

Archive - Friday Bike Rides

Friday 7 August 2026: Eltham to East Malvern via Mullum Mullum and Gardiners Creek Trails

Some notes regarding managing the large demand for places on Friday Rides

- Friday Rides are currently closed to new riders and guests due to demand for places on rides regularly exceeding the limit of 20. If you do wish to bring/invite a guest you must inform the leader of that desire. If sufficient spare places are available after 8:30pm on Thursday, they may agree to accommodate the guest on a one off basis.
- If you are on the Wait List you must not attend the ride, even after lunch, unless specifically invited by the leader. If you wish to join the group just for lunch, that will usually be possible, but consult the leader in advance in case there are number restrictions to do with the venue booking.
- Notices for Friday Rides will be posted from 8:30pm on Wednesdays. Usually they will be posted sometime in the hour or so after that, but it cannot be guaranteed.

The weather forecast is looking good for Friday. With little chance of rain and an at times moderate northerly wind, we are taking the opportunity to do a scenic ride in the eastern suburbs this week. The plan is to start from Eltham, then ride via the Diamond Creek, Mullum Mullum, Box Hill to Ringwood and Gardiners Creek Trails to East Malvern.

START: We'll start from in front of Eltham Station at 10:30am.

- The 9:25am Hurstbridge train from Flinders Street arrives at Eltham at 10:19am.
- If you want coffee you should catch the 8:49am Hurstbridge train from Flinders Street arrives at Eltham at 9:49am. Those having coffee will meet at *The Third Chapter Cafe*, 26 Commercial Place, Eltham. It is behind the Main Road shops. Cross Main Rd, go up through the arcade and it is on the left.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: Departure will be from the front of the station. We will head under the train line to the Diamond Creek Trail and follow it to the Yarra. Crossing the yarra, we follow the Mullum Mullum Trail to Ringwood and then the Box Hill to Ringwood Trail to Blackburn for lunch. Lunch will be at [The Food Republic](#), 28/30 Blackburn Rd, Blackburn, an old favourite. With a big group we may have trouble all fitting in there, but there are quite a few good cafes nearby as well. After that we will cut down to Gardiners Creek and wind our way along it to near East Malvern Station, where the ride will finish.

ROUTE & GRADE: This is a **medium** ride of around 40km. It is quite varied, with some moderate hills, and a mixture of sealed and gravel surfaces. There are a few short sections on road. The forecast is for winds of up to 25km/hr at times but it should be a tail wind a lot of the time. Lunch will be at the 27km point. There will be three places where it will be possible to exit the ride at a train station, Heatherdale, Blackburn (lunch stop) and East Malvern (ride end). **Route Map:** [Eltham to East Malvern via Mullum Mullum and Gardiners Creek](#).

REMEMBER: Be sure to bring warm layers, a jacket and rainwear just in case. The UV is expected to reach level 3 [Moderate].

WEATHER FORECAST: Min 9°. Max 17°. Partly cloudy. Slight chance of a shower, most likely in the early morning. Light to moderate winds.

Friday 31 July 2026: Yarra River, Gardiners Creek, Rosstown Rail, Elwood and Bay Trails Loop from Federation Square.

The weather forecast is looking reasonable for Friday. Quite chilly, with little chance of rain, and light, but changeable winds where we are riding. The plan is to start from Federation Square, then ride via the Yarra River, Gardiners Creek, Rosstown Railway Trail and the Bay Trail back to the start. **Note early start at 10:00am**

START: We'll start from the bike racks in **Birrarung Marr**, at the bottom of the ramp down from Swanston St, at **10:00am**. If you want coffee you can arrive earlier and get one from "Clocks at Flinders", at the river end of Flinders Street Station, where there is outside seating and a service window.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: Departure will be from Federation Square at 10:00am. We will head out along the Yarra before turning off onto the Gardiners Creek Trail. At Malvern East we will leave the Gardiners Creek Trail to wind our way down to Hughesdale and on to the Rosstown Railway Trail, following it to our lunch spot, the [Elwood Tavern](#), 130 Ormond Rd, Elwood. This is a new lunchspot that we are checking out. It has a simple bar menu at usual prices, but no seniors menu. After lunch we will continue on to the Bay Trail and follow it back to St Kilda, where we will divert onto a path via Albert Park Lake and South Melbourne, back to the CBD.

ROUTE & GRADE: This is a **medium** ride of around 39km. It is largely flat, with some moderate hills, and mostly on sealed surfaces. There are several sections on road. The wind forecast is light where we are riding, but there will be headwinds and crosswinds for some sections of the ride. We should have a tail wind coming up the bay and back to the CBD - but no promises. Lunch will be at the 27km point. There will be

three places where it will be possible to exit the ride at a trail station, Malvern East, Hughesdale and Elsternwick (near the lunch stop). **Route Map:** [Yarra River, Gardiners Creek, Rosstown Rail, Elwood and Bay Trails Loop from Federation Square](#)

REMEMBER: Be sure to bring warm layers, a jacket and rainwear just in case. The UV is expected to reach level 2 [Low].

WEATHER FORECAST: Min 15°. Max 14°. Mostly sunny. Little chance of rain. Light winds, north to northwesterly in the morning, tending south to southwesterly later in the day.

Friday 24 July 2026: St Albans to Altona via Jones Ck and Kororoit Ck then on to the CBD

The forecast for this Friday is looking OK, though it will be chilly and there's a possibility of rain. We are going west and riding the lower Kororoit Creek to Altona for lunch and then back to the CBD.

START: We'll plan to depart from St Albans Station at 10:20am.

- **NO COFFEE:** If you don't want a coffee, catch the Sunbury train that departs from Town Hall Station at 9:44am (or Caulfield at 9:30am), arriving at St Albans at 10:15am.
- **WITH COFFEE:** If you'd like a coffee, catch an earlier train such as the one departing from Town Hall Station at 9:13am (or Caulfield at 8:59am) arriving at 9:44am. There's an excellent kiosk in the station (to the right after you exit the barriers).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the cafe we'll head west along a laneway parallel to Main Road West then follow quiet roads to take us to the Iramoo Wildflower Grassland Reserve (Cairnlea). From there we'll take the Jones Creek Trail following it to the end then take Denton Ave to get to the M80 Ring Road Trail. From there we'll follow the Kororoit Creek Trail all the way to the Federation Trail, which we'll cross, then continue along Kororoit Creek until the trail runs out at Barnes Rd. At that point we'll turn left to travel the short distance to Millers Rd, where we'll turn right (south) and follow Millers Rd for a while to the well known Cherry Lake Trail and on to Altona for lunch at the beloved **Numero Uno Pizza and Pasta Cafe**, 20 Pier St, Altona. After lunch you can catch a train from Altona Station, or cycle back towards the CBD via a short section of the Coastal Trail and then Maddox Rd to Newport and beyond.

ROUTE & GRADE: This is a Moderate ride of around 23 km to lunch and a total distance of 45km all the way to Southern Cross Station. The route is shown on the [St Albans to Altona via Jones Ck and Kororoit Ck then on to the CBD](#) Google map. While there are few hills, quite a bit of the ride before lunch will be across the wind, with occasional head and tail winds as we twist back and forth along the trail. Also, the ride on Millars Road, although on a dedicated bike lane beside the traffic lanes, is busy and there is a large and busy roundabout to navigate.

REMEMBER: Bring a waterproof layer plus an additional warm layer as the temperature is likely to be quite cool.

WEATHER FORECAST: "10 to 17 degrees. Cloudy. Slight chance of a shower. Light winds becoming westerly 20 to 30 km/h in the middle of the day then becoming light in the evening. 2 (Low)Max UV Index."

Friday 17 July 2026: Epping to Harp Road, Kew East via Darebin Creek Trail

The forecast for this Friday is again looking good for a winter ride. It will be cool, but with little chance of rain. Northerly winds are expected yet again so we are trying out new start and lunch places in the northeast for a bit of variety.

START: We'll start out from Epping Station at 10:25am. The Mernda line train that departs from Flinders Street at 9:35am should arrive at Epping Station at 10:23am. If you would like a coffee prior to the ride, there is a Red Engine Kiosk at the station. In which case, catch the 9:02am from Flinders St, arriving at Epping at 9:51am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the station we head east a short distance to the Darebin Creek Trail, which we then follow south all the way down to the Yarra River. There we join up with the Anniversary Outer Circle Trail and continue on to the [Harp of Erin Hotel](#), 636 High St, Kew East for lunch. It does have a Seniors Menu, which includes a free drink. As it is on a busy intersection, we will probably have to park our bikes in the carpark across Harp Road. After lunch I will lead those who want a railway station back to Fairfield Station. Others can head off in whichever direction suits them best to get home, including the Yarra Trail from Fairfield, or along the Anniversary Trail to Camberwell and beyond.

ROUTE & GRADE: This is a Medium grade ride of around 32 km, with approximately 27km to the lunch point. For the route, see the [Epping to Harp Road, Kew via Darebin Creek Trail](#) Google map. There are no significant hills and the route is totally sealed. There are a few bailout options prior to lunch. Fairfield Station is located closest to the lunch stop if anybody wishes to exit after lunch - a distance of 5km.

REMEMBER: Drinking water plus lots of warm layers and some waterproof gear just in case.

WEATHER FORECAST: 6° to 16° degrees. Partly cloudy and little chance of rain. The chance of morning fog. Sunny afternoon. Light northerly winds. 2 (Low)Max UV Index.

Friday 10 July 2026: Craigieburn - Galada Tamboore - Merri Creek - Edwardes Lake - St Georges Road - Rushall

The forecast for this Friday is looking good for a winter ride. It will be quite cool, but with little chance of rain and northerly winds, so we'll head north this week.

START: We'll start out from Craigieburn Station at 10:15am. The Craigieburn line train that departs from Flinders Street at 9:26am should arrive at Craigieburn Station at 10:09am. There are very poor coffee options near Craigieburn Station, so you should get your caffeine fix prior to catching the train. If you catch an earlier train (9.14am - 9.57am, 9.06 - 9.49), there is a service station north of the station that has coffee.

Note for future: Apparently there are now decent coffee shops at the shopping centre, so consider meeting and having coffee there.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the station we head due north (into a headwind) for a couple of kilometres to the start of the Galada Tamboore Trail (beside the Hume Freeway), which we then follow all the way south to the Ring Road. There we head west along the Western Ring Road Trail a little over two kilometres to the Merri Creek, which we follow southwards as far as Broadhurst Avenue. We'll ride east along Broadhurst Avenue then south down the Edgars Creek Trail to the [Edwardes Lake Hotel](#), 257 Edwardes St, Reservoir for lunch. After lunch, we follow Edwardes St to Reservoir and then the Pipeline (St Georges Rd) Trail to the Capital City Trail near Rushall Station. At that point there are trails heading off in all directions for everybody to make their way home (by train or bike).

ROUTE & GRADE: This is a Medium grade ride of around 37 km, and approximately 27 km to the lunch point. For the route, see the [Craigieburn - Galada Tamboore - Merri Creek - Edwardes Lake - St Georges Road - Rushall](#) Google map. There are no significant hills and the route is totally sealed. There are few bailout options prior to lunch. Reservoir Station is located close to the lunch stop if anybody wishes to exit immediately after lunch. After that there are numerous stations on the Mernda Line.

REMEMBER: Drinking water plus lots of warm layers and some waterproof gear just in case.

WEATHER FORECAST: 5° to 16° degrees. Partly cloudy and little chance of rain. The chance of fog in the early morning. Mostly sunny afternoon. Light northerly winds. 1 (Low) Max UV Index.

Fri 3 Jul 2026: Tarneit - Williams Landing - Laverton - Westona - CBD

The forecast for this Friday isn't looking great, but the chance of rain is much less in the west, so we'll do a ride that will give us bailout options at regular intervals should that be necessary.

START: We'll plan to depart at 10.30am from the Bunnings opposite the western exit from Tarneit Station. V/Line trains servicing Tarneit depart from Southern Cross Station at 8:50am, 9:10am, 9:30am and 9:50am, and each train can officially accommodate 6 bikes.

- **PRE-RIDE COFFEE:** If you'd like a pre-ride coffee, catch the South Geelong train that departs from Southern Cross at 9:10am, arriving at Tarneit at 9:43am. There's a cafe inside the Bunnings store (at the station end of the store).
- **WITHOUT COFFEE:** Catch the South Geelong train that departs from Southern Cross at 9:50am, arriving at Tarneit at 10:23am.
- **NOTE:** Check the monitors upon arrival at Southern Cross Station to see which platform to head to. Look for a South Geelong, Marshall or Waurin Ponds service, and double-check that it's stopping at Tarneit. Getting bikes on V/Line trains is always a bit of a gamble. If you miss out on boarding the train leaving Southern Cross at 9:50am, catch the next available Werribee line train to Williams Landing Station and wait for us there.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the cafe we'll head to the Skeleton Waterholes Creek and follow that to Williams Landing. We'll take some on-road paths to get to Palmers Rd, passing by the Williams Landing Station, to get to Skeleton Creek. After following that for a while, we'll divert to pass by Laverton Station then follow the Laverton Creek to the Laverton Grasslands, exiting to Westona Station. From there we head to Cherry Lake and take our normal route to get to Newport Station, where we'll have lunch at the [Junction Hotel](#), 15 Hall St, Newport (right beside the station). They have a \$20 Friday Express Lunch option, and their standard menu is excellent also. After lunch, we'll head to the Bay Trail to cycle to Docklands via Footscray Road.

ROUTE & GRADE: This 41 km ride is graded Medium. The route is shown on the [Tarneit - Williams Landing - Laverton - Westona - CBD](#) Google map. It will be around 30 km to lunch, there are lots of train station exit points should they be needed, and the wind will mostly be behind us..

REMEMBER: Drinking water plus **warm and waterproof** layers! There's no need for sunscreen as the UV will only reach level 1 (Low).

WEATHER FORECAST: "8 to 15 degrees. Cloudy. Very high chance of showers, most likely in the morning and afternoon. Winds northwesterly 15 to 25 km/h tending westerly 20 to 30 km/h during the day then becoming light during the evening.". For more details, see [Newport detailed forecast](#) or [MetEye](#).

Fri 26 Jun 2026: Bayswater to Yarraman Station via Blind Ck and Dandenong Ck

The forecast for this Friday is looking OK for winter, but very cold! There will be little chance of rain though, and the wind should be quite light. We'll start at Bayswater, rather than at Boronia as we would normally do, because there will be bus replacements beyond Bayswater.

START: We'll plan to depart at 10.15am from Bayswater Train Station (CBD side - that's the right side exit in the direction of travel of the outbound train).

- **PRE-RIDE COFFEE:** If you'd like a pre-ride coffee, catch the Belgrave line train that departs from Flinders Street Station, platform 2, at 8:56am (or from Richmond at 9am), which should arrive at Bayswater at 9:38am. You can get a coffee from the kiosk in the station, or from [Annie's Café House](#), 26 Station St (opposite the exit on the CBD side). There's also a train departing from Flinders Street at 9:16am, arriving at 9:55am, if a coffee from the kiosk will suffice.
- **WITHOUT COFFEE:** Catch the Belgrave line train that departs from Flinders Street Station, platform 2, at 9:27am (or from Richmond at 9:29am), which should arrive at Bayswater at 10:07am. Note that if you miss that train, you'll miss the ride as the next train won't be until 30 minutes later!

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Bayswater Station we'll cycle along the trail beside the Belgrave train line to get to Blind Creek, then follow the Blind Creek Trail to where it joins the Eastlink Trail. From there, we follow the Eastlink and Dandenong Creek Trails to our lunch spot, the [Dandenong Workers Club](#), 52-70 Wedge St, Dandenong, which is located right beside the cycling path. After lunch, we'll continue along the Dandenong Creek Trail towards Carrum, but turn off to join the Eastlink Trail, and follow that to Yarraman Station. If you wish, you can cycle back towards the CBD via the Djerring Trail, but the ride will officially finish at Yarraman Station.

ROUTE & GRADE: This is a Medium grade ride of approximately 37.5 km, being 30 km to lunch, then a further 7.5 km to Yarraman Station. For the route, see the [Bayswater to Yarraman Station via Blind Ck and Dandenong Ck](#) Google map.

REMEMBER: Drinking water plus **WARM** and waterproof layers - there's little chance of rain but it will be **COLD!** There's no need for sunscreen as the UV will only reach level 2 (Low).

WEATHER FORECAST: "7 to 14 degrees. Cloudy. Light winds". For more details, see [Dandenong detailed forecast](#) or [MetEye](#).

Fri 19 Jun 2026: Watergardens - Steele Creek - South Kensington / Southern Cross

Unfortunately, Friday isn't going to be as warm or pleasant as today - thanks Chris for an excellent ride today! The chance of rain is least in the north, and the wind will be from the north, so we'll cycle back towards the CBD from Watergardens.

Note: Bryan is running a [Sunday Morning Training Ride](#) this Sunday starting at 8am at Fed Square.

START: This Friday, we'll start from Watergardens Station at 10:25am.

- **No Coffee:** The Sunbury/Watergardens line train that departs from Caulfield at 9:30am (Town Hall at 9:44am or Footscray at 9:56am) should arrive at Watergardens at 10:22am.
- **With Coffee:** Catch one of the following Sunbury/Watergardens services: Caulfield 8:45am (Town Hall 8:59am | Footscray 9:11am) arriving Watergardens 9:37am | Caulfield 8:49am (Town Hall 9:03am | Footscray 9:15am) arriving Watergardens 9:41am | Caulfield 8:59am (Town Hall 9:13am | Footscray 9:25am) arriving Watergardens 9:51am.
- **Note:** You can get a coffee at the cafe located diagonally opposite the station exit.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Watergardens Station we'll skirt around the shopping centre to pick up the Taylors Creek Trail, which we'll follow as far as Burrowye Crescent (rather than continuing all the way to Brimbank Park). We'll turn left into Burrowye Crescent and follow that to get to the Old Calder Highway, where we'll use the service road and bike trail to get to Keilor Park Drive. This route will enable us to avoid that horrible climb out of Brimbank Park. We'll continue along the bike path, through the eastern edge of Brimbank Park, to pick up the trail that takes us beside the M80 Ring Road to Niddrie, where we'll switch to the Steele Creek Path. That takes us to the Maribyrnong River Trail near Avondale Heights. After admiring the views from Avondale Heights, we'll continue via the Maribyrnong Trail to our lunch spot, the [Anglers Tavern](#), 2 Anglers Way, Maribyrnong. After lunch it's an easy, scenic 6 km cycle beside the river to get to South Kensington Station, around 12 km to Southern Cross Station, or you can connect via other options such as the Capital City Trail to return home.

ROUTE & GRADE: This is a moderate grade, relatively flat ride of 21.5 km to the Anglers Tavern lunch spot, or around 33.5 km to Southern Cross Station, and the wind should mostly be behind us. The route is shown on the [Watergardens - Steele Creek - South Kensington or Southern Cross](#) Google map.

REMEMBER: Drinking water plus warm and **waterproof** layers - there's a real chance of rain around lunch time. There's no need for sunscreen as the UV will only reach level 2 (Low).

WEATHER FORECAST: "11 to 15 degrees. Cloudy. High chance of showers, most likely from the late morning. Winds northerly 25 to 35 km/h tending northwesterly 15 to 20 km/h in the late afternoon then becoming light in the late evening." For more details, see [Essendon detailed forecast](#) or [MetEye](#).

Friday 12 June 2026: Mernda to Royal Park Station via Hendersons Road Drain, Ring Road, Merri Creek and Upfield Trails

The forecast for this Friday is looking good for cycling, with a northerly wind and little chance of rain.

START: We'll depart from Mernda Station shortly after 10:30am.

- The Mernda line train that departs Flinders Street platform 1 at 9:29am (or Clifton Hill at 9:49am), should arrive at Mernda at 10:30am.
- There's an excellent cafe nearby called [Station Grind](#) on the southern corner of the shopping centre across from the station, facing it. If you would like a coffee, catch an earlier train such as the 8:52am from Flinders Street Station (arriving 9:54am), or the 9:02am (arriving 10:04am).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the station we'll follow the trail by the railway line to Hawkstowe Station then on to Hendersons Road Drain Trail. This will take us to the Darebin Creek Trail, and on to the Ring Road (M80). There we will head west along the Ring Road Trail to the Merri Creek, which we follow southwards as far as Queens Parade. We'll ride along Queens Parade to the [First and Last Hotel](#), 1141 Sydney Rd, Hadfield for lunch. After lunch we will head down the nearby Upfield Line Trail to the Capital City Trail near Royal Park Station, where there are many options for cycling home or catching a train. For those wishing to finish directly after lunch, Merlynston Station is nearby.

ROUTE & GRADE: This ride is graded Medium with a total distance of 36 km. The distance to lunch is 28 km. For the route, see the [Mernda to Royal Park Station via Hendersons Road Drain, Merri Creek and Upfield Trails](#) Google map. There are no significant hills and the trail surfaces are generally quite good - mostly sealed off-road concrete paths. There are train station bailout options at frequent intervals.

REMEMBER: Bring warm layers and a waterproof layer just in case. Sunscreen is recommended only for prolonged exposure as the UV is predicted to be very low.

WEATHER FORECAST: 12°Min. Max 19°. Partly cloudy. Little chance of rain. Light winds becoming northerly 15 to 25 km/h during the morning.

Fri 5 Jun 2026: St Albans to Rushall via Ring Road and St Georges Rd

NOTE: Don't forget about Bryan's [Sunday Morning Training Ride - 7 June](#) this Sunday.

The forecast for this Friday is looking pretty wintry, but we'll probably stay dry while cycling.

START: We'll plan to depart from St Albans Station at 10:20am.

- **NO COFFEE:** If you don't want a coffee, catch the Sunbury/Watergardens train that departs from Town Hall Station at 9:44am (or Caulfield at 9:30am or Footscray at 9:56am), arriving at St Albans at 10:15am.
- **WITH COFFEE:** If you'd like a coffee, catch an earlier train such as the one departing from Town Hall Station at 9:21am (or Caulfield at 9:07am or Footscray at 9:33am) arriving at 9:52am. There's an excellent kiosk in the station (on the CBD side, to the right after you exit the barriers).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the station we will head to the Ring Road Trail and follow that all the way to Edgar Rd, where we'll take a short detour down the Edgar Rd footpath for lunch at [The Excelsior Hotel](#), Thomastown, on the corner of Edgar and Mahoneys Rds. Their menu is excellent and there's a reasonably priced Seniors menu for those who qualify. After lunch we'll return to the Ring Road Trail and follow that to exit southwards at Dalton Rd and the Cheddar Road Trail. That takes us to Reservoir Station, where you can exit by train or continue via the St Georges Road Trail to the Capital City Trail (with lots of station exit options if it starts raining).

ROUTE & GRADE: This is a Medium grade ride of 40.5 km to the Capital City Trail. The distance to lunch is 25 km. For the route, see [St Albans to Rushall via Ring Road and St Georges Rd](#). The route is generally flat, sealed and mostly off-road but there are some nasty short uphill sections, especially heading up to Jacana Station. There are a number of easy train station bailout options should they be needed. You can exit after lunch via the nearby Thomastown Station.

REMEMBER: Drinking water plus warm and waterproof layers. There's no need for sunscreen as the UV will only reach level 2 (Low).

WEATHER FORECAST: *"9 to 15 degrees. Cloudy. High chance of showers, most likely in the morning. Winds southwesterly 25 to 35 km/h tending west to southwesterly 15 to 25 km/h in the early morning then becoming west to northwesterly and light in the late afternoon."* For more details, see [Thomastown detailed forecast](#) or [MetEye](#).

Fri 29 May 2026: Werribee - Federation Trail - Yarraville - CBD

The forecast for this Friday is looking OK but **chilly**. There's a slight chance of showers, but we'll probably stay dry in the west.

START: We'll start at 9:55am at Werribee Station, and cycle to [Wolf on Watton](#), 90A Watton St, Werribee for a coffee.

- **WITH COFFEE:** The Werribee train that departs from Flinders Street (probably platform 9, but check monitors) at 9:15am should arrive at Werribee at 9:55am.

- **WITHOUT COFFEE:** If you don't want a coffee, and know how to get to the cafe (along the river is best), you could catch the Werribee train that departs from Flinders Street at 9:35am, arriving at Werribee at 10:15am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: After the coffee, we'll continue along the Werribee River Trail to the start of the Federation Trail. The trail now continues all the way to the coast, making the connection much simpler and safer. Our lunch spot will be the [Yarraville Club](#), 135 Stephen St, Yarraville. The Yarraville Club menu has a typical pub/club menu, and they have a seniors menu for those who qualify. After lunch you can return via train from Yarraville Station, continue via the Hyde St and Footscray Rd Trails with the group to Docklands (5.5 km) and beyond, or there are good cycling connections in all directions beyond Yarraville.

ROUTE & GRADE: This is a Medium grade ride of around 32 km to lunch (or 37.5 km to Docklands). There are virtually no hills and the wind will mostly be a tailwind. For the route, see Google map: [Werribee - Federation Trail - Yarraville - Docklands](#). There are train exit options at Hoppers Crossing, Williams Landing, Yarraville then very regularly after that.

REMEMBER: Drinking water plus warm and waterproof layers. There's no need for sunscreen as the UV will only reach level 2 (Low).

WEATHER FORECAST: "10 to 15 degrees. Cloudy. Slight chance of a shower. Light winds.". For more details, see [Yarraville detailed forecast](#) or [MetEye](#).

Fri 22 May 2025: A Meander Around Casey to the Wilson Botanic Park

The forecast for this Friday is looking excellent, with light winds and no rain, but also **not much heat!** We'll take advantage of the low probability of rain to do a meander around Casey, ending up at the interesting [Wilson Botanic Park](#) (close to Berwick Station).

START: We'll catch the Cranbourne line train that departs from Footscray at 9:12am, Town Hall at 9:25am, Caulfield at 9:39am (or whichever station is most convenient for you), which should arrive at the Merinda Park Station at 10:18am. There are no coffee options near the station, so you'll need to get your coffee fix prior to departing.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Merinda Park Station we'll ride along assorted minor roads then the bike path beside the C404 highway, exiting that at Baringa Park Dr to do a circuit around the River Gum Creek Reserve. After that we'll return to the C404 briefly to pick up the Hallam Main Drain Trail. We'll follow that through wetlands to the Fountain Gate, Narre Warren Shopping Centre where we'll have two separate lunch options:

- [Walawwa "The Bungalow"](#), 28 Webb St, Narre Warren has superb, authentic Sri Lankan cuisine, but even their "mild" offerings have too much chilli for some. **NOTE: The restaurant is now called [168 Green Cabin](#), but the food is better than ever - exquisite!**
- Those who prefer a milder offering can go to [Yes Noodle](#) at 1b/3 Webb St, Narre Warren (close to the station).

After lunch we follow concrete cycling trails beside the Monash Freeway then beside Ernst Wanke Rd for approximately 6 km. Shortly after we pass Bellbird Park, we turn right into Avebury Dr, left into Bournevale Dr, then take the second street on the right to enter the rear of Wilson Botanic Park. We need to dismount to walk through this beautiful, expansive park. Anybody who wants to explore the park further can do so, because that's virtually the end of the ride. We'll exit Wilson Botanic Park via the main entrance then turn left onto the bike path and follow that to the large Clyde Rd / Lyall Rd / Princes Hwy intersection where we turn right onto a bike path beside Clyde Rd, then turn left into Langmore Lane and right into Gloucester Ave, which takes us to Berwick Station.

ROUTE & GRADE: This is a Medium grade ride of around 33 km. For the route, see the [Casey V2: Merinda Park - Narre Warren - Wilson Botanic Park - Berwick](#) Google map. Most surfaces will be sealed, with the exception of a relatively short stretch of packed gravel on the Hallam Main Drain Trail.

REMEMBER: Drinking water and warm layers. There's no need for sunscreen as the UV will only reach level 2 (Low).

WEATHER FORECAST: "6 to 17 degrees. Partly cloudy. Light winds.". For more details, see [Narre Warren detailed forecast](#) or [MetEye](#).

Fri 15 May 2026: Craigieburn-Broadmeadows Valley Pk-Moonee Ponds Ck-Flemington Bridge

The forecast for this Friday is looking excellent, with a pleasant temperature, virtually no chance of rain and relatively light northerly / northeasterly winds. We'll do a ride from Craigieburn back to the CBD via the Broadmeadows Valley Park and Moonee Ponds Creek Trails.

A RIDE THIS SUNDAY: Don't forget that Bryan Smith is running a [Fitness Ride this Sunday 17 May](#), from Fed Square to Hampton/Black Rock, and back if you wish.

START: This Friday, the ride will depart at 10:15am from Craigieburn Station. The Craigieburn line train that departs from Flinders Street at 9:26am should arrive at Craigieburn at 10:09am. There are no cafes nearby (though there is a service station that serves coffee), so we'll stop en route for those who'd like a coffee. Earlier trains depart from Flinders Street at 9:06am and 9:14am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Craigieburn Station we head to the Aitken Creek Trail and follow that as far as Denau Place / Mission Hills Way. We then wind our way south through suburban streets to [Fairways Cafe & Convenience](#), 100 Fairways Blvd, Craigieburn, for an optional coffee. Afterwards we take a short ride along quiet streets to the Broadmeadows Valley Park Trail, which leads us to the Moonee Ponds Creek Trail. We'll follow that all the way to lunch at the [Cross Keys Hotel](#), 350 Pascoe Vale Rd, Essendon. After lunch we will continue on to Flemington Bridge, from where you can return home by train or by cycling the Capital City Trail either clockwise or anticlockwise.

ROUTE & GRADE: This is a Medium grade ride of 34 km to Flemington Bridge. For the route, see the [Craigieburn to Flemington Bridge via Broadmeadows Valley and Moonee Ponds Creek](#) Google map. It is all on sealed paths and roads, with very few uphill. There are several train exit points, notably Jacana Station, Strathmore Station (beside the lunch stop) and Essendon Station. It is 27 km to lunch, then 7 km after lunch. There should be a tailwind most of the way.

REMEMBER: Drinking water and a warm layer. Sadly, there's no need for sunscreen as the UV will only reach level 2 (Low).

WEATHER FORECAST: *"11 to 22 degrees. Sunny. Light winds becoming northerly 15 to 20 km/h during the day then becoming light during the afternoon."* For more details, see [Essendon detailed forecast](#) or [MetEye](#).

Fri 1 May 2026: Hurstbridge to Fairfield via Templestowe and Heidelberg

The forecast for this Friday is looking excellent again, with a pleasant temperature, virtually no chance of rain and relatively light northeasterly winds. We'll do a scenic ride from Hurstbridge back towards the CBD, with lunch at the Templestowe Hotel.

A NOTE ABOUT SAFETY: A small accident occurred last Friday, where one rider stopped suddenly and a second rider ran into them and fell. There were no serious consequences, but everybody please note the following important advice whenever cycling in a group:

- If you need to stop suddenly, try to move off the trail and call out "stopping". (Even if not stopping abruptly, be sure to **move off the path after stopping**)!
- Do not get too close to the rider in front, especially if you're riding an e-bike.

- Note that e-bikes (being heavier) need to allow more stopping distance than a standard bike. (E-bike riders should note this especially, but others should also take care to allow extra distance for e-bike riders to stop).

A RIDE THIS SUNDAY: Don't forget that Bryan Smith is running a [Fitness Ride this Sunday 3 May](#), from Fed Square to Hampton/Black Rock, and back if you wish.

START: This Friday, the ride will depart at 10:20am from Hurstbridge Station.

- **WITHOUT COFFEE:** The Hurstbridge line train that departs Flinders Street platform 1 at 9:06am (or Clifton Hill at 9:27am), arrives at 10:19am.
- **WITH COFFEE:** If you want a quick coffee at the [Wild Wombat Cafe](#), located close to the station, the train departing Flinders Street at 8:43am (or Clifton Hill at 9:05am) arrives at 9:57am. For a more relaxed coffee you will need to catch the train departing from Flinders Street at 8:25am, arriving at 9:39am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Hurstbridge Station, we ride the rather rural off-road Diamond Creek Trail to Eltham and on to the Main Yarra Trail then all the way to Fairfield, Clifton Hill, or whatever point you wish to exit. Lunch will be at the [Templestowe Hotel](#), 23 Parker St, Templestowe, which we'll access via a short detour on the Ruffey Creek Trail and Ruffey St. After lunch we will continue down the Main Yarra Trail, with exit options wherever convenient.

ROUTE & GRADE: This ride is graded Medium. The total distance to Clifton Hill is 42 km, while to Heidelberg is 28 km. Lunch will be at 21 km approximately. There are a few short sharp hills, and the path surface varies considerably - partly sealed and partly on packed gravel. For the route, see the [Hurstbridge to Heidelberg and Clifton Hill via Diamond Creek and Yarra Trails](#) Google map. There are several train station exit options along the way if needed, for example at Eltham, Heidelberg or Fairfield.

REMEMBER: Drinking water and a warm layer, though you probably won't need that. Sunscreen is recommended between 10:50am and 1:40pm. The UV will reach level 3 (Moderate).

WEATHER FORECAST: "16 to 26 degrees. Sunny. Light winds becoming northerly 25 to 35 km/h in the morning then tending northeasterly 15 to 20 km/h in the evening.". For more details, see [Templestowe detailed forecast](#) or [MetEye](#).

Fri 24 Apr 2026: Watergardens to CBD via Brimbank Park and South Kensington

The forecast for this Friday is looking excellent, with a pleasant temperature, virtually no chance of rain and relatively light northerly winds. We'll do a scenic ride from Watergardens towards the CBD via Brimbank Park and the Maribyrnong River.

START: We'll plan to start riding from Watergardens Station at 10:25am.

- **WITH COFFEE:** Catch the Sunbury line service that departs from Caulfield Station at 9:07am or Town Hall Station at 9:21am or Footscray Station at 9:33am, arriving at Watergardens at 9:59am (or the service prior to that, which departs from Caulfield at 8:59am)
- **NO COFFEE:** Catch the Sunbury line service that departs from Caulfield Station at 9:30am or Town Hall Station at 9:44am or Footscray Station at 9:56am, arriving at Watergardens at 10:22am.
- **NOTE:** You can connect to the Sunbury line at various stations, including Dandenong, Caulfield, Town Hall, State Library and Footscray. Use the [Transport Victoria service](#) to plan your journey.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Watergardens Station we'll skirt around the shopping centre to pick up the Taylors Creek Trail, which we'll follow all the way to Brimbank Park. There we'll pick up the Maribyrnong Trail and follow that all the way to the lunch point at the [Anglers Tavern](#) in Maribyrnong. After lunch, it's less than 6 km to the South Kensington Station (or Footscray Station), or you can ride home from the lunch point via the many trails that connect to the Maribyrnong Trail.

ROUTE & GRADE: This ride is graded Medium with a total distance of 36.2 km to Southern Cross Station. The distance to lunch is 26 km. For the route, see the [Watergardens to CBD via Brimbank Park and South Kensington](#) Google map. There is one significant hill at Lily Reserve in Avondale Heights, but it leads to wonderful views over the river. There is a ford across the Maribyrnong at Brimbank Park. If it is flooded we will need to do a bit of a climb to get around, but that's quite unlikely. The trail surfaces are a mixture of sealed and unsealed, with a little bit of on road. There are no easy train station bailout options until after lunch at South Kensington (at 32 km).

REMEMBER: Drinking water and a warm layer, though you probably won't need that. Sunscreen is recommended between 10:30am and 2pm. The UV will reach level 4 (Moderate).

WEATHER FORECAST: "14 to 25 degrees. Mostly sunny. Light winds becoming northerly 15 to 25 km/h during the morning then becoming light during the evening.". For more details, see [Maribyrnong detailed forecast](#) or [MetEye](#).

Fri 17 Apr 2024: St Albans - Kororoit Creek - Sunshine - Footscray - Fitzroy

The forecast for this Friday isn't too bad, with a forecast for the possibility of rain, though that will be less likely in the west.

The Auntie Annies Hotel was a real hit. In future, to get to it take the pedestrian crossing just prior to the pub in Racecourse Rd, then walk bikes via the footpath. After leaving the pub, double round behind the pub to come out to Racecourse Rd at the pedestrian lights - then cross with the lights and ride through the estate to the start of the Moonee Ponds Creek Trail (and the connection to the Capital City Trail).

NOTE: Don't forget about the ride this coming Sunday: [Bike Ride: Williamstown to Mordialloc via the Westgate Punt](#). The forecast is looking quite good for Sunday, and it's a ride we can't do on Fridays, because the punt only operates during peak hours on workdays.

START: On Friday, we'll plan to start riding from St Albans Station at 10:30am.

- **WITH COFFEE:** Catch the Sunbury line service that departs from Caulfield Station at 9:20am or Town Hall Station at 9:34am, arriving at St Albans at 10:05am.
- **NO COFFEE:** Catch the Sunbury line service that departs from Caulfield Station at 9:40am, or Town Hall Station at 9:54am, arriving at St Albans at 10:25am.
- **NOTE:** You can connect to the Sunbury line at various stations, for example Dandenong, Caulfield, Town Hall, State Library or Footscray. Use the [Transport Victoria service](#) to plan your journey.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: After the optional coffee at the kiosk at St Albans Station, we'll head south on the Jones Creek Trail. Shortly after reaching the Western Ring Road Trail, we'll switch to the Kororoit Creek Trail, but only follow that as far as Sunshine. We'll exit the trail via King Edward Ave to cross the rail line and get to Sunshine Station. From there, we'll follow the trail through Tottenham and Footscray to join the Maribyrnong via the Newells Paddock Wetlands. Rather than following the Maribyrnong though, we'll make our way through the former Newmarket Saleyards to get to Racecourse Rd, where we'll stop for lunch at [Auntie Annie's Hotel](#), 339 Racecourse Rd, Kensington. (*The Doutta Galla Hotel renovation is now complete, but their menu is now quite expensive, with no Seniors menu. The story is similar at the nearby Newmarket Tavern. The story isn't a lot better at Auntie Annie's, formerly The Quiet Man Irish Pub, but their menu looks more interesting and no detour is required to get there*). After lunch we'll head to the Capital City Trail, where the group will split into those heading north vs those heading south.

