



The Canberra Trip is getting closer and Paul and I are getting excited about going somewhere different and exploring by bike together with you all. We have twenty two people coming now, which is more than we expected and fantastic! It should be lots of fun.

The following is an outline of the way things are planned with time frames and expectations. These may be changed around depending on the weather but hopefully we will have beautiful Spring sunshine the whole time. Most of the rides should be over by mid afternoon so if anyone chooses to peel off the ride as we return to Alivio so they can visit a special location and spend more time there feel free we will not be offended.

Friday 21st of October everyone will have arrived or be arriving that afternoon. We are all staying at Alivio Tourist Park but it is a very large park and we will be spread all over it. It would be lovely if we could all **meet up at the Camp Kitchen at 5pm for a welcome, nibbles and drinks.** We can catch up on tales of the trip over, iron out any gear, accommodation, or bike problems, find out where to buy food and confirm details of the following day's ride. No other plans for the evening you may need to shop for food or decide to go out for a meal.

Saturday 22nd October meet at 9.30am outside the Camp Kitchen to **Ride Around Lake Burley Griffin** clockwise. We will get a brief introduction to the major Canberra highlights and orientation of the city fitting around the lake. There will be a morning tea/coffee stop and somewhere to buy lunch or you can bring your own. Expected distance is 40.5kms but it is difficult to say how long we will take to ride it due to stops looking at sights. We anticipate being back about 2.30pm. Meet at 5pm in Camp Kitchen for Happy Hour if you wish. Nothing planned for the evening.

Sunday 23 October **Ride to Queanbeyan** which is a sort of satellite city to Canberra and located on a pretty river. Along the way we can pop into the Canberra Glass Works then visit the Old bus Depot Markets in Kingston for morning tea. The ride is 42kms and is mainly on bike paths or bike lanes Bring or buy lunch which we will have in Queanbeyan. Returning through central Canberra so if anyone wants to peel off then they can to explore sights in more detail. Meet at 5pm in Camp Kitchen for Happy Hour if you wish. Nothing planned for the evening.

Monday 24th October **Kambah Pool on the Murrumbidgee River.** This is a 52km ride to a bush picnic spot so you will need to bring your own lunch or buy it on the way. There will hopefully be a coffee stop for morning tea but if not we will get one near the city on the way back. This ride is on bitumen but is surrounded by bush as we approach the river and there are a couple of hills. Once again returning through the centre of Canberra to be home about 3pm.

BBQ to share tonight – bring own meat and a plate of something else to share. Meet in Camp Kitchen at 5.30pm.

Tuesday 25th October REST DAY No formal ride planned during the day so you can spend time doing justice to galleries or visiting inside Parliament House, the Botanic Gardens, Cockington Green or trying to peak bag three Canberra Hills in one day. The choice is yours.



CANBERRA OCTOBER 2016

EVENING RIDE AND MEAL IN THE CITY. On Tuesday 25th October

Meet at Camp Kitchen at 4pm with bike and good lights and jacket which is very visible at night. We recommend reflective strips. This is a 20kms ride(approx) into the Australian War Memorial to be a part of the Last Post Ceremony and around Capital Hill.

"Each day at 4.55pm AEST, the Memorial farewells visitors with its moving Last Post Ceremony. The ceremony begins with the singing of the Australian National anthem, followed by the poignant strains of a Lament, played by a piper. Visitors are allowed to lay wreaths and floral tributes beside the Pool of Reflection. At each ceremony the story behind one of the names on the Roll of Honour will be told. The Ode is then recited, and the ceremony ends with the sounding of the Last Post."

If you wish to learn more see <https://www.awm.gov.au/events/last-post-ceremony/>

After the ceremony we ride down Anzac Parade toward the old and current Parliament Houses and back over the bridge to the entertainment/restaurant hub of town either Garema Place or Lonsdale Street, for a shared meal. Paul and I are not quite sure what to expect there so will check it out when we get there and be able to give more info later. (It may be like a large food court where individuals can wander through and decide what type of food they wish or it may be that we all pre book at one place after a discussion earlier in the week.) Then ride home to Alivio so you won't be able to have too many drinks (about 5 km to ride).

Wednesday 26th October Mt Stromlo (an anti clockwise loop) We ride around **Black Mountain via the National Arboretum and up to Mt Stromlo** which was an observatory but no longer used. We actually ride about 300metres passed the observatory building to the summit. We will get our heart rates up and we have it on good authority that the coffee shop there will have reopened by October. This is our lunch spot then we return via Yarralumla foreshore. 47 km ride. Meet at 5pm Camp Kitchen for Happy Hour if you wish. Nothing planned for evening

Thursday 27th October Jeff Ibbotsen from Pedal Power (the ACT's equivalent of Bike SA) is going to meet us and led us on today's ride out through Belconnen along the **Ginederra Creek to the Strathnairn Craft Centre**. There is a cafe there so we can either bring or buy our lunch and we will try to find a coffee stop en route. Ride is approx 35kms

Meal together at the Alivio Tourist Centre's Restaurant (to be discussed earlier in the week to see if this is what everyone wants to do or whether we go to another venue.) Some are leaving us tomorrow afternoon hence the final dinner being tonight.

Friday 28th October **Watson (clockwise route)** A 30.6km ride along Anzac Pde and around the base of Mt Ainslie. (Some may wish to ride to the top.) We follow ride through the suburbs adjacent to Mt Majura Nature Reserve out to Watson returning via Braddon. 30.6kms. Several people will be leaving for the next part of their adventure this afternoon and will have checked out of Alivio so this ride is a bit shorter and we may review the start time closer to the day. We would be aiming to be back at Alivio about 1.30pm or a bit earlier.

Nothing planned for this evening.

Saturday 29th October Check out by 10.00am and remaining members fly or drive home.

Robyn and Paul Davill