Guildford, skirting Midland and via lower Greenmount across some of Swan View's foothills. After a coffee stop in Woodbridge, the return journey follows the Midland Rail line PSP back to the City. Trevor 9345 1048, 0402 029 608
teeb50@gmail.com

Swanning the Swan (Cancelled)

Wednesday October 27 @ 8:30am

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

Wednesday, 27th October, 8.30, Midland Station 45 kms, moderate, some hills, road bike. We meet at 8.30 at Midland Station. There are some undulations before the coffee break at the "Coffee Hut" in Herne Hill. Ride leader: Liz 0423207258

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

Hills Training

Thursday October 28 @ 8:00am

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

Meet at Midland railway station for a jaunt into the hills. We will go up the Zig Zag, coffee in Kalamunda and from there decide whether to make the loop to Mundaring or go through Bickley Valley to Pickering Brook. It's all up to you.

Leader: Connie 0407 640 012;

Forrestfield Loop

Sunday October 31 @ 8:00am

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

Meet at Burswood western carpark near the toilets under a shelter at 8:00am. This ride takes us on bike paths, rural roads and some hills with a well deserved coffee half way through at Gracies cafe.

Leader: Connie 0407 640 012;

Southern Dams and Murals Tour (to Collie)

Monday November 1 - Monday November 8

450km: Tour, Touring bike

The Southern Dams and Murals Tour will visit a number of dams south of Perth, in the Waroona, Harvey and Collie areas. The tour will also be visiting towns and locations on route (and around Collie) to see many murals, including the recently completed 8,000sqm mural on the dam wall of the Wellington Dam. The tour has two main options: an 8 day (7 night) pannier tour that starts and ends at the Mandurah Train Station, or a shorter 3 day (4 night) spoke tour that is based in Collie. The 8 day tour will have overnight stops at Waroona Dam (Lake Navarino) and Logue Brook Dam (Lake Brookman) and arrive in Collie on the third day for four nights. The return trip will have one overnight stay in Harvey. Accommodation will be arranged for those participants that wish to camp (for all or some of the nights). Participants are ...

Leader: Christine 9457 4779, 0400 570 077;

Fremantle Arts Centre

Wednesday November 3 @ 8:15am

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

Meet @ Narrows Bridge 8:15am 45kms at moderate level We will take a less direct route to the Fremantle Arts Centre for a coffee/chatter then a scenic return to the Narrows on Ocean bike paths and river views. We are going by the Raffles at 8:45am so is possible to join the ride there Ride Leader: Rita Mobile 0423 056 595

Leader: Rita 0423 056 595;

Southern Dams and Murals Spoke Tour

Thursday November 4 - Sunday November 7

160km: Road bike - Hilly, Tour, Touring bike

This is the shorter spoke tour option for the Southern Dams and Murals Tour (to Collie). See that tour for all the details.

Leader: Christine 9457 4779, 0400 570 077;

Rossmoyne Loop

Sunday November 7 @ 8:15am

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

Meet at the Burswood 8:15am approx 50kms at Moderate level We will take a "newish" route to Shelley for a coffee under the trees. Returning to our starting point along quiet roads and bike paths. Ride Leader: Rita Mobile 0423 056 595

Leader: Rita 0423 056 595;

South of River Loop

Wednesday November 10 @ 8:45am

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

Distance: ~ 40km, Moderate 20-25 km, Road Bike, some Hills Meet at Raffles/Canning Bridge West, follow the river up around to The Strand, left to Ardross Street, to McLeod Rd, left to Riseley St (crossing Canning Hwy at the traffic light, entre into the newly built Safe Access Street through Wilcock St to the left at the Roundabout, right to Hope Rd, left to Drew Rd, left to the Links Road, left to Almondsbury rd. then ride towards Radio Hill, crossing Davy St, on to Clements Road, left to Marmion (on the 1m bike strip) and to (left to) east St, cross High Street, continue to Swanbourne St, Right to Samson St, Left to Solomons St, cross South St, right to Lefroy Rd, continue on Little Lefroy Lane, left to South Terrace and Coffee @ Roasting Warehouse South Fremantle . Then on South Terrace towards South Beach, through Hollis Park, ...

Leader: Udeni 0439 933 968;

Western Suburbs Wander

Sunday November 14 @ 8:00am

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

Meet at the Narrows south side, then to Jutland Parade, Swanbourne, coffee at Leighton, then back through Applecross.