ROUTE & GRADE: This is a moderate to medium grade ride of around 23 km to lunch - see the [St Albans - Kororoit Creek - Sunshine - Footscray - Carlton](#) Google map. There are no significant hills and the route is mostly sealed. There are a number of train station exit options should they be required, for example: Albion, Sunshine, Tottenham, West Footscray, Middle Footscray, Footscray, South Kensington, Newmarket, Flemington Bridge or Royal Park stations.

REMEMBER: Drinking water, warm layers and wet weather gear. The "feels like" temperature will only be around 9 to 11 degrees. Sunscreen is recommended between 10:10am and 2:30pm. The UV will reach level 4 (Moderate).

WEATHER FORECAST: *"12 to 17 degrees. Partly cloudy. High chance of showers, most likely in the morning and afternoon. Winds westerly 15 to 25 km/h tending southwesterly 25 to 35 km/h in the morning then decreasing to 15 to 20 km/h in the late evening."* For more details, see [Footscray detailed forecast](#) or [MetEye](#).

Fri 10 Apr 2026: Craigieburn - Galada Tamboore - Merri Creek - First & Last Hotel - Rushall

The forecast for this Friday is looking OK, with northwesterly winds and only a small chance of rain in the northern suburbs, so we'll head north this week.

NOTE: There will be a bike ride this coming Wednesday 15 April. If you're interested in those rides, but haven't yet registered for the [Wednesday Bike Rides](#), please do so **now!** From now on, the Wednesday ride emails will only be issued to those who have explicitly registered for the Wednesday rides.

START: This Friday, we'll start out from Craigieburn Station at 10:25am. The Craigieburn line train that departs from Flinders Street platform 5 at 9:38am should arrive at Craigieburn Station at 10:21am. There are very poor coffee options near Craigieburn Station, so you should get your caffeine fix prior to catching the train. If you catch an earlier train, there is a service station north of the station that has coffee.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the station we head due north (into a headwind) for a couple of kilometres to the start of the Galada Tamboore Trail (beside the Hume Freeway), which we then follow all the way south to the Ring Road. There we head west along the Western Ring Road Trail a little over two kilometres to the Merri Creek, which we follow southwards as far as Queens Parade. We'll ride along Queens Parade to the [First and Last Hotel](#), 1141 Sydney Rd, Hadfield for lunch. After lunch, we backtrack the short distance (1 km) to the Merri Creek then follow that down to where it meets the Capital City Trail near Rushall Station. At that point there are trails heading off in all directions for everybody to make their way home (by train or bike).

ROUTE & GRADE: This is a Medium grade ride of around 37 km, and approximately 26 km to the lunch point. For the route, see the [Craigieburn - Galada Tamboore - Merri Creek - Rushall](#) Google map. There are no significant hills and the route is totally sealed. Once we reach the Western Ring Road Trail, there are train station exit options at regular intervals. The Merlynston Station is located very close to the lunch stop if anybody wishes to exit immediately after lunch.

REMEMBER: Drinking water plus warm and waterproof layers. Sunscreen is recommended between 9:50am and 2:50pm - the UV will reach level 5 (Moderate).

WEATHER FORECAST: *"17 to 21 degrees. Partly cloudy. High chance of showers. Winds west to northwesterly 25 to 35 km/h."* For more details, see [Fawkner detailed forecast](#) or [MetEye](#).

Fri 3 April 2026: Hoppers Crossing to Clifton Hill via Federation Train and Capital City Trails

The plan is to ride the new section of the Federation Trail to the Westgate Bridge, then wind our way across the top of the city to Clifton Hill. The forecast for this Friday continues the pattern of recent weeks - yet another southerly wind, cooler temperatures and a chance of showers. Also, it is Easter Friday, so timetables will be different, places closed and possibly public holiday surcharges. We will just need to be willing to be flexible.

START: We'll depart at 10.30am from the southern side of the Hoppers Crossing Station.

- **NO COFFEE:** Catch the Werribee line train that departs from Flinders Street at 9:47am, arriving at Hoppers Crossing at 10:30am.
- **WITH COFFEE:** Catch the Werribee line train that departs from Flinders Street at 9:07am, arriving at Hoppers Crossing at 9:50am. Our usual cafe will be closed, so we will try for [Grindstone Kitchen](#), on Old Geelong Road, in the shopping centre just north east of the station, facing the carpark and next to Woolworths. If that is closed, we will try for [Morris and Heath](#) which is just a little further on. They should be open, but if all else fails, then there is coffee available from the BP Service Station, or McDonalds.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Hoppers Crossing we will pick up the Federation Trail to ultimately take us along the newest section to the Westgate Bridge. We will then follow the Westgate Trail to Yarraville for lunch at the [Yarraville Club](#) 135 Stephen St, Yarraville. After lunch we will continue on to the Footscray Road Trail, along it to the Capital City Trail and across the top of the inner city to Clifton Hill.

ROUTE & GRADE: This ride is graded Medium with a total distance of 36.4 km. It is 22km to the lunch point. For the route, see the [Hoppers Crossing to Clifton Hill via Federation & Capital City Trails](#) Google Map. The route will generally be flat until the Capital City Trail after which there are a couple of familiar hills. The wind will generally be a cross wind, with a small component of tail wind. There will also be some very short bits of headwind. There will be quite a few train station bailout options along the way.

REMEMBER: Drinking water, warm layers and wet weather gear. The "feels like" temperature will only be around 9 or 10 degrees. Sunscreen is recommended between 10:40am and 4:10pm. The UV will reach level 6 (High).

WEATHER FORECAST: Min 14°C - Max 18°C. Cloudy. Medium chance of light showers, most likely in the morning. Winds southwesterly 15 to 20 km/h tending southerly 20 to 30 km/h in the morning then tending southeasterly 20 to 25 km/h in the late evening.

Fri 27 Mar 2026: Clifton Hill to Mernda via St Georges Rd

The forecast for this Friday indicates that we're in for a bit of a shock - it's going to feel pretty cold, with a strong southerly wind to freshen the low temperatures.

START: We'll depart at 10.30am from the eastern (city-bound) side of the Clifton Hill Station (near the kiosk).

- **NO COFFEE:** Cycle directly to the start point, or catch a Mernda line train that departs from Flinders Street at 10:09am, arriving at Clifton Hill at 10:29am.
- **WITH COFFEE:** Cycle directly, or catch an earlier train, for example the Hurstbridge line train that departs from Flinders Street at 9:39am, arriving at Clifton Hill at 9:59am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Clifton Hill we'll head to the Capital City Trail to take us to the start of the St Georges Trail, which we'll follow to Reservoir. There we'll take the Cheddar Rd / Dalton Rd Trail to the Ring Road Trail, where we'll turn right. After a short distance, we'll exit onto the Darebin Creek Trail to take us to the South Morang Trail. A little after South Morang Station, we'll deviate to the [Commercial Hotel](#), 820 Plenty Rd, South Morang. (**Note:** their Bistro is currently closed, so we'll be in the Sports Bar, with a slightly reduced menu). They have a seniors menu plus some vegetarian and vegan options. After lunch, we'll head back to the Mernda / South Morang Trail to complete our journey to Mernda.

ROUTE & GRADE: This ride is graded Medium with a total distance of 33.9 km, being 27 km to the lunch point. For the route, see the [Clifton Hill to Mernda via St Georges Road and Mernda Trails](#) Google Map. The route will generally be flat, and the wind will mostly be a tail wind, strong at times. There will be many train station bailout options along the way if the heavens happen to open.

REMEMBER: Drinking water, warm layers and wet weather gear. The "feels like" temperature will only be around 9 or 10 degrees. Sunscreen is recommended between 10:40am and 4:10pm. The UV will reach level 6 (High).

WEATHER FORECAST: *"11 to 16 degrees. Cloudy. Very high chance of showers, most likely in the morning. Winds southwesterly 30 to 35 km/h tending southerly 25 to 40 km/h during the morning."* For more details, see [Reservoir detailed forecast](#) or [MetEye](#).

Fri 20 Mar 2026: Fed Square - Moonee Ponds Creek - Upfield Trail

The forecast for this Friday is looking quite good, but with a southerly wind **yet again**. Before describing the ride though, there are a couple of things I need to mention, since last week I submitted TWO incident reports.

- The first incident report was due to **a fall**. A rider's phone fell off their handlebar holder, a rider behind them stopped to pick it up, and a third rider collided with the second rider. Something that can happen so easily, but we all need to take more care with some of the group riding basics: 1) try to avoid stopping suddenly; 2) when you do stop, PULL OFF THE PATH (this is the biggest "sin" committed regularly by our group); and 3) when something untoward happens, remember that you still need to keep an eye out in front of you!
- The second report was due to an incident that occurred in Lysterfield Park on 12 December, when it seems one of our cyclists was **bitten by a snake**. They thought they had run over a stick. They completed the ride but became quite unwell that night and the following day, and eventually realised after they'd recovered that it was probably due to a snake bite. Things to note about this: 1) try to avoid running over sticks!; 2) if you notice puncture marks on yourself or on another cyclist, and think it may be a snake or spider bite, inform the leader and don't hesitate to call an ambulance; 3) if someone is bitten by a snake, immobilise them, call an ambulance and apply a pressure bandage if possible; and 4) double check that you're insured for ambulance callouts.

START: For this Friday's ride, we'll plan to depart at 10.30am from the bike hoops on Birrarung Marr, beside Federation Square. The bike hoops are located on Birrarung Marr, between Swanston St and the MCG and between the river and the Federation Square Car Park. This is on the intermediate level - not the path right beside the river, and not the level of the main part of Federation Square. If you'd like a coffee, please get one (e.g. from Flinders Street Station) on your way to the meeting point.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Fed Square we'll ride the Capital City Trail via Docklands to the start of the Moonee Ponds Creek Trail and follow that trail all the way to the [Broadmeadows Sporting Club](#), near Jacana Station, where we'll stop for lunch. They have a seniors menu plus some appealing looking specials. Fully energised after eating, we'll tackle **that hill** up to Jacana Station and then follow the Ring Road Trail around to

Jack Roper Reserve, where we'll exit and link to the Upfield Trail to take us back towards the CBD, with the ride officially terminating at Royal Park Station (though of course, once we reach the Capital City Trail, you can turn left to head towards Rushall Station if you prefer).

ROUTE & GRADE: This ride is graded Medium with a total distance of 39.6 km back to Royal Park Station. For the route, see the [Fed Square - Moonee Ponds Creek - Upfield Line - Royal Park](#) Google Map. The route will generally be flat, with the exception of the climb up to Jacana Station. The wind will mostly be behind us prior to lunch, then will be a headwind for our return down the Upfield Trail.

REMEMBER: Drinking water and wet weather gear (just in case). Sunscreen is recommended between 10:20am and 4:30pm as the UV will reach level 7 (High).

WEATHER FORECAST: *"15 to 22 degrees. Cloudy. Light winds becoming southerly 15 to 20 km/h in the late afternoon then becoming light in the late evening."* For more details, see [Broadmeadows detailed forecast](#) or [MetEye](#).

Fri 13 Mar 2026: Frankston - Chelsea - Mordialloc and beyond

The forecast for this Friday is looking quite good, but with a southerly wind yet again. We'll do a ride that will mostly have the wind behind us, except at the start.

START: We'll aim to depart from Frankston Station at 10:25am.

- **WITHOUT COFFEE:** Catch the Frankston line train that departs at 9:16am from Flinders Street (probably platform 7), or 9:20am from Richmond, arriving at Frankston Station at 10:23am.
- **COFFEE OPTION:** If you'd like a pre-ride coffee, you should catch one of the earlier trains: 8:39am Flinders Street departure, arriving at 9:46am at Frankston or the 8:47am Flinders Street departure, arriving at 9:56am at Frankston. There are coffee options across the road from the station.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Frankston Station we follow the bike trail beside the Stony Point railway line (the Baxter Trail) to connect to the Peninsula Link Bike Trail, which takes us to the Patterson River via the Edithvale-Seaford Wetlands. From there we switch to the Long Beach Trail with a deviation for lunch at the [Longbeach RSL](#), 4 Thames Promenade, Chelsea. After lunch we'll return to the Longbeach Trail and follow that to Mordialloc. At that point you can either catch a train from Mordialloc Station, or cycle along the Bay Trail to Sandringham and perhaps beyond.

ROUTE & GRADE: This ride is graded Medium with a total distance of 35 km to Mordialloc Station (or Hard 70 km if you continue all the way to the CBD). The approximate distances are: Frankston-Chelsea RSL: 27 km | Chelsea RSL-Mordialloc Station: 8 km | Mordialloc-Flinders Street Station: 35 km. Most of the trails are wide concrete paths, except for the section between Patterson Lakes and Mordialloc Station, which is hard-packed gravel, plus some on-road sections. There are no real hills anywhere though the first 4 km on the Baxter Trail will be climbing gently and facing a headwind/crosswind. For the route, see the [Frankston - Patterson Lakes - Mordialloc](#) Google Map.

REMEMBER: Drinking water and wet weather gear (just in case). Sunscreen is recommended between 10:10am and 4:50pm as the UV will reach level 8 (Very High).

WEATHER FORECAST: *"14 to 20 degrees. Cloudy. Slight chance of a shower in the morning. Winds southerly 20 to 25 km/h tending southeasterly 15 to 20 km/h during the evening."* For more details, see [Chelsea detailed forecast](#) or [MetEye](#).

Fri 6 Mar 2026: Glen Waverley - Heatherdale - Beasley's Nursery - Eltham

The forecast for this Friday is looking very pleasant, though with southerly / south easterly winds yet again.

START: We'll plan to depart at 10.30am from the Glen Waverley Station and head northwards to Eltham.

- **WITH COFFEE:** If you'd like a coffee, catch the Glen Waverley line train that departs from Flinders Street platform 2 at 9:18am, or Richmond at 9:21am, arriving at Glen Waverley at 9:54am (or the service that departs at 9:04am arriving at 9:39am). You can get a coffee from the **Red Engine** kiosk on Coleman Pde, within the station complex.
- **NO COFFEE:** Catch the Glen Waverley line train that departs from Flinders Street platform 2 at 9:48am, or Richmond at 9:51am, arriving at Glen Waverley at 10:24am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the station we'll follow the "rail trail" (in reality just some quiet suburban streets) down to Shepherds Bush to connect to the Dandenong Creek Trail. We'll follow that and the Eastlink Trail northwards, then divert to the Mullum Mullum Trail to take us to the lunch spot, [Beasley's Nursery and Tea House](#), 195 Heidelberg-Warrandyte Rd, Warrandyte. After lunch, we will continue along the Mullum Mullum Trail to the Main Yarra Trail then take the Diamond Creek Trail to Eltham (9 km from Beasley's). If anybody wishes, they can self-guide along the well-known Main Yarra Trail to Heidelberg (15 km from Beasley's) or beyond.

ROUTE & GRADE: This is a Medium grade ride of 35 km to Eltham. There is a train station bailout option at Heatherdale if required. For the route, see the [Glen Waverley - Heatherdale - Beasley's Nursery - Eltham or Heidelberg](#) Google map. We will be mostly on cycling paths, some sealed and some packed gravel. The wind should mostly be a tail wind.

REMEMBER: Drinking water. Sunscreen is recommended between 10am and 5pm as the UV will reach level 8 (Very High).

WEATHER FORECAST: "16 to 23 degrees. Partly cloudy. Slight chance of a shower. Light winds becoming southerly 15 to 25 km/h during the afternoon.". For more details, see [Ringwood detailed forecast](#) or [MetEye](#).

Fri 27 Feb 2026: Boronia - Blind Ck - Jells Park - Scotchmans Ck Trail - Fed Square

The forecast for this Friday is looking quite good, though there is a chance of showers. The wind will be south easterly (once again!), so the plan is to ride from Boronia back to the CBD.

START: We'll meet at the [Two Cats Espresso Bar](#) (beside Boronia Station) to depart at 10:15am.

- **COFFEE OPTION:** If you'd like a pre-ride coffee, you should catch the train that departs from Flinders Street at 8:56am (or Richmond at 9am) arriving at 9:41am or the train that departs Flinders Street at 9:16am, arriving at 9:58am.
- **WITHOUT COFFEE:** The Belgrave line train that departs from Flinders Street Station platform 2 or 3 at 9:26am (or Richmond at 9:29am, or Camberwell at 9:38am) arrives at Boronia at 10:10am. (The next train won't arrive until 10:40am).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the Two Cats Espresso Bar / Boronia Station, we'll head briefly towards Belgrave via the Belgrave cycling trail, then turn right to take the Blind Creek Trail to Jells Park (15 km). We'll head straight up Wheelers Hill (yes, it's **a bit of a grind!**) to join the start of the Scotchmans Creek Trail. We'll follow that to Stanley Ave, where we'll divert to the [Stanley cafe](#) for lunch. After lunch, we'll continue on the Scotchmans Creek Trail to join the Gardiners Creek Trail in East Malvern. At that point, the main ride will continue on that towards the CBD, but you could also take the Anniversary Trail northwards or perhaps head down the Djerring Trail to Caulfield.

ROUTE & GRADE: This is a Medium grade ride of 48 km to Federation Square, and approximately 27 km to the lunch point. For the route, see the [Boronia - Blind Ck - Jells Park - Scotchmans Ck Trail - Fed Square](#) Google map. Most of the route will be on sealed cycling trails. The tendency is downhill for most of the ride, with the exception of the very much uphill climb up Wheelers Hill - that is relatively short, with a total

vertical ascent of only 100 metres, but it feels like it's more than that! The wind will be mostly a light tail wind. There are train station exit options at Glen Waverley, Mt Waverley, East Malvern, and then at very regular intervals.

REMEMBER: Drinking water and wet weather gear. Sunscreen is recommended between 9:50am and 5:10pm as the UV will reach level 9 (Very High).

WEATHER FORECAST: *"16 to 28 degrees. Partly cloudy. Medium chance of showers, most likely in the morning and early afternoon. The chance of a thunderstorm in the morning and afternoon. Winds southerly 15 to 20 km/h becoming light before dawn then becoming southeasterly 15 to 20 km/h in the evening."* For more details, see [Mount Waverley detailed forecast](#) or [MetEye](#).

Fri 20 Feb 2026: Eltham to Research/Maroondah Aqueduct Loop & then Yarra Trail to Fairfield

The forecast for this Friday is very hot with winds light but changing about. The plan is to start in Eltham, make a loop through Research back to Eltham, then head down the Yarra Trail to Fairfield.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

START: The plan is to depart from Eltham at 10:15am.

The Hurstbridge Line train that departs Flinders Street Station at 9:15am, arrives at Eltham at 10:11am.

If you want to have a coffee at [Third Chapter](#), across Main Rd from the station and on the right a little way up Pryor St, then you will need to catch the Hurstbridge Line train that departs Flinders Street Station at 8:49am, arriving at Eltham at 9:49am. Catch an even earlier train if you want a relaxed coffee.

DETAILS: From Eltham we will head north a short way up the Diamond Creek Trail and then follow Main Road to Research, where we will swap onto the pretty Maroondah Aqueduct Trail to loop back to Eltham. Passing back through Eltham we will continue down the Diamond Creek Trail to the Yarra River and along it to Templestowe. We will cross the river on the suspension bridge there and ride a short distance on suburban streets to the [Templestowe Hotel](#), at 23 Parker St, Templestowe Lower, for lunch. They have a small seniors menu and a small bar menu, with limited vegetarian options - check it out via the link. Lunch will be relatively early so we can get back on the trail before the worst of the heat. Back on the Yarra Trail we will continue down through Heidelberg and on to Fairfield, where the ride will finish. Just for a change, we will head into Fairfield via the Darebin Creek Trail. Dispersing from Fairfield you can catch the train, or continue to ride into the city via several routes. **NB: Templestowe Hotel bar good except service took a long time due to large numbers in Bistro.**

ROUTE & GRADE: This is a Medium grade ride of 39 km to Fairfield. Lunch will be at the 21 km mark. For the route, see the [Eltham - Research loop and Yarra Trail to Fairfield](#) Google map. Except for getting to the lunch stop, we will be on off-road bike trails for the whole ride but with quite a variety of surfaces including sealed and gravel paths. There are some hills, but hopefully nothing too challenging. There will be railway station bail out options at Eltham (13km), then Heidelberg (29km), Alphington and Fairfield. Note - there is no bail out option at the lunch spot. We should mainly have a tail wind until lunch, but may face a head wind for the second part of the ride.

REMEMBER: Bring ample drinking water, sun protection and sunscreen. The UV is expected to reach level 10 [Very High] and sunscreen is recommended between 9:40am and 5:20pm.

WEATHER FORECAST: Min 12° to Max 34°. Mostly sunny. Light winds becoming southeast to southwesterly 15 to 25 km/h in the late afternoon. No rain expected.

Fri 13 Feb 2026: Stony Point to Frankston via Hastings

The forecast for this Friday is looking pleasant for a more distant ride. The plan is to ride from Stony Point back to Frankston.

IMPORTANT WARNING: The number of places for bikes on the train from Frankston to Stony Point is very limited. There's a chance we won't fit all our bikes on the train. The conductors are generally helpful, but there is limited space for bikes. 10 bikes per train may be possible and the trains are almost 2 hours apart. Riders not able to board the train will have to either ride up the Bay Trail towards the CBD without a designated leader or return by train to the CBD. To help alleviate this I will lead a very early group which will get off at Bittern and do a quick ride to Somers for coffee (even a late light breakfast) before meeting the rest of the group, led by Alan, at Stony Point.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that). Warning: A place on the spreadsheet does not guarantee a place on the Stony Point Train.

EARLY BIRD GROUP:

START: We will catch the Frankston line train that departs Flinders Street Station at 7:23am, arriving at Frankston at 8:31am. We then board the V/Line Stony Point Train at 8:48am and travel to Bitten, arriving at 9:15am.

THE EARLY BIRD DETAILS: From Bitten we will ride to Somers (8km) for coffee and even a light snack at Somers General Store, before riding back a bit and across to Stony Point to commence the main ride with the rest of the group. This is a medium/hard ride with total distance of 21km. Note that this will be at a slightly faster rate than usual, will have some long sections on road, varied surfaces and headwinds for about half of it. [See Bittern to Stony Point via Somers](#) map for the route.

MAIN RIDE:

START: We'll catch the Frankston line train that departs from Flinders Street at 9:16am, which should arrive at Frankston Station at 10:23am giving you time to get a quick coffee before catching the V/Line Stony Point service that departs from Frankston at 10:36am to arrive at Stony Point at 11:12am.

DETAILS: We catch a Metro train to Frankston, then a V/Line Stony Point train to the terminus at Stony Point. Leaving immediately from there we travel initially on-road to connect with the boardwalk south of Hastings to take us through fascinating and unique tidal wetlands into Hastings. After riding along the Hastings foreshore we follow another boardwalk, then a rail trail to Somerville, where we will have lunch at the [Somerville Hotel](#). We then take a path beside Eramosa Rd West to the Peninsula Link Trail, which we follow to Frankston, where we take the Baxter Trail to return to Frankston Station.

ROUTE & GRADE: This is a Medium grade ride of around 41 km to Frankston. For the route, see the [Stony Point Station to Frankston Station](#) Google map. There will be quite a variety of surfaces including some on-road sections, mostly on quiet roads, on-road bike paths, boardwalks, sealed paths and gravel paths. There are some hills, but nothing too substantial, and the wind should be mostly behind us.

WARNINGS/REMEMBER:

- **BRING:** Ample drinking water and sunscreen, plus layers in case it's cool beside the ocean. The UV is expected to reach level 10 [Very High] and sunscreen is recommended between 9:20am and 5:20pm.
- **LONG DAY:** Although the cycling is only 41 km, this will be a **very long day** due to the amount of train travel involved. Even longer if you do the Early Bird Ride as well.
- **POOR BAILOUT OPTIONS:** There are bailout options at the various Stony Point line stations, though services are **very infrequent** (departures from Stony Point at 12:07pm, 1:47pm, 3:27pm and 5:16pm).
- **TRAIN LIMIT:** See above.
- **SOME ON-ROAD CYCLING:** We need to cycle on-road between Stony Point and the start of the boardwalk a few kilometres south of Hastings. Traffic is fairly light on these roads though.

WEATHER FORECAST for Mornington Peninsula: 12° to 20° Cloudy. 90% (very high) chance of **no rain**. Cloudy. Winds southerly 15 to 25 km/h tending southeasterly during the evening. Moderate Fire danger rating.

Fri 6 Feb 2026: Dandenong to City via Eastlink and Djerring Trails

The forecast for this Friday is looking excellent. The wind will be south easterly, so the plan is to ride from Dandenong back to the CBD.

MIDSUMMA SHOWS: Please take advantage of the last few days (it's an incredibly strong program this year). [Afterglow](#) at Chapel Off Chapel is **unmissable** (believe me, **you'll regret it if you miss this!**)! [The Placeholder](#) at fortyfivedownstairs is highly recommended if you're interested in a Trans story, told by a Trans man, set in regional Victoria. It provides a nuanced, engaging study of some complex and difficult topics. I'm personally looking forward to [From Grindr to Blindr](#) at the Pride Centre, which I expect to be funny and uplifting. Many of the other performance offerings over [the next 4 days](#) will be excellent. And don't miss [Loving Exhibition](#) at the City Library, which is full of joyous photos of gay male lovers taken between the 1850s and the 1950s.

START: We'll plan to depart at 10:30am from the Red Engine Kiosk at Dandenong Station.

- **WITHOUT COFFEE:** If you don't want a pre-ride coffee, take the Sunbury line train destined for Cranbourne that leaves Watergardens at 9:08am, Town Hall at 9:45am and Caulfield at 9:59am, arriving in Dandenong at 10:27am.
- **COFFEE OPTION:** If you'd like a pre-ride coffee, there are Sunbury line trains (bound for East Pakenham or Cranbourne via the Metro Tunnel) at regular intervals prior to the service outlined above.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Dandenong Station, we ride the Dandenong Creek Trail for a few kilometres to the Eastlink Trail and then on to the Djerring Trail at Yarraman Station. We follow that all the way to Hughesdale, for lunch at the [Hellenic Depot](#), 94 Poath Rd, Hughesdale (close to Hughesdale Station). After lunch there are ample options to get you home. The main group will head to the Gardiners Creek Trail and then along the Main Yarra Trail towards Federation Square. Alternatives after lunch are to continue along the Djerring Trail to Caulfield, or to take the Anniversary Trail northwards from East Malvern. There are also ample train station exit options.

ROUTE & GRADE: This is a Medium grade ride of 37.5 km to Federation Square, and approximately 20 km to the lunch point. Most of the route will be on sealed cycling trails, though a short section will be unsealed. There are quite a few train station exit options all the way. For the route, see the [Dandenong to City via Eastlink and Djerring Trails](#) Google map.

REMEMBER: Drinking water. Sunscreen is recommended between 9:30am and 5:40pm as the UV will reach level 11 (Extreme).

WEATHER FORECAST: *"13 to 25 degrees. Mostly sunny. Winds southerly 15 to 20 km/h becoming light before dawn then becoming southerly 20 to 30 km/h in the early afternoon."* For more details, see [Oakleigh detailed forecast](#) or [MetEye](#).

Fri 30 Jan: A gallery hop between Fitzroy, Bundoora and Reservoir

The forecast for this Friday is looking quite good, though a tad warm. The southerly breeze should stop us getting too hot though. Our plan is to incorporate some more gallery visits to take advantage of current Midsumma Festival exhibitions.

START: We'll plan to depart at 10:30am **sharp** from the Brunswick Street Gallery, 322 Brunswick St, Fitzroy ([see Google map](#)). It's relatively easy to get to the gallery from Parliament Station or Victoria Park Station (or another train option could be Royal Park or Jewell Stations).

- **COFFEE OPTION:** If you'd like a pre-ride coffee, [Napier Quarter](#), 359 Napier St, Fitzroy is recommended. To get to the gallery afterwards from the cafe, ride south along Napier St then turn right into Argyle St (around 350m in total).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the Brunswick Street Gallery we'll head to the Bundoora Homestead Art Gallery via the Capital City Trail, Heidelberg Road Trail and Darebin Creek Trail (plus a few interlinking paths and quiet roads). From the Bundoora Homestead it's about 8 km to our lunch spot, the [Rose Shamrock Hotel](#), 709 Plenty Rd, Reservoir. After lunch, we'll head across the road to the Galleria Crocodillo for the last of our exhibition visits. From there, we'll head to the Northern Pipe Trail to get us back to the Capital City Trail and Rushall Station.

THE EXHIBITIONS:

- [O UT at BSG](#): Brunswick Street Gallery, 322 Brunswick St, Fitzroy (10am-5pm)
- [Pia de Bruyn - Female Trouble](#): Bundoora Homestead Art Gallery, 7 Prospect Hill Drive, Bundoora (11am-4pm)
- [It's Hard ... being a human](#): Galleria Crocodillo, 738 Plenty Rd, Reservoir (noon-8pm)

ROUTE & GRADE: This is a Medium grade ride of 38.1 km in total, 29 km to the lunch point, then a further 9 km to Rushall Station. There are quite a few train station exit options, notably at Regent Station immediately after lunch, or any of the Mernda line stations near the Northern Pipe Trail. For the route, see the [Fitzroy - Darebin Creek - Reservoir - Northern Pipe Trail - Rushall](#) Google map.

REMEMBER: Drinking water, Hydralyte or other electrolytes, and a waterproof layer, as there's a tiny chance of rain. Sunscreen is recommended between 9:10am and 5:50pm as the UV will reach level 13 (Extreme).

WEATHER FORECAST: *"19 to 30 degrees. Partly cloudy. Light winds becoming southerly 15 to 25 km/h in the early afternoon then tending southwesterly in the evening."* For more details, see [Bundoora detailed forecast](#) or [MetEye](#).

Fri 23 Jan 2026: An inner city gallery hop

After last week's ride with 27 attendees, it has become clear that we need to adopt the 20-rider cap, and that most people seem to be in favour of doing so. Also, after last week's ride I became aware of at least one person broadcasting an open invitation to their network to "come join us". Sorry, but any more will sink the boat! Given that our rides are already oversubscribed, we've **temporarily** disabled the option for new riders to join our mailing list.

The 20-rider cap has now been implemented and the third line in the [Friday Attendees](#) spreadsheet has now been made a waiting list line. The way I would like this to work is:

- **ADD TO END ONLY:** When registering to attend, please **only add yourself at the end** of the list (or at the end of the Waitlist if there are any names already there).

- **CLEAR YOUR NAME TO CANCEL:** If you had previously registered, but are no longer able to attend, please clear your name from the list.

That's all you need to worry about. For your information, the way the **leaders** will manage the list is:

- If there are any gaps (due to somebody cancelling, or due to somebody skipping a cell because somebody else was occupying it), the leader will shuffle people into the gap:
 - If the Waitlist has anybody on it, the first person on the Waitlist will be moved into the gap.
 - If there's nobody on the Waitlist, the last person on the list will be moved into the gap.
 - If any "accidents" occur (i.e. if the spreadsheet gets corrupted, which occasionally happens), we can use the *Version History* to restore it.
-

This Week's Ride Details

The forecast for this Friday is looking very pleasant. The plan is to do a Midsumma Gallery Hop around inner Melbourne.

START: We'll plan to depart at 10:30am from the Victorian Pride Centre. There is a cafe at the front of the Pride Centre, and I suggest you allow a bit of time to check out their interesting [Behind the Zip](#) exhibition, which traces the history of Drag Kings in Australia. We were world leaders in this domain!

- **CYCLING TO THE START POINT:** There are excellent bike paths to get you to the Victorian Pride Centre, for example the Bayside Trail and the St Kilda Road Trail, plus of course the Fitzroy Street Trail (though there are many additional less major routes).
- **PUBLIC TRANSPORT (plus cycling) TO THE START POINT:** The nearest train station is Windsor, on the Sandringham line. There are many ways to get from Windsor Station to the Pride Centre. **The safest route** (though not the shortest): from the southern side of the station travel along Peel St to the roundabout on Upton Rd and turn left into Upton Rd onto the bridge over Dandenong Rd then turn **left** into Wellington St and then right into Crimea St and proceed to Alma Rd. Turn right into Alma Rd, cross over Nepean Highway and follow Alma Rd which becomes Princes St. Proceed down Princes St to Fitzroy St and turn left into Fitzroy St. Follow Fitzroy St to the Pride Centre.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the Victorian Pride Centre we will (more or less) follow the Bay Trail around to Gasworks Creative Park in Albert Park to view their two exhibitions. From there we'll head to ACCA (the Australian Centre for Contemporary Art) to check out their two exhibitions. After that we'll head into the CBD to park our bikes on Birrarung Marr. The plan is to **walk** from the bike parking to the exhibitions at the City Library, City Gallery (Town Hall) and our lunch spot at [Flora Indian Restaurant](#), 238 Flinders St, Melbourne (directly opposite Flinders Street Station). After lunch we'll cycle past the MCG and northwards to the Off The Kerb Gallery, then finally further north to the Sol Gallery in Brunswick St.

THE EXHIBITIONS:

- [Behind the Zip](#), Victorian Pride Centre 9am-5pm
- [Queer Reckoning](#), Gasworks Arts Park, 21 Graham St, Albert Park: 10am-4:30pm
- [Queer Reclamation: Elyas Alavi & Ayman Kaake](#), Gasworks Arts Park, 21 Graham St, Albert Park: 10am-4:30pm
- [Tourmaline: Transcendant](#): ACCA, 111 Sturt St, Southbank: 10am-5pm
- [Rea:claimed](#): ACCA, 111 Sturt St, Southbank: 10am-5pm
- [Loving Exhibition](#), City Library, 253 Flinders Lane, Melbourne: 9am-6pm
- [You are here: Melbourne Memory-Scapes](#): City Gallery, Melbourne Town Hall: 8:30am-5pm
- [Summer Daze](#), Off The Kerb Gallery, 66B Johnston St, Collingwood: noon-6pm
- [Group Show Souls](#), Sol Gallery, 420 Brunswick St, Fitzroy: 11am-6pm

ROUTE & GRADE: This is an Easy ride of a mere 13 km, plus a little bit of walking. The route is generally flat. For the route, see the [Inner City Gallery Hop](#) Google map.

REMEMBER: Drinking water. Sunscreen is recommended between 9:20am and 5:40pm as the UV will reach level 11 (Extreme).

WEATHER FORECAST: *"12 to 26 degrees. Sunny. Winds southeasterly 15 to 20 km/h tending southeast to southwesterly during the morning then becoming light during the evening."* For more details, see [East Melbourne detailed forecast](#) or [MetEye](#).

Fri 16 Jan 2026: Alamein to Cross Keys Hotel via Anniversary, Capital City and Moonee Ponds Creek Trails

The forecast for this Friday is looking quite pleasant, but with southerly winds forecast **yet again**, so the plan is to take a mainly northbound route for lunch at the Cross Keys Hotel in Essendon.

START: We'll start at 10:30am from Alamein Station. To travel by train, take a Belgrave or Lilydale line train to Camberwell and change there for the Alamein shuttle (leaving from the same platform).

- **WITH COFFEE:** The service departing from Flinders Street at 9:17am arrives in Alamein at 9:46am, or the service departing Flinders Street at 9:31am arrives in Alamein at 10:01am. Our coffee option will be the [Habitat Cafe](#), 40F Victory Blvd, Ashburton (close to Alamein Station). To get to the cafe, exit the station and continue straight ahead on Alamein Ave. The cafe is at the first roundabout, on the left.
- **NO COFFEE:** The Lilydale line train to Blackburn departing from Flinders Street platform 3 at 9:58am (or Richmond at 10:01am) arrives in Camberwell at 10:13am, where you should change to the Alamein train departing from the same platform at 10:17am, arriving in Alamein at 10:28am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Alamein Station we'll follow the Anniversary Trail northwards to connect to the Main Yarra Trail. We'll follow that briefly to then take the paths beside the Chandler Hwy and Heidelberg Rd to connect to the Capital City Trail. We'll follow that all the way to the Flemington Bridge Station, where we switch to the Moonee Ponds Creek Trail to get to our lunch spot, the [Cross Keys Hotel](#), 350 Pascoe Vale Road, Essendon. After lunch you can catch a train from the Strathmore Station, located very close to the pub. Those who continue cycling will head back towards the CBD on the Moonee Ponds Creek Trail to Flemington Bridge Station. From there you can take a train, or follow the Capital City Trail in either direction.

ROUTE & GRADE: This is a Medium grade ride of 36 km in total, or 29 km to the lunch spot. The route is generally flat, though there are a few undulations, some quite sharp. We'll mostly have a tailwind. Most trails will be sealed, off-road cycling paths, but there will be a small number of onroad paths or quiet roads. For the route, see the [Alamein to Cross Keys Hotel via Anniversary, Capital City and Moonee Ponds Creek Trails](#) Google map. We'll never be far from an easy train station exit option.

REMEMBER: Drinking water and a warm layer. Bring light rain protection, as there's the chance of a shower. Sunscreen is recommended between 9:10am and 5:40pm as the UV will reach level 11 (Extreme).

WEATHER FORECAST: *"17 to 24 degrees. Cloudy. Medium chance of showers, most likely in the morning and afternoon. Winds southerly 30 to 35 km/h tending southeasterly 30 to 45 km/h during the morning."* For more details, see [Fitzroy detailed forecast](#) or [MetEye](#).

Fri 2 Jan 2026: Tooronga to Rushall Station via Reservoir

The forecast for this Friday is looking quite pleasant, but with southerly winds forecast yet again, so the plan is to take a circuitous, mainly northbound route, including checking out the new Gipps St Ramp (replacement for the infamous steps).

START: We'll start at 10:20am from the [Thirty Mill](#) cafe, 66 Milton Pde, Malvern (opposite Tooronga Station).

- **WITH COFFEE:** The Glen Waverley service that departs Flinders Street (probably platform 2) at 9:33am (or Richmond at 9:36am) arrives at Tooronga at 9:47am. Alternatively, the service departing Flinders Street at 9:48am arrives at Tooronga at 10:02am.
- **NO COFFEE:** The Glen Waverley service that departs Flinders Street (probably platform 2 or 3) at 10:03am (or Richmond at 10:06am) arrives at Tooronga at 10:17am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the cafe we'll take some cycling paths south of the freeway to pick up the Gardiners Creek Trail just before Glenferrie Rd. That takes us to the Main Yarra Trail where we'll head north, including taking in the new Gipps Street Ramp. We then link to the Merri Creek Trail which we follow northwards to Broadhurst Ave, which takes us to the Edgars Creek Trail and our lunch spot, the [Edwardes Lake Hotel](#), 257 Edwardes St, Reservoir. After lunch, there's the option to retrace your steps to head west along Broadhurst Ave, but most will ride eastwards to Reservoir Station and either catch the train or ride back down St George's Rd (the Pipeline Trail) to Rushall Station.

ROUTE & GRADE: This is a Medium grade ride of 39.5 km; 29.5 km to the lunch spot. The route is quite flat and we'll mostly have a tailwind, though it will be a headwind down the Pipeline Trail after lunch. Most trails will be sealed, off-road cycling paths. For the route, see the [Tooronga to Rushall Station via Yarra and Merri Creek Trails](#) Google map.

REMEMBER: Drinking water as it will be quite warm. Sunscreen is recommended between 9am and 5:40pm as the UV will reach level 12 (Extreme).

WEATHER FORECAST: "13 to 27 degrees. Partly cloudy. Winds southeast to southwesterly 15 to 20 km/h tending west to southwesterly during the evening.". For more details, see [Fawknor detailed forecast](#) or [MetEye](#).

Fri 26 Dec 2025: Brighton Beach to Anglers Tavern via The Bay, Docklands & Maribyrnong

The forecast for this Friday is looking OK for cycling, though rather chilly for this time of year. Southerly winds are forecast yet again, so the plan is to explore some of our new infrastructure, with a ride starting a little south of the CBD and heading northwards for lunch at the Anglers Tavern in Maribyrnong.

START: We'll start from the Brighton Beach Station at **10:30am**. The Sandringham line train that departs from Flinders Street (probably platform 13) at 9:57am (or Richmond at 10:01am) should arrive at Brighton Beach at 10:22am. **NOTE:** Many cafes are closed on Boxing Day, or open too late for us. I haven't been able to find any coffee provider near the station that will be open, so **you'll need to get your caffeine fix prior to heading to Brighton Beach Station**.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Brighton Beach Station, we'll use the pedestrian crossings to get to The Bay Trail, which we'll follow to St Kilda. Just past Catani Gardens, we'll divert from the Bay Trail to ride via Cowderoy St and around Albert Park Lake. We'll cross Albert Rd near MSAC then use the on-road bike path on Cecil St to get to the trail beside the 109 tram. We'll divert fairly quickly from that though to pass through Docklands and **onto the new Veloway!** The Veloway will take us above Footscray Rd to the Maribyrnong, where we'll use the Maribyrnong River Trail to get to our lunch spot, the [Anglers Tavern](#), 2 Anglers Way, Maribyrnong. After lunch we'll head home via various different routes. Those who live in the west will probably disperse directly from the pub, but most of us will cycle back towards the CBD, past the South Kensington Station (an easy train station bailout point), and on to the Capital City Trail. At that point, there are quite a few options:

- I personally will head along Arden St to check out the new Arden Station, and catch a train from Arden to Town Hall (and cycle home from there). Those who live in the south or south east might like to take a Metro Tunnel train from Arden to Anzac or Caulfield.
- You can alternatively take the Capital City Trail southwards towards Docklands.
- Those who live in the north might want to take the Capital City northwards towards Royal Park (or perhaps consider taking a train from Arden to Parkville, to check out the new stations).
- An alternative option is to cycle from the Anglers Tavern along the Maribyrnong to Footscray Station, and catch a Metro Tunnel (or other) service from there.

ROUTE & GRADE: This is a Medium grade ride of 26.6 km to the Anglers Tavern. The distance from the lunch spot to the Arden Station is approximately 7 km or to Footscray Station is about 6 km. The route is quite flat and we'll mostly have a tailwind. The trail surface and quality will vary somewhat, but we'll mostly be on cycling paths (the paths around the Albert Park Lake will be gravel). For the route, see the [Brighton Beach to Anglers Tavern via The Bay, Docklands & Maribyrnong](#) Google map.

REMEMBER: Wet weather gear (as there's a small chance of a shower) and a **warm layer** as it could be quite chilly at times. Sunscreen is recommended since the UV will be extreme at times.

WEATHER FORECAST: “12 to 17 degrees. Cloudy. Medium chance of showers, most likely in the morning and early afternoon. Winds southerly 20 to 30 km/h.”. For more details, see [Maribyrnong detailed forecast](#) or [MetEye](#).

Fri 19 Dec 2025: Seaford - Braeside Park - Dandenong Bypass - Djerring Trail

The forecast for this Friday is looking rather warm, though with a southerly wind that should hopefully refresh us **a little**. We're planning a ride that we've never done before, though we have ridden many sections of the route in conjunction with other rides.

START: We'll depart from Seaford Station at **10:15am**.

- **NO COFFEE:** The Frankston line train departing from Flinders Street at 9:11am, or Richmond at 9:15am, should arrive in Seaford at 10:11am.
- **WITH COFFEE:** The Frankston line train departing from Flinders Street at 8:50am, or Richmond at 8:54am, should arrive in Seaford at 9:50am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: We'll meet at the Vietnamese [Luma Cafe](#), 20 Station St, Seaford (formerly the Spanish Bar), departing from there at 10:15am. From the cafe we'll ride back over the railway line and on to the Seaford Wetlands. Note that this is a totally different route to the one starting from the Luma Cafe that we did a few weeks ago. We'll ride northwards around the edge of the wetlands then on to the Peninsula Link Trail to take us to the Dandenong Creek Trail. Rather than following the Dandenong Creek Trail though, we'll cross over the Patterson River then head northwards for a short while, after which our adventure will begin when we turn right into Edithvale Rd. A series of narrow paths and footpaths will take us to a proper trail beside the Mornington Peninsula Fwy, from which we'll divert through Waterways to Braeside Park. Gravel paths will take us through this large, scenic park to exit onto Cheltenham Rd, where we'll follow footpaths for a couple of blocks to get to the Dandenong Bypass Trail. We'll exit that at Westall Rd and follow an informal cycling trail along the Westall Rd service road to get to the Djerring Trail near Westall Station. From there, it's plain sailing to our lunch spot, [The Clayton Hotel](#), opposite Clayton Station. After lunch, you can catch a train, or continue along the Djerring Trail to Hughesdale. Some may wish to continue towards Caulfield at that point, but the main group will divert via Boyd Park on a linear trail to get to East Malvern Station. From there, you can continue via the Gardiners Creek Trail towards the CBD, or the Anniversary Trail towards Camberwell and Fairfield, or catch a train from East Malvern Station.

ROUTE & GRADE: This is a Medium grade ride of 36.8 km to East Malvern Station. The distance to the lunch spot is approximately 29 km. The route is quite flat and we'll mostly have a tailwind, but the trail quality will vary enormously. There will be some onroad cycling, some gravel paths, some narrow footpaths and some beautiful 3m wide cycling trails. For the route, see the [Seaford - Braeside Park - Dandenong Bypass - Djerring Trail](#) Google map. There will be easy train station bailout options at fairly regular intervals, especially after lunch.

REMEMBER: Wet weather gear (as there's the chance of a shower), **lots** of drinking water, and some sort of electrolyte is highly recommended (e.g. Hydralyte or Gastrolite). Sunscreen is **essential** between 8:50am and 5:40pm, as the UV is predicted to reach level 13 (**Extreme**).

WEATHER FORECAST: *"20 to 33 degrees. Partly cloudy. Medium chance of showers, most likely in the afternoon and evening. The chance of a thunderstorm in the evening. Light winds becoming east to southeasterly 15 to 20 km/h during the afternoon then tending northwest to northeasterly during the evening."* For more details, see [Clayton detailed forecast](#) or [MetEye](#).

Fri 12 Dec 2025: Belgrave - Lysterfield Lake - Dandenong - Carrum

The forecast for this Friday is looking quite pleasant, though a bit on the warm side.

START: We'll depart from Belgrave Station at **10:20am**.

- **NO COFFEE:** The Belgrave train departing from Flinders Street at 9:16am, or Richmond at 9:19am, should arrive in Belgrave at 10:12am.
- **WITH COFFEE:** The Belgrave train departing from Flinders Street at 8:56am, or Richmond at 9:00am, should arrive in Belgrave at 9:56am. There are many cafe options in the main street of Belgrave.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Belgrave Station we'll head south, following Station St, Grey St and McNicoll Rd to Birdsland Reserve, which we'll ride through to pick up Dargon Track then Logan Park Rd through Lysterfield Park, passing alongside Lysterfield Lake. After exiting Lysterfield Park, we'll follow Reservoir Rd and Jacques Rd then a path beside Belgrave-Hallam Rd to the start of the Eumemmerring Creek Path, which we'll follow to Dandenong. Lunch will be at the [Workers Club](#), 52-70 Wedge St, Dandenong (right beside the Dandenong Creek Trail on the approach to Dandenong). After lunch, we'll follow the Dandenong Creek Trail to Carrum.

ROUTE & GRADE: Medium grade ride of 38 km to Carrum Station. The distance to Dandenong is 22 km, and to Carrum Station is a further 16 km approximately. There's only one significant uphill section, within Lysterfield Park, but for the most part the trail is either downhill or flat. The trail surface is **quite rough** in Lysterfield Park though, and unsealed in the park and on Jacques Rd. Sections in Belgrave are on suburban

roads. For the route, see the [Belgrave - Lysterfield - Dandenong - Carrum](#) Google map. The main bailout option will be after lunch at Dandenong.

REMEMBER: Wet weather gear (as there's a slight chance of a shower), and drinking water. Sunscreen is **essential** between 8:50am and 5:30pm, as the UV is predicted to reach level 12 (**Extreme**).

WEATHER FORECAST: *"13 to 30 degrees. Mostly sunny. Slight chance of a shower. The chance of a thunderstorm in the afternoon. Light winds becoming north to northeasterly 15 to 20 km/h in the morning then tending east to northeasterly in the late afternoon."* For more details, see [Dandenong detailed forecast](#) or [MetEye](#).

Fri 5 Dec 2025: Brighton Beach to East Malvern via Scotchsmans Creek and Valley Reserve

The forecast for this Friday is looking very pleasant, with light southerly winds, low twenties temperature and very little chance of rain.

START: We'll start from the [Alister McAllister](#) cafe, 9 South Rd, Brighton (quite close to Brighton Beach Station) at **10:25am**.

- **NO COFFEE:** The Sandringham line train that departs from Flinders Street (probably platform 13) at 9:51am (or Richmond at 9:55am) should arrive at Brighton Beach at 10:16am.
- **WITH COFFEE:** Catch an earlier Sandringham train. There are departures from Flinders Street at 9:05am (arriving 9:30am) or 9:21am (arriving 9:46am).
- **NOTE:** To get to the cafe, exit the station and turn right (towards South Rd). You'll find the cafe on your left when you reach South Rd.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the cafe we'll head to the Bayside Trail and follow that around to the Elwood Canal. We then follow the Elwood Canal and the Rosstown Trail to connect to the Djerring Trail near Hughesdale Station. We'll only follow the Djerring Trail for a short distance, then cut across to the Scotchmans Creek Trail, which we'll follow to Valley Reserve in Mount Waverley. We'll have a **picnic lunch** in the reserve, which boasts excellent shaded picnic areas and toilet facilities. After lunch, and a quick tour of the reserve, we'll return via the Scotchmans Creek Trail and on to East Malvern, where you can choose to return home via the Gardiners Creek Trail (towards Richmond and the CBD), the Anniversary Trail (towards Camberwell and Fairfield) or a safe link to the Djerring Trail (towards Caulfield or Dandenong). There are train station exit options at Mount Waverley, East Malvern or at regular intervals after East Malvern.

ROUTE & GRADE: This is a moderate grade, relatively flat ride of 26.5 km to lunch, and 35.5 km as far as East Malvern Station. The wind will generally be a crosswind or tailwind, though will be a headwind at times. The route is shown on the [Brighton Beach to East Malvern via Scotsmans Creek and Valley Reserve](#) Google map.

REMEMBER: Bring **LUNCH** (you may be able to purchase lunch at the cafe, but their selection seems to be quite limited). Sunscreen is **essential** between 9am and 5:20pm, as the UV is predicted to reach level 11 (**Extreme**).

WEATHER FORECAST: *"14 to 24 degrees. Partly cloudy. Slight chance of a shower. Light winds becoming southerly 15 to 20 km/h in the early afternoon then tending southwesterly in the evening."* For more details, see [Mount Waverley detailed forecast](#) or [MetEye](#).

Fri 28 Nov 2025: Watergardens - Steele Creek - South Kensington

The forecast for this Friday is looking quite pleasant, though with a chance of rain later in the day.

START: We'll start from Watergardens Station at **10:20am**.

- **No Coffee:** The Sunbury/Watergardens line train that departs from Flinders Street platform 5 at 9:41am should arrive at Watergardens at 10:18am.
- **With Coffee:** Catch an earlier Sunbury/Watergardens train. There are departures from Flinders Street at 9:04am (arriving 9:37am), 9:09am (arriving 9:46am), 9:24am (arriving 10:01am). You can get a coffee at the cafe located diagonally opposite the station exit.
- **Note:** Trains depart every few minutes up to the 9:41am departure, but then at 20 minute intervals, so the train departing from Flinders Street at 9:41am is the last feasible option.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Watergardens Station we'll skirt around the shopping centre to pick up the Taylors Creek Trail, which we'll follow as far as Burrowye Crescent (rather than continuing all the way to Brimbank Park). We'll turn left into Burrowye Crescent and follow that to get to the Old Calder Highway, where we'll use the service road and bike trail to get to Keilor Park Drive. There we'll continue along the bike path, through the eastern edge of Brimbank Park, to pick up the trail that takes us beside the Calder Freeway to Niddrie, where we'll switch to the Steele Creek Path. That takes us to the Maribyrnong River Trail near Avondale Heights. This route should enable us to avoid that horrible climb out of Brimbank Park. After admiring the views from Avondale Heights, we'll continue via the Maribyrnong Trail to our lunch spot, the [Anglers Tavern](#), 2 Anglers Way, Maribyrnong. After lunch it's an easy, scenic 6 km cycle beside the river to get to South Kensington Station. You can catch a train from there, or continue on to connect via the Capital City Trail to get home.

ROUTE & GRADE: This is a moderate grade, **relatively** flat ride of 27.5 km to South Kensington Station, and the wind should mostly be behind us. The route is shown on the [Watergardens - Steele Creek - South Kensington](#) Google map.

REMEMBER: Bring a waterproof layer as there's a real chance of rain in the afternoon. Sunscreen is recommended between 9am and 5:10pm, as the UV is predicted to reach level 10 (Very High).

WEATHER FORECAST: *"11 to 24 degrees. Mostly sunny morning. High chance of showers in the late afternoon and evening. Light winds becoming northwest to southwesterly 15 to 20 km/h in the morning then tending northeasterly in the late afternoon"*. For more details, see [Essendon detailed forecast](#) or [MetEye](#).

Fri 21 Nov 2025: Seaford to Federation Square via The Bay Trail

The forecast for this Friday is looking quite pleasant, with southerly winds and no rain forecast. Let's simply ride along the Bay Trail from Seaford to the CBD.

START: We'll meet at the [Spanish Bar](#), 20 Station St, Seaford, departing from there at **10:25am**.

- **NO COFFEE:** If you don't want a coffee, take the Frankston line train that departs Flinders Street at 9:21am (or Richmond at 9:25am) and arrives at Seaford at 10:21am.
- **WITH COFFEE:** If you'd like a coffee, catch an earlier train - they depart every 9 to 10 minutes: 8:31am–9:30am | 8:40am–9:41am | 8:50am–9:50am | 9am–10am (Richmond departures are 4 minutes later).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: This is a well-known, scenic route following the coast from Seaford back to the CBD. We'll initially follow the rail line trail to Carrum. Upon arrival at Carrum, we'll follow the unsealed path beside the Patterson River then through the Edithvale Wetlands to Mordialloc. From Mordialloc, the trail is sealed, and moves a little closer to the beach as we follow the coast all the way to Station Pier in Port Melbourne, after which we follow the trail beside the 109 tram line back to the CBD. Lunch will be at the [Brighton Beach Hotel](#), 4 The Esplanade, Brighton.

ROUTE & GRADE: This is a medium grade ride of 48 km to Federation Square / Flinders Street, with lunch at about 30 km. The route is quite flat and the wind will mostly be a tailwind - see [Seaford - Brighton - Port Melbourne - Fed Square](#). The route is sealed except for the section between Carrum and Mordialloc. There are easy train station bailout options regularly as far as Mordialloc, then at Sandringham or Brighton Beach (with trickier bailout options at Elsternwick or Windsor Stations). It's quite some time since we followed this "classic" route, rather than

deviating via the Albert Park Lake or the new St Kilda Rd Trail. This route is approximately 3 km longer than the St Kilda Rd route, but much more scenic.

REMEMBER: Bring a warm layer, though you probably won't need it. Sunscreen is recommended between 9am and 5pm, as the UV is predicted to reach level 10 (Very High).

WEATHER FORECAST: "9 to 19 degrees. Mostly sunny. Winds southeasterly 15 to 25 km/h tending southerly 20 to 30 km/h in the middle of the day.". For more details, see [Brighton detailed forecast](#) or [MetEye](#).

Fri 14 Nov 2025: Yarraman - Heatherdale - Laburnum - Fairfield

The forecast for this Friday is looking quite pleasant, with light southerly winds and little chance of rain. We'll do a ride in the eastern suburbs that has lots of options for an early bailout if anybody needs to get home super early (e.g. to attend MQFF films).

START: We'll start from Yarraman Station at 10:30am. The Pakenham line train that departs from Flinders Street platform 7 at 9:46am (or Richmond at 9:50am) should arrive at Yarraman at 10:26am. There are no coffee options nearby, though if you arrive early you could ride about 600m back along Railway Pde towards the CBD to the Railway Parade Shopping Centre (e.g. try the New Lanka Restaurant, 262 Railway Pde, Noble Park). **We'll depart from Yarraman Station** though at 10:30am (not from the shopping centre)! There are trains departing quite frequently from Flinders Street Station: 9:03am arriving 9:43am | 9:08am arriving 9:49am | 9:12am arriving 9:52am | 9:16am arriving 9:56am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Yarraman Station we'll follow the Eastlink Trail northwards all the way to Heatherdale (23 km), where we'll stop for lunch at [The Coach](#), 33 Maroondah Hwy, Ringwood. They have an extensive menu, though aren't especially cheap. They have a Seniors Menu though. After lunch you can catch a train from the nearby Heatherdale Station, or cycle with us back towards Fairfield. We'll follow the trail beside the train line all the way to Blackburn, then Laburnum. From there we'll take some fairly safe roads then the Bushy Creek Linear Trail to connect to the Koonung Creek Trail, which we'll then follow to Fairfield.

ROUTE & GRADE: This is a medium grade, relatively flat ride of around 47 km in total, but you can exit at Heatherdale Station (23 km) or any of the stations we pass after that. The wind will be a tail wind until lunch, then mostly a cross wind after lunch. The route is shown on the [Yarraman - Heatherdale - Laburnum - Fairfield](#) Google map.

REMEMBER: Bring a waterproof layer since there's a small chance of rain. Sunscreen is recommended between 9:10am and 4:50pm, as the UV is predicted to reach level 9 (Very High).

WEATHER FORECAST: “12 to 19 degrees. Partly cloudy. Slight chance of a shower, most likely at night. Winds southerly 15 to 20 km/h becoming light before dawn then becoming southeast to southwesterly 15 to 20 km/h in the late afternoon.”. For more details, see [Ringwood detailed forecast](#) or [MetEye](#).

Friday 7 November 2025: Hurstbridge - Heidelberg - Clifton Hill via Diamond Creek & Yarra Trails

The outlook for riding this Friday is okay at this stage. Showers are forecast, but hopefully they'll arrive after we finish our ride. There is a possibility of thunderstorms later afternoon. Our plan is to ride from Hurstbridge back to Clifton Hill, a ride that we have not done for a long time due to train line closures.

START: The ride will depart at 10:20am from Hurstbridge Station. The Hurstbridge line train that departs Flinders Street platform 1 at 9:06am (or Clifton Hill at 9:27am), arrives at 10:19am. Alternative: If you want a quick coffee at the [Wild Wombat Cafe](#), located close to the station, the train departing Flinders Street at 8:43am (or Clifton Hill at 9:05am) arrives at 9:57am. For a more relaxed coffee you will need to depart at 8:25am, arriving at 9:39am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Hurstbridge Station (or the Wild Wombat Cafe), we ride the rather rural off-road Diamond Creek Trail to Eltham and on to the Main Yarra Trail and all the way to Clifton Hill, or to whatever point you wish to exit. Lunch will be in Heidelberg, at [The Train Yard](#). If rain has arrived by then, Heidelberg Station is nearby for an early exit. After lunch we will continue down the Main Yarra Trail, with exit options wherever convenient. **Nb: Tried Sir Henry Barkly Hotel in Burgundy St as too many for Train Yard. Good location and space but service far too slow and disorganised.**

ROUTE & GRADE: This ride is graded Medium. The total distance to Clifton Hill is 42 km, while to Heidelberg is 28 km. There are a few short sharp hills, and the path surface varies considerably - partly sealed and partly on packed gravel. For the route, see the [Hurstbridge to Heidelberg and Clifton Hill via Diamond Creek and Yarra Trails](#) Google map. There are several train station exit options along the way if needed, for example at Eltham, Heidelberg or Fairfield.

REMEMBER: Bring drinking water, sunscreen and **wet weather gear**. The UV is forecast to reach an Index of 8 (Very high). Sun protection is recommended between 9:20am and 4:40pm.

WEATHER FORECAST: “14° - 27°C. Partly cloudy. High chance of showers. The chance of a thunderstorm in the late afternoon and evening. Winds northerly 20 to 25 km/h increasing to 25 to 40 km/h in the morning then shifting southwesterly 15 to 20 km/h in the evening. UV Index Of 8 (Very high).

Friday 31 October 2025: Mernda to Royal Park Station via Hendersons Road Drain, Ring Road, Merri Creek and Upfield Trails

The forecast for this Friday is looking okay for cycling, with a northerly wind and a definite chance of rain, although hopefully after we've finished cycling.

START: We'll depart from Mernda Station shortly after 10:30am.

- The Mernda line train that departs Flinders Street platform 1 at 9:29am (or Clifton Hill at 9:49am), should arrive at Mernda at 10:30am.
- There's an excellent cafe nearby called [Station Grind](#) on the southern corner of the shopping centre across from the station, facing it. If you would like a coffee, catch an earlier train such as the 9:02am from Flinders Street Station (arriving 10:04am), or the 9:11am (arriving 10:13am).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the station we'll follow the trail by the railway line to Hawkstowe Station then around to South Marong Station and on to Hendersons Road Drain Trail. This will take us to the Darebin Creek Trail, and on to the Ring Road (M80). There we will head west along the Ring Road Trail to the Merri Creek, which we follow southwards as far as Queens Parade. We'll ride along Queens Parade to the [First and Last Hotel](#), 1141 Sydney Rd, Hadfield for lunch. After lunch we will head down the nearby Upfield Line Trail to the Capital City Trail near Royal Park Station, where there are many options for cycling home or catching a train. For those wishing to finish directly after lunch, Merlynston Station is nearby.

ROUTE & GRADE: This ride is graded Medium with a total distance of 35 km. The distance to lunch is 27.5 km. For the route, see the [Mernda to Royal Park Station via Hendersons Road Drain, Ring Road, Merri Creek and Upfield Trails](#) Google map. There are no significant hills and the trail surfaces are generally quite good - mostly sealed off-road concrete paths. There are train station bailout options at frequent intervals.

REMEMBER: Bring a decent waterproof layer since rain is a real possibility, plus a warm layer as well. Sunscreen is recommended as the UV is predicted to reach level 8 (Very High).

WEATHER FORECAST: 16°Min. Max 21°. Cloudy. High chance of showers, most likely in the morning and afternoon. The chance of a thunderstorm in the afternoon and early evening. Light winds.

Fri 24 Oct 2025: Waurnd Ponds to Lara via Limeburners Bay

The forecast for this Friday is once again for south westerly winds and a slight chance of rain. We've been having south westerly winds for weeks now, so it's getting tricky to find non-repetitive rides. We're going to do yet another V/Line ride.

START: The ride will depart at **10:50am from Waurnd Ponds Station**. There are limited spaces for bikes, so we will need to spread ourselves across multiple services. There's an excellent coffee cart at the station or there are various cafes in the Waurnd Ponds Shopping Centre (in which case you could meet us en route rather than coming back up the steep hill to the station).

- The V/Line service leaving Southern Cross at **8:50am** arrives at Waurnd Ponds at 10:08am (a total of 6 bike spaces available).
- The V/Line service leaving Southern Cross at **9:30am** arrives at Waurnd Ponds at 10:49am (a total of 6 bike spaces available).
- For super early birds, the V/Line service leaving Southern Cross at **8:10am** arrives at Waurnd Ponds at 9:28am (a total of 12 bike spaces available).
- Something to keep in mind is that there are also intermediate services that only go as far as South Geelong Station: Departing Southern Cross **8:30am** arriving South Geelong 9:38am (6 bikes) | Departing **9:10am** arriving 10:18am (6 bikes).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Waurnd Ponds Station we'll take a few suburban streets to connect to the Waurnd Ponds Trail, which we'll follow all the way to Breakwater Rd: total distance approximately 9 km. From there we'll follow the Barwon River Trail round to Swanston St (just before Kardinia Park / South Geelong Station), and take Swanston St to Eastern Beach: about 7 km. After that we'll take the Bay Trail from Eastern Beach to Lara, about 20 km. Lunch will be at the [Geelong Boat House](#), beside Cunningham Pier (which has excellent fish and chips), or there are lots of alternative options nearby.

For our return from Lara, there are trains at approximately 20 minute intervals, departing: 3:07pm, 3:29pm, 3:47pm, 4:09pm, 4:27pm, 4:49pm, 5:06pm etc.

ROUTE & GRADE: This is a medium grade ride of around 36 km. For the route, see the [Waurnd Ponds to Lara via Limeburners Bay](#) Google map. Most of the route is sealed. There will be some short on-road sections and the tailwind should be helpful. The landscape will vary dramatically - at times quite urban and/or industrial, but with stunning riverside or coastal scenery at other times.

REMEMBER: Bring a waterproof layer since rain is a possibility. Sunscreen is recommended between 9:30am and 4:30pm, as the UV is predicted to reach level 7 (High).

WEATHER FORECAST: *"10 to 18 degrees. Cloudy. Slight chance of a shower, most likely in the evening. Winds westerly 15 to 25 km/h turning south to southwesterly 15 to 20 km/h in the late morning and early afternoon."* For more details, see [Geelong detailed forecast](#) or [MetEye](#).

Fri 17 Oct 2025: Tarneit - Williams Landing - Laverton - Westona - CBD

The forecast for this Friday is looking reasonable with westerly / south westerly wind (yet again) and a pleasant temperature, but a slight risk of rain. We're going to make one more attempt at a ride involving V/Line trains, starting from Tarneit Station.

START: We'll aim to depart at around 10:25am from the cafe inside Bunnings, 660 Leakes Rd, Tarneit. This is in the shopping centre quite close to the Tarneit Station exit.

- **NO COFFEE:** Catch the South Geelong V/Line service departing from Southern Cross Station at 9:50am, arriving at Tarneit at 10:17am.
- **COFFEE OPTIONS:** Catch the South Geelong V/Line service departing from Southern Cross Station at 9:10am, arriving at Tarneit at 9:37am or the Waurn Ponds V/Line service departing from Southern Cross Station at 9:30am, arriving at Tarneit at 9:57am.
- **GETTING TO THE CAFE:** It should be really easy to get to the Bunnings cafe (which may be signed "Tarneit Hardware Cafe") from the station. Exit the station on the left side (in the direction of travel from the CBD) and you should be able to see Bunnings and the cafe to your left. I'll aim to catch the train arriving at 9:37am. If getting to the cafe isn't trivially easy, I'll wait at the station to meet the next two trains.
- **NOTE:** Check the monitors upon arrival at Southern Cross Station to see which platform to head to. Look for a South Geelong, Marshall or Waurn Ponds service, and double-check that it's stopping at Tarneit. Getting bikes on V/Line trains is always a bit of a gamble. If you miss out on boarding the train leaving Southern Cross at 9:50am, catch the next available Werribee line train to Williams Landing Station and wait for us there.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the cafe we'll head to the Skeleton Waterholes Creek and follow that to Williams Landing. We'll take some on-road paths to get to Palmers Rd, passing by the Williams Landing Station, to get to the Skeleton Creek. After following that for a while, we'll divert to pass by Laverton Station then follow the Laverton Creek to the Laverton Grasslands, exiting to Westona Station. From there we head to Cherry Lake and take our normal route to get to Newport Station, where we'll have lunch at the [Junction Hotel](#), 15 Hall St, Newport (right beside the station). They have a \$20 Express Lunch option, and their standard menu also looks OK. After lunch, we'll head to the Bay Trail to cycle to Docklands via Footscray Road.

ROUTE & GRADE: This 41 km ride is graded Medium. The route is shown on the [Tarneit - Williams Landing - Laverton - Westona - CBD](#) Google map. It will be around 30 km to lunch, there are lots of train station exit points should they be needed, and the wind will mostly be behind us.

REMEMBER: Bring a waterproof layer since rain is a possibility. Sunscreen is recommended between 9:50am and 4:20pm, as the UV is predicted to reach level 7 (High).

WEATHER FORECAST: *"13 to 19 degrees. Partly cloudy. Medium chance of showers, most likely in the morning. Winds west to southwesterly 15 to 20 km/h becoming light in the early morning then becoming west to southwesterly 20 to 30 km/h in the morning."* For more details, see [Newport detailed forecast](#) or [MetEye](#).

Fri 10 Oct 2025: Glenroy to Clifton Hill via M80 and Darebin Creek

The forecast for this Friday is looking reasonable with south westerly wind and a pleasant temperature, but some risk of rain, especially after lunch. We will meet in Glenroy and loop around to Clifton Hill.

START: We'll aim to depart from the east side of Glenroy Station at 10:30am.

- **NO COFFEE:** Catch the Craigieburn Line train from Flinders Street at 9:57am, arriving at Glenroy at 10:24am.
- **COFFEE OPTION:** Catch the Craigieburn Line train from Flinders Street at 9:35am, arriving at Glenroy at 10:05am.
- **GETTING TO THE CAFE for coffee:** Exit the station on the west side, go a short distance north to Post Office Pl., and meet at [Twenty-One Days Later](#) cafe, 10 Post Office Pl, Glenroy.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the cafe we'll follow the railway line up to Jacana, where we will then head east along the M80 Trail. Once we reach the Merri Creek we will head down it to Broadhurst Avenue. This, in turn, will lead us to the [Edwards Lake Hotel](#) for lunch. After lunch we will return to Broadhurst Avenue and use it to connect across to the Darebin Creek, following it all the way to Fairfield. Leaving the Darebin Creek Trail at Fairfield we will then wind our way across to Clifton Hill Station, from where we'll disperse to either cycle home or catch a train.

ROUTE & GRADE: This 39 km ride is graded **moderate**. The route is shown on the [Glenroy to Clifton Hill via M80 and Darebin Creek](#) Google map. We should have a tail or side wind for most of the way. Lunch will be after about 19km. If needed, there are easy train bailout options at Jacana, Reservoir and Fairfield Stations.

REMEMBER: Bring a waterproof layer since rain is a possibility, plus a warm layer. Sunscreen is recommended between 10:10am and 4:10pm, as the UV is predicted to reach level 6 (High).

WEATHER FORECAST: "Min 13, Max 22. Partly cloudy. Medium chance of showers, most likely in the afternoon and early evening. Winds northwesterly 25 to 40 km/h."

Note: Original map contained a backloop so was inaccurate. Ride was too early to lunch. Lunchspot would need to be changed in future. To replace doubled up section, the ride went to Mt Cooper and Bundoora Homestead and through Latrobe University before rejoining the Darebin Creek. Revised route good.

Fri 3 Oct 2025: Wyndham Vale - Werribee River - Federation Trail - Kororoit Ck - Sunshine - South Kensington

The forecast for this Friday is looking reasonable with south westerly wind and a pleasant temperature, but a slight risk of rain. Given the large number of absent riders at present, we're going to do a ride involving V/Line trains that we've only ever done once before: starting at Wyndham Vale Station.

SUGGESTION: Next time this ride is done, ride further along Hogans Rd, then down the Skeleton Creek Trail. That will make it less than 40 km to lunch.

START: We'll aim to depart at 10:30am from the [Sons of Manor](#) cafe in the Manor Lakes Central Shopping Centre.

- **NO COFFEE:** Catch the South Geelong V/Line service departing from Southern Cross Station at 9:50am, arriving at Wyndham Vale at 10:24am.
- **COFFEE OPTIONS:** Catch the Waurin Ponds V/Line service departing from Southern Cross Station at 9:30am, arriving at Wyndham Vale at 10:04am, or the South Geelong V/Line service departing from Southern Cross Station at 9:10am, arriving at Wyndham Vale at 9:44am. .
- **GETTING TO THE CAFE:** This is a bit tricky. There is a bike path running from the station to the shopping centre, then a bike path beside Ballan Rd to get to the cafe, which is close to Manor Lakes Boulevard, near Buloke Ave. I'll aim to catch the service departing at 9:30am to lead the way to the cafe, then I'll return to meet the service departing at 9:50am (i.e. the "no coffee" contingent, who should arrive at 10:24am). If making your own way to the cafe, make sure you have [the map loaded](#).

- **NOTE:** Check the monitors upon arrival at Southern Cross Station to see which platform to head to. Look for any Geelong-bound service (typically South Geelong or Waurn Ponds). Getting bikes on V/Line trains is always a bit of a gamble. Be patient and understanding if things go awry!

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the cafe we'll follow the Lollipop Creek Trail plus some short on-road sections, to get to the Werribee River, where we'll head north to Hogans Road. We'll go along Hogans Road but turn off at Dowling Avenue (earlier than what we did three weeks ago), then follow a linear park trail down to Hoppers Crossing Station. There we'll pick up the Federation Trail and follow that to Kororoit Creek, where we'll head north to get to our lunch spot, the [Derrimut Hotel](#) in Sunshine. After lunch, we'll take the trail beside the railway line as far as Footscray, then a few (mostly on-road) cycling paths to South Kensington Station, from where we'll disperse to either cycle home or catch a train.

ROUTE & GRADE: This 50 km ride is graded **HARD** due to the distance, or Medium even if you exit at lunch (**at 40 km**). The route is shown on the [Wyndham Vale - Werribee River - Fed Trail - Kororoit Ck - Sunshine - South Kensington](#) Google map. We should have a tail wind for most of the way. If needed, there are easy train bailout options at Werribee, Hoppers Crossing, Williams Landing, Sunshine, Tottenham, West Footscray or Footscray Stations.

REMEMBER: Bring a waterproof layer since rain is a possibility, plus a warm layer. Sunscreen is recommended between 9:10am and 3pm, as the UV is predicted to reach level 6 (High).

WEATHER FORECAST: *"11 to 19 degrees. Cloudy. Medium chance of showers, most likely in the morning and afternoon. Winds northwest to southwesterly 20 to 30 km/h becoming southwesterly 15 to 25 km/h in the early afternoon then becoming light in the evening."* For more details, see [Sunshine detailed forecast](#) or [MetEye](#).

Fri 26 Sep 2025: Altona to North Carlton via Williamstown

This Friday's bike ride has been advertised to all Nomads members, so there will be a few non-regolars joining us. The forecast is looking reasonable at this stage, though we will have a headwind for quite a bit of the ride.