Leader: Peter 0417 974 024;

River Meander With Many Bridges

Wednesday November 17 @ 8:00am

52km: Leisurely 15-20km/h, Road bike - Flat

Meet at The Raffles at 0800 for a meander along the Canning and Swan Rivers, mostly on cycle/shared paths. The ride will end at Burswood, so if you want to drive and park at Burswood or the Narrows, and ride to the Raffles, that will work. For something a bit different I have a little competition in mind - all to be revealed at the start! Leader: David, Phone 0404 363 870

Leader: David 0404 363 870;

100K Achievement Ride .

Wednesday November 17 @ 9:00am

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

Run as a Brevet, no designated ride leader. 8.45am for a 9.00 am 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 100k Take 2 is the route we will use.

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

Searching for Some Slopes South of the Swan

Sunday November 21 @ 7:45am

56km: Moderate 20-25km/h, Road bike - Some hills

Meet at the Raffles Hotel, Applecross at 7:45am for an 8:00am start. This ride will traverse some suburbs south of the river in an attempt to find some hills! We will ride in an area that has the Swan River to the north, Rockingham and Forrest Roads to the south, Fremantle to the west and the Kwinana Freeway to the east. The coffee stop will be at approx. 2/3rds of the way, at South Beach café. Total elevation gain around 500m. Leader: Christine 0400 570077

Leader: Christine 9457 4779, 0400 570 077;

Jacarandas

Wednesday November 24 @ 8:00am

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

Meet Narrows Bridge (Mill Point Res) at 8 am. Flat Ride around Applecross, Como and South Perth looking for purple flowers on trees. Leader Connie 0407640012

Leader: Connie 0407 640 012;

Hills Training

Thursday November 25 @ 7:00am

55km: Leisurely 15-20km/h, Road bike - Hilly

Meet at Midland Train station for an early start at 7am. We will ride to Kalamunda for coffee and then to Mundaring for lunch if you are hungry. Then it's downhill all the way back to Midland.

Leader: Connie 0407 640 012;

A Jolly Jaunt to Joondalup

Sunday November 28 @ 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;

Bridgetown Spoke Tour

Sunday November 28 - Friday December 3

275km: Road bike - Hilly, Tour, Touring bike

Bridgetown is the town for a spoke tour from November 28 to December 3. Our base will be at the Bridgetown Caravan Park, 24431 South West Highway, Bridgetown 6255. Phone (08) 9761 1900. We will stay in Bridgetown and enjoy the daily rides. There is limited chalet, ensuite room accommodation in this caravan park, however Bridgetown has a good variety of alternate accommodation if necessary. It has powered and unpowered sites for

tent and caravan users. Please book your own accommodation. Non cycling partners, family and friends are invited along because there are a number of activities in and around Bridgetown. The caravan park offers canoe hire, it is located beside the Blackwood river Day rides will go to Donnelly River, Boyup Brook, Greenbushes and Balingup along the back roads. This is hilly terrain, so be prepared to do a lot of hills training. Register your interest by contacting Connie ...

Leaders: Connie 0407 640 012; Noel 0419 964808;

South of River Loop Mk 1

Wednesday December 1 @ 8:00am

42km: Moderate 20-25km/h, Road bike - Some hills

Distance: ~ 42km, Moderate 20-25 km, Road Bike, some Hills Meet at Raffles/Canning Bridge West, follow the river up around to Point Walter, up the hill to Bicton, Riverside Drive, to Marine Terrace. Coffee @ Roasting Warehouse South Fremantle (old Top of Form Bottom of Form 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 Raffles Finish.

Leader: Udeni 0439 933 968;

CTA Christmas Lunch, Oakover Grounds, Swan Valley

Sunday December 5 @ 12:00pm

Social

Here are the details for the CTA 2021 Christmas Lunch. Venue and date: Oakover Grounds in the Swan Valley (Vineyard and food and drinks venue) 14 Yukich Close. Middle Swan 12:00pm Sunday, 5th December 2021 <https://oakovergrounds.com.au/> CTA reserved Tables will be located in the BARREL BAR (walk through main restaurant onto lawn, walk under trees and you will see the BARREL BAR) I have tentatively booked for 45 people. I will confirm numbers with the venue 7 days out. If you wish to attend please let me know by Sunday 28th of November. RSVP to social@ctawa.asn.au Here is the Food and Drinks Menu. Everyone to buy their own food and drinks. Hope to see you there. Charlie

Leader: Charlie 0447 263 706 or social@bigpond.com;

ZigZag

Wednesday December 8 @ 7:45am

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

Meet at Midland train station at 07:45am, we will ride the new bike path along Midland Rd to Ridgehill and the ZigZag, then through Bickley Valley for coffee at Pickering Brook. It's going to be a hot day (38C), coffee will be at Kalamunda then we will return to Midland. If you want to go further it will be up to you.