START: We'll depart from [The Forestta](#), 60 Pier Street, Altona at 10:25am.

- **If you'd like a pre-ride coffee:** Catch the Werribee line train that departs from Flinders Street (usually platform 9 or 10) at 9:27am, arriving at Altona at 9:56am.

- **If you don't want a coffee:** Catch the Werribee line train that departs from Flinders Street (usually platform 9 or 10) at 9:47am, arriving at Altona Station at 10:16am.
- **Getting to the cafe:** Exit the station via the ramp, then turn left. After a few metres, turn right into Pier Street. The cafe is on the lefthand (CBD) side of the pedestrian mall section of Pier St.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the cafe we'll ride along the coastal trail, then the Capital City Trail, for lunch at the [Great Northern Hotel](#), 644 Rathdowne St, Carlton North. We have a booking in the beer garden.

ROUTE & GRADE: This is a "gentle medium" grade ride of around 29 km to lunch. There are many train station bailout options if needed. Most surfaces will be sealed and there are no real hills. For the route, see the [Altona to Fitzroy North via Williamstown](#) Google map.

REMEMBER: Bring a waterproof layer since rain is a possibility, plus a warm layer as the windchill factor will probably be significant, especially when riding into the wind. Sunscreen is recommended between 9:40am and 2:40pm, as the UV is predicted to reach level 5 (Moderate).

WEATHER FORECAST: *"13 to 22 degrees. Cloudy. High chance of showers, most likely in the morning and afternoon. Winds north to northwesterly 20 to 30 km/h tending west to northwesterly 25 to 35 km/h during the day."* For more details, see [Footscray detailed forecast](#) or [MetEye](#).

Fri 19 Sep 2025: Mernda - Darebin Creek - Dalton Road - Edwardes Lake - Merri Creek

The forecast for this Friday is looking reasonable for cycling, though with a strong northerly wind and a chance of rain, however the rain is likely to arrive after we've finished cycling.

START: We'll depart from Mernda Station shortly after 10:30am.

- The Mernda line train that departs Flinders Street platform 1 at 9:29am (or West Richmond at 9:42am or Clifton Hill at 9:49am), should arrive at Mernda at 10:30am.
- The station kiosk was closed last time we were in Mernda, but there's an excellent cafe nearby called [Station Grind](#) on the corner of the new shopping centre across from the station, facing the station. If you would like a coffee, catch an earlier train such as the 9:02am from Flinders Street Station (arriving 10:04am), or the 9:11am (arriving 10:13am).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the station we'll follow the trail by the railway line to Hawkstowe Station then navigate several lesser-known trails to Hendersons Road Drain Trail. This will take us to the Darebin Creek Trail, and on to the Ring Road (M80). There we will head west to Dalton Road, which will take us to Reservoir where we will divert to Edwardes Lake for lunch at [Edwardes Lake Hotel](#), 257 Edwardes St, Reservoir. After lunch we will head to the Merri Creek Trail and continue all the way to the Capital City Trail near Rushall Station, where there are many options for cycling home or catching a train. For those wishing to finish directly after lunch, Ruthven and Reservoir Stations are near by.

ROUTE & GRADE: This ride is graded Medium with a total distance of 39 km. The distance to lunch is 23 km. For the route, see the [Mernda to Rushall Station via Darebin Creek, Dalton Road, Edwards Lake and Merri Creek Trails](#) Google map. There are no significant hills and the trail surfaces are generally quite good - mostly sealed off-road concrete paths, although there are a couple of tricky crossings and **more on-road sections than we would like!** There are train station bailout options at frequent intervals.

REMEMBER: Bring a decent waterproof layer since rain is a real possibility, plus a warm layer as the windchill factor will be significant. Sunscreen is recommended between 10:00am and 2:20pm, as the UV is predicted to reach level 4 (Moderate).

WEATHER FORECAST: *"13 to 24 degrees. Partly cloudy. High chance of showers, most likely in the evening. Winds northerly 25 to 35 km/h increasing to 35 to 50 km/h in the morning then turning west to northwesterly 25 to 35 km/h during the afternoon and evening."* For more details, see [Reservoir detailed forecast](#) or [MetEye](#).

Fri 12 Sep 2025: Werribee River - Hoppers Crossing Drain - Fed Trail - Yarraville - CBD

The forecast for this Friday is looking quite reasonable for cycling, though with a small chance of rain and reasonably strong westerly / southwesterly winds.

START: The ride will depart at 10:30am from the [Wolf on Watton cafe](#), 90A Watton St, Werribee. The Werribee line train that departs Flinders Street platform 9 or 10 at 9:24am arrives at 10:04am. We will get to the cafe via a short ride beside the Werribee River. If you don't want a coffee, you can catch the train that departs at 9:44am, arriving at Werribee at 10:24am, but you'll need to find your own way (quickly) to the cafe in that case.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the cafe, we ride the Werribee River Trail North to Hogans Road and then follow it east to the Hoppers Crossing Drain Trail. We follow that trail to the Federation Trail then on to the [Yarraville Club](#), 135 Stephen St for lunch. Rumour has it that the Federation Trail now connects through to Hyde St (under the Westgate Bridge), but time will tell! If the rumour is unfounded, we'll turn off the Federation Trail onto

the Stony Creek Trail and follow that to get to the Yarraville Village via Anderson St. After lunch the options are to catch the train from Yarraville Station or ride on to Footscray Road/Dynon Road and the Observation Wheel at the top of the CBD, where we will disperse.

ROUTE & GRADE: This ride is graded moderate. The total distance to the Observation Wheel is 38.5 km and to the lunch spot is 33.5 km. It is mostly flat and all on sealed surfaces. There is a 3 km section on busy Hogans Road with limited separated bike lanes, but there is sufficient room for passing traffic. There are a few sections on minor suburban streets. The route is shown on the [Werribee - Werribee River - Hoppers Crossing Main Drain - Federation Trail - Yarraville - CBD](#) Google map. We should have a tail wind for most of the way.

REMEMBER: Bring a waterproof layer plus a warm layer as it is likely to be cool at times. Sunscreen is recommended between 10:10am and 2:20pm, as the UV is predicted to reach level 4 (Moderate).

WEATHER FORECAST: "8 to 17 degrees. Partly cloudy. High chance of showers, most likely from the late morning. Winds northwest to southwesterly 15 to 25 km/h becoming light in the evening." For more details, see [Brooklyn detailed forecast](#) or [MetEye](#).

Fri 5 Sep 2025: Sunshine Station - Caroline Springs - Watergardens

The forecast for this Friday is looking quite reasonable, but a little cool. Our plan is to do a ride we haven't done for a couple of years (though we did it in reverse a year ago).

START: We'll depart from Sunshine Station at 10:25am. The Watergardens/Sunbury line train that departs Flinders Street platform 5 (or 6) at 10:02am should arrive at Sunshine at 10:23am. If you'd like a coffee there are lots of earlier trains (e.g. depart Flinders Street at 9:29am, arrive at 9:51am; depart 9:35am arrive 9:57am; depart 9:41am arrive 10:03am). There's quite a good kiosk in the station where we can grab a coffee.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: After the coffee, we'll head to the Kororoit Creek Trail. We've mapped out a new route that's mostly off-road, to avoid the ugly Anderson Rd crossing at Derby Rd. From Sunshine Station we'll take an off-road trail northwards beside Harvester Rd, then cross Anderson Rd onto King Edward Ave via a convoluted but well engineered freeway overpass. King Edward Ave is a "bike friendly" street, but without a separated bike lane. After a short distance on King Edward Ave we turn left into Sydney St (a short, quiet street), then right onto the off-road trail beside Forrest St, which takes us to the Kororoit Creek Trail. Once on the Kororoit Creek Trail, we follow the trail northwards to the junction with the Western Ring Road Trail (near Esmond St), then follow the Western Ring Road Trail around to where it meets the M8. There we'll divert about 200m for lunch at [The Club](#), 1312-1322 Western Hwy, Caroline Springs (at around 18 km).

After lunch, we'll follow a (slightly convoluted) series of trails, paths and quiet roads northwards to the Melton Highway, where we take the path beside that to Watergardens, to catch a train back to the CBD (with the option to cycle down the Taylors Creek and Maribyrnong River Trails for anybody who wishes to extend their ride)!

ROUTE & GRADE: The route is a Medium grade ride of approximately 33 km. There should be few hills, and the wind will be **mostly** a tailwind or crosswind. The scenery in places will be "a bit desolate", but there will also be some quite interesting and picturesque sections. For the route, see the [Sunshine Station - Caroline Springs - Watergardens](#) map.

REMEMBER: Bring a waterproof layer (just in case of rain) **plus a warm layer** as it is likely to be quite cold, especially when starting out. **Sunscreen is recommended** between 10:30am and 2:10pm, as the UV is predicted to reach level 4 (Moderate).

WEATHER FORECAST: "5 to 15 degrees. Partly cloudy. Light winds becoming southeasterly 15 to 20 km/h in the middle of the day then becoming light in the late afternoon.". For more details, see [Caroline Springs detailed forecast](#) or [MetEye](#).

Fri 29 Aug 2025: St Albans - Kororoit Creek - Sunshine - Footscray - Fitzroy

The forecast for this Friday is looking **terrible**: cold, wet and windy with the chance of hail! There's a reasonable chance we won't be cycling, but if we do, the plan is to ride from St Albans to Fitzroy. Check for an SMS / email just before heading out, in case the ride gets cancelled.

This Friday is [Wear It Purple Day](#): wear something purple to support LGBTQIA youth.

START: We'll plan to start riding from St Albans Station at 10:15am. The Watergardens / Sunbury line train that departs from Flinders Street (probably platform 5) at 9:41am arrives at St Albans at 10:11am. If you'd like a coffee, you should catch an earlier train such as the one leaving Flinders Street at 9:24am (arriving 9:54am) or at 9:29am (arriving at St Albans at 9:59am).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: After the optional coffee at the excellent kiosk at St Albans Station, we'll head south on the Jones Creek Trail. Shortly after reaching the Western Ring Road Trail, we'll switch to the Kororoit Creek Trail, but only follow that as far as Sunshine. We'll exit the trail via Derby Rd to get to Sunshine Station, where we'll cross the rail line and follow the trail through Tottenham and Footscray to join the Maribyrnong via the Newells Paddock Wetlands. Rather than following the Maribyrnong though, we'll make our way to the Capital City Trail to get us to the [Railway Hotel Fitzroy North](#), 800 Nicholson Street, for lunch. After lunch we'll disperse to our respective homes via whichever trail works best (or a station such as Clifton Hill or any CBD station). If we have a significant rain delay, lunch could also be at the [Derrimut Hotel](#) in Sunshine or [The Vic Hotel](#) in Footscray.

ROUTE & GRADE: This is a medium grade ride of around 27 km to lunch - see [St Albans - Kororoit Creek - Sunshine - Footscray - Carlton](#). There are no significant hills and the route is mostly sealed. There are train station exit options at very regular intervals, namely Albion, Sunshine, Tottenham, West Footscray, Middle Footscray, Footscray, South Kensington, Newmarket, Flemington Bridge or Royal Park stations.

REMEMBER: Bring a decent waterproof layer plus a warm layer as it is likely to be very cold, especially due to the windchill factor. Sunscreen is recommended between 11:10am and 1:20pm, as the UV is predicted to reach level 3 (Moderate).

WEATHER FORECAST: *"9 to 13 degrees. 95% chance of 6-15mm rain. Cloudy. Very high chance of rain, most likely from the late morning. Possible small hail in the evening. Winds north to northwesterly 20 to 30 km/h increasing to 25 to 40 km/h in the morning then turning westerly 25 to 35 km/h in the evening."* For more details, see [Footscray detailed forecast](#) or [MetEye](#).

Fri 22 Aug 2025: Craigieburn - Galada Tamboore - Merri Creek - First & Last Hotel - Rushall

The forecast for this Friday is looking quite good, though there is a risk of rain in the afternoon. As there will be a fairly strong northerly wind, our plan is to ride from Craigieburn back towards the CBD.

START: We'll start out from Craigieburn Station at 10:25am. The Craigieburn line train that departs from Flinders Street platform 5 at 9:37am should arrive at Craigieburn Station at 10:21am. There are very poor coffee options near Craigieburn Station, so you should get your caffeine fix prior to catching the train. If you catch an earlier train, there is a service station north of the station that has coffee.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the station we head due north (into a headwind) for a couple of kilometres to the start of the Galada Tamboore Trail (beside the Hume Freeway), which we then follow all the way south to the Ring Road. There we head west along the Western Ring Road Trail a little over two kilometres to the Merri Creek, which we follow southwards as far as Queens Parade. We'll ride along Queens Parade to the [First and Last Hotel](#), 1141 Sydney Rd, Hadfield for lunch. After lunch, we backtrack the short distance (1 km) to the Merri Creek then follow that down to where it meets the Capital City Trail near Rushall Station. At that point there are trails heading off in all directions for everybody to make their way home (by train or bike).

ROUTE & GRADE: This is a Medium grade ride of around 37 km - see [Craigieburn - Galada Tamboore - Merri Creek - Rushall](#). There are no significant hills and the route is totally sealed. Once we reach the Western Ring Road Trail, there are train station exit options at regular intervals.

REMEMBER: Bring a decent waterproof layer plus a warm layer as it is likely to be cool in the morning. Sunscreen is recommended between 11:30am and 1:20pm, as the UV is predicted to reach level 3 (Moderate).

WEATHER FORECAST: “10 to 19 degrees. Cloudy. Medium chance of showers, most likely in the late afternoon and evening. Winds northerly 20 to 30 km/h.”. For more details, see [Fawkner detailed forecast](#) or [MetEye](#).

Fri 15 Aug 2025: Roxburgh Park - Upfield line - North Fitzroy

The forecast for this Friday isn't looking great, as it will be cold and there's a significant risk of rain. We've planned a ride that ensures we'll never be too far from a train station should the heavens open.

START: We'll plan to depart at 10:20am from the [Zeit w Zaytoon](#) bakery - it's in the Roxburgh Park Shopping Centre, on the corner closest to the station ([see map](#)). The Craigieburn line train that departs from Flinders Street platform 5 at 9:37am arrives at Roxburgh Park at 10:16am. If you'd like a coffee, catch an earlier train: the 9:07am train arrives at 9:46am; or the 9:16am train arrives at 9:55am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the cafe, we'll take a few suburban streets to connect with the Broadmeadows Valley Park Trail, which we'll follow to where it joins the Moonee Ponds Creek Trail, near Jacana Station. We'll take the nasty uphill climb to Jacana Station, then follow the Ring Road Trail for a relatively short distance prior to heading south at Rupert Wallace Reserve. That will take us via some quiet suburban streets to the start of the Upfield Trail, which we'll follow all the way to the Capital City Trail, where we'll turn left to follow that for lunch at the [Railway Hotel Fitzroy North](#), 800 Nicholson St, Fitzroy North. After lunch, there are lots of options to continue home via the Capital City Trail or whatever other route works for you. The nearest train stations after lunch are Rushall or Royal Park.

ROUTE & GRADE: This is a Moderate grade ride of 26 km to lunch in North Fitzroy. It's generally fairly flat, but there's a nasty uphill just prior to Jacana Station. For the route, see the [Roxburgh Park - Upfield line - North Fitzroy](#) Google map.

REMEMBER: Bring a decent waterproof layer plus plenty of warm layers as the temperature is likely to be **quite cool**. Think about bringing full-fingered gloves, a scarf and your full-length cycling knicks. Sunscreen is recommended between noon and 1pm, as the UV is predicted to reach level 3 (Moderate).

WEATHER FORECAST: “10 to 16 degrees. Partly cloudy. Very high chance of showers, most likely in the afternoon and evening. Winds northerly 30 to 45 km/h turning northwesterly 20 to 30 km/h during the afternoon.”. For more details, see [Fawkner detailed forecast](#) or [MetEye](#).

Fri 8 Aug 2025: Boronia to Fairfield via Heathmont, Mullum Mullum and Yarra Trails

The forecast for this Friday is looking quite good for winter, with southerly winds and little chance of rain. Trains aren't running this week on the Cranbourne and Pakenham lines, so we'll do a ride starting at Boronia, on the Belgrave line.

START: We'll plan to depart from Boronia Station ASAP after 10:15am. The Belgrave line train that departs from Flinders Street platform 2 at 9:26am (or Richmond at 9:29am, or Camberwell at 9:38am) arrives at Boronia at 10:10am. If you'd like a quick coffee at the *Two Cats Espresso Bar* (right beside the station), you should catch the train that departs from Flinders Street at 9:16am (or earlier), arriving at 9:58am at Boronia. Note that the next train to arrive after 10:10am won't be until 10:40am!

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: After an optional quick coffee at the [Two Cats Espresso Bar](#), we'll follow the cycling trail beside the train line to the Dandenong Creek Trail, where we'll turn left and follow the creek for less than 1 km before turning right to join the Heathmont Rail Trail. That trail takes us via Ringwood Lake to the Ringwood Bypass and Eastlink Trails, from which we'll turn off to the Mullum Mullum Trail. Following that particularly scenic trail, we'll eventually arrive at our lunch spot, [Beasley's Nursery and Teahouse](#), right beside the cycling path. After lunch we continue along the Mullum Mullum Trail to join the Main Yarra Trail. Shortly afterwards you can exit via the Diamond Creek Trail to get to Eltham Station, but the main group will continue along the Main Yarra Trail to Heidelberg then Fairfield.

ROUTE & GRADE: This ride is graded Medium with a total distance of 44 km to Fairfield, or 30 km if exiting at Eltham Station. It's around 21 km from Boronia to the lunch spot. There are no significant hills, but there are quite a few short, sharp uphill and some extended, gentle climbs. The trail surfaces will mostly be sealed prior to the Main Yarra Trail, which is mostly compacted gravel. The wind will be mostly behind us to the junction with the Diamond Creek Trail, then will tend to be a headwind for those continuing to Fairfield and beyond. For the route, see the [Boronia to Fairfield via Heathmont, Mullum Mullum and Yarra Trails](#) Google map.

REMEMBER: Bring a waterproof layer plus plenty of warm layers as the temperature is likely to be **quite cool**. Think about bringing full-fingered gloves, a scarf and your full-length cycling knicks. There's no need for sunscreen, as the UV is only predicted to reach level 2 (Low).

WEATHER FORECAST: "5 to 15 degrees. Mostly sunny. The chance of morning fog about the nearby hills. Areas of morning frost. Light winds." For more details, see [Templestowe detailed forecast](#) or [MetEye](#).

Friday 1 August 2025: Seaford to Federation Square via The Bay Trail

The forecast for this Friday looks good for a winter bayside ride. Our plan is to cycle from Seaford to Federation Square via the Bay Trail.

START: We'll meet at the [Spanish Bar](#), 20 Station St, Seaford, departing from there at 10:10am. **Note the early start so that lunch is not too late.** If you'd like a coffee, catch the Frankston line train that departs Flinders Street at 8:38am (or Richmond at 8:42am) and arrives at Seaford at 9:38am. If you don't want a coffee, take the Frankston line train that departs Flinders Street at 9:07am (or Richmond at 9:11am) and arrives at Seaford at 10:07am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: This is a well-known, scenic route following the coast from Seaford back to the CBD. We'll initially follow the rail line trail to Carrum. Upon arrival at Carrum, we'll follow the unsealed path beside the Patterson River then through the Edithvale Wetlands to Mordialloc. From Mordialloc the trail is sealed, and moves a little closer to the beach as we follow the coast as far as St Kilda. Lunch will be at the [Brighton Beach Hotel](#), 4 The Esplanade, Brighton. In St Kilda, we'll head inland to cycle via the Albert Park Lake (unsealed) then follow some excellent on-road cycling paths to take us to the CBD. **nb: varied ride from St Kilda - Fitzroy St and St Kilda Road. Worthwhile.**

ROUTE & GRADE: This is a medium grade ride of 45 km to Federation Square / Flinders Street, with lunch at about 30km. The route is quite flat and the wind will be either a light crosswind or a tailwind - see [Seaford - Bayside Trail - Flinders Street Station](#). The route is sealed except for the section between Carrum and Mordialloc. There are easy train station bailout options regularly as far as Mordialloc, then at Sandringham or Brighton Beach.

REMEMBER: Bring drinking water, warm layers and rain gear just in case.

WEATHER FORECAST: Min 5. Max 14. Partly cloudy. Areas of morning frost about the nearby hills. The chance of morning fog. Slight chance of a shower especially around lunchtime. Light winds becoming southerly 15 to 20 km/h during the afternoon then becoming light during the evening.

Friday 25 July 2025: Craigieburn-Broadmeadows Valley-Moonee Ponds Ck-Flemington Bridge

It looks like there could be some rain on Thursday night, but it should be clear for our ride on Friday, with rain expected again in the evening. So the plan is to ride in from Craigieburn, hopefully with the help of a tail wind.

START: We'll start from Craigieburn Station at 10:00am - note the early start! The Craigieburn line train that departs from Flinders Street at 9:16am should arrive at Craigieburn at 10:00am. There are no cafes nearby, so we'll stop en route for those who'd like a coffee. Earlier trains depart at 9:01am and 9:07am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From Craigieburn Station we head to the Aitken Creek Trail and follow that as far as Denau Place / Mission Hills Way. We then wind our way south through suburban streets to Fairways Cafe & Convenience, 100 Fairways Blvd, Craigieburn, for an optional coffee. Afterwards we take a short ride along quiet streets to the Broadmeadows Valley Park Trail, which leads us to the Moonee Ponds Creek Trail. We'll follow that all the way to lunch at the [Cross Keys Hotel](#), 350 Pascoe Vale Rd, Essendon. After lunch we will continue on to Flemington Bridge, from where you can return home by train or by cycling the Capital City Trail either clockwise or anticlockwise.

ROUTE & GRADE: This is a Medium grade ride of 34 km to Flemington Bridge. For the route, see the [Craigieburn to Flemington Bridge via Broadmeadows Valley and Moonee Ponds Creek](#) Google map. It is all on sealed paths and roads, with very few uphill. There are several train exit points, notably Jacana Station, Strathmore Station (beside the lunch stop) and Essendon Station. It is 27 km to lunch, then 7 km after lunch. There should be a tailwind most of the way.

REMEMBER: Bring drinking water, warm layers and wet weather gear as you never know what Melbourne will throw at us.

WEATHER FORECAST: "6 to 14 degrees. Cloudy. Patches of frost about the nearby hills in the early morning. The chance of morning fog. High chance of showers, most likely in the evening. Possible rainfall: 1 to 5 mm. Winds northerly 15 to 20 km/h turning northeasterly 25 to 35 km/h early in the morning.

Fri 18 July 2025: Richmond to Glen Iris via Fairfield and Blackburn Lake

The forecast for this Friday is looking rather good for a winter's day, with sun, light winds and little chance of rain. Our route is a bit of a meander through the eastern suburbs, taking advantage of a rare dry winter's day out that way.

START: Departure at 10:15am from Richmond Station (north side).

- If you'd like a pre-ride coffee, meet at [Hector's Bakery](#), 33 Stewart St, Richmond, at 9:45am. It should be just across from the north entrance. Otherwise, catch a train that will get you to the start point by 10:10am

- There are too many trains from Flinders street to Richmond at close intervals to be worth listing any particular one. Catch any [Alamein Line](#), [Belgrave Line](#), [Cranbourne Line](#), [Frankston Line](#), [Glen Waverley Line](#), [Lilydale Line](#), [Pakenham Line](#) or [Sandringham Line](#) train, allowing about 3 minutes for the trip from Flinders Street.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Richmond Station we will follow roads and the Yarra to Fairfield, then on up the Yarra and Koonung Creek Trails to Blackburn. We will have lunch at [The Food Republic](#), 28/30 Blackburn Rd, Blackburn, or a nearby cafe if it is too crowded. After lunch we will continue on to Blackburn Lake and its lovely reserve, before using a mixture of trails and back roads to get us to Gardiners Creek Trail and down it to Glen Iris Station. From there you can catch a train or continue down the Gardiners Creek Trail to the Yarra and on into the CBD, a further distance of 12 km.

ROUTE & GRADE: Moderate 25 km cycling to the lunch point, or Medium 43 km ride if continuing to Glen Iris Station. After lunch you can exit the ride via the nearby Blackburn Station. The ride will be on a mixture of on road bike lanes, suburban streets and sealed, off-road trails. There will be light head winds in places as we are essentially doing a loop. See [Richmond to Glen Iris via Yarra and Blackburn Lake](#) for a map of the route.

REMEMBER: Warm clothing layers including a decent **waterproof** layer just in case.

WEATHER FORECAST: Min 5. Max 15. Mostly sunny. Patches of morning frost in the northeast suburbs. Light winds becoming northerly 15 to 20 km/h in the late evening.

Fri 11 July 2025: Williams Landing to Southbank via Altona and Newport

The forecast for this Friday is looking fairly bleak, with a high probability of rain. As well the wind will probably make it feel colder than it is. Our route from Williams Landing to Southbank via Laverton, Altona and Newport will ensure that we're never too far from a station should the heavens open. **Keep an eye on your email and messages Friday morning in case rain causes a change of plans or cancellation.**

START: Departure at 10:20am from Williams Landing Station.

- If you'd like a pre-ride coffee from the kiosk at the Williams Landing Station, catch the Werribee train that departs from Flinders Street at 9:24am, arriving at Williams Landing at 9:55am.
- The Werribee train that departs from Flinders Street, at 9:44am should arrive at Williams Landing at 10:15am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the Williams Landing Station (near the station kiosk) we will head to the Skeleton Creek Trail, but after crossing a Skeleton Creek bridge, we'll exit the trail and head north to get to Laverton Station. There we'll connect to the Laverton Creek Trail to cycle the coast and on to Altona. We will then cut up to Cherry Lake and around to Newport. Rejoining the Bay Trail we will continue to lunch at the [Yarraville Club](#), 135 Stephen St, Yarraville. After lunch you can exit the ride via the nearby Yarraville Station, or continue with the group via the Bay Trail, then the Footscray Road Trail to Docklands, with the ride officially finishing at Southern Cross Station.

ROUTE & GRADE: Moderate 24 km cycling to the lunch point, or Medium 31 km ride if continuing to Southern Cross Station. The ride will be almost entirely on sealed, off-road trails. There is a chance there will be strong head winds in places. See [Williams Landing to Southbank via Altona and Newport](#) for a map of the route.

REMEMBER: **Warm** clothing layers including a decent **waterproof** layer.

WEATHER FORECAST: Min 7, Max 16 *degrees*. Partly cloudy. High chance of showers, most likely in the late morning and afternoon. Chance of any rain: 80%. Possible rainfall: 0 to 4 mm. Winds north to northwesterly 15 to 25 km/h turning westerly 20 to 30 km/h in the middle of the day then tending west to northwesterly 15 to 20 km/h in the late afternoon.

Fri 4 Jul 2025: Upfield Station - Upfield Trail - Capital City Trail - Abbotsford Convent

The forecast for this Friday is once again looking quite good for winter, with northerly winds and little chance of rain, so we'll get in a ride along the Upfield line before the works begin on the next phase of Upfield line upgrades.

START: The ride will begin at 10:30am at Upfield Station.

- **With Coffee:** If you'd like a coffee, the train departing from Flinders Street at 9:33am arrives at 10:10am (or the 9:12am train arrives at 9:49am). There are cafes in Barry Rd, for example the [Barry Road Hot Bread & Cake Shop](#) on the corner of Barry Rd and Dunstan Pde.
- **Without Coffee:** The Upfield line train that departs from Flinders Street Station platform 4 or 5 at 9:52am arrives at 10:28am at Upfield.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Upfield Station we'll ride via on-road trails along Barry Rd, Dallas Dr, Rigall St and Blair St, then off-road paths to pass under the Western Ring Road Trail. From there we'll continue southwards via the Fawkner Cemetery then the Upfield Trail, all the way to the Capital City Trail, which we'll then take in a clockwise direction around to the Abbotsford Convent, for lunch at the [Convent Bakery](#) (which has a range

of cafe offerings as well as normal bakery fare). It's a relatively short ride of only around 26 km to lunch, but most of us will add some additional kilometres by riding home from the bakery.

ROUTE & GRADE: This is a Medium grade ride of around 26 km. The route is fairly flat and we should have a tailwind much of the way. The surface is mostly sealed and mostly offroad, though with some relatively short on-road connections on quiet roads. Should the heavens open, we'll never be too far from train station exit options, and alternative lunch venues should we have a significant delay. For the route, see map: [Upfield Station - Upfield Trail - Capital City Trail - Abbotsford Convent](#).

REMEMBER: Bring a waterproof layer plus plenty of warm layers as the temperature is likely to be quite cold. Think about bringing full-fingered gloves, a scarf and your full-length cycling knicks. There's no need for sunscreen, as the UV is only predicted to reach level 1 (Low).

WEATHER FORECAST: *"5 to 15 degrees. Mostly sunny. The chance of morning fog. The chance of morning frost about the bayside suburbs. Slight chance of a shower in the evening. Light winds becoming northerly 20 to 30 km/h in the morning."* For more details, see [Brunswick detailed forecast](#) or [MetEye](#).

Fri 27 Jun 2025: Cranbourne Station - Cranbourne Botanic Gardens - Hallam Station

The forecast for this Friday is looking much better than what we've experienced today, thank goodness! The wind should be light and there's little chance of rain, so we'll do a Cranbourne Botanic Gardens ride, though with quite a few variations from the way we last did it in November 2024.

START: The ride will start at 10:25am from Cranbourne Station.

- **Quick Coffee:** If you'd like a quick coffee at the start of the ride, catch the Cranbourne line train that departs Flinders Street platform 6 at 9:03am, or Richmond at 9:07am, which should arrive at Cranbourne at 10:01am. Alan will guide you to a cafe (probably [The Groove Train](#)) in the Cranbourne Park Shopping Centre.
- **Without Coffee:** Catch the Cranbourne line train that departs Flinders Street platform 6 at 9:23am, or Richmond at 9:27am, which should arrive at Cranbourne at 10:21am. George will guide you to meet the rest of the group at the Cranbourne Park Shopping Centre.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: The route via the Cranbourne Training Complex is now closed to the public, so from the Cranbourne Park Shopping Centre, we'll head to the cycling path beside the B21/M420 South Gippsland Highway to get to the gardens. Shortly after arrival via Ballarto Rd at the front

entrance of the gardens, we'll turn left to do a clockwise circuit around the woodlands section of the gardens. Upon arrival at the car park, we'll park our bikes and do a quick tour of the stunning, formal section of the gardens. Afterwards, we'll take the West Exit (near the intersection of Ballarto Rd and Laurie Cleary Lane) then head north through Cranbourne West to eventually get to Casey Central Shopping Centre for lunch. Lunch will probably be at [Afghan Central](#), shop 104a, Casey Central, 400 Narre Warren-Cranbourne Rd, but there are [many other options in Casey Central](#). After lunch we'll head across to Berwick Springs, then follow the very scenic "Hallam Main Drain" path through grasslands and wetlands all the way to Hallam Rd, which we'll take to travel the short distance to Hallam Station.

ROUTE & GRADE: This ride is graded Medium with a total distance of around 40 km. There are no real hills anywhere but the trail surfaces vary enormously, with a small amount of on-road riding, gravel paths through the Cranbourne Botanic Garden woodlands, and mostly sealed on-road and offroad trails otherwise. For the route, see the [Cranbourne Station - Botanic Gardens - Merinda Park - Casey Central - Hallam Drain - Hallam](#) Google map.

REMEMBER: Bring a waterproof layer plus plenty of warm layers as the temperature is likely to be **quite cold**. Think about bringing full-fingered gloves, a scarf and your full-length cycling knicks. There's no need for sunscreen, as the UV is only predicted to reach level 1 (Low).

WEATHER FORECAST: "8 to 17 degrees. Partly cloudy. High chance of showers, most likely from the late morning. Winds northwest to southwesterly 15 to 25 km/h becoming light in the evening." For more details, see [Cranbourne detailed forecast](#) or [MetEye](#).

Fri 20 June 2025: Belgrave - Lysterfield Lake - Dandenong - Carrum

The forecast for this Friday is looking quite good for a winter ride. The plan is to ride from Belgrave to Dandenong via Lysterfield Lake where we will have lunch, before riding on to Carrum.

START: We'll depart from Belgrave Station at 10:30am. The Belgrave train departing from Flinders Street at 9:26am, or Richmond at 9:29am, should arrive in Belgrave at 10:26am. If you'd like a coffee in Belgrave, you should catch the Belgrave train departing from Flinders Street at 8:56am (Richmond 9:00am) or 9:16am (Richmond 9:19am), arriving in Belgrave at 9:56am or 10:12am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From Belgrave Station we'll head south, following Station St, Grey St and McNicoll Rd to Birdsland Reserve, which we'll ride through to pick up Dargon Track then Logan Park Rd through Lysterfield Park, passing alongside Lysterfield Lake. After exiting Lysterfield Park, we'll follow Reservoir Rd and Jacques Rd then a path beside Belgrave-Hallam Rd to the start of the Eumemmerring Creek Path, which we'll follow to

Dandenong. Lunch will be at the [Workers Club](#), 52-70 Wedge St, Dandenong (right beside the Dandenong Creek Trail on the approach to Dandenong). After lunch, we'll follow the Dandenong Creek Trail to Carrum. **Nb: diversion around Birdland Reserve lake 1 due to platypus protections.**

ROUTE & GRADE: Medium grade ride of 38 km to Carrum Station. The distance to Dandenong is 22 km, and to Carrum Station is a further 16 km approximately. There's only one significant uphill section, within Lysterfield Park, but for the most part the trail is either downhill or flat. The trail surface is quite rough in Lysterfield Park though, and unsealed in the park and on Jacques Rd. Sections in Belgrave are on suburban roads. For the route, see the [Belgrave - Lysterfield - Dandenong - Carrum](#) Google map. The main bailout option will be after lunch at Dandenong.

REMEMBER: Warm layers and light rain gear just in case. Also bring bike lights in case it is getting dull by the time you head home.

WEATHER FORECAST: "Min 6, max 16. Sunny. The chance of morning fog about the nearby hills. Areas of morning frost in the outer suburbs. Winds northerly 15 to 20 km/h becoming light in the middle of the day."

Fri 11 June 2025: Watergardens to CBD via Brimbank Park and South Kensington

The forecast for this Friday, although a bit chilly, looks great for winter riding. The plan is to ride the very scenic route from Watergardens to the city via Brimbank Park and the Maribyrnong River. We have not ridden this route since before the floods, so it should be interesting to do it again.

START: We'll start from Watergardens Station at 10:20am. The Sunbury/Watergardens line train that departs from Flinders Street platform 5 at 9:41am should arrive at Watergardens at 10:18am.

- The Sunbury Line train that departs Flinders St at 9:41am will arrive at Watergardens at 10:18am, just in time for the departure of the ride.
- If you'd like a coffee, you should catch an earlier Sunbury Line train, for example the one that departs from Flinders Street at 9:24am, arriving at Watergardens at 10:01am, or departing at 9:09am, arriving at 9:46am.
- You can get a coffee at the cafe located opposite the station exit.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From Watergardens, we'll ride down the Taylors Creek Trail to the end at Green Gully Close. From there we'll follow the trail into Brimbank Park, then follow the Maribyrnong Trail to the lunch point at the [Anglers Tavern](#) in Maribyrnong. From there it's less than 6 km to the South Kensington Station (or Footscray Station), or you can ride home from the lunch point.

ROUTE & GRADE: This ride is graded Medium with a total distance of 35 km. The distance to lunch is 26 km. For the route, see the [Watergardens to CBD via Brimbank Park and South Kensington](#) Google map. There is one significant hill at Lily Reserve in Avondale Heights, but leads to wonderful views over the river. There is a for across the Maribyrning at Brimbank Park. If it is flooded we will need to do a bit of a climb to get around. The trail surfaces are a mixture of sealed and unsealed, with a little bit of on road. There are no train station bailout options until after lunch at South Kensington (32km).

REMEMBER: Wear warm layers and bring a rain jacket just in case..

WEATHER FORECAST: Min 3. Max 14. Areas of frost and the chance of fog in the morning. Mostly sunny day. Light winds.

Fri 6 June 2025: Mernda to Rushall Station via South Morang, Darebin Creek and St Georges Road.

The forecast for this Friday suggests some rain, especially into the afternoon, but it's Melbourne, so perhaps we will be fortunate. The plan is to take advantage of the forecast northerly wind to cycle from Mernda back towards the CBD, with lots of bailout options if the weather turns against us.

START: We'll depart from Mernda Station shortly after 10:30am.

- The Mernda line train that departs Flinders Street platform 1 at 9:29am (or Clifton Hill at 9:49am), should arrive at Mernda at 10:30am.
- If you would like a coffee from the station kiosk, catch an earlier train such as the 9:02am from Flinders Street Station (arriving 10:04am), or the 9:11am (arriving 10:13am).
- If you want a cafe style coffee experience, there is an excellent bakery, **Turners Bakehouse Eatery**, 107 Schotters Rd, Mernda, about 1 km due north of the Mernda Station, but you will need to catch the 8.37am train, or earlier, from Flinders St, arriving Mernda at 9.39am and make sure you are back at Mernda Station by 10.30am. The station kiosk is closed and Turners was closed for renovation. There is now a good coffee shop on the corner of the new shopping centre across from the station, facing the station. It is called "Station Grind", 126/180 Riverdale Blvd, Mernda, 3752. Would be a good place to designate to meet as there is ample room.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From the station we'll follow the trail by the railway line to Hawkstowe Station and on to South Morang and then Darebin Creek. We will then follow the Darebin Creek Trail to Reservoir. The plan is to have lunch at [Northside Broadway](#), Broadway, Reservoir. If our numbers are too big for there and/or the weather favourable we will go on to [Edwardes Lake Hotel](#). After lunch we will head to High St, then St Georges Road, and all the way to Rushall Station, where there are many options for cycling home or catching a train. **Lunch was at Edwardes Lake Hotel.**

ROUTE & GRADE: This ride is graded Medium with a total distance of 34 km. The distance to lunch is 25 km. For the route, see the [Mernda - Reservoir - Northern Pipe Trail - Rushall](#) Google map. There are no significant hills and the trail surfaces are generally quite good - mostly sealed off-road concrete paths.. There are train station bailout options at frequent intervals.

REMEMBER: Bring wet weather gear as rain is very possible.

WEATHER FORECAST: Min 8, Max 14. Showers increasing. Partly cloudy. High chance of showers, most likely in the afternoon and evening. Winds northerly 25 to 40 km/h.

Fri 30 May 2025: St Albans to Reservoir via Ring Road (then southwards)

The forecast for this Friday is looking a bit wintry, with a small chance of rain, though hopefully that will hold off while we're riding. We'll start from St Albans Station again, but head off in a completely different direction to what we did last week.

START: We'll plan to depart from St Albans Station at 10:15am.

- **NO COFFEE:** If you don't want a coffee, catch the Sunbury/Watergardens train that departs from Flinders Street platform 5 at 9:41am, arriving at St Albans at 10:11am.
- **WITH COFFEE:** If you'd like a coffee, catch an earlier train such as one departing from Flinders Street at 9:24am arriving at 9:54am. There's an excellent kiosk in the station (on the CBD side, to the right after you exit the barriers).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the station we will head to the Ring Road Trail and follow that all the way to Edgar Rd, where we'll take a short detour down the Edgar Rd footpath for lunch at The [Excelsior Hotel](#), Thomastown, on the corner of Edgar and Mahoneys Rds. Their menu is excellent and there's a reasonably priced Seniors menu for those who qualify. After lunch we'll return to the Ring Road Trail and follow that to exit onto the Darebin Creek Trail and head southwards. Just prior to Dunne St, we'll decide whether to continue via the Darebin Creek Trail (which has better protection from headwinds) or the Northern Pipeline Trail (with more station exit options if rain appears imminent).

ROUTE & GRADE: This is a Medium grade ride of 38 km to Reservoir Station. The distance to lunch is 25 km. For the route, see [St Albans to Reservoir via Ring Road](#). The route is generally flat, sealed and mostly off-road but there are some nasty short uphill sections, especially heading up to Jacana Station. There are a number of easy train station bailout options should they be needed. You can exit after lunch via the nearby Thomastown Station.

REMEMBER: Bring a waterproof layer plus an additional warm layer as the temperature is likely to be fairly cool. Think about bringing full-fingered gloves, a scarf and your full-length cycling knicks. There's no need for sunscreen, as the UV is only predicted to reach level 2 (Low).

WEATHER FORECAST: *"10 to 16 degrees. Cloudy. Medium chance of showers. Light winds becoming south to southwesterly 15 to 20 km/h in the morning then becoming light in the evening."* For more details, see [Thomastown detailed forecast](#) or [MetEye](#).

Fri 23 May 2025: St Albans to Altona via Kororoit Creek

The forecast for this Friday is looking OK, though it will be chilly and there's a possibility of rain. Let's go west and ride the lower Kororoit Creek, which we haven't ridden for many years due to it being closed because of roadworks.

START: We'll plan to depart at 10:35am from St Albans Station. The Watergardens/Sunbury line train that departs from Flinders Street Station at 10:02am arrives at St Albans at 10:31am. If you'd like a coffee, there are frequent departures from Flinders Street Station (e.g. the train departing at 9:24am arrives at St Albans at 9:54am, or the 9:35am departure arrives at 10:05am). There's an excellent cafe in the station to the right of the exit barriers, on the same side as the barriers (much better than the cafes opposite the barriers).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the cafe we'll head west along a laneway parallel to Main Road West then follow quiet roads to take us to the Iramoo Wildflower Grassland Reserve (Cairnlea). From there we'll take the Jones Creek Trail, but follow it to the end then take Denton Ave, rather than our normal route via Furlong Rd and Cairnlea Dr, to get to the M80 Ring Road Trail. From there we'll follow the Kororoit Creek Trail through its many, varied deviations all the way to the Federation Trail, which we'll cross, then continue along Kororoit Creek until the trail runs out at Barnes Rd. At that point we'll turn left to travel the short distance to Millers Rd, where we'll turn right (south) and follow Millers Rd for a short while to the well known Cherry Lake Trail and on to Altona for lunch at the beloved [Numero Uno pizza and pasta cafe](#). After lunch you can catch a train from Altona Station, or cycle back towards the CBD via the Coastal Trail (though probably taking a shortcut via Maddox Rd to Newport). The distance to Southern Cross Station via the shortcut is approximately 20 km.

ROUTE & GRADE: This is a Moderate ride of around 23 km to lunch (with an optional 20 km extension after lunch). The route is shown on the [St Albans to Altona via Jones Ck and Kororoit Ck](#) Google map.

REMEMBER: Bring a waterproof layer plus an additional warm layer as the temperature is likely to be cooler than in previous weeks. Think about bringing full-fingered gloves, a scarf and your full-length cycling knicks. There's no need for sunscreen, as the UV is only predicted to reach level 2 (Low).

WEATHER FORECAST: *"10 to 17 degrees. Partly cloudy. Areas of frost and the chance of fog in the morning. Slight chance of a shower. Light winds becoming south to southeasterly 15 to 20 km/h in the early afternoon then becoming light in the evening."* For more details, see [Brooklyn detailed forecast](#) or [MetEye](#).

Fri 16 May 2025: Fairfield - Ruffey Ck - Mullum Mullum - Main Yarra - Fairfield

The forecast for this Friday is looking quite good for cycling, with little chance of rain until the evening. A good chance to do a very scenic but fairly long ride beside the Yarra River, Ruffey Creek and Mullum Mullum Creek. **Note: we will be having a picnic lunch!**

START: We'll plan to depart at 10:30am from the cafe in the Fairfield campus of the Melbourne Polytechnic (the former Fairfield Infectious Diseases Hospital). This is on Yarra Bend Road, beside the Capital City Trail. If coming on the Main Yarra /Capital City Trail from the CBD, upon reaching the Yarra Bend Rd pedestrian crossing, turn right onto Yarra Bend Rd and after about 100 metres you'll find the cafe on your left, nestled in beside the Melbourne Polytechnic's Yarra Bend Nursery.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From the cafe we'll take the Capital City Trail to cross the pipe bridge opposite the Fairfield Park Boathouse and Tea Gardens, wind our way **up** to the Boulevard then follow the Main Yarra Trail as far as the swing bridge at Odyssey House, which we'll cross. We'll then follow the Ruffey Creek Trail to the picturesque Ruffey Lake Park and Ruffey Lake. Using a safe 5 km road connection (George St, Bellevue Ave and DOWN Old Warrandyte Rd) we'll connect with the beautiful lower Mullum Mullum Trail. We'll take the Mullum Mullum Trail all the way to where it meets the Main Yarra Trail, which we'll follow back to Fairfield, unless you wish to bail out where we meet the Diamond Creek - from there it's just 4 km to Eltham Station. We'll choose a nice spot to have a picnic lunch, probably somewhere along the Mullum Mullum Trail.

ROUTE & GRADE: This is a HARD ride of 54 km for the complete circuit, but you can shorten it to a Medium 40 km ride by bailing out at Eltham Station. There are a number of pesky hills, though none are too serious. Parts of the trail are unsealed, though with firm packed gravel (so won't be too slippery). The route is shown on the [Fairfield - Ruffey Ck - Mullum Mullum - Fairfield](#) Google map.

REMEMBER: Bring your **LUNCH** plus drinking water and a **warm layer**. Sadly, there's no need for sunscreen, as the UV is only predicted to reach level 2 (Low).

WEATHER FORECAST: *"7 to 19 degrees. Partly cloudy. The chance of morning fog. The chance of morning frost about the nearby hills. Slight chance of a shower in the evening. Light winds becoming west to southwesterly 15 to 20 km/h in the middle of the day then becoming light in the late afternoon."* For more details, see [Templestowe detailed forecast](#) or [MetEye](#).

Fri 9 May 2025: A Meander Around Casey to the Wilson Botanic Park

The forecast for this Friday is looking excellent again, an opportunity to do **another** challenging ride. However, I don't want to do two challenging rides in a row, so instead we'll do a medium grade meander around the City of Casey.

START: We'll catch the Cranbourne line train that departs from Flinders Street platform 6 at 9:42am, or Richmond at 9:46am, and should arrive at the Merinda Park Station at 10:36am. There are no coffee options near the station, so you'll need to get your coffee fix prior to departing.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to the email if you are having trouble doing that).

DETAILS: From Merinda Park Station we'll ride along assorted minor roads then the bike path beside the C404 highway, exiting that at Baringa Park Dr to do a circuit around the River Gum Creek Reserve. After that we'll return to the C404 briefly to pick up the Hallam Main Drain Trail. We'll follow that through wetlands to the Fountain Gate, Narre Warren Shopping Centre where we'll have two separate lunch options:

- [Walawwa "The Bungalow"](#), 28 Webb St, Narre Warren has superb, authentic Sri Lankan cuisine, but even their "mild" offerings have too much chilly for some.
- Those who prefer a milder offering can go to [Yes Noodle](#) at 1b/3 Webb St, Narre Warren (close to the station).

After lunch we follow concrete cycling trails beside the Monash Freeway then beside Ernst Wanke Rd for approximately 6 km. Shortly after we pass Bellbird Park, we turn right into Avebury Dr, left into Bournevale Dr, then take the second street on the right to enter the rear of Wilson Botanic Park. We need to dismount to walk through this beautiful, expansive park. Anybody who wants to explore the park further can do so, because that's virtually the end of the ride. We'll exit Wilson Botanic Park via the main entrance then turn left onto the bike path and follow that through the large Clyde Rd / Lyall Rd / Princes Hwy intersection then continue straight ahead along High St and at the next lights turn right into Gloucester Ave, which takes us to Berwick Station.

ROUTE & GRADE: This is a Medium grade ride of around 33 km. For the route, see the [Casey V2: Merinda Park - Narre Warren - Wilson Botanic Park - Berwick Google](#) map. Most surfaces will be sealed, with the exception of a relatively short stretch of packed gravel on the Hallam Main Drain Trail.

REMEMBER: Bring drinking water and a warm layer. Sunscreen is recommended between 11:50am and 12:50pm. The UV is forecast to reach level 3 (Moderate).

WEATHER FORECAST: *"7 to 19 degrees. Sunny. The chance of morning fog about the nearby hills. The chance of morning frost about the nearby hills. Light winds."* For more details, see [Narre Warren detailed forecast](#) or [MetEye](#).

Fri 2 May 2025: Lilydale to Warburton, and back

The forecast for this Friday is looking perfect, with sunny skies, light winds and not too hot. A good chance to do a special (albeit challenging) ride!

START: We'll start at 10:03am in Lilydale. The Lilydale train that departs from Richmond Station (platform 9) at 9:10am should arrive at Lilydale Station at 10:03am. You could catch this from Flinders Street, platform 2, at 9:07am, but given the early start, to avoid the peak hour crush it's best to board at Richmond or any other station east of Richmond on the Lilydale (or Belgrave) line. If you catch a Belgrave line train, you'll need to change at Ringwood.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: Upon arrival at Lilydale, we'll immediately hit the trail. There will be quite a bit of uphill climbing to reach Mt Evelyn (about 5 km), where we'll have a much-earned coffee at [The Trail Cafe](#), located right beside the trail just past the peak of Mt Evelyn. Lunch will be in Warburton at the [Alpine Hotel](#), located right beside the rail trail on the Melbourne side of Warburton. That will also chop a couple of kilometres off the total ride distance. It will be a long day and a challenging ride though – allow for getting back to the city between 5.30pm and 6.30pm. However, it is quite a beautiful ride, especially in Autumn, so well worth the effort if you feel you can manage it. Keith Dunstan of The Age famously described it as *"One of the great railway journeys of the world - minus the train"*!

More Info: Yarra Ranges: [Lilydale to Warburton Rail Trail](#) or Rail Trails Australia: [Lilydale to Warburton Rail Trail](#).

ROUTE & GRADE: This is a **CHALLENGING** ride of around 80 km! There are several reasons for the challenging grading: the gravel surface; the distance (around 80 km for the round trip, but the gravel surface makes this equivalent to over 100 km on a sealed surface); the lack of exit options; and Mount Evelyn (which we need to tackle in both directions). Many people do this ride over two days, staying overnight in Warburton. Having once been a railway line, the gradients are never excessive, but some are long. For the route, see: [Lilydale - Warburton via Rail Trail](#)

[- Lilydale](#). It's possible to put bikes on the Warburton-to-Lilydale bus, so if anybody has a major breakdown it should be possible to get back to Lilydale by bus, but there's a limit of two bikes per bus and their transport is at the discretion of the bus driver (i.e. the driver may refuse to take any bikes). The buses are reasonably regular but there's a big gap between 3 and 4pm (approximately), when buses are diverted to school bus duties.

REMEMBER: Bring ample drinking water plus a warm layer for getting to the station in the morning. It will be cooler in the Yarra Valley than in Melbourne. Sunscreen is recommended between 11am and 1:30pm. The UV is forecast to reach level 3 (Moderate). **Don't forget your bike lights for getting home at the end of the day!**

MELBOURNE WEATHER FORECAST: "7 to 20 degrees. Sunny. The chance of fog and frost in the morning, mainly about the nearby hills. Light winds.". **Warburton Forecast:** "4 to 15 degrees. The chance of morning frost about the ranges. The chance of morning fog. Sunny afternoon. Light winds. Overnight temperatures falling to between 3 and 7 with daytime temperatures reaching between 17 and 20.". For more details, see [Warburton detailed forecast](#) or [MetEye](#).

Fri 25 Apr 2025: Fed Square - Main Yarra - Gardiners Creek - Anniversary - Main Yarra

The forecast for this Friday is looking a bit tricky, with the possibility of quite a bit of rain. The ride that's planned has lots of train station exit points if the heavens happen to open.

START: We'll plan to depart at 10.30am from the bike hoops on Birrarung Marr, beside Federation Square. The bike hoops are located on Birrarung Marr, between Swanston St and the MCG and between the river and the Federation Square Car Park. This is on the intermediate level - not the path right beside the river, and not the level of the main part of Federation Square. If you'd like a coffee, please get one (e.g. from Flinders Street Station) on your way to the meeting point.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From Fed Square, we will start out along the Main Yarra Trail then follow the Gardiners Creek Trail. We'll take a shortcut via the picturesque, but largely unsealed, Ferndale Trail to join the Anniversary Trail, which we'll follow to Alphington. At Alphington we will rejoin the Main Yarra Trail and ride on that to Abbotsford for lunch at the [Convent Bakery](#). After lunch, we'll return to the CBD via some fairly direct, mostly on-road cycling paths, but you could also follow the Main Yarra Trail all the way back to Fed Square if you want a longer and more scenic ride (that route is approximately 8 km longer).

ROUTE & GRADE: This is a medium grade ride of around 34 km, consisting of 29 km to lunch, then a further 5 km back to Fed Square. There's also the option to extend your ride by following the Main Yarra Trail after lunch all the way back to Fed Square (13 km rather than the 5

km direct route that the official ride will follow). There are easy and safe train station bailout options at regular intervals. For the route map, see [LOOP: Fed Square - Main Yarra - Gardiners Creek - Anniversary - Main Yarra - Fed Square](#).

REMEMBER: Bring a decent waterproof layer, plus ample drinking water. Sunscreen is likely to be recommended between 10:30am and 2:10pm. The UV is forecast to reach level 4 (Moderate).

WEATHER FORECAST: “16 to 22 degrees. Cloudy. Very high chance of showers, most likely in the morning. Winds northerly 15 to 20 km/h shifting west to southwesterly during the afternoon.”. For more details, see [Abbotsford detailed forecast](#) or [MetEye](#).

Fri 18 Apr 2025: Essendon - Airport West - Maribyrnong - Docklands

This (Good) Friday, Darren is going to lead the bike ride, for a circuit from Essendon to the CBD via Airport West, going to Roasting Warehouse for coffee and brunch!

NOTE: booking required by 5pm Thursday 17th April.

START: We'll plan to depart at 10am from the east side of Essendon Station, opposite [Augustus Gelatery](#), 13-21 Russell St, Essendon ([see Google map](#)).

- Trains will be running to a Sunday timetable on this public holiday.
- The Craigieburn line train that departs from Flinders Street platform 5 at 9:37am arrives in Essendon at 9:53am.
- Note: No coffee is envisaged prior to departing - we'll instead stop for coffee and brunch in Airport West!
- There will not be a lunch stop on this ride - brunch instead.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: No time for coffee at the station! Instead we ride for 11.5 km to the [Roasting Warehouse](#), 9 Marshall Rd, Airport West for coffee and brunch. We'll cycle via Buckley St, the Moonee Ponds Creek path and a reasonably steep climb up Mascoma St. After coffee, we ride through the wonderful Airport West Green Spine Linear Park, then Steele Creek and the Maribyrnong River trails. We'll ride on to Southern Cross Station via the Maribyrnong River and Footscray Road trails.

ROUTE & GRADE: Medium grade ride of 35 km to Docklands. It's 11.5 km to the brunch stop, then a further 23.5 km to Southern Cross, making a total of 35 km. For the route map, see [Essendon - Airport West - Anglers Tavern - Docklands](#). There are easy train exit options after brunch via South Kensington, Footscray or Moonee Ponds stations.

REMEMBER: Bring a light waterproof layer, just in case showers occur, plus ample drinking water. Sunscreen is likely to be recommended between 10am and 2:40pm. The UV is forecast to reach level 5 (Moderate).

WEATHER FORECAST: *“17 to 28 degrees. Mostly sunny. Slight chance of a late shower. Winds northwest to northeasterly 15 to 25 km/h tending northwest to southwesterly 15 to 20 km/h during the afternoon then becoming light during the evening.”*. For more details, see [Essendon detailed forecast](#) or [MetEye](#).

Fri 11 Apr 2025: Fairfield - La Trobe - Main Yarra - Fairfield Park

The forecast for this Friday is looking quite good, with light winds and very little chance of rain. The plan is to do a relatively short ride that starts and ends in the inner suburbs, but you can add more kilometres by cycling to and from your home.

START: We'll meet at the corner of Heidelberg Rd and Arthur St, Fairfield ready to depart at 10:30am. There are two cafes there for you to get a coffee beforehand if you wish, [Hoppa & Joe](#) or the [Arthur St Deli](#). To get to the meeting point by public transport, get a Hurstbridge line train to Fairfield Station. After exiting the station, head east beside the railway line across Station St, then turn right into Arthur St and follow that to the cafes, which are located on either side of Arthur St, beside Heidelberg Rd.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From the meeting point, we'll head to the Darebin Creek Trail and follow that to the La Trobe University turnoff. We'll make our way through the university then follow linear paths beside the Nangak Tamboree Wildlife Sanctuary to Ernest Jones Reserve, from where we'll pick up a pleasant urban trail via the Cherry Street Grassland Reserve to get to Macleod. Lunch will be a picnic in the Macleod Village Green park. You can bring a picnic lunch from home or there are lots of excellent takeaway options in Macleod. The [General Chicken Co](#) is highly recommended, including for vegetarians, but there are many other excellent options. After lunch, Macleod train station is nearby, otherwise Erskine Road takes us to the Greensborough Highway, with good paths (incorporating the scenic River Gum Walk) linking from there to the Main Yarra Trail, which we'll then follow back to Fairfield. If we get delayed before lunch, La Trobe University has a number of cafes also.

ROUTE & GRADE: This is a Medium grade ride of just 29 km, which tends to be relatively flat though there are a few short uphill. The surface is mostly sealed and mostly off-road, though with some relatively short on-road connections. There are a few train station exit options if needed. For the route, see map: [Fairfield - La Trobe - Main Yarra - Fairfield Park](#).

REMEMBER: Bring a light waterproof layer, just in case showers occur, plus ample drinking water. Sunscreen is recommended between 10am and 2:40pm. The UV is forecast to reach level 5 (Moderate).

WEATHER FORECAST: “16 to 22 degrees. Partly cloudy. Winds northerly 15 to 20 km/h becoming light before dawn then becoming south to southeasterly 15 to 20 km/h in the early afternoon.”. For more details, see [Macleod detailed forecast](#) or [MetEye](#).

NOTE: For Good Friday, all Nomads members are being invited to the [Good Friday Cycling: Essendon - Airport West - Maribyrnong - Docklands](#) event. This will include brunch at the [Roasting Warehouse](#), Airport West. If you'd like to attend, please **get a ticket prior to 5pm on Wednesday 16th April**.

Fri 4 Apr 2025: Werribee - Federation Trail - Yarraville - CBD

The forecast for this Friday is looking OK for cycling, at least in the western suburbs where there will be a minimal likelihood of rain. The plan is to take advantage of the southwesterly wind to cycle from Werribee back to the CBD.

START: We'll start at 10:04am at Werribee Station, and cycle to [Wolf on Watton](#), 90A Watton St, Werribee for a coffee.

- The Werribee train that departs from Flinders Street (probably platform 9, but check monitors) at 9:24am should arrive at Werribee at 10:04am.
- If you don't want a coffee, and know how to get to the cafe (along the river is best), you could catch the Werribee train that departs from Flinders Street at 9:44am, arriving at Werribee at 10:24am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: After the coffee, we'll continue along the Werribee River Trail to the start of the Federation Trail. The trail is no longer blocked at Millers Rd (yay!), so we'll follow it all the way to The Boulevard in Yarraville. From there we head north on the Stony Creek Trail then take our normal route along Anderson St through Yarraville to our lunch spot, the [Yarraville Club](#), 135 Stephen St, Yarraville. The Yarraville Club menu has a typical pub/club menu, and they have a seniors menu for those who qualify. After lunch you can return via train from Yarraville Station, continue via the Hyde St and Footscray Rd Trails with the group to Docklands (5.5 km) and beyond, or there are good cycling connections in all directions beyond Yarraville. There are train exit options at Hoppers Crossing, Williams Landing, Yarraville then very regularly after that.

ROUTE & GRADE: This is a Medium grade ride of around 32 km to lunch. There are virtually no hills and the wind will mostly be a tailwind. Route Map: [Werribee - Federation Trail - Yarraville - Docklands](#).

REMEMBER: Bring a light waterproof layer, just in case showers occur, plus ample drinking water. Sunscreen is recommended between 10:50am and 3:50pm. The UV is forecast to reach level 5 (Moderate).

WEATHER FORECAST: “12 to 18 degrees. Cloudy. Medium chance of showers. Winds southwesterly 15 to 20 km/h turning westerly during the day.”. For more details, see [Yarraville detailed forecast](#) or [MetEye](#).

Fri 28 Mar 2025: Mernda - Darebin Creek - Dalton Road - Edwardes Lake - Merri Creek

The forecast for this Friday is looking excellent, albeit a tad warm. The plan is to take advantage of the forecast northerly wind to cycle from Mernda back towards the CBD.

START: We'll depart from Mernda Station shortly after 10:30am.

- The Mernda line train that departs Flinders Street platform 1 at 9:29am (or West Richmond at 9:42am or Clifton Hill at 9:49am), should arrive at Mernda at 10:30am.
- If you would like a coffee from the station kiosk, catch an earlier train such as the 9:02am from Flinders Street Station (arriving 10:04am), or the 9:11am (arriving 10:13am).
- If you want a cafe style coffee experience, there is an excellent bakery, [Turners Bakehouse Eatery](#), 107 Schotters Rd, Mernda, about 1 km due north of the Mernda Station, but you will need to catch the 8.37am train, or earlier, from Flinders St, arriving Mernda at 9.39am and make sure you are back at Mernda Station by 10.30am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From the station we'll follow the trail by the railway line to Hawkstowe Station then navigate several less-known trails to Hendersons Road Drain Trail. This will take us to the Darebin Creek Trail, and on to the Ring Road (M80). There we will head west to Dalton Road, which will take us to Reservoir where we will divert to Edwardes Lake for lunch at [Edwardes Lake Hotel](#), 257 Edwardes St, Reservoir. After lunch we will head to the Merri Creek Trail and continue all the way to the Capital City Trail near Rushall Station, where there are many options for cycling home or catching a train. For those wishing to finish directly after lunch, Ruthven and Reservoir Stations are near by.

ROUTE & GRADE: This ride is graded Medium with a total distance of 39 km. The distance to lunch is 23 km. For the route, see the [Mernda to Rushall Station via Darebin Creek, Dalton Road, Edwards Lake and Merri Creek Trails](#) Google map. There are no significant hills and the trail surfaces are generally quite good - mostly sealed off-road concrete paths, although there are a couple of tricky crossings and some on-road sections. There are train station bailout options at frequent intervals. **Note: the map needs adjustment - the Merri Creek route is a bit skewiff!**

REMEMBER: Bring ample drinking water, and sunscreen is recommended between 10:30am and 4:10pm. The UV is forecast to reach level 6 (High).

WEATHER FORECAST: “13 to 30 degrees. Partly cloudy. The chance of fog in the early morning, mainly about the nearby hills. Slight chance of a shower at night. Light winds becoming north to northeasterly 25 to 35 km/h in the morning then becoming light in the evening.”. For more details, see [Reservoir detailed forecast](#) or [MetEye](#).

Fri 21 Mar 2025: Yarra, Gardiners Creek, Anniversary Trail, Capital City Trail, Canning St

George and Alan are both away this Friday, so Darren and Kevin will be leading the ride. The forecast indicates a chance of showers, but the route selected has lots of train station exit options in the unlikely case that people get drenched.

START: The ride will depart at 10:30am from Birrarung Marr, at the bike racks near the small toilet block by the Yarra. Come earlier if you want a coffee from a nearby cafe - take-away from Flinders Street Station is probably best.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From Birrarung Marr, the ride will go up the Yarra to the Gardiners Creek Trail, and follow that to East Malvern. There it swaps to the Anniversary Trail to cut through the Eastern suburbs and around to Fairfield then continue along the Capital City Trail to Canning Street, Carlton and take it, then Rathdowne, La Trobe and Swanston Streets back to Federation Square. There aren't a lot of establishments conveniently located along the Anniversary Trail to handle a large group for lunch, so **please bring your lunch for a picnic**, which will be consumed at a convenient, scenic location along the route.

ROUTE & GRADE: This is a Medium grade ride of 44 km in a loop from Birrarung Marr through the inner Eastern and Northern suburbs. See map: [Inner Eastern Loop: Yarra, Gardiners Creek, Anniversary Trail, Capital City Trail, Canning St](#). The route surface is all sealed and on designated bike paths, mostly off road, but with on road sections after lunch. There are many bail out options along the way.

REMEMBER: Bring your lunch - or purchase it from the shops at Flinders Street Station. Bring drinking water, and rain protection just in case. Sunscreen is recommended between 10:20am and 4:30pm. The UV is forecast to reach level 7 (High).

WEATHER FORECAST: “16 to 20 degrees. Cloudy. Medium chance of showers, most likely in the morning. Light winds becoming southerly 15 to 20 km/h in the morning then becoming light in the evening.”. For more details, see [Camberwell detailed forecast](#) or [MetEye](#).

Fri 14 Mar 2025: Belgrave to Fairfield via Heatherdale, Blackburn and Koonung Creek

We were excitedly poised to take advantage of a rare northerly wind forecast this Friday, when ... the forecast changed to a southerly ... yet again! So our plan now is to start at Belgrave and cycle to Blackburn for lunch at the Blackburn Hotel, then on via the Koonung Creek Trail to Fairfield.

START: The ride will depart at 10:15am from Blacksmiths Way at the north-western exit from the station. The Belgrave line train that departs from Flinders Street platform 2 at 9:16am (or Richmond 3 minutes later) arrives in Belgrave at 10:12am. If you'd like a coffee, catch one of the earlier Belgrave trains, for example the one departing from Flinders Street at 8:30am (arriving at 9:31am) or the one departing at 8:56am (arriving at 9:56am).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From Belgrave Station, we'll head down the mountain on the off-road trail, past Boronia and Bayswater to get to the Dandenong Creek Trail, where we'll turn left and follow that to where it joins the Eastlink Trail. We then take the Eastlink Trail northwards to Heatherdale where we'll join the path that follows the railway line and follow that all the way to Blackburn, passing by Mitchum and Nunawading Stations. Lunch will be at the [Blackburn Hotel](#), 111 Whitehorse Rd, Blackburn. They have an Express Lunch menu with 2 courses for \$18 (no vegetarian options though), or else a reasonably priced, typical pub menu. After lunch, we'll connect to the Koonung Creek Trail via a combination of quiet streets and linear parks. The Koonung Creek Trail, then the Main Yarra Trail, will take us back to Fairfield.

ROUTE & GRADE: The route to lunch is a Moderate 27 km ride, mostly downhill, steep at times, but with some undulations also. From the lunch stop back to Fairfield is a further 17 km. Hence the route all the way to Fairfield is a Medium 44 km ride. The track surface coming down the mountain is sealed, but badly damaged in places. There are some options to shorten the ride by exiting at a train station, and the wind will tend to be relatively light and mostly a tailwind unless the forecast changes yet again! For the route, see the [Belgrave, Heatherdale, Blackburn and Koonung Creek to Fairfield](#) Google map.

REMEMBER: Bring drinking water, and rain protection just in case. Sunscreen is recommended between 10:10am and 4:50pm. The UV is forecast to reach level 8 (Very High).

WEATHER FORECAST: *"15 to 27 degrees. Partly cloudy. Light winds becoming southeast to southwesterly 15 to 25 km/h in the early afternoon then becoming light in the evening."* For more details, see [Blackburn detailed forecast](#) or [MetEye](#).

Fri 7 March 2025: Seaford to Federation Square via The Bay Trail

The forecast for this Friday looks good for a summer bayside ride. Our plan is to cycle from Seaford to Federation Square via the Bay Trail.

START: We'll meet at the [Spanish Bar](#), 20 Station St, Seaford, departing from there at 10:00am. **Note the early start due to the hot weather.** If you'd like a coffee, catch the Frankston line train that departs Flinders Street at 8:38am (or Richmond at 8:42am) and arrives at Seaford at 9:38am. If you don't want a coffee, take the Frankston line train that departs Flinders Street at 8:56am (or Richmond at 9:01am) and arrives at Seaford at 9:57am. This is expected to be a smaller riding group as many will be away at Chillout in Daylesford.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: This is a well-known, scenic route following the coast from Seaford back to the CBD. We'll initially follow the rail line trail to Carrum. Upon arrival at Carrum, we'll follow the unsealed path beside the Patterson River then through the Edithvale Wetlands to Mordialloc. From Mordialloc the trail is sealed, and moves a little closer to the beach as we follow the coast as far as St Kilda. Lunch will be at the [Brighton Beach Hotel](#), 4 The Esplanade, Brighton. In St Kilda, we'll head inland to cycle via the Albert Park Lake (unsealed) then follow some excellent on-road cycling paths to take us to the CBD. Some riders may like to opt for a swim along the way so don't forget to pack your bathers if you want to do that..

ROUTE & GRADE: This is a medium grade ride of 45 km to Federation Square / Flinders Street. The route is quite flat and the wind will be either a crosswind or a tailwind - see [Seaford - Bayside Trail - Flinders Street Station](#). The route is sealed except for the section between Carrum and Mordialloc. We will avoid Albert Park Lake due to the Grand Prix setup. There are easy train station bailout options regularly as far as Mordialloc, then at Sandringham or Brighton Beach.

REMEMBER: Bring plenty of drinking water. Sunscreen is recommended between 10:10am and 4:50pm. The UV is forecast to reach level 8 (Very High).

WEATHER FORECAST: Min 17, Max 29. Mostly sunny. The chance of fog in the northeast suburbs in the early morning. Winds east to southeasterly 20 to 30 km/h becoming light in the morning then becoming south to southeasterly 15 to 25 km/h in the late afternoon.

Fri 28 Feb 2025: Werribee to Altona via Werribee Mansion, Pt Cook & Saltwater Coast Wetlands

This Friday, we're planning to do an interesting ride in the west, taking in the Werribee Mansion grounds, Werribee South Beach and the Saltwater Coast Wetlands in Point Cook.

FIRST - NOTE SOME UPCOMING EVENTS:

- **Sunday 2 March:** [World Naked Bike Ride](#): Departing at noon from [Lincoln Square, Swanston St.](#)
- **Sat 12-Sun 13 Apr:** [Gippsland Plains Rail Trail Cycling](#): Bookings are now open, with space for **8 cyclists only**, so book now if you want to go!

START: The ride will depart at 10:30am from the [Wolf on Watton cafe](#), 90A Watton St, Werribee. The Werribee line train that departs Flinders Street platform 9 or 10 at 9:24am arrives at 10:04am. We will get to the cafe via a short ride beside the Werribee River. If you don't want a coffee, you can catch the train that departs at 9:44am, arriving at Werribee at 10:24am, but you'll need to find your own way (quickly) to the cafe in that case.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From Werribee Station, we'll take the riverside trail to the [Wolf on Watton cafe](#) (opposite the Wyndham Cultural Centre), for a coffee. After the coffee we follow the extremely scenic Werribee River Trail to the point where the Federation Trail starts. At that point we're planning to take a scenic route that continues along the river, past the open range zoo and into the rear of the Werribee Mansion. A bridge on that route is still closed, but we're aiming to take the Bluestone Ford across the river. If that looks too tricky, we'll backtrack and take the Federation Trail as far as Duncans Rd, exit onto a cycling path then turn onto K Rd and follow that to the Werribee Mansion entrance. Either way, from the Werribee Mansion entrance/exit, we'll follow K Rd and Diggers Rd through lots of market gardens to Werribee South Beach, a scenic spot where the Werribee River runs into the Bay. We follow the coast for a while to Wyndham Harbour, where we'll have lunch at the [By the Bay Cafe](#) (there's also a sandwich bar in close proximity). Afterwards, we'll take a coastal trail around to Crawfords Rd, which will connect to Robbs Rd. We then follow Robbs Rd, Cunninghams Rd and Aviation Rd to take us to the expansive Point Cook Coastal Park. There we'll be able to avoid the Point Cook suburbia maze, instead taking the new coastal path around to the bridge into the Cheetham Wetlands, and follow the coastal wetlands trail all the way to Altona, where the ride officially ends. From Altona you can catch a train, or continue via Newport and the Bay Trail back to Docklands.

ROUTE & GRADE: This is a Medium grade ride of 38 km to Altona, with the option of catching a train from there or continuing a further 20 km to the CBD. For the route, see the [Werribee to Altona via Bluestone Forde, Werribee Mansion, Point Cook and Saltwater Coast Bridge](#) Google map. Most surfaces will be sealed, but there will be quite a lot of on-road sections, mostly on quiet roads. We will need to carefully ride in single file on the busy on-road sections. There will be virtually no hills and the wind will be a light headwind prior to Werribee South Beach, then a tailwind for the rest of the ride (becoming stronger in the afternoon).

WARNINGS:

- There will effectively be no train bailout options once we leave the Federation Trail until we get to Altona. We'll check conditions prior to leaving the Federation Trail, and change plans if necessary.
- K Road can be a little busy, as can Aviation Road (the only way to get to the Point Cook Coastal Park).

REMEMBER: Bring plenty of drinking water. Sunscreen is recommended between 9:50am and 5:00pm. The UV is forecast to reach level 9 (Very High).

WEATHER FORECAST: *"18 to 27 degrees. Partly cloudy. Slight chance of a shower in the early morning. The chance of fog in the early morning. Light winds becoming west to southwesterly 15 to 20 km/h in the morning then turning southerly 20 to 30 km/h in the early afternoon."* For more details, see [Point Cook detailed forecast](#) or [MetEye](#).

Fri 21 Feb 2025: Essendon - Airport West - Anglers Tavern - Docklands

This Friday, Darren is going to lead the bike ride, for a circuit from Essendon to the CBD via Airport West, going to the Anglers Tavern for lunch.

Note: Bicycle Network are looking for volunteers to assist with their annual [Super Tuesday bike commuters count](#), to be held on Tuesday 4 March. If you're free on that date, your assistance would be highly valued and you will be rewarded with either a 6-month Bicycle Network membership or a \$70 donation to a club or charity of your choice.

START: We'll plan to depart at 10am from the east side of Essendon Station, opposite [Augustus Gelatery](#), 13-21 Russell St, Essendon ([see Google map](#)).

- The Craigieburn line train that departs from Flinders Street platform 5 at 9:27am arrives in Essendon at 9:45am.
- **Note:** No coffee is envisaged prior to departing - we'll instead stop for refreshments in Airport West!