Leader: Noel 0419 964808;

Hills of Perth

Sunday December 12 @ 8:00am

50km: Leisurely 15-20km/h, Road bike - Hilly

Meet at the Narrows bridge south side for a leisurely version of Perth hills. This ride is for the less strong riders, but will still explore the northern hills of Perth. Mount St will be omitted (phew). Coffee somewhere along the way, we will try to meet up with the rejoicers. This ride is not the same as the Hills Rejoice, we will take our own path

Leader: Connie 0407 640 012;

Hills of Perth Rejoice - Take 2

Sunday December 12 @ 8:00am

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

Meet at the Narrows south side by the toilet block at 8am. This ride is the second in the series to explore the hills in our northern suburbs. We will be riding up Mount St, Baden St, Banksia St, Cresswell Rd, Sackville Tce and a few more surprise hills! We will have morning tea at a café in Stirling and then a few more bumps to end! Ride

Leader: Ann, Phone 0439 913 906

Leader: Ann 0439 913 906;

Swanning the Upper Swan

Wednesday December 15 @ 8:00am

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

Wednesday, 15. Dec 21, 8-11.30am Moderate, some hills, 45kms, road bike We meet at 8am at Midland Station for a few undulations through Greenmount and Swan View, after that it's flat. Coffee at the Coffee Hut in Herne Hill. Ride leader Liz 0423207258

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

Evening ride to dinner

Thursday December 16 @ 5:15pm

20km: Night ride, Road bike - Flat

Enjoy an evening ride for a casual meal in the western suburbs. Meet at the Narrows Bridge we will take bike paths and residential roads to our destination. Please ensure that you have working front and rear lights on your bike. Ride leader: Rita Mobile: 0423 056 595

Leader: Rita 0423 056 595;

Greenwood Revisited

Sunday December 19 @ 8:00am

42km: Leisurely 15-20km/h, Road bike - Some hills

North on freeway bike path to end and return via Joondalup with coffee at the Dome. Then return to Greenwood Station. Tandem friendly. Brian 0438 110 571

Leader: Brian 0438 110 571;

Victoria Dam

Wednesday December 22 @ 7:30am

30km: Moderate 20-25km/h, Mountain bike - Some hills

We meet in Kalamunda at the start of the Bibblemun track at 7.30. We follow the single track "Donkey Orchid" and then the "Katamoordo track" to Victoria dam. Coffee is on the way back in Pickering Brook. Ride leader: Liz 0423207258

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

Swanning the Swan

Wednesday December 22 @ 8:00am

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

45 km: Leisurely - Some hills Meet at the Raffles, Canning Bridge. 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 coffee break at Point Walter. After our fill we then follow the river back to the Raffles. Leader: Kleber 9354 7877

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

City to Beach cancelled due to heat but coffee on: see below

Sunday December 26 @ 8:30am

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

Meet at the Britannia Park in Leederville for a ride that will take us northwest to the ocean for a coffee/chatter at the beach. Returning thru City Beach and Herdsman and Lake Monger. A mix of bike paths and residential roads, some "inclines". Ride Leader: Rita Mobile 0423 056 595 BUT Meet for Post -Christmas coffee catch up at DOME - Deepwater Point - 8:30am onwards.

Leader: Rita 0423 056 595;

Fast and Furious to Freo Cancelled because it will be too hot.

Wednesday December 29 @ 7:30am

50km:

Moderate Pace mainly flat with a couple of hills. Meet at the Narrows South side at 8am. Burn off your Xmas indulgence on this ride. We will be going up Mount St. to get the heart pumping and then a few bumps along the way to Freo for our caffeine replenishment. We will return south of the river with a couple of bumps along the way! Ride Leader, Ann 0439 913 906

Leader: Ann 0439 913 906;

Maylands Meander Night Ride

Thursday December 30 @ 6:00pm

23km: Leisurely 15-20km/h, Night ride, Road bike - Flat

6pm Maylands Train station Whatley acres side Easy 20-25 km road ride. Distance 23km We will saunter around the river, finishing with a restaurant meal. Lights will be needed. Leader Sarah phone 0484368837

Leader: Sarah 0484 368 837;