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: No time for coffee at the station! Instead we ride for 11.5 km to the [Roasting Warehouse](#), 9 Marshall Rd, Airport West for coffee. We'll cycle via Buckley St, the Moonee Ponds Creek path and a reasonably steep climb up Mascoma St. After coffee, we ride through the wonderful Airport West Green Spine Linear Park, then Steele Creek and the Maribyrnong River trails to the [Anglers Tavern](#) for lunch. They have a seniors menu for those who qualify. After lunch, we'll ride on to Southern Cross Station via the Maribyrnong River and Footscray Road trails. There's also the option of visiting the [CHTHONIC CHORUS](#) exhibition at the Incinerator Gallery (close to the Anglers Tavern), either before or after lunch. This is a Midsumma exhibition that is continuing beyond the end of the festival.

ROUTE & GRADE: Medium grade ride of 35 km to Docklands. It's 11.5 km to the coffee stop, then a further 11.5 km to the Anglers Tavern, making a total of 23 km to lunch. After lunch it's a further 12 km, making a total of 35 km. For the route map, see [Essendon - Airport West - Anglers Tavern - Docklands](#). There are easy train exit options after lunch via South Kensington, Footscray or Moonee Ponds stations.

REMEMBER: Bring plenty of drinking water. Sunscreen is recommended between 9:50am and 5:10pm. The UV is forecast to reach level 9 (Very High).

WEATHER FORECAST: *"11 to 31 degrees. The chance of fog in the early morning. Mostly sunny day. Winds northeast to southeasterly 15 to 20 km/h tending north to northeasterly 15 to 25 km/h early in the morning then tending east to northeasterly 15 to 20 km/h in the evening."* For more details, see [Essendon detailed forecast](#) or [MetEye](#).

Fri 14 Feb 2025: St Albans to Reservoir via Ring Road (then southwards)

The weather forecast is for south westerly and southerly winds yet again, with a chance of rain, so the plan is to cycle from St Albans around to Reservoir via the Ring Road and Darebin Creek trails, then optionally towards the CBD.

START: We'll plan to depart from St Albans Station at 10:15am.

- If you don't want a coffee, catch the Sunbury/Watergardens train that departs from Flinders Street platform 5 at 9:41am, arriving at St Albans at 10:11am.
- If you'd like a coffee, catch an earlier train such as one departing from Flinders Street at 9:24am arriving at 9:54am. There's an excellent kiosk in the station (on the CBD side, to the right after you exit the barriers).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From the station we will head to the Ring Road Trail and follow that all the way to Edgar Rd, where we'll take a short detour down the Edgar Rd footpath for lunch at The [Excelsior Hotel](#), Thomastown, on the corner of Edgar and Mahoneys Rds. Their menu is excellent and there's a reasonably priced Seniors menu for those who qualify. After lunch we'll return to the Ring Road Trail and follow that to exit onto the Darebin Creek Trail and head southwards. Just prior to Dunne St, we'll decide whether to continue via the Darebin Creek Trail (which has better protection from headwinds) or the Northern Pipeline Trail (with more station exit options if rain appears imminent).

ROUTE & GRADE: This is a Medium grade ride of 38 km to Reservoir Station. The distance to lunch is 25 km. For the route, see [St Albans to Reservoir via Ring Road](#). The route is generally flat, sealed and mostly off-road but there are some nasty short uphill sections, especially heading up to Jacana Station. There are a number of easy bailout exit options by train should they be needed.

REMEMBER: Bring drinking water and light rain protection, just in case. Sunscreen is highly recommended between 9:40am and 5:20pm. The UV is forecast to reach level 10 (Very High).

WEATHER FORECAST: “17 to 23 degrees. Partly cloudy. Medium chance of showers. The chance of an early thunderstorm about the nearby hills. Light winds becoming west to southwesterly 15 to 20 km/h in the morning then tending south to southwesterly 20 to 30 km/h in the middle of the day.”. For more details, see [Thomastown detailed forecast](#) or [MetEye](#).

Fri 7 Feb 2025: Williams Landing - Laverton Ck - Williamstown - Docklands

The weather forecast is for south westerly and southerly winds again, so the plan is to cycle from Williams Landing to Docklands via Altona and Williamstown.

START: We'll plan to depart from Williams Landing Station at 10:20am. Be especially alert to the possibility of last-minute platform changes for Werribee line trains!

- If you don't want a coffee, catch the Werribee line train that departs from Flinders Street platform 9 at 9:44am, arriving at Williams Landing at 10:15am.
- If you'd like a coffee, catch the Werribee line train that departs from Flinders Street platform 10 at 9:14am, arriving at Williams Landing at 9:44am. There's a kiosk in the station.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From the Williams Landing Station (near the station kiosk) we will head to the Skeleton Creek Trail, but after crossing a Skeleton Creek bridge, we'll exit the trail and head north to get to Laverton Station. There we'll connect to the Laverton Creek Trail to cycle to Altona via the wetlands towards Altona Station. We'll then head northwards via Cherry Lake and a detour due to the closed Kororoit Creek ford before following the cycling trail through the Altona Coastal Park and around The Bay to Williamstown, following the coast all the way. Lunch will be at the [Steam Packet Hotel](#), 30 Cole St, Williamstown. After lunch you can exit the ride via the nearby Williamstown Station, or continue with the group via the Bay Trail, then the Footscray Road Trail to Docklands, with the ride officially finishing at Southern Cross Station.

ROUTE & GRADE: This is a Medium grade ride of 37 km in total, or a Moderate 24 km ride if you exit at lunch - see [Williams Landing - Laverton Ck - Williamstown - Docklands](#). The route is flat, mostly sealed and mostly off-road. There are a number of easy bailout exit options by train should they be needed.

REMEMBER: Bring drinking water and light rain protection, just in case. Sunscreen is highly recommended between 9:40am and 5:20pm. The UV is forecast to reach level 10 (Very High).

WEATHER FORECAST: “19 to 26 degrees. Partly cloudy. The chance of morning fog in the northeast suburbs. Slight chance of a shower. The chance of a thunderstorm in the northeast suburbs. Light winds becoming west to southwesterly 15 to 20 km/h during the morning then tending south to southwesterly 25 to 35 km/h during the day.”. For more details, see [Footscray detailed forecast](#) or [MetEye](#).

Fri 31 Jan 2025: Mordialloc to Fairfield via Bay Trail, Elsternwick and Rosstown Trail

The forecast for this Friday is looking excellent, much better than the furnace-like conditions expected over the ensuing several days! We'll start at Mordialloc and finish at Fairfield for anybody who wishes to attend the [AIDS Memorial Garden Tour](#) event at 4pm (but you'll need to book quickly for that).

START: We'll plan to depart at 10:30am from the [Main Street Cafe](#), 501-505 Main St, Mordialloc. To get to it from the station, walk towards Main Street and it will be the last building on your right.

- If you don't want a coffee, catch the Frankston line train that departs from Flinders Street at 9:37am (or Richmond 4 minutes later), arriving at Mordialloc at 10:22am.
- If you'd like a coffee, there are trains every few minutes, e.g. leaving Flinders Street at 9am, 9:07am, 9:11am or 9:17am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From the station, we'll follow the Bay Trail all the way to the start of the Elwood Canal, then follow the trail beside the canal to get to the Rosstown Trail. On the way we'll make a slight detour for lunch at the [Elsternwick Hotel](#), 259 Brighton Rd, Elwood. It has a good menu, including Seniors options, though the vegetarian options aren't great. After lunch we'll follow the Rosstown Trail to Hughesdale - this follows the route of a former train line, though is mostly on quiet suburban streets rather than a true rail trail. From there we take a linear park trail to East Malvern then follow the Anniversary Trail to Fairfield.

ROUTE & GRADE: This is a Hard grade ride of 53 km in total - see [Mordialloc to Fairfield via Bay Trail & Elsternwick](#). The route is flat and mostly sealed though with some short sections of packed gravel, and is mostly off-road. There are lots of easy bailout exit options by train should they be needed.

REMEMBER: Bring drinking water. Sunscreen is highly recommended between 9:30am and 5:40pm. The UV is forecast to reach level 11 (**Extreme**).

WEATHER FORECAST: “15 to 24 degrees. Partly cloudy. Winds southerly 15 to 20 km/h becoming light before dawn then becoming southerly 20 to 30 km/h in the morning.”. For more details, see [Elsternwick detailed forecast](#) or [MetEye](#).

Fri 24 Jan 2025: A Midsumma Gallery Hop around Inner Melbourne

In case you haven't noticed, Midsumma Festival is now in full swing. The plan for this Friday is to do a gallery hop starting from the Victorian Pride Centre, where they have a cafe, so you can get your caffeine fix while enjoying the [Gender Fluids, The Huxleys](#) exhibition in the Pride Centre's main gallery.

START: We'll plan to depart at 10:45am from the Victorian Pride Centre, 79-81 Fitzroy St, St Kilda. The cafe is at the front, to the left of reception.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: In lieu of our regular ride, we'll hop from gallery to gallery, starting from the **Victorian Pride Centre** and finishing at **Off The Kerb** in Collingwood. You can of course depart prior to that if you wish - for example, after lunch we'll be right opposite Flinders Street Station.

ROUTE & GRADE: This is an EASY grade ride of around 16 km in total - see [Midsumma Gallery Hop - Pride Centre - CBD - Fitzroy/Collingwood](#). We will need to ride on roads at times, occasionally without a cycling lane.

REMEMBER: Bring drinking water and a waterproof layer, as rain is a slight possibility. Sunscreen is highly recommended between 9:20am and 5:40pm. The UV is forecast to reach level 11 (**Extreme**).

WEATHER FORECAST: "15 to 23 degrees. Partly cloudy. Slight chance of a shower in the early morning. Winds southwesterly 15 to 25 km/h turning southerly in the late morning and early afternoon.". For more details, see [Melbourne detailed forecast](#) or [MetEye](#).

The Itinerary

- **Start:** [Gender Fluids, The Huxleys](#) @ The Victorian Pride Centre, 79-81 Fitzroy St, St Kilda
- [Forever Fabulous, Forever Queer](#) and [MIDSUMMER NIGHT'S DREAM: A Magical, Queer Group Show](#) @ Artemisia Gallery, 248 High St, Windsor (11am opening)
- [Opulentia](#) @ Chapel Off Chapel, 12 Little Chapel St, Prahran
- [Paul Yore](#) @ Scott Alley, Melbourne (near Flinders Lane x Swanston St)
- **LUNCH:** [Flora Indian Restaurant](#), 238 Flinders St, Melbourne (across the road from Flinders Street Station). Inexpensive with a large seating area out the back.
- [Melbourne Out Loud: Midsumma Edition](#) @ State Library Victory, 328 Swanston St, Melbourne
- [Group Show: 'Souls'](#) @ SOL Gallery, 420 Brunswick St, Fitzroy
- **Finish:** [Summer Daze: Off The Kerb's Group Show](#) @ Off The Kerb, 66B Johnston St, Collingwood

CYCLING TIPS: [a few things to consider before you next hop on your bike.](#)

Fri 17 Jan 2025: Boronia - Blind Ck - Jells Park - Scotchmans Ck Trail - Tooronga

The forecast for Friday is looking quite pleasant with little chance of rain. The plan is to cycle from Boronia via the Blind Creek Trail to Jells Park, then **UP** Wheelers Hill and towards the CBD via the Scotchmans Creek and Gardiners Creek trails. Last week one of the cyclists indicated they would like some guidelines on group etiquette, so I've added those at the end. You can see more advice in our online [Cycling Tips](#) article.

START: We'll meet beside the [Two Cats Espresso Bar](#) (beside Boronia Station) to depart at 10:15am.

- The Belgrave line train that departs from Flinders Street Station platform 2 or 3 at 9:26am (or Richmond at 9:29am, or Camberwell at 9:38am) arrives at Boronia at 10:10am. (The next train won't arrive until 10:40am).
- If you'd like a coffee, you should catch the train that departs from Flinders Street at 8:56am (arriving at 9:41am) or 9:16am (arriving at 9:58am).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: We'll start with a quick coffee at the Two Cats Espresso Bar right beside the station. After the coffee we'll head briefly towards Belgrave via the Belgrave cycling trail, then turn right to take the Blind Creek Trail to Jells Park (15 km). We'll head straight up Wheelers Hill (yes, it's a bit of a grind!) to join the start of the Scotchmans Creek Trail. We'll follow that to join the Gardiners Creek Trail in East Malvern, then continue on that to Tooronga, for lunch at [Mr Foxx](#), 1491 Malvern Rd, Glen Iris. After lunch you can return home via a train from Tooronga Station or whichever cycling route works best - probably either the Gardiners Creek Trail or the Anniversary Trail.

ROUTE & GRADE: This is a medium grade ride of around 38 km to lunch - see [Boronia - Blind Ck - Jells Park - Scotchmans Ck Trail - Fed Square](#). If you wish to ride on to Fed Square, the total distance to that is 48 km. The tendency is downhill for most of the ride, with the exception of the very much uphill climb up Wheelers Hill - that is relatively short, with a total vertical ascent of only 100 metres, but feels like it's more than that! From lunch back to the CBD is around 10 km. The wind will be mostly a cross wind. There are train station exit options at Glen Waverley, Mt Waverley, East Malvern, and then at very regular intervals.

REMEMBER: Bring ample drinking water, and a waterproof layer as rain is a slight possibility. Sunscreen is highly recommended between 9:10am and 5:40pm. The UV is forecast to reach level 12 (**Extreme**).

WEATHER FORECAST: "16 to 23 degrees. Slight chance of a shower in the morning. Mostly sunny afternoon. Winds southerly 20 to 30 km/h turning southeasterly 15 to 25 km/h in the evening." For more details, see [Glen Waverley detailed forecast](#) or [MetEye](#).

Group Etiquette

To keep everybody safe and to avoid people getting lost, there are a couple of basic rules that need to be followed when cycling (or walking) with a group:

- **Don't go ahead of the leader:** If the leader needs to drop back a little to respond to particular needs and you end up in front, don't get too far ahead (i.e. ensure you retain visual contact with the rest of the group) and **always stop at a junction!**
- **If you get lost / left behind, REMAIN WHERE YOU ARE!** We periodically count numbers so will soon realise you're missing and come back to find you. So long as you've stayed in one place, it should be easy to do so, but if you've wandered off to try and find the group that will be much harder!
- **Move off the path when you stop:** Whenever you stop, you should **always** immediately move off the path - **don't block the path!**
- **Be aware of other users:** It's great to ride side-by-side **when space permits**, but always leave enough space for oncoming cyclists and pedestrians to pass safely, or for speedier cyclists behind you to safely overtake you. Warn the rest of the group by calling "**bike up**" when there's an oncoming cyclist, or "**bike back**" if there's a cyclist behind the group. Similarly, respect the need for cars to pass when riding on a road.
- **Move as part of the group in a timely manner.** When the leader heads off, you need to move off as well so that the group does not spread out too much. At road and pedestrian crossings, be aware that riders behind also need to get safely across and are reliant on you moving ahead promptly.

Fri 10 Jan 2025: Upper Ferntree Gully to Braeside Park, Waterways and Mordialloc

The forecast for Friday is looking quite pleasant with light winds, though it will be a little warmer than ideal and there's a slight chance of rain or thunderstorms in the middle of the day. The plan is to cycle from Upper Ferntree Gully to Mordialloc via the Ferny Creek, Eastlink, Dandenong Bypass and Mordialloc Creek trails.

START: The ride will depart at 10:25am from [Cafe Brood](#), 1226 Burwood Hwy, Upper Ferntree Gully (near the corner of Rose St and the Burwood Hwy).

To get to the cafe from the station, either:

- near the station exit, cross Burwood Hwy to the Royal FTG Hotel via the pedestrian lights and walk your bike on the footpath, or
- ride through the car park towards Belgrave then carefully cross the busy Burwood Hwy opposite Rose St. [See Google Map](#).

Train Options:

- The Belgrave line train that departs from Flinders Street at 9:26am (or Richmond 3 minutes later), arrives at Upper Ferntree Gully at 10:17am.
- If you'd like a coffee, you'll need to catch the train departing from Flinders Street at 8:56am (arriving at 9:48am) or 9:16am (arriving at 10:04am).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From Cafe Brood, we'll hit the Ferny Creek Trail, which will take us to the Eastlink Trail near Jells Park. We'll head south on that to the Dingley Arterial / Dandenong Bypass, which we'll take as far as Cheltenham Rd. We'll follow Cheltenham Rd for a couple of kilometres, to enter the scenic Braeside Park, where we'll ride all the way through to exit at Governor Rd in the south. From there, it's a hop, skip and cycle along Governor Rd, Burdekin Blvd and Waterside Drive to the Nest Cafe beside the lake in Waterways.

After lunch it's just a few kilometres to the Mordialloc Station, where a swim might be welcome. Alternatively, you could cycle back via the Bayside Trail towards the CBD (perhaps exiting at Sandringham or Brighton Beach Station). The total distance from Upper Ferntree Gully to Waterways is approximately 33 km. From there to Mordialloc Station is approximately 5 km, and from there to the CBD via the Bayside Trail is 35 km.

ROUTE & GRADE: This is a medium grade ride of 38.4 km to Mordialloc. For the route, see the [Upper Ferntree Gully to Braeside Park, Waterways and Mordialloc](#) Google map. It is a relatively flat ride, but we'll be facing light headwinds for much of the day, though that will help to keep us cool.

REMEMBER: Bring drinking water and a waterproof layer, as rain is a slight possibility. Sunscreen is highly recommended between 9:20am and 5:40pm. The UV is forecast to reach level 10 (**Very High**).

WEATHER FORECAST: *"20 to 30 degrees. Partly cloudy. Slight chance of a shower or thunderstorm in the afternoon and early evening, mainly about the eastern suburbs and nearby hills. Light winds becoming south to southeasterly 15 to 20 km/h in the early afternoon then becoming light in the late evening."* For more details, see [Dandenong detailed forecast](#) or [MetEye](#).

Fri 3 Jan 2025: Glen Iris Station - Blackburn Lake - Fairfield

The forecast for Friday is looking quite pleasant, though a little warmer than ideal. The plan is to cycle from Glen Iris Station to Blackburn Lakes, then back to Fairfield via the Koonung Creek Trail.

START: The ride will depart at 10:20am from [Platform Espresso](#), 1529 High St, Glen Iris (close to Glen Iris Station - [see Google map](#)).

- The Glen Waverley line train that departs from Flinders Street at 10:03am (or Richmond 3 minutes later), arrives at Glen Iris at 10:21am.
- If you'd like a coffee, there are earlier trains departing from Flinders Street Station at 9:33am (arriving 9:51am) or 9:18am (arriving at 9:36am).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From Glen Iris Station we head to the Ferndale Trail and take that, then the Anniversary Trail to reach the Gardiners Creek Trail. We follow the Gardiners Creek Trail to Box Hill, then take some suburban streets and the Blackburn South Drain Trail, plus a short on-road stretch to the delightful Blackburn Lake Reserve. After cycling through it, we join the trail along the Lilydale/Belgrave Line to our lunch destination – [The Food Republic](#), 28/30 Blackburn Rd, Blackburn. After lunch we again take a mixture of streets and small off road trails to join the Koonung Creek Trail, which will lead us to the Main Yarra Trail and on to our finish at Fairfield Station.

ROUTE & GRADE: This is a medium grade ride of around 37 km. For the route, see the [Glen Iris Station - Blackburn Lake - Fairfield](#) Google map. There will be no significant hills, but a few short "nasty surprises"! It will be easy to exit the ride via Blackburn Station immediately after lunch (which would make for a Moderate ride of around 22 km).

REMEMBER: Bring drinking water and a warm layer, as it may be cool when you're starting out. Sunscreen is highly recommended between 9:00am and 5:40pm. The UV is forecast to reach level 12 (**Extreme**).

WEATHER FORECAST: *"12 to 29 degrees. Sunny. Winds southeast to southwesterly 15 to 25 km/h becoming light in the late evening."* For more details, see [Blackburn detailed forecast](#) or [MetEye](#).

NEW YEAR RESOLUTIONS

Check your insurance situation. The following are recommended:

- **Ambulance Cover:** Many health funds provide ambulance cover, but sometimes have significant limitations. If in doubt, you should take out [Ambulance Victoria membership](#) - it supports a good cause and costs just \$53.37 p.a. for a single person or \$106.73 for a family.
 - [Bicycle Network Membership](#): membership of Bicycle Network (Basic: \$50 | Premium Individual \$137 full, \$117 concession) gives you comprehensive bike riding insurance, riders' rights and legal support, and the knowledge that you're helping an organisation that advocates for better cycling conditions around Australia.
 - [Bicycle Network Rider Rescue](#) / [RACV Bike Assist](#): These will help get you and your bike home (or to a safe place) if you've had a mechanical breakdown, injury or you simply can't go on. It's valid across all of Australia.
-

Fri 27 Dec 2024: Waurnd Ponds to Lara via Limeburners Bay

The forecast for Friday is looking quite pleasant, with westerly to south westerly winds, so the plan is to ride from Waurnd Ponds to central Geelong for lunch, then on to Lara.

START: The ride will depart at 10:50am from Waurnd Ponds Station. There are limited spaces for bikes, so we will need to spread ourselves across multiple services. There's an excellent coffee cart at the station.

- The V/Line service leaving Southern Cross at 8:50am arrives at Waurnd Ponds at 10:08am (a total of 6 bike spaces available).
- The V/Line service leaving Southern Cross at 9:30am arrives at Waurnd Ponds at 10:49am (a total of 6 bike spaces available).
- For super early birds, the V/Line service leaving Southern Cross at 8:10am arrives at Waurnd Ponds at 9:28am (a total of 12 bike spaces available).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From Waurnd Ponds Station we'll take a few suburban streets to connect to the Waurnd Ponds Trail, which we'll follow all the way to Breakwater Rd: total distance approximately 9 km. From there we'll follow the Barwon River Trail round to Swanston St (just before Kardinia Park / South Geelong Station), and take Swanston St to Eastern Beach: about 7 km. After that we'll take the Bay Trail from Eastern Beach to Lara: about 20 km. Lunch will probably be at the [Geelong Boat House](#), beside Cunningham Pier (though there are lots of alternative options nearby). For our return from Lara, there are trains at approximately 20 minute intervals, departing: 3:07pm, 3:29pm, 3:47pm, 4:09pm, 4:27pm, 4:49pm, 5:06pm etc.

ROUTE & GRADE: This is a medium grade ride of around 36 km. For the route, see the [Waurnd Ponds to Lara via Limeburners Bay](#) Google map. Most of the route is sealed. There will be some short on-road sections and the tailwind should be helpful. The landscape will vary dramatically - at times quite urban and/or industrial, but with stunning riverside or coastal scenery at other times.

REMEMBER: Bring drinking water and a light waterproof layer just in case the current forecast is wrong. Sunscreen is recommended between 9:10am and 5:30pm. The UV is forecast to reach level 10 (Very High).

WEATHER FORECAST: "16 to 23 degrees. Partly cloudy. Medium chance of showers in the southeast suburbs in the morning, slight chance elsewhere. Winds westerly 20 to 30 km/h turning south to southwesterly 15 to 25 km/h during the afternoon then becoming light during the evening." For more details, see [Geelong detailed forecast](#) or [MetEye](#).

Fri 20 Dec 2024: Convent Bakery - Anniversary Trail - Waverley Trail - Valley Reserve - and back

The forecast for Friday is looking rather warm again, but with fairly light winds and no risk of rain. Our plan is to take a rather scenic route from Abbotsford Convent to the tranquil Valley Reserve in Mount Waverley for a **picnic lunch**.

START: The ride will depart at 10am **sharp** from the Convent Bakery at the Abbotsford Convent - the early start is to minimise our riding in the heat of the day. If you'd like a coffee, please get to the bakery well before 10am. Abbotsford Convent is located where Johnston St meets the Yarra river and is easily accessible from the Main Yarra Trail. It is also a short distance from Victoria Park Station on the Mernda and Hurstbridge lines. If coming from the station, use back streets via Victoria Park Football Ground rather than the very busy Johnston St.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From the Convent we will follow the Main Yarra Trail to Fairfield, then pick up the Darebin Creek Trail, which will lead us to the Anniversary Trail. This follows the route of the old Outer Circle Line all the way around to East Malvern, but we'll exit just past Alamein Station to take some quiet streets to get to the Gardiners Creek, then the Waverley Rail Trail. The Waverley Rail Trail runs from Holmesglen Station to Mount Waverley Station and connects through to Valley Reserve, where we'll have a picnic lunch. After lunch we'll follow the stunning Scotchmans Creek Trail that takes us back to rejoin the Gardiners Creek Trail near East Malvern Station. There will be lots of options to head home from there, via the Anniversary Trail, Gardiners Creek Trail to the Yarra, as well as East Malvern or Alamein Stations.

ROUTE & GRADE: This is a medium grade ride of around 38 km. For the route, see the [Abbotsford Convent-Fairfield-Anniversary Trail-Scotchmans Creek-Valley Reserve \(Mt Waverley\)-Waverley Rail Trail to East Burwood](#) Google map. The distance to Valley Reserve is 30 km. Most of the ride is on sealed off-road paths, except for gravel in Valley Reserve and some suburban streets along the Waverley Rail Trail. There are some hills, but nothing **too** substantial. There are bailout options at East Camberwell, East Malvern and Mount Waverley Stations, to name a few.

REMEMBER: Bring a picnic lunch. Bring plenty of drinking water and perhaps some Hydralyte or similar. Sunscreen is recommended between 9am and 5:30pm. The UV is forecast to reach level 11 (**Extreme**). You will be able to purchase something for lunch from the Convent Bakery.

WEATHER FORECAST: "17 to 33 degrees. Sunny. Light winds becoming northwest to northeasterly 15 to 20 km/h in the morning then tending south to southwesterly 25 to 35 km/h in the early afternoon.". For more details, see [Mount Waverley detailed forecast](#) or [MetEye](#).

Fri 13 Dec 2024: Laverton to Yarraville (& beyond) via Kororoit Creek

The forecast for Friday is looking good for a ride, although there is a small chance of some rain. The plan is to do a meandering ride that lets us explore the nearly opened section of the Kororiot Creek Trail under the freeway.

START: The ride will depart at 10:30am **sharp** from Laverton Station.

- The Werribee line train that departs Flinders Street platform 10 at 9:46am, arrives at Laverton at 10:24am.
- If you'd like a coffee, there's a Werribee line train departing Flinders Street at 9:26am, arriving at Laverton at 10:04am. There's a cafe kiosk (**Coffee Junction**) right inside the station.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From Laverton Station we take the Laverton Creek Trail to the bay, then follow the Bay Trail to Altona. From there we will cut up to Cherry Lake and then ride a dedicated on road trail up Millers Road before cutting in onto the Kororiot Creek Trail and up it to the Federation Trail. We then follow it and a few other streets to Yarraville. Lunch will be at the [Yarraville Club](#), 135 Stephen St, Yarraville. It has quite a few menu options including a Seniors Menu and a Lunch Special menu. After lunch you can catch a train from the nearby Yarraville Station, or continue on into the CBD.

ROUTE & GRADE: This is a medium grade ride of around 23.5km to lunch, and a total of 31km to Southern Cross Station. The route is generally flat. It does have some sections on road, but on busy Millers Road it is on a dedicated bike lane. For the route from Laverton to the CBD, see the [Laverton to Yarraville \(& beyond\) via Kororiot Creek](#) Google map.

REMEMBER: Bring plenty of drinking water. Put in some rain gear as well just in case. Sunscreen is recommended between 8:50am and 5:30pm. The UV is forecast to reach level 11 (**Extreme**).

Fri 6 Dec 2024: Eltham to Fairfield via the Diamond Creek and Main Yarra Trails

The forecast for Friday is looking HOT with the risk of rain and thunderstorms. However, the rain and thunderstorm risk looks relatively low, so the plan is for an early start and a relatively short ride, from Eltham to Fairfield.

START: The ride will depart at 10:05am **sharp** from Eltham Station.

- The Hurstbridge line train that departs Flinders Street platform 1 at 9:06am, or West Richmond at 9:19am, arrives at Eltham at 10:03am.
- If you'd like a coffee, there's a Hurstbridge line train departing Flinders Street at 8:43am, or West Richmond at 9:56am, arriving at Eltham at 9:42am. There's a good cafe ([Platform 3095](#)) right beside the station.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From Eltham Station we take the Diamond Creek Trail to the junction with the Yarra River and the Main Yarra Trail, then follow the Main Yarra Trail past Heidelberg and on to Fairfield for lunch at the [Grandview Hotel](#), 429 Heidelberg Rd, Fairfield. The hotel has quite a few menu options including a Seniors Menu and an \$18 Express Lunch menu. It will also have air conditioning! After lunch you can catch a train from the nearby Fairfield Station, or return home via the extensive cycling network surrounding Fairfield.

ROUTE & GRADE: This is a medium grade ride of around 23 km to lunch, and the (gentle) wind will mostly be behind us. The route is generally flat, but with a number of short but irksome uphill sections. For the route from Eltham to Fairfield, see the [Eltham to Fairfield via the Diamond Creek and Main Yarra Trails](#) Google map.

REMEMBER: Bring plenty of drinking water and perhaps some Hydralyte or similar. Sunscreen is recommended between 8:50am and 5:30pm. The UV is forecast to reach level 11 (**Extreme**).

WEATHER FORECAST: *"19 to 34 degrees. Sunny morning. Medium chance of showers in the afternoon and evening. The chance of a thunderstorm in the afternoon and evening. Winds northwest to northeasterly 15 to 20 km/h tending northwest to southwesterly in the late afternoon then tending northwest to northeasterly in the evening."* For more details, see [Heidelberg detailed forecast](#) or [MetEye](#).

Fri 29 Nov 2024: Cranbourne Station - Cranbourne Botanic Gardens - Hallam Station

The forecast for Friday is looking quite pleasant, though it will still be quite muggy. The plan is to visit the Cranbourne Botanic Gardens then head north to finish up at Hallam Station.

START: The ride will start at 10:25am from Cranbourne Station. The Cranbourne line train that departs Flinders Street platform 6 at 9:23am, or Richmond at 9:27am, should arrive at Cranbourne at 10:21am. There aren't any cafes nearby, so we'll head straight to the botanic gardens, where you can get your caffeine fix at the [Boon Wurrung Cafe](#) if you wish, while the rest of us explore the Australian Garden.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: As there are no coffee options near the station, we'll immediately head south via some quiet streets to get to the Cranbourne Botanic Gardens. Assuming that the route through the Cranbourne (horse) Training Complex is now blocked, we'll instead head to the cycling path beside the M420 South Gippsland Highway to get to the gardens. Those who would like a coffee can get their fix at the cafe there while the rest of us walk around the formal section of the gardens. After reuniting, we'll all cycle through the woodlands section of the gardens then head north through Cranbourne West (with the wind now behind us) to get to Casey Central Shopping Centre for lunch. Lunch will probably be at [Afghan Central](#), shop 104a, Casey Central, 400 Narre Warren-Cranbourne Rd. Alternatively, at [Fathima's Indian Kitchen](#), shop 116a, Casey Central, 400 Narre Warren-Cranbourne Rd. After lunch we'll head across to Berwick Springs, then follow the very scenic "Hallam Main Drain" path through grasslands and wetlands all the way to Hallam Rd, which we'll take to travel the short distance to Hallam Station.

ROUTE & GRADE: This ride is graded Medium with a total distance of around 40 km. There are no real hills anywhere but the trail surfaces vary enormously, with a small amount of on-road riding, gravel paths through the Cranbourne Botanical Garden woodlands, and mostly sealed on-road and offroad trails otherwise. For the route, see the [Cranbourne Station - Botanic Gardens - Merinda Park - Casey Central - Hallam Drain - Hallam](#) Google map.

REMEMBER: Bring drinking water and a waterproof layer as there's a small chance of rain. In the unlikely event that thunderstorms look imminent, we'll need to find a building to shelter under. Sunscreen is recommended between 9:10am and 5:10pm. The UV is forecast to reach level 10 (Very High).

WEATHER FORECAST: "17 to 27 degrees. Partly cloudy. Slight chance of a shower. The chance of a thunderstorm. Winds east to southeasterly 15 to 25 km/h tending south to southeasterly 20 to 30 km/h in the morning then tending east to southeasterly 15 to 25 km/h in the late evening.". For more details, see [Cranbourne detailed forecast](#) or [MetEye](#).

NOMADS CYCLING - Fri 22 Nov 2024: Federation Square to Mordialloc via the Bay

The forecast for Friday is looking VERY HOT. The plan is to cycle beside the Bay from Fed Square to Mordialloc or Carrum. It should be cooler beside the water, and we can jump in the water if we overheat!

START: The ride will depart at 10:15am **sharp** from the bike hoops on Birrarung Marr, beside Federation Square. The bike hoops are located between Swanston Street and the MCG and between the river and the Federation Square Car Park. This is on the intermediate level - not the path right beside the river, and not the level of the main part of Federation Square. If you'd like a coffee, please grab one (e.g. from Flinders Street Station) on your way to the meeting point.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From Birrarung Marr we ride via Southbank then on the trail beside the 109 tram to Port Melbourne. From there, with the wind behind us, we follow the Bayside Trail passing by St Kilda beach, Brighton and Beaumaris to Mordialloc. There are various lunch options along the way, but we'll aim to have lunch at the Mordy Hotel in Mordialloc (or perhaps the Ricketts Point Cafe if we have a significant delay). After lunch we can continue towards Carrum or even Frankston. After Mordialloc there are Frankston line stations at very regular intervals (with CBD-bound trains at least every 10 minutes). There is also the option to ride back towards the CBD (into a head wind).

ROUTE & GRADE: This is a medium grade ride of around 34 km to Mordialloc, and the wind will mostly be behind us all the way. It's a further 10 km to Carrum. For the route to Mordialloc, see the [Federation Square to Mordialloc via the Bay](#) Google map.

REMEMBER: Bring plenty of drinking water and perhaps some Hydralyte or similar plus your bathers. Sunscreen is recommended between 9:00am and 5:00pm. The UV is forecast to reach level 10 (Very High).

WEATHER FORECAST: *"16 to 35 degrees. Partly cloudy. Light winds becoming north to northwesterly 25 to 35 km/h in the morning then tending north to northeasterly 15 to 20 km/h in the evening."* For more details, see [Mordialloc detailed forecast](#) or [MetEye](#).

Fri 15 Nov 2024: Narre Warren - Dandenong - East Malvern - Fed Square

The forecast for Friday is looking quite pleasant with perfect conditions for riding from Stony Point back to Frankston, **except** that many of us need to get home early to attend MQFF sessions. So the plan is to start in Narre Warren and head back towards the CBD.

START: The ride will depart at 10:30am **sharp** from Narre Warren Station:

- The Pakenham line train that departs Flinders Street platform 6 at 9:33am (or Richmond at 9:37am) should arrive at Narre Warren Station at 10:25am.
- If you'd like a coffee, you should catch the Pakenham line train that departs from Flinders Street at 9:12am (or Richmond at 9:16am), which should arrive at Narre Warren Station at 10:04am. For a coffee, go to the nearby [Valley Fair Continental Bakery](#), 10/3 Valley Fair Drive. To get to the bakery from the station, head northeast on Webb St and turn left at the first roundabout. You will see the bakery on your left in Valley Fair Drive.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From the Narre Warren Station we'll head north on Webb St to get to the trail beside the M1 Freeway, where we'll turn left to get to the Eumemmerring Trail, and follow that into Dandenong. We'll then follow the Dandenong Creek Trail and a short section of the Eastlink Trail to get to Yarraman Station and the start of the Djerring Trail. We'll follow that trail all the way to Hughesdale, where we'll turn right to follow the Urban Forest Reserve to get to our lunch spot, [Jake and the Beans Talk](#), 510 Waverley Rd, Malvern East. After lunch you can take the train from the nearby East Malvern Station, or cycle along the Gardiners Creek Trail towards the CBD, the Anniversary Trail towards the north, or the Djerring Trail towards Caulfield.

ROUTE & GRADE: This is a Medium Grade ride of 33.5 km to lunch. If you ride all the way to Federation Square, that will be an additional 15 km. There are very few hills, though there is a long, gentle uphill beside the M1 Freeway. The wind should mostly be a tailwind. The route is shown on the [Narre Warren - Dandenong - East Malvern - Fed Square](#) Google map. If needed, there are easy train bailout options at Dandenong Station, then very regularly on the Djerring Trail (which follows a train line).

REMEMBER: Bring drinking water and layers, though it should be neither cold nor wet. Sunscreen is recommended between 9:10am and 4:50pm. The UV is forecast to reach level 9 (Very High).

WEATHER FORECAST: *"10 to 21 degrees. Partly cloudy. Light winds becoming south to southeasterly 15 to 20 km/h in the morning then becoming light in the evening."* For more details, see [Malvern East detailed forecast](#) or [MetEye](#).

Nomads Cycling Fri 8 Nov 2024: St Albans to Watsonia via Ring Road

The weather forecast is looking reasonable for Friday with only a small chance of rain but with some strong and variable direction winds. The plan is to start from St Albans Station, then ride via the Ring Road Trail to Watsonia, after which riders can catch a train back into the CBD, or ride there into the wind.

START: We'll start from St Albans Station immediately after the arrival of the 10:31 train. If you want coffee you can arrive earlier and get one from the very pleasant outlet by the station.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or LeaderGeorgeW@nomads.org.au if you are having trouble doing that).

DETAILS: Departure will be from St Albans Station at 10:31am. The Sunbury Line train that departs Flinders St Station at 10:02am will arrive at 10:31am. For coffee, catch the 9:35am train, arriving at 10:05am, or the 9:41am train arriving at 10:11 am. From there we will ride a short way through suburban streets to the Ring Road and then follow it all the way around to Watsonia. From Watsonia riders can catch the train or ride back to the CBD into the wind.

ROUTE & GRADE: This is a **moderate** ride of around 37.5 km. It is fully paved, but there are some hills, including as we approach Watsonia. The wind forecast is for moderately strong winds, with the direction changing during the day. Most of the time they will be tailwinds or crosswinds, although partial headwinds are anticipated for the last short run to Watsonia. Lunch will be at the 25km point at [The Excelsior Hotel](#), Thomastown, on the corner of Edgar and Mahoneys Rds. They have a seniors menu. There are bail out options at Jacana Station and Thomastown Station (after lunch). **Route Map:** [St Albans to Watsonia via Ring Road](#)

REMEMBER: Be sure to bring sunscreen and adequate water as well as a jacket and rainwear just in case. The UV is expected to reach level 9 [Very High].

WEATHER FORECAST: Min 13.Max 20. Partly cloudy. Slight chance of a shower in the morning and early afternoon. Winds northwesterly 25 to 35 km/h turning west to southwesterly 25 to 40 km/h in the late morning.

Fri 1 Nov 2024: Yarra River, Gardiners Creek, Rosstown Rail and Bay Trails Loop from Federation Square.

The weather forecast is looking reasonable for Friday with little chance of rain and light winds where we are riding. The plan is to start from Federation Square, then ride via the Yarra River, Gardiners Creek, Rosstown Railway Trail and the BayTrail back to the start. **Note early start at 10:00am**

START: We'll start from the bike racks on Swanston St, opposite Flinders Street Station, near to the bridge, at **10:00am**. If you want coffee you can arrive earlier and get one from "Clocks at Flinders", at the river end of Flinders Street Station, where there is outside seating and a service window.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or LeaderGeorgeW@nomads.org.au if you are having trouble doing that).

DETAILS: Departure will be from Federation Square at 10:00am. We will head out along the Yarra before turning off onto the Gardiners Creek Trail. At Malvern East we will leave the Gardiners Creek Trail to wind our way down to Hughesdale and on to the Rosstown Railway Trail, following it to our lunch spot, the [Elsternwick Hotel](#) in Elwood. After lunch we will continue on to the Bay Trail and follow it back to St Kilda, where we will divert onto a path via Albert Park Lake and South Melbourne, back to the CBD. If the riders after lunch wish to there is the option of continuing on to Port Melbourne and then to the CBD (an extra 1.3km).

ROUTE & GRADE: This is a **medium** ride of around 39.5 km. It is largely flat, with some moderate hills, and mostly on sealed surfaces. There are several sections on road. The wind forecast is light where we are riding, but there will be headwinds and crosswinds for some sections of the ride. We should have a tail wind coming up the bay and back to the CBD. Lunch will be at the 27km point. There will be three places where it will be possible to exit the ride at a trail station, Malvern East, Hughesdale and Elsternwick (near the lunch stop). **Route Map:** [Yarra River, Gardiners Creek, Rosstown Rail and Bay Trails Loop from Federation Square](#)

REMEMBER: Be sure to bring sunscreen and adequate water as well as a jacket and rainwear just in case. The UV is expected to reach level 8 [Very High].

WEATHER FORECAST: Min 11. Max 17. Cloudy. Slight chance of a shower in the morning. Winds south to southwesterly 15 to 20 km/h tending south to southeasterly 15 to 25 km/h during the day.

Fri 25 Oct 2024: Yarraman - Heatherdale - Laburnum - Fairfield

The forecast for Friday is for a chilly day with southerly winds, but only a small chance of showers, so the plan is to ride from Yarraman to Heatherdale for lunch at The Coach. After lunch you can return by train, or cycle to Fairfield via Blackburn and Laburnum then across to the Koonung Creek Trail.

START: We'll start from Yarraman Station at 10:30am. The Pakenham line train that departs from Flinders Street platform 7 at 9:46am (or Richmond at 9:50am) should arrive at Yarraman at 10:26am. There are no coffee options nearby, though if you arrive early you might like to try getting one from [New Lanka Restaurant](#), 262 Railway Pde, Noble Park (about 550m back towards the CBD from Yarraman Station). **We'll depart from Yarraman Station though (not the restaurant) at 10:30am!**

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From Yarraman Station we'll follow the Eastlink Trail northwards all the way to Heatherdale (22 km), where we'll stop for lunch at [The Coach](#), 33 Maroondah Hwy, Ringwood. They have an extensive menu, though aren't especially cheap. They have a Seniors Menu though. After lunch you can catch a train from the nearby Heatherdale Station, or cycle with us back towards Fairfield. We'll follow the trail beside the train line all the way to Blackburn, then Laburnum. From there we'll take some fairly safe roads then the Bushy Creek Linear Trail to connect to the Koonung Creek Trail, which we'll then follow to Fairfield.

ROUTE & GRADE: This is a medium grade, relatively flat ride of around 47 km in total, but you can exit at Heatherdale Station (23 km) or any of the stations we pass after that. The wind will be a tail wind until lunch, then mostly a cross wind after lunch. The route is shown on the [Yarraman - Heatherdale - Laburnum - Fairfield](#) Google map.

REMEMBER: Bring drinking water, warm layers and wet weather gear. It will be **much** cooler than what we've become used to recently. Sunscreen is recommended between 9:30am and 4:30pm. The UV is forecast to reach level 8 (Very High).

WEATHER FORECAST: *"10 to 15 degrees. Partly cloudy. Medium chance of showers in the morning. Winds west to southwesterly 15 to 25 km/h turning south to southeasterly 20 to 30 km/h in the afternoon."* For more details, see [Ringwood detailed forecast](#) or [MetEye](#).

Fri 18 Oct 2024: Roxburgh Park to Flemington via Moonee Ponds Creek

This ride was cancelled due to rain and the risk of severe thunderstorms.

The latest forecast has deteriorated quite a bit. Previously, it looked as though we would get a lot of rain overnight on Thursday, clearing by the time we set out. Now it seems likely that we'll strike rain, and perhaps thunderstorms, while we're cycling. So I've selected a ride that will keep us close to train lines, in case we need to bail out.

START: We'll start from Roxburgh Park Station at 10:20am. The Craigieburn line train that departs from Flinders Street platform 5 at 9:37am should arrive at Roxburgh Park at 10:16am.

- If you'd like a coffee, you should catch an earlier Craigieburn line train, for example the one that departs from Flinders Street platform 5 at 9:16am, arriving at Roxburgh Park at 9:55am.
- You should be able to get a coffee from the [Zeit w Zaytoon](#) cafe across from the station (on the CBD side).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From the cafe, we'll take a few suburban streets to connect with the Broadmeadows Valley Trail, which we'll follow to where it joins the Moonee Ponds Creek Trail, near Jacana Station (a bailout option). We then follow the Moonee Ponds Creek Trail all the way to Flemington Bridge, and head up Racecourse Rd for lunch at the [Pho House Vietnamese Restaurant](#), 318 Racecourse Rd, Flemington. (The nearby Doutta Galla Hotel is currently closed for renovations). The restaurant is directly opposite the Newmarket Station. If we have a rain delay, the [Cross Keys Hotel](#), 350 Pascoe Vale Rd, Essendon is another lunch option, and that's very close to Strathmore Station.

ROUTE & GRADE: This is a moderate grade, relatively flat ride of 27 km to Newmarket Station, and the wind should mostly be behind us. The route is shown on the [Roxburgh Park to Flemington via Moonee Ponds Creek](#) Google map. **There is a very real risk of showers and thunderstorms throughout the day, so be sure to bring decent wet weather gear.**

REMEMBER: Bring drinking water, and **your best wet weather gear**. Sunscreen is recommended between 9:50am and 4:20pm. The UV is forecast to reach level 7 (High).

WEATHER FORECAST: "19 to 25 degrees. Cloudy. Very high chance of rain. The chance of a thunderstorm. Heavy falls possible in the southeast suburbs. Winds north to northeasterly 35 to 50 km/h shifting westerly 25 to 40 km/h in the early afternoon." For more details, see [Essendon detailed forecast](#) or [MetEye](#).

Fri 18 Oct 2024: Watergardens - Steele Creek - South Kensington

This ride option was abandoned due to the deteriorating weather forecast, and a Roxburgh Park to Flemington ride selected instead.

There is a lot of rain forecast for this Friday, but most will **probably** fall overnight. You might get wet getting to the station in the morning though, and there is a real risk of showers and thunderstorms throughout the day, so be sure to bring decent wet weather gear.

START: We'll start from Watergardens Station at 10:20am. The Sunbury/Watergardens line train that departs from Flinders Street platform 5 at 9:41am should arrive at Watergardens at 10:18am.

- If you'd like a coffee, you should catch an earlier Sunbury/Watergardens train, for example the one that departs from Flinders Street platform 5 at 9:24am, arriving at Watergardens at 10:01am.
- You can get a coffee at the cafe located diagonally opposite the station exit.
- Note that trains depart every few minutes up to the 9:41am departure, but then at 20 minute intervals, so **the train departing from Flinders Street at 9:41am is the last feasible option.**

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From Watergardens Station we'll skirt around the shopping centre to pick up the Taylors Creek Trail, which we'll follow as far as Burrowye Crescent (rather than continuing all the way to Brimbank Park as we normally do). We'll turn left into Burrowye Crescent and follow that to get to the Old Calder Highway, where we'll use the service road and bike trail to get to Keilor Park Drive. There we'll continue along the bike path, through the eastern edge of Brimbank Park, to pick up the trail that takes us beside the Calder Freeway to Niddrie, where we'll switch to the Steele Creek Path. That takes us to the Maribyrnong River Trail near Avondale Heights. This route should enable us to avoid that horrible climb out of Brimbank Park, as well as the flood-damaged sections of the Maribyrnong Trail. After admiring the views from Avondale Heights, we'll continue via the Maribyrnong Trail to our lunch spot, the newly reopened [Anglers Tavern](#), 2 Anglers Way, Maribyrnong. After lunch it's an easy, scenic 6 km cycle beside the river to get to South Kensington Station. You can catch a train from there, or continue on to connect via the Capital City Trail to get home.

ROUTE & GRADE: This is a moderate grade, relatively flat ride of 27.5 km to South Kensington Station, and the wind should mostly be behind us. The route is shown on the [Watergardens - Steele Creek - South Kensington](#) Google map.

REMEMBER: Bring drinking water, and decent wet weather gear. Sunscreen is recommended between 9:50am and 4:20pm. The UV is forecast to reach level 7 (High).

WEATHER FORECAST: *"19 to 25 degrees. Cloudy. Very high chance of showers. The chance of a thunderstorm. Heavy falls possible in the southeast suburbs. Winds north to northeasterly 15 to 25 km/h increasing to 25 to 35 km/h during the morning then increasing to 40 km/h before turning west to northwesterly 25 to 35 km/h during the day."* For more details, see [Moonee Ponds detailed forecast](#) or [MetEye](#).

Fri 11 Oct 2024: Werribee - Federation Trail - Yarraville - Docklands

The forecast for this Friday is looking OK, with westerly / south westerly wind, so we'll ride from Werribee along the Federation Trail to Yarraville for lunch, then on to Docklands. I will leave the ride at Yarraville Station (to head to Wilsons Prom), but Kevin will lead you for the rest of the ride.

START: We'll start at 10:04am at Werribee Station, and cycle to [Wolf on Watton](#), 90A Watton St, Werribee for a coffee. The Werribee train that departs from Flinders Street (probably platform 9, but check monitors) at 9:24am should arrive at Werribee at 10:04am. If you don't want a coffee, and know how to get to the cafe (along the river is best), you could catch the Werribee train that departs from Flinders Street at 9:44am, arriving at Werribee at 10:24am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: After the coffee, we'll continue along the Werribee River Trail to the start of the Federation Trail, and follow that all the way to Millers Rd. At Millers Rd, the Federation Trail is closed due to the West Gate Tunnel Project. The official detour is not very pleasant, so we'll take our usual alternative detour via Millers Rd, Francis St and assorted minor streets to get to our lunch spot, the [Yarraville Club](#), 135 Stephen St, Yarraville for lunch. The Yarraville Club menu has a typical pub/club menu, and they have a seniors menu for those who qualify. After lunch you can return via train from Yarraville Station, continue via the Hyde St and Footscray Rd Trails with the group to Docklands (5.5 km) and beyond, or there are good cycling connections in all directions beyond Yarraville. There are train exit options at Hoppers Crossing, Williams Landing, Yarraville then very regularly after that.

ROUTE & GRADE: This is a Medium grade ride of around 32 km to lunch. There are virtually no hills and the wind will mostly be a cross wind. Route Map: [Werribee - Federation Trail - Yarraville - Docklands](#).

REMEMBER: Bring drinking water, and layers - it might be chilly when you start out! Sunscreen is recommended between 9:50am and 4:20pm. The UV is forecast to reach level 7 (High).

WEATHER FORECAST: “8 to 17 degrees. Partly cloudy. Slight chance of a shower. Light winds becoming west to southwesterly 15 to 25 km/h in the morning then tending south to southwesterly in the middle of the day.”. For more details, see [Yarraville detailed forecast](#) or [MetEye](#).

Fri 4 Oct 2024: Upfield Station - Upfield Trail - Capital City Trail - Abbotsford Convent

The forecast for this Friday is looking rather dire, with strong northerly winds predicted and a reasonable chance of thunderstorms / showers. We'll do a ride that keeps us close to train stations all along the way, and finishes in the inner suburbs.

START: The ride will begin at 10:30am at Upfield Station. The Upfield line train that departs from Flinders Street Station platform 4 or 5 at 9:52am arrives at 10:28am at Upfield. If you'd like a coffee, the train departing from Flinders Street at 9:33am arrives at 10:10am (or the 9:12am train arrives at 9:49am). There are cafes in Barry Rd, for example the [Barry Road Hot Bread & Cake Shop](#) on the corner of Barry Rd and Dunstan Pde.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From Upfield Station we'll ride via on-road trails along Barry Rd, Dallas Dr, Rigall St and Blair St, then off-road paths to pass under the Western Ring Road Trail. From there we'll continue southwards via the Fawkner Cemetery then the Upfield Trail, all the way to the Capital City Trail, which we'll then take in a clockwise direction around to the Abbotsford Convent, for lunch at the [Convent Bakery](#).

ROUTE & GRADE: This is a Medium grade ride of around 26 km. The route is fairly flat and we should have a hefty tailwind much of the way. The surface is mostly sealed and mostly offroad, though with some relatively short on-road connections on quiet roads. Should the heavens open, we'll never be too far from both train station exit options, and alternative lunch venues should we have a significant delay. For the route, see map: [Upfield Station - Upfield Trail - Capital City Trail - Abbotsford Convent](#).

REMEMBER: Bring drinking water, and decent rain protection. Sunscreen is recommended between 9:10am and 3pm. The UV is forecast to reach level 6 (High).

WEATHER FORECAST: “17 to 22 degrees. Partly cloudy. Very high chance of showers. The chance of a thunderstorm. Winds northeasterly 25 to 35 km/h tending northerly 35 to 50 km/h early in the morning then becoming light in the late evening.”. For more details, see [Brunswick detailed forecast](#) or [MetEye](#).

Fri 27 Sep 2024 (AFL Holiday): Fairfield - La Trobe - Main Yarra - Fairfield Park

We had a picnic lunch in Macleod, which worked really well given the pleasant day: the rotunda in the park was perfect, and there were excellent takeaway options (General Chicken Co is especially recommended, including for vegetarian options).

The forecast for this Friday is looking great for cycling, with light winds and virtually no chance of rain. As it's a public holiday, we'll do a relatively short ride that starts and ends in the inner suburbs.

START: We'll meet at the corner of Heidelberg Rd and Arthur St, Fairfield ready to depart at 10:30am. There are two cafes there for you to get a coffee beforehand if you wish, [Hoppa & Joe](#) or the [Arthur St Deli](#). To get to the meeting point by public transport, get a Hurstbridge line train to Fairfield Station. After exiting the station, head east beside the railway line across Station St, then turn right into Arthur St and follow that to the cafes, which are located on either side of Arthur St, beside Heidelberg Rd.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or reply to this email if you are having trouble doing that).

DETAILS: From the meeting point, we'll head to the Darebin Creek Trail and follow that to the La Trobe University turnoff. We'll make our way through the university then follow linear paths beside the Nangak Tamboree Wildlife Sanctuary to Ernest Jones Reserve, from where we'll pick up a pleasant urban trail via the Cherry Street Grassland Reserve to get to Macleod. There are a few options there for lunch, for example: [Touchstone Cafe](#), 1/30 Aberdeen Rd, Macleod, or [Original Sinners](#), 82 Aberdeen Rd, Macleod. If nothing seems suitable on this public holiday, we can continue a further 6 km for lunch at the [Train Yard](#), 184 Burgundy St, Heidelberg.

After lunch, Macleod (or Heidelberg) train station is nearby, otherwise Erskine Road takes us to the Greensborough Highway, with good paths (incorporating the scenic River Gum Walk) linking from there to the Main Yarra Trail, which we'll then follow back to Fairfield. If we get delayed, La Trobe University has a number of cafes also.

ROUTE & GRADE: This is a Medium grade ride of just 29 km, which tends to be relatively flat though there are a few short uphill. The surface is mostly sealed and mostly offroad, though with some relatively short on-road connections. There are a few train station exit options if needed. For the route, see map: [Fairfield - La Trobe - Main Yarra - Fairfield Park](#).

REMEMBER: Bring drinking water and warm layers - it may be a bit chilly at times. Sunscreen is recommended between 9:20am and 2:50pm. The UV is forecast to reach level 6 (High).

WEATHER FORECAST: "5 to 17 degrees. Sunny. The chance of morning frost about the nearby hills. Light winds.". For more details, see [Bundoora detailed forecast](#) or [MetEye](#).

Fri 20 Sep 2024: Watergardens - Caroline Springs - Sunshine

The forecast for this Friday is looking OK, though with the chance of rain. That risk is less in the west, and northwesterly winds are predicted, so our plan is to ride from Watergardens back towards the CBD.

START: We'll plan to depart from Watergardens Station at 10:20am. The Sunbury line train departing from Flinders Street platform 5 at 9:41am should arrive at Watergardens at 10:18am. If you'd like a coffee, there are Watergardens/Sunbury line trains departing Flinders Street at 9:09am or 9:24am. I believe there's now a kiosk at the station, otherwise there's a cafe diagonally opposite the eastern exit of the station. (Note that we'll be departing from the western exit of the station though).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the Watergardens Station we'll head west (into a hefty headwind) beside the Melton Highway. Once we reach the Stony Hill Creek, we'll turn left onto the cycling path to head southwards. We'll follow various waterways and some minor roads down to Caroline Springs. Lunch could be at [The Club](#), 1312-1322 Western Hwy, Caroline Springs, though given that rain is most likely in the afternoon, we'll probably continue on the Western Ring Road Trail (beside the M8) then the Kororoit Creek Trail to Sunshine, for a late lunch at the [Derrimut Hotel](#), 132 Durham Rd, Sunshine (quite close to the station). The ride will officially finish at Sunshine Station, but you could cycle back via Footscray if you wished.

ROUTE & GRADE: This is a Medium grade ride of approximately 33 km from Watergardens to Sunshine. There should be few hills, and the wind will mostly be a tailwind or crosswind. There will be a hefty headwind for the first few kilometres though! The scenery in places on this route will be "a bit desolate", but there should also be some quite interesting and scenic sections. For the route, see the [Sunshine Station - Caroline Springs - Watergardens](#) map (which we'll follow in reverse, from Watergardens to Sunshine). If cycling beyond Sunshine, you could follow the [Sunshine to North Carlton via Footscray](#) map (the distance from Sunshine to North Carlton is around 18 km).

REMEMBER: Bring drinking water, layers and **wet weather gear**. Sunscreen is recommended between 9:40am and 2:50pm. The UV is forecast to reach level 5 (Moderate).

WEATHER FORECAST: "9 to 17 degrees. Cloudy. High chance of showers, most likely in the afternoon and evening. Winds northwesterly 20 to 30 km/h.". For more details, see [Caroline Springs detailed forecast](#) or [MetEye](#).

Fri 13 Sep 2024: Waurnd Ponds - Geelong - Lara

The forecast for this Friday is looking quite good, with moderate south westerly winds and just a small risk of showers. Our plan is to head to Geelong, hoping that getting our bikes on the V/Line trains doesn't prove too troublesome.

START: We'll plan to depart from Southern Cross Station at 9:30am, arriving at Waurnd Ponds at 10:46am. However, it's extremely likely that we won't all fit on that train, in which case some of us will catch the 9:50am train to South Geelong, and ride from there (via a Barwon River circuit) to meet those who caught the earlier train.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Waurnd Ponds Station we'll take a few suburban streets to connect to the Waurnd Ponds Trail, which we'll follow all the way to Breakwater Rd: total distance approximately 9 km. From there we'll follow the Barwon River Trail round to Swanston St (just before Kardinia Park / South Geelong Station), and take Swanston St to Eastern Beach: about 7 km. After that we'll take the Bay Trail from Eastern Beach to Lara: about 20 km. Lunch will be at the [Paddock Bakery](#) in the Federal Mills complex (in the building that was occupied by a brewery prior to COVID). For our return from Lara, there are trains at approximately 20 minute intervals, departing: 3:08pm, 3:25pm, 3:43pm, 4:05pm, 4:23pm, 4:47pm, 5:08pm etc.

ROUTE & GRADE: This is a medium grade ride of around 36 km - see [Waurnd Ponds to Lara via Limeburners Bay](#). Most of the route is sealed. There will be some short on-road sections and the tailwind should be helpful. The landscape will vary dramatically - at times quite urban and/or industrial, but with stunning riverside or coastal scenery at other times.

REMEMBER: Bring drinking water, layers and **wet weather gear**. Sunscreen is recommended between 10am and 2:30pm. The UV is forecast to reach level 4 (Moderate).

WEATHER FORECAST: "Geelong: 6 to 18 degrees. Partly cloudy. Medium chance of showers, most likely from the late morning. Winds westerly 15 to 25 km/h becoming light in the evening then becoming westerly 15 to 20 km/h in the late evening." For more details, see [Geelong detailed forecast](#) or [MetEye](#).

Fri 6 Sep 2024: Werribee to Altona via Werribee Mansion, Pt Cook & Saltwater Coast Bridge

The forecast for this Friday is looking quite good, though with reasonably strong winds and a risk of showers. The forecast has been consistently indicating a northwesterly wind, switching to a westerly / southwesterly wind around lunch time. Given that, so long as the risk of rain remains low, it's a good chance to ride from Werribee to Werribee South and Wyndham Harbour, then to Point Cook and Altona along the coast.

START: The ride will depart at 10:30am from the [Wolf on Watton](#) cafe, 90A Watton St, Werribee. The Werribee line train that departs Flinders Street platform 9 or 10 at 9:24am arrives at 10:04am. We will get to the cafe via a short ride beside the Werribee River. If you don't want a coffee, you can catch the train that departs at 9:44am, arriving at Werribee at 10:24am, but you'll need to find your own way (quickly) to the cafe in that case.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Werribee Station, we'll take the riverside trail to the Wolf on Watton cafe (opposite the Wyndham Cultural Centre), for a coffee. After the coffee we follow the extremely scenic Werribee River Trail to the point where the Federation Trail starts. A bridge on the route to the rear of the Werribee Mansion is still closed, so we'll ride along the Federation Trail as far as Duncans Road. There we'll exit on a cycling path then turn onto K Road, which doesn't have a cycling path. To avoid the worst part of K Road, as soon as we reach the entrance to Werribee Zoo, we'll take that and work our way through the grounds of Werribee Mansion, then back onto K Road. We'll then follow K Rd and Diggers Rd through lots of market gardens to Werribee South Beach, a scenic spot where the Werribee River runs into the Bay. We follow the coast for a while to Wyndham Harbour, where we'll have lunch at the [By the Bay Cafe](#) (there's also a sandwich bar in close proximity). Afterwards, we'll take a new coastal trail around to Crawfords Rd, which will connect to Robbs Rd. We then follow Robbs Rd, Cunninghams Rd and Aviation Rd to take us to the expansive Point Cook Coastal Park. There we'll be able to avoid the Point Cook suburbia maze, instead taking a brand new coastal path around to the bridge into the Cheetham Wetlands, and follow the coastal wetlands trail all the way to Altona, where the ride officially ends. From Altona you can catch a train, or continue via Newport and the Bay Trail back to Docklands.

ROUTE & GRADE: This is a Medium grade ride of around 40 km to Altona, with the option of catching a train from there or continuing a further 20 km to the CBD. For the route, see the [Werribee to Altona via Werribee Mansion, Point Cook and Saltwater Coast Bridge](#) Google map. Most surfaces will be sealed, but there will be quite a lot of on-road sections, mostly on quiet roads. We will need to take the first part of K Road, that has absolutely no shoulder, so we'll need to ride in single file and be very careful there. There will be virtually no hills and the wind should tend to be a tailwind, though will be a strong headwind at times.

WARNINGS:

- There will effectively be no train bailout options once we leave the Federation Trail until we get to Altona. We'll check conditions prior to leaving the Federation Trail, and change plans if necessary. If it begins raining at lunchtime, we'll have no alternative but to ride through the rain to Altona.
- There will be some on-road riding. K Road can be a little busy, as can Aviation Road (the only way to get to the Point Cook Coastal Park).
- We have never been to the lunch place before, but I imagine it will be fine.

REMEMBER: Bring drinking water, layers and **decent wet weather gear**. **Sunscreen is recommended between 10am and 2:40pm**. The UV is forecast to reach level 5 (Moderate).

WEATHER FORECAST: *"18 to 24 degrees. Partly cloudy. Very high chance of showers, most likely in the late afternoon and evening. Damaging winds possible about the nearby hills. Winds northerly 25 to 40 km/h shifting west to southwesterly 20 to 30 km/h in the late morning then becoming westerly 15 to 20 km/h in the evening."* For more details, see [Point Cook detailed forecast](#) or [MetEye](#).

Fri 30 Aug 2024: Williams Landing to Southbank via Altona and Williamstown

The forecast for this Friday indicates strong westerly winds and the possibility of showers. Our route from Williams Landing to Southbank via Laverton, Altona and Williamstown will ensure that we're never too far from a station should the heavens open.

START: Departure at 10:20am from Williams Landing Station.

- If you'd like a pre-ride coffee from the kiosk at the Williams Landing Station, catch the Werribee train that departs from Flinders Street at 9:24am, arriving at Williams Landing at 9:55am.
- The Werribee train that departs from Flinders Street, probably platform 9 (but check monitors) at 9:44am (Southern Cross at 9:48am) should arrive at Williams Landing at 10:15am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the Williams Landing Station (near the station kiosk) we will head to the Skeleton Creek Trail, but after crossing a Skeleton Creek bridge, we'll exit the trail and head north to get to Laverton Station. There we'll connect to the Laverton Creek Trail to cycle to Altona. Upon reaching Queen Street, we'll make a u-turn to head back through the wetlands towards Westona Station. We'll walk our bikes across the

railway line, then take Civic Parade and Sugar Gum Drive to get to the western end of Cherry Lake (the side we don't usually go to). We then follow the cycling trail through the Altona Coastal Park, which will take us to the Bay Trail. We'll follow that via Altona to Williamstown, following the coast all the way, mostly through wetlands. Lunch will be at the [Steam Packet Hotel](#), 30 Cole St, Williamstown. After lunch you can exit the ride via the nearby Williamstown Station, or continue with the group via the Bay Trail, then the Footscray Road Trail to Docklands, with the ride officially finishing at Southern Cross Station.

ROUTE & GRADE: Moderate 23 km cycling to the lunch point, or Medium 36 km ride if continuing to Southern Cross Station. The ride will be almost entirely on sealed, off-road trails. We will be facing a stiff headwind at times, especially after lunch. See [Williams Landing to Southbank via Altona and Williamstown](#) for a map of the route.

REMEMBER: Bring drinking water, layers and wet weather gear. Sunscreen is recommended between 10:30am and 2:00pm. The UV is forecast to reach level 4 (Moderate).

WEATHER FORECAST: "14 to 19 degrees. Partly cloudy. High chance of showers, most likely in the early morning. Damaging winds possible about the nearby hills in the morning and afternoon. Winds northerly 35 to 50 km/h turning west to northwesterly 30 to 45 km/h early in the morning." For more details, see [Williamstown detailed forecast](#) or [MetEye](#).

Fri 23 August 2024: Hurstbridge - Heidelberg - Clifton Hill via Diamond Creek & Yarra Trails

The forecast for this Friday is looking OK at this stage. Showers are forecast, but it seems likely that they'll arrive after we finish our ride. Our plan is to ride from Hurstbridge back to the CBD to take advantage of the forecast northerly wind.

START: The ride will depart at 10:40am from Hurstbridge Station. The Hurstbridge line train that departs Flinders Street platform 1 at 9:25am (or Clifton Hill at 9:45am), arrives at 10:37am. Alternative: If you want a coffee at the [Wild Wombat Cafe](#), located close to the station, the train departing Flinders Street at 9:06am (or Clifton Hill at 9:27am) arrives at 10:19am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Hurstbridge Station (or the Wild Wombat Cafe), we ride the rather rural off-road Diamond Creek Trail to Eltham and on to the Main Yarra Trail and all the way to Clifton Hill, or to whatever point you wish to exit. Lunch will be in Heidelberg, at [The Train Yard](#). If rain has arrived by then, Heidelberg Station is nearby for an early exit. After lunch we will continue down the Main Yarra Trail, with exit options wherever convenient.

ROUTE & GRADE: This ride is graded Medium. The total distance to Clifton Hill is 42 km, while to Heidelberg is 28 km. There are a few short sharp hills, and the path surface varies considerably - partly sealed and partly on packed gravel. For the route, see the [Hurstbridge to Heidelberg and Clifton Hill via Diamond Creek and Yarra Trails](#) Google map. There are several train station exit options along the way if needed, for example at Eltham, Heidelberg or Fairfield.

REMEMBER: Bring drinking water, warm layers and **wet weather gear**. Sunscreen is recommended between 11:40am and 1:10pm. The UV is forecast to reach level 3 (Moderate).

WEATHER FORECAST: *"9 to 19 degrees. Partly cloudy. Very high chance of showers, most likely in the late afternoon and evening. Winds northerly 25 to 40 km/h."* For more details, see [Heidelberg detailed forecast](#) or [MetEye](#).

Fri 16 Aug 2024: Mernda - Reservoir - Northern Pipe Trail - Rushall

Unfortunately, winter is returning this weekend, beginning with a significant chance of rain on Friday. The temperature should be pleasant enough though on Friday.

START: 10:30am at Mernda Station. If you don't want a pre-ride coffee, catch the Mernda line train that departs from Flinders Street platform 1 at 9:25am, which should arrive at Mernda Station at 10:27am. If you'd like a pre-ride coffee from the kiosk in the station, the Mernda line train departing Flinders Street at 9:02am (arriving 10:04am) or 9:11am (arriving 10:13am) is recommended.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Mernda Station we'll ride back along the trail beside the railway line between Mernda and South Morang. From South Morang we continue along the path to join the Darebin Creek Path (near Epping Station) and follow that down towards Bundoora Park. We'll exit the Darebin Creek Trail at McMahon Rd, then turn left into Marchant Ave and follow that to Broadway. The [Northside Broadway](#) cafe is across the road (Broadway) and slightly to the right. If our numbers are likely to swamp the Northside Broadway cafe, some could go to the cafe formerly known as Lady Bower in Marchant Ave (under new management). After lunch, we follow Broadway to High St and turn left at the Reservoir Station to follow the path beside High St to the park at Garden St. We cross (on the trail) diagonally through the park and exit the park straight ahead onto Robinson Rd then follow the trail beside the railway line (and St Georges Rd) back to the Capital City Trail.

ROUTE & GRADE: This is a Medium grade ride of 25 km to lunch, or 33 km to Rushall Station. There are many train station bailout options if the weather turns nasty. For the route, see the [Mernda - Reservoir - Northern Pipe Trail - Rushall](#) Google map. Most surfaces will be sealed, there are no real hills and the wind will generally be a tail wind.

REMEMBER: Bring drinking water, warm layers and **decent wet weather gear**. Sunscreen is recommended between 11:50am and 1pm. The UV is forecast to reach level 3 (Moderate).

WEATHER FORECAST: *"13 to 18 degrees. 90% chance of up to 9mm rain. Cloudy. Very high chance of showers or rain, most likely in the morning and afternoon. The chance of a thunderstorm. Winds northerly 25 to 40 km/h decreasing to 15 to 25 km/h in the middle of the day then turning northwesterly 15 to 20 km/h during the afternoon and evening."* For more details, see [Reservoir detailed forecast](#) or [MetEye](#).

NOTE: Chris has sent through a link to the [Cycling Without Age](#) group - some of you may like to volunteer for them, and something to remember for the (hopefully distant) future.

Fri 9 Aug 2024: Werribee River - Hoppers Crossing Drain - Federation Trail - Yarraville - CBD

The forecast for this Friday is looking quite good, with little chance of rain in the west. Our plan is to cycle northwards beside the Werribee River (into a headwind), but then to turn eastwards to cycle towards the CBD upon which we'll mostly have a tailwind for the rest of the day.

START: The ride will depart at 10:30am from the [Wolf on Watton cafe](#), 90A Watton St, Werribee. The Werribee line train that departs Flinders Street platform 9 or 10 at 9:24am arrives at 10:04am. We will get to the cafe via a short ride beside the Werribee River. If you don't want a coffee, you can catch the train that departs at 9:44am, arriving at Werribee at 10:24am, but you'll need to find your own way (quickly) to the cafe in that case.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the cafe, we ride the Werribee River Trail North to Hogans Road and then follow it east to the Hoppers Crossing Drain Trail. We follow that trail to the Federation Trail then on to the [Yarraville Club](#), 135 Stephen St for lunch. After lunch the options are to catch the train from Yarraville Station or ride on to Footscray Road/Dynon Road and the Observation Wheel at the top of the CBD, where we will disperse.

ROUTE & GRADE: This ride is graded moderate. The total distance to the Observation Wheel is 38.5 km and to the lunch spot is 33.5 km. It is mostly flat and all on sealed surfaces. There is a 3 km section on busy Hogans Road with limited separated bike lanes, but there is sufficient room for passing traffic. There is another short busy section in Brooklyn and a few sections on minor suburban streets. The route is shown on

the [Werribee - Werribee River - Hoppers Crossing Main Drain - Federation Trail - Yarraville - CBD](#) Google map. We should have a tail wind for most of the way.

REMEMBER: Bring drinking water and **warm layers**. Sunscreen isn't recommended as the UV is only forecast to reach level 2 (low).

WEATHER FORECAST: "9 to 16 degrees. Medium chance of showers, most likely in the early morning. Mostly sunny day. Winds north to northwesterly 15 to 25 km/h becoming light early in the morning.". For more details, see [Footscray detailed forecast](#) or [MetEye](#).

Fri 2 Aug 2024: Craigieburn - Galada Tamboore - Merri Creek - First & Last Hotel - Rushall

The forecast for this Friday is looking very pleasant for a winter's day, with lots of sun and virtually no chance of rain. However, it will be **chilly** with a relatively strong north wind. The plan is to ride from Craigieburn back to the CBD via the Galada Tamboore Trail and the Merri Creek.

START: We'll start out from Craigieburn Station at 10:25am. The Craigieburn line train that departs from Flinders Street platform 5 at 9:37am should arrive at Craigieburn Station at 10:21am. There are very poor coffee options near Craigieburn Station, so **you should get your caffeine fix prior to catching the train**.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the station we head due north (into a headwind) for a couple of kilometres to the start of the Galada Tamboore Trail (beside the Hume Freeway), which we then follow all the way south to the Ring Road. There we head west along the Western Ring Road Trail a little over two kilometres to the Merri Creek, which we follow southwards as far as Queens Parade. We'll ride along Queens Parade to the [First and Last Hotel](#), 1141 Sydney Rd, Hadfield for lunch. After lunch, we backtrack the short distance (1 km) to the Merri Creek then follow that down to where it meets the Capital City Trail near Rushall Station. At that point there are trails heading off in all directions for everybody to make their way home (by train or bike).

ROUTE & GRADE: This is a medium grade ride of around 37 km - see [Craigieburn - Galada Tamboore - Merri Creek - Rushall](#). There are no significant hills and the route is totally sealed. Once we reach the Western Ring Road Trail, there are train station exit options at regular intervals.

REMEMBER: Bring drinking water and **very warm layers**. Sunscreen isn't recommended as the UV is only forecast to reach level 2 (low).

WEATHER FORECAST: “5 to 15 degrees. Mostly sunny. Patches of frost and the chance of fog in the morning. Winds northerly 25 to 35 km/h”. For more details, see [Fawkner detailed forecast](#) or [MetEye](#).

Fri 26 July 2024: Watergardens to North Melbourne via Brimbank Park, Steel Creek and Maribyrnong Trails

The forecast for this Friday looks nice for a winter ride, although there could be some strong gusty winds. Our plan is to cycle from Watergardens, following various creek trails and the Maribyrnong River back to North Melbourne.

START: We'll meet on the east side of Watergardens Station, departing from there at 10:30am. If you'd like a coffee, catch the Sunbury line train that departs Flinders Street at 9:29am and arrives at Watergardens at 10:06am. For coffee meet at the Station St Cafe, just across the road. If you don't want a coffee, take the Sunbury line train that departs Flinders Street at 9:41am and arrives at Watergardens at 10:18am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email leadergeorgew.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: We'll initially follow Taylors Creek to Brimbank Park. Our intention would normally be to cycle through the park, but it is likely that the ford over the river will be flooded after recent rains so we may have to cut up to the Old Calder Hwy trail to take us to the M80 Trail. We will use that to link to the Steele Creek Trail, which will take us onto the Maribyrnong Trail. Our lunch stop is planned to be the very recently reopened [Anglers Tavern](#), in Maribyrnong. If that is not possible we will probably default to the Doutta Galla Hotel in Newmarket. After lunch we will continue down the Maribyrnong River to South Kensington and onto where Arden St meets the Capital City Trail in North Melbourne. The ride will finish there so everyone can head off in different directions to get home.

ROUTE & GRADE: This is a medium grade ride of 27.5 km and the route is largely flat but with several noticeable hills. The lunch stop is at 20.5km. Winds are northerly, getting stronger as the day goes on, so there will be a tailwind for much of the ride- see [Watergardens to North Melbourne via Brimbank Park, Steel Creek and Maribyrnong Trails](#). The route is mostly sealed, although there are a few sections of gravel and some on road on quiet streets. Train station bailout options are limited. Moonee Ponds station is not too far from the lunch stop.

REMEMBER: Bring drinking water, **warm layers** and **wet weather gear** just in case.

WEATHER FORECAST: “Min 8, Max 16. Mostly sunny day. Slight chance of a shower in the evening. Winds northerly 25 to 40 km/h.”

Fri 19 July 2024: Watsonia to the CBD along the Yarra Trail.

The forecast for this Friday looks fairly ordinary with the possibility of showers, increasing likely as the day goes on. Our plan is to cycle from Watsonia, down to the Yarra Trail, then follow it into the CBD, finishing at Flinders Street Station. It has been designed to give us bail out options in case the rain turns unpleasant and finish in the CBD to assist everyone getting home in good time. **NOTE THE EARLY START to try to keep ahead of any rain. If it is too wet the ride will be cancelled. If so, those in the attendee list will be messaged.**

START: We'll meet on the west side of Watsonia Station, departing from there at 10:10am. If you'd like a quick coffee, catch the Hurstbridge line train that departs Flinders Street at 9:06am and arrives at Watsonia at 9:50am. For coffee meet at the Watsonia Bakehouse, 43 Watsonia Road, Watsonia, just across from the station and south of the roundabout - but do be rugged up. If you don't want a coffee, take the Hurstbridge line train that departs Flinders Street at 9:25am and arrives at Watsonia at 10:08am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email leadergeorgew.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: We'll initially follow quiet suburban streets and then navigate around the Greensborough Road roadworks to join the Yarra Trail at Rosanna. We then follow the Yarra Trail all the way into the CBD. Our lunch stop is likely to be the [Convent Bakery](#) at Abbotsford Convent, Abbotsford, but that may vary depending on the weather. After lunch you can choose to continue onto the CBD via the Yarra Trail or catch a train from nearby Victoria Park Station.

ROUTE & GRADE: This is a medium grade ride of 32 km and the route is largely flat but with a couple of noticeable hills. The lunch stop is at 20km. Winds are northerly, getting stronger as the day goes on, so there will be a tailwind for much of the ride- see [Watsonia to CBD along the Yarra Trail](#). The route is mostly sealed, although there is a lengthy section of gravel from Heidelberg to the river crossing near Burke Road. There are train station bailout options at Macleod, Heidelberg, Alphington, Fairfield, Victoria Park, and Burnley..

REMEMBER: Bring drinking water, **lots of warm layers** and **wet weather gear**.

WEATHER FORECAST: *"Min 7, Max 13. Showers increasing. Possible rainfall: 2 to 8 mm. Cloudy. Very high chance of showers, most likely in the afternoon and evening. Winds northerly 25 to 40 km/h."*

Fri 12 July 2024: Preston to Royal Park via Darebin Ck, Ring Road and Upfield Trail

The forecast for this Friday looks fairly ordinary with the risk of showers, although the main rain will hopefully have passed through by ride time. Our plan is to cycle from Preston, up to the Ring Road, then back down the Upfield Trail. It has been designed to keep us close to rail stations a lot of the time and with a few shortcuts in case the rain turns unpleasant.

START: We'll meet undercover at Preston Station, departing from there at 10:30am. If you'd like a coffee, catch the Mernda line train that departs Flinders Street at 9:29am and arrives at Preston at 10:01am. For coffee meet at the entrance to the Preston Market opposite the Station, where there are public tables and chairs as well as several places to get takeaway coffees - but do be rugged up. If you don't want a coffee, take the Mernda line train that departs Flinders Street at 9:52am and arrives at Preston at 10:24am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email leadergeorgew.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: This is a more urban ride, although almost all of it is on designated off-road cycling paths. We'll initially follow the rail line trail to Reservoir then link across to the Darebin Creek Trail to take us up to the Ring Road Trail. That trail will take us west to Hadfield, where we will drop down onto the Upfield Trail and to our lunch stop at the [First and Last Hotel](#), 1141 Sydney Rd, Hadfield. After lunch we will continue on down the Upfield Trail to where it joins the Capital City Trail near Royal Park Station. The official ride finishes there and riders can head off to their next destination.

ROUTE & GRADE: This is a medium grade ride of 33 km and the route is largely flat. The lunch stop is at 26km. Winds are northerly, so there will be a light head wind for the first bit, then a tailwind for the last leg- see [Preston to Royal Park via Darebin Ck, Ring Road and Upfield Trail](#). The route is all sealed. There are easy train station bailout options for large parts of the ride and opportunities to cut the ride short if necessary.

REMEMBER: Bring drinking water, **lots of warm layers** and wet weather gear.

WEATHER FORECAST: "Min 9, Max 15. Partly cloudy. High chance of showers, most likely in the morning. Otherwise the possibility of a shower or two. Winds northerly 15 to 25 km/h becoming light early in the morning.

Fri 5 July 2024: Seaford to Federation Square via The Bay Trail

The forecast for this Friday looks good for a winter bayside ride. Our plan is to cycle from Seaford to Federation Square via the Bay Trail.

START: We'll meet at the [Spanish Bar](#), 20 Station St, Seaford, departing from there at 10:30am. If you'd like a coffee, catch the Frankston line train that departs Flinders Street at 9:07am (or Richmond at 9:11am) and arrives at Seaford at 10:07am. If you don't want a coffee, take the Frankston line train that departs Flinders Street at 9:27am (or Richmond at 9:31am) and arrives at Seaford at 10:27am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email leadergeorgew.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: This is a well-known, scenic route following the coast from Seaford back to the CBD. We'll initially follow the rail line trail to Carrum. Upon arrival at Carrum, we'll follow the unsealed path beside the Patterson River then through the Edithvale Wetlands to Mordialloc. From

Mordialloc the trail is sealed, and moves a little closer to the beach as we follow the coast as far as St Kilda. Lunch will be at the [Brighton Beach Hotel](#), 4 The Esplanade, Brighton. In St Kilda, we'll head inland to cycle via the Albert Park Lake (unsealed) then follow some excellent on-road cycling paths to take us to the CBD.

ROUTE & GRADE: This is a medium grade ride of 45 km to Federation Square / Flinders Street. The route is quite flat and the wind will be mostly a tailwind - see [Seaford - Bayside Trail - Flinders Street Station](#). The route is sealed except for the section between Carrum and Mordialloc and a short section beside the Albert Park Lake. There are easy train station bailout options regularly as far as Mordialloc, then at Sandringham or Brighton Beach.

REMEMBER: Bring drinking water, **warm layers** and wet weather gear just in case.

WEATHER FORECAST: "Min 4, Max 12. Cloudy. The chance of morning fog. Slight chance of a shower. Light winds

Friday 28 June 2024: Mernda to Rushall Station via Darebin Creek, Dalton Road, Edwardes Lake and Merri Creek Trails

The forecast for this Friday is good for winter riding, with little chance of rain and a tailwind. Our plan is to start at Mernda Station and cycle back towards the CBD via the Mernda Rail Trail, Hendersons Road Drain Trail, Darebin Creek Trail, Dalton Road, Edwardes Lake and Merri Creek Trail.

START: We'll depart Mernda Station at 10:30am. The Mernda line train that departs Flinders Street platform 1 at 9:29am, or Clifton Hill at 9:49am, should arrive at Mernda at 10:30am. If you would like a coffee from the station kiosk, catch the 9.11am from Flinders Street (Clifton Hill 9.23am), arriving at Mernda at 10.13am. If you want a cafe style coffee experience, there is an excellent bakery, Turners Bakehouse Eatery, about 1km due north of the Mernda Station, but you will need to catch the 8.37am train, or earlier, from Flinders St, arriving Mernda at 9.39am and make sure you are back at Mernda Station by 10.30am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email leadergeorgew.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the station we'll follow the trail by the railway line to Hawkstowe Station then navigate several less known trails to Hendersons Road Drain Trail. This will take us to the Darebin Creek Trail, and on to the Ring Road (M80). There we will head west to Dalton Road, which will take us to Reservoir where we will divert to Edwardes Lake for lunch at [Edwardes Lake Hotel](#), 257 Edwardes St, Reservoir. After lunch we

will head to the Merri Creek Trail and on all the way to the Capital City Trail near Rushall Station, where there are many options for cycling home or catching a train. For those wishing to finish after lunch, Reservoir Station is nearby.

ROUTE & GRADE: This ride is graded Medium with a total distance of 38 km. The distance to lunch is 23 km. For the route, see the [Mernda to Rushall Station via Darebin Creek, Dalton Road, Edwards Lake and Merri Creek Trails](#) Google map. There are no significant hills and the trail surfaces are generally quite good - mostly sealed off-road concrete paths, although there are a couple of tricky crossings. There are train station bailout options at frequent intervals.

REMEMBER: Bring drinking water, **warm layers** and wet weather gear just in case.

WEATHER FORECAST: "Min 8, Max 16. Partly cloudy. Slight chance of a shower, most likely in the evening. Winds northerly 25 to 40 km/h."

Fri 21 Jun 2024: St Albans - Kororoit Creek - Sunshine - Footscray - North Fitzroy

The forecast for this Friday is looking OK, but **VERY** chilly. There's a smaller chance of rain in the west, so we'll do a ride starting at St Albans.

START: We'll plan to start riding at 10:35am. The Watergardens / Sunbury line train that departs from Flinders Street (probably platform 5) at 10:02am arrives at St Albans at 10:31am. If you'd like a coffee, you should catch an earlier train such as the one leaving Flinders Street at 9:35am, arriving at St Albans at 10:05am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: After the optional coffee at the excellent kiosk at St Albans Station, we'll head south on the Jones Creek Trail. Shortly after reaching the Western Ring Road Trail, we'll switch to the Kororoit Creek Trail, but only follow that as far as Sunshine. We'll exit the trail via Derby Rd to get to Sunshine Station, where we'll cross the rail line and follow the trail through Tottenham and Footscray to join the Maribyrnong via the Newells Paddock Wetlands. Rather than following the Maribyrnong though, we'll make our way to the Capital City Trail to get us to the [Railway Hotel Fitzroy North](#), 800 Nicholson Street, for lunch. After lunch we'll disperse to our respective homes via whichever trail works best (or a station such as Clifton Hill or any CBD station). If we have a significant rain delay, lunch could also be at the [Railway Hotel](#) in Yarraville or the [Doutta Galla Hotel](#) in Newmarket.

ROUTE & GRADE: This is a medium grade ride of around 27 km to lunch - see [St Albans - Kororoit Creek - Sunshine - Footscray - Carlton](#). There are no significant hills and the route is mostly sealed (perhaps totally sealed). There are train station exit options at very regular

intervals, namely Albion, Sunshine, Tottenham, West Footscray, Middle Footscray, Footscray, South Kensington, Newmarket, Flemington Bridge or Royal Park stations.

REMEMBER: Bring drinking water, **very warm layers** and wet weather gear. Sunscreen isn't recommended as the UV is only forecast to reach level 1 (low).

WEATHER FORECAST: *"5 to 13 degrees. Partly cloudy. Medium chance of showers. Light winds becoming southwesterly 15 to 20 km/h during the day then becoming light during the afternoon"*. For more details, see [Footscray detailed forecast](#) or [MetEye](#).

Fri 14 Jun 2024: A meander around Casey and Berwick

The forecast for this Friday is looking OK, but very chilly. There's virtually no chance of rain, so we'll do a ride in the south eastern suburbs.

START: We'll catch the Cranbourne line train that departs from Flinders Street platform 6 at 9:42am, or Richmond at 9:46am, and should arrive at the Merinda Park Station at 10:36am. There are no coffee options near the station, so you'll need to get your coffee fix prior to departing.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Merinda Park Station we'll ride along assorted minor roads then the bike path beside the C404 highway, exiting that at Baringa Park Dr to do a circuit around the River Gum Creek Reserve. After that we'll return to the C404 briefly to pick up the Hallam Main Drain Trail. We'll follow that through wetlands to the Fountain Gate, Narre Warren Shopping Centre where we'll have lunch at **Walawwa "The Bungalow"**, 28 Webb St, Narre Warren. After lunch we follow concrete cycling trails beside the Monash Freeway then beside Ernst Wanke Rd for approximately 6 km. Shortly after we pass Bellbird Park we turn right into Avebury Dr, left into Bournevale Dr, then take the second street on the right to enter the rear of [Wilson Botanic Park](#). We need to dismount to walk through this beautiful, expansive park. Anybody who wants to explore the park further can do so, because that's virtually the end of the ride. We'll exit Wilson Botanic Park via the main entrance then turn left onto the bike path and follow that through the large Clyde Rd / Lyall Rd / Princes Hwy intersection. We'll continue straight ahead along High St and at the next lights turn right into Gloucester Ave, which takes us to Berwick Station.

ROUTE & GRADE: This is a Medium grade ride of around 33 km. For the route, see the [Casey V2: Merinda Park - Narre Warren - Wilson Botanic Park - Berwick](#) Google map. Most surfaces will be sealed, with the exception of a relatively short stretch of packed gravel on the Hallam Main Drain Trail.

REMEMBER: Bring drinking water, **warm layers** and wet weather gear (just in case). Sunscreen isn't recommended as the UV is only forecast to reach level 1 (low).

WEATHER FORECAST: *"6 to 13 degrees. Partly cloudy. The chance of morning fog. Light winds."* For more details, see [Narre Warren detailed forecast](#) or [MetEye](#).

Friday 7 June 2024: Fairfield, Darebin Ck, Plenty River, Yarra River, Fairfield Loop

The forecast for this coming Friday is looking okay for this time of year, with a maximum of 16 degrees. The plan is to do a reasonable local ride along the creeks and rivers of Melbourne's North East. It should be a dry ride, but there is a slight chance of a shower.

START: We will depart from the corner of Arthur St and Heidelberg Rd (North side), Fairfield at 10.30am. The Hurstbridge train departing Flinders St Station at 9:59am arrives at Fairfield at 10:25am. If you want to have coffee prior to departure, plan to arrive earlier. The train that departs Flinders St Station at 9:39am arrives at Fairfield at 10:05am.

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderGeorgeW.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: There are two cafes at our meeting point where you can get a coffee - **Hoppa & Joe** and **Arthur St Deli**. Afterwards, we'll head down Wingrove St to the Darebin Creek Trail. We then ride up the Darebin Creek Trail to the Ring Road, where we will swing east to link up to the Plenty Creek Trail. That will lead us through Greensborough and on to lunch at the [Lower Plenty Hotel](#), Main Rd, Lower Plenty (31km mark). After lunch we continue on the Plenty River Trail, joining up with the Yarra Trail for the final leg back to Fairfield.

ROUTE & GRADE: This is a Medium/Hard grade ride of 46 km. Large sections are relatively flat, but there are some quite demanding hills in places. There will be a head wind of 10 to 15km/hr (southerly) going along the Plenty River Trail but there is some protection given by the creek and river valleys. However, we will be exposed as we crest the hill near the Rosanna Golf Course. For the route, see the [Fairfield, Darebin Creek, Plenty River, Yarra River, Fairfield Loop 2024](#) Google map. There are train stations easily accessible along the way at Greensborough and Heidelberg.

REMEMBER: Your drinking water, warm layers and light rain gear in case of showers.

WEATHER FORECAST: The latest Melbourne forecast for Friday is: "Partly cloudy. The chance of morning fog. Slight chance of a shower in the northwest suburbs, near zero chance elsewhere. Winds south to southeasterly 10 to 15 km/h".

Fri 31 May 2024: Craigieburn-Broadmeadows Valley-Moonee Ponds Ck-Flemington Bridge

It looks like we'll get a lot of rain on Thursday night, but that it will have largely cleared by the time we start riding on Friday. Our plan is to do a ride in the north that will give us some train station bailout options should they be needed.

START: We'll start from Craigieburn Station at 10:21am. The Craigieburn line train that departs from Flinders Street platform 5 at 9:37am should arrive at Craigieburn at 10:21am. There are no cafes nearby, so we'll stop en route for those who'd like a coffee.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlaN.D.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Craigieburn Station we head to the Aitken Creek Trail and follow that as far as Denau Place / Mission Hills Way. We then wind our way south through suburban streets to [Sydney's Cafe and Convenience](#) for an optional coffee. Afterwards we take a short ride along quiet streets to the Broadmeadows Valley Park Trail, which leads us to the Moonee Ponds Creek Trail. We'll follow that all the way to lunch at the [Cross Keys Hotel](#), 350 Pascoe Vale Rd, Essendon. After lunch we will continue on to Flemington Bridge, from where you can return home by train or by cycling the Capital City Trail either clockwise or anticlockwise.

ROUTE & GRADE: This is a Medium grade ride of 34 km to Flemington Bridge. For the route, see the [Craigieburn to Flemington Bridge via Broadmeadows Valley and Moonee Ponds Creek](#) Google map. It is all on sealed paths and roads, with very few uphill. There are several train exit points, notably Jacana Station, Strathmore Station (beside the lunch spot) and Essendon Station. It is 27 km to lunch, then 7 km after lunch. There should be a tailwind most of the way.

REMEMBER: Bring drinking water, warm layers and wet weather gear. Sunscreen isn't recommended as the UV is only forecast to reach level 2 (low).

WEATHER FORECAST: "12 to 16 degrees. Partly cloudy. Very high chance of showers in the southeast suburbs, medium chance elsewhere. Winds north to northwesterly 25 to 35 km/h tending west to northwesterly 20 to 30 km/h during the morning and early afternoon then decreasing to 15 to 20 km/h in the evening.". For more details, see [Broadmeadows detailed forecast](#) or [MetEye](#).

Fri 24 May 2024: East Malvern - Blackburn Lake - Koonung Creek - Fairfield

The forecast for this Friday is looking quite good for this time of year, with light winds and little chance of rain. Our plan is to do a slightly convoluted ride that we haven't done for some years, into the (scenic) wilds of Blackburn.

START: We'll start at 10:30am from the [Jake and the Beans Talk](#) cafe, 510 Waverley Rd, Malvern East. The Glen Waverley line train that departs Flinders Street platform 3 at 10:03am (or Richmond at 10:06am), should arrive at East Malvern Station at 10:25am. To get to the cafe from the station, go through the car park and take Sycamore St to Waverley Rd. Cross that super-busy road very carefully, and the cafe will be a few metres on your right. If you'd like a coffee, you could take the Glen Waverley line train that departs Flinders Street at 9:33am, arriving at East Malvern Station at 9:55am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: This ride starts at 10:30am from the Jake and the Beans Talk cafe near East Malvern Station. We take the Scotchmans Creek Trail as far as Stanley Ave, and then some suburban streets to the very pretty Damper Ck Trail through Bellbird Dell. From there we follow a mixture of streets and small, pleasant linear-park trails until linking up with the Gardiners Creek Trail. This eventually leads us to the Blackburn South Drain Trail, before a short on-road stretch to the delightful Blackburn Lake Reserve. After cycling through it, we join the trail along the Lilydale/Belgrave Line to our lunch destination – [The Food Republic](#), 28/30 Blackburn Rd, Blackburn. After lunch we again take a mixture of streets and small off road trails to join the Koonung Creek Trail, which will lead us to the Main Yarra Trail and on to our finish at Fairfield Station.

ROUTE & GRADE: This is a Medium grade ride of around 40 km. For the route, see the [East Malvern - Blackburn Lake - Koonung Creek](#) Google map. There will be no significant hills, but a few short "nasty surprises"! It will be easy to exit the ride via Blackburn Station immediately after lunch (which would make for a Moderate ride of around 22 km).

REMEMBER: Bring drinking water plus a warm layer - it's likely to be chilly at the start. Sunscreen isn't recommended as the UV is only forecast to reach level 2 (low).

WEATHER FORECAST: "6 to 15 degrees. Cloudy. Light winds." For more details, see [Blackburn detailed forecast](#) or [MetEye](#).

Note that there will also be a Nomads ride this Sunday, from [Altona to Carlton North](#) for lunch at the Great Northern Hotel.

Fri 17 May 2024: Werribee - Werribee South - Wyndham Harbour - Point Cook - Altona

NOTE: Due to a deteriorating weather forecast, the ride was switched to instead do Werribee - Federation Trail - Skeleton Creek - Altona.

The forecast for this Friday indicates a reasonable chance of rain, though more in the eastern suburbs than out west, so the plan is to cycle from Werribee to Werribee South then on via Wyndham Harbour to Point Cook then Altona.

START: We'll start at 10:04am at Werribee Station, and cycle to [Wolf on Watton](#), 90A Watton St, Werribee for a coffee. The Werribee train that departs from Flinders Street (probably platform 9, but check monitors) at 9:24am should arrive at Werribee at 10:04am. If you don't want a coffee, and know how to get to the cafe (along the river is best), you could catch the Werribee train that departs from Flinders Street at 9:44am, arriving at Werribee at 10:24am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Werribee Station, we'll take the riverside trail to the Wolf on Watton cafe (opposite the Wyndham Cultural Centre) for a coffee. After the coffee we follow the extremely scenic Werribee River Trail to the point where the Federation Trail starts. Hopefully, we'll be able to take the scenic trail past the Werribee Zoo - the bridge is still closed, but Paul Watson is going to do a recce of the Bluestone Ford tomorrow that we can hopefully use instead. If that's not feasible, we'll follow the Federation Trail to Duncans Road, then take K Road to the Werribee Mansion entrance. Either way, from there we'll take our usual route along K Road and Diggers Rd through lots of market gardens to Werribee South Beach, a scenic spot where the Werribee River flows into the Bay. We follow the coast for a while to Wyndham Harbour, where we'll have lunch at the [By the Bay Cafe](#) (there's also a sandwich bar in close proximity). Afterwards, we'll take a new coastal trail around to Crawfords Rd, which will connect to Robbs Rd. We then follow Robbs Rd, Cunninghams Rd and Aviation Rd to take us to the expansive Point Cook Coastal Park. There we'll be able to avoid the Point Cook suburbia maze, instead taking a brand new coastal path around to the bridge into the Cheetham Wetlands, and follow the coastal wetlands trail all the way to Altona. From Altona you can catch a train, or continue via Newport and the Bay Trail back to Docklands.

ROUTE & GRADE: This is a Medium grade ride of around 36 km to Altona, with the option of catching a train from there or continuing a further 20 km to the CBD. For the route, see the [Werribee to CBD via Werribee South, Point Cook and Altona](#) Google map (though this shows us following Duncans Rd rather than the proposed new coastal trail to Crawfords Rd). Most surfaces will be sealed, but there will be quite **a lot of**

on-road sections, mostly on quiet roads. If we need to take the first part of K Road, that has absolutely no shoulder, so we'll need to ride in single file and be very careful there. There will be virtually no hills and the wind should tend to be a tailwind, though will become quite strong later in the day.

REMEMBER: Bring drinking water plus a warm and waterproof layer - it will be chilly at times and **there's a real chance of rain**. Sunscreen isn't recommended as the UV is only forecast to reach level 2 (low).

WEATHER FORECAST: *"9 to 17 degrees. Partly cloudy. The chance of morning fog. Very high chance of showers, most likely in the late morning and afternoon. Light winds becoming west to southwesterly 20 to 30 km/h in the morning then tending south to southwesterly in the late afternoon."* For more details, see [Point Cook detailed forecast](#) or [MetEye](#).

Fri 10 May 2024: Belgrave to East Malvern via Ferny Creek ~ Dandenong ~ Yarraman

The forecast for this Friday is looking reasonable, though the latest forecast indicates a small chance of rain. The plan is to ride via the Ferny Creek Trail from Belgrave to Dandenong for lunch at the Workers Club, then continue from there to East Malvern via Yarraman and the Djerring Trail.

START: We'll depart from Belgrave Station at 10:30am. The Belgrave train departing from Flinders Street (platform 2 or 3) at 9:26am, or Richmond (platform 9) at 9:29am, should arrive in Belgrave at 10:26am. If you'd like a coffee in Belgrave, you should catch the Belgrave train departing from Flinders Street (platform 2 or 3) at 8:56am or 9:16am, arriving in Belgrave at 9:56am or 10:12am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Belgrave Station we head down the mountain on the trail beside the railway line until we reach Upper Ferntree Gully. There we branch off to the Ferny Creek Trail, which will take us to the Eastlink Trail near Jells Park. From there we head south on the Eastlink and Dandenong Creek Trails to Dandenong for lunch. Lunch will be at the [Workers Club](#), 52-70 Wedge St, Dandenong (right beside the Dandenong Creek Trail on the approach to Dandenong). After lunch, you can catch a train from the Dandenong or Yarraman Station, or continue cycling along the Djerring Trail to Hughesdale then East Malvern. From there you can continue home by whichever trail (or train) works best for you.

ROUTE & GRADE: This is a Medium grade ride of around 30 km to Dandenong, or a Hard grade ride of 54 km to East Malvern (though it's only the distance that makes this hard; before lunch it will generally be downhill or flat. The wind is likely to be light, and hopefully a tail wind for quite a bit of the ride. For the route, see the [Belgrave to East Malvern via Ferny Ck ~ Dandenong ~ Yarraman](#) Google map.

REMEMBER: Bring drinking water and a warm, waterproof layer - it will be chilly at times and there's a chance of rain. Sadly, sunscreen isn't recommended as the UV is only forecast to reach level 2 (low).

WEATHER FORECAST: *"11 to 18 degrees. Cloudy. Medium chance of showers. Light winds."* For more details, see [Dandenong detailed forecast](#) or [MetEye](#).

Fri 3 May 2024: Carlton - Upfield Trail - Ring Road - Moonee Ponds

The forecast for this Friday is looking quite good for cycling, albeit a tad fresh. Given that many of us will be doing the Bendigo to Heathcote ride over the weekend, we'll do a relatively easy ride that doesn't need to involve using trains (unless you wish to).

START: Unfortunately, The Park Street Cafe has gone bust, so instead we'll meet up at the [Capulous & Co](#) cafe, 9 Sydney Rd, Brunswick (just at/before Sydney Road), ready to depart from there shortly after 10:30am. The Upfield line train that departs from Flinders Street platform 5 at 10:12am arrives at Jewell Station at 10:28am. From there it's a 4 minute ride via the Upfield Trail then turning left into Park Street. Alternatively, wait at Jewell Station and we'll collect you as we pass by there.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the cafe we'll head to the nearby Upfield Trail and follow that all the way to the Fawkner Cemetery. From the cemetery we'll pass through a few quiet suburban streets to reach the Western Ring Road Trail, where we'll head west as far as Jacana Station. There we go down the hill to the Moonee Ponds Creek, and follow the Moonee Ponds Creek Trail for lunch at the [Cross Keys Hotel](#), 350 Pascoe Vale Rd, Essendon. From there we'll continue on the Moonee Ponds Creek Trail to the end at Flemington Bridge Station, from where you can take the Capital City Trail in whichever direction works best to get back to your home, or head directly towards the CBD.

ROUTE & GRADE: This should be an easy Medium grade ride - there are no real hills, but there will be a gentle headwind for quite a bit of the ride. The distances are: 11 km from the cafe to Fawkner Cemetery, 6 km from there to Jacana Station and a further 16.5 km back to Flemington Bridge Station, thus a total of around 33.5 km. You will probably add a few kilometres getting to and from the start/finish of the ride though.

There are lots of train station bailout options should that be needed. The route map is: [Park St Cafe - Capital City Trail - Upfield Path - Western Ring Road - Moonee Ponds Creek](#).

REMEMBER: Bring drinking water, sunscreen and a **warm layer**, as it will be chilly at times. The UV is forecast to reach level 3 (Moderate), and sun protection is recommended only between 12pm and 1pm.

WEATHER FORECAST: “7 to 17 degrees. The chance of morning fog. Mostly sunny afternoon. Light winds.”. For more details, see [Fawknor detailed forecast](#) or [MetEye](#).

Thu 25 Apr 2024: Fed Square - Main Yarra - Gardiners Creek - Anniversary - Main Yarra

The forecast for this Friday isn't looking fantastic, but we nonetheless already have 13 people registered to ride (since it's the Anzac Day holiday). Note that there will be no bike ride organised for this Friday 26 April.

START: We'll depart at 10.30am from the bike hoops on Birrarung Marr, beside Federation Square. The bike hoops are located between Swanston Street and the MCG and between the river and the Federation Square Car Park. This is on the intermediate level - not the path right beside the river, and not the level of the main part of Federation Square. There are currently construction works happening on Birrarung Marr, but the bike hoops should still be accessible. If you'd like a pre-ride coffee, you can get one from Flinders Street Station (e.g. at the [Clocks at Flinders](#) cafe's counter that faces onto Swanston Street).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Fed Square, we will start out along the Main Yarra Trail then follow the Gardiners Creek Trail. We'll take a shortcut via the picturesque, but largely unsealed, Ferndale Trail to join the Anniversary Trail, which we'll follow to Alphington. At Alphington we will rejoin the Main Yarra Trail and ride on that to Abbotsford for lunch at the [Convent Bakery](#). After lunch, we'll return to the CBD via some fairly direct, mostly on-road cycling paths, but you could also follow the Main Yarra Trail all the way back to Fed Square if you want a longer and more scenic ride (that route is approximately 8 km longer).

ROUTE & GRADE: This is a medium grade ride of around 34 km, consisting of 29 km to lunch, then a further 5 km back to Fed Square (or 13 km back to Fed Square if you choose to follow the Main Yarra Trail all the way). The route is fairly flat, but there are a few short, sharp uphill sections. The wind will be a headwind at times, especially after lunch. There are easy and safe train station bailout options at regular intervals. For the route map, see [LOOP: Fed Square - Main Yarra - Gardiners Creek - Anniversary - Main Yarra - Fed Square](#).

REMEMBER: Bring drinking water, sunscreen and **rain protection**. Be sure to include a warm layer, as it will be chilly at times. The UV is forecast to reach level 3 (Moderate), and sun protection is recommended only between 10:40am and 1:50pm.

WEATHER FORECAST: *"10 to 16 degrees. Cloudy. Very high chance of showers in the northeast suburbs, high chance elsewhere. Winds westerly 15 to 20 km/h turning southwesterly 20 to 30 km/h during the morning then becoming light during the evening."* For more details, see [Collingwood detailed forecast](#) or [MetEye](#).

Fri 19 Apr 2024: Boronia to Fairfield via Heathmont, Mullum Mullum and Yarra Trails

The forecast for this Friday is looking OK for cycling, with just a tiny chance of rain. The plan is to ride from Boronia to Beasley's Nursery for lunch, then on via the Mullum Mullum and Main Yarra trails.

START: We'll plan to depart from Boronia Station ASAP after 10:15am. The Belgrave line train that departs from Flinders Street platform 2 at 9:26am (or Richmond at 9:29am, or Camberwell at 9:38am) arrives at Boronia at 10:10am. If you'd like a quick coffee at the Two Cats Espresso Bar (right beside the station), you should catch the train that departs from Flinders Street at 9:16am, arriving at 9:58am at Boronia. Note that the next train to arrive after 10:10am won't be until 10:40am!

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: After an optional quick coffee at the [Two Cats Espresso Bar](#), we'll follow the cycling trail beside the train line to the Dandenong Creek Trail, where we'll turn left and follow the creek for less than 1 km before turning right to join the Heathmont Rail Trail. That trail takes us via Ringwood Lake to the Ringwood Bypass and Eastlink Trails, from which we'll turn off to the Mullum Mullum Trail. Following that particularly scenic trail, we'll eventually arrive at our lunch spot, [Beasley's Nursery and Teahouse](#), right beside the cycling path. After lunch we continue along the Mullum Mullum Trail to join the Main Yarra Trail. Shortly afterwards you can exit via the Diamond Creek Trail to get to Eltham Station, but the main group will continue along the Main Yarra Trail to Heidelberg then Fairfield.

ROUTE & GRADE: This ride is graded Medium with a total distance of 44 km to Fairfield, or 30 km if exiting at Eltham Station. It's around 21 km from Boronia to the lunch spot. There are no significant hills, but there are quite a few short, sharp uphill and some extended, gentle climbs. The trail surfaces will mostly be sealed prior to the Main Yarra Trail, which is mostly compacted gravel. The wind will be mostly behind us to the junction with the Diamond Creek Trail, then will tend to be a headwind for those continuing to Fairfield and beyond. For the route, see the [Boronia to Fairfield via Heathmont, Mullum Mullum and Yarra Trails](#) Google map.

REMEMBER: Be sure to bring drinking water, sunscreen and rain protection. Be sure to include a warm layer, as it may be chilly at times. The UV is forecast to reach level 5 (Moderate), and sun protection is recommended between 10:10am and 2:30pm.

WEATHER FORECAST: “13 to 18 degrees. Partly cloudy. High chance of showers, most likely in the morning. Winds westerly 15 to 25 km/h turning southerly 20 to 30 km/h early in the morning”. For more details, see [Ringwood detailed forecast](#) or [MetEye](#).

Fri 12 Apr 2024: Altona - Newport - Dynon Rd - Carlton North

The forecast is looking OK for cycling this Friday, with light winds but the chance of a shower or two.

START: We'll depart from [Rockabye Candy](#), 32 Pier Street, Altona at 10:25am. The Werribee line train that departs from Flinders Street (usually platform 9 or 10) at 9:46am should arrive at Altona Station at 10:16am. If you'd like a coffee, you should catch the Werribee line train that departs from Flinders Street at 9:26am, arriving at Altona at 9:56am. To get to the cafe from the station, turn left upon exiting the station, then turn right into Pier Street. The cafe is on the beach side of the second roundabout, on the corner of Pier and Queen Streets ([see Google map](#)).

NOTE: In future, an alternative to Rockabye Candy is [The Forestta](#), 60 Pier St, which is located within the pedestrian mall area.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderKevinK.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the cafe, we'll cycle along the foreshore, take a shortcut to Newport, then rejoin the foreshore trail, passing under the Westgate Bridge and connecting to the Capital City Trail, which we then follow past the zoo in Royal Park for lunch at the [Great Northern Hotel](#), 644 Rathdowne St, Carlton. After lunch you can catch a train from Royal Park or Rushall Station, or cycle home via one of the many trails connecting with the Capital City Trail.

ROUTE & GRADE: This is a moderate grade ride of 25 km to lunch. We will be cycling mostly on off-road, sealed cycling paths, with no significant hills. We'll be following the map: [Altona - Newport - Dynon Rd - Great Northern](#) to the lunch point.

REMEMBER: Bring sunscreen plus your waterproofs and a light jacket. The UV is forecast to reach level 4 (Moderate), and sun protection is recommended between 10am and 2:30pm.

WEATHER FORECAST: “11 to 18 degrees. Cloudy. Medium chance of showers. Light winds.”. For more details, see [Footscray detailed forecast](#) or [MetEye](#).

Fri 5 Apr 2024: Lilydale to Warburton, and back

The forecast is looking excellent for cycling this Friday, with light winds and virtually no chance of rain, so the plan is to ride from Lilydale to Warburton, and back.

START: We'll start at 10:03am in Lilydale. The Lilydale train that departs from Richmond Station (platform 9) at 9:10am should arrive at Lilydale Station at 10:03am. You could catch this from Flinders Street, platform 2, at 9:07am, but given the early start, it's best to board at Richmond or any other station east of Richmond on the Lilydale (or Belgrave) line, to avoid the peak hour crush.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: Upon arrival at Lilydale, we'll immediately hit the trail. There will be quite a bit of uphill climbing to reach Mt Evelyn (about 5 km), where we'll have a much-earned coffee at [The Trail Cafe](#), located right beside the trail just past the peak of Mt Evelyn. Lunch will be in Warburton at the [Alpine Hotel](#), located right beside the rail trail on the Melbourne side of Warburton. That will also chop a couple of kilometres off the total ride distance. It will be a long day and a challenging ride though – allow for getting back to the city between 5.30 and 6.30pm. However, it is quite a beautiful ride, so well worth the effort if you feel you can manage it. Keith Dunstan of The Age described it as "*One of the great railway journeys of the world - minus the train*".

More Info: Yarra Ranges: [Lilydale to Warburton Rail Trail](#) or Rail Trails Australia: [Lilydale to Warburton Rail Trail](#).

ROUTE & GRADE: This is a **Challenging** ride of around 80 km! There are several reasons for the challenging grading: the gravel surface; the distance (around 80 km for the round trip, but the gravel surface makes this equivalent to over 100 km on a sealed surface); the lack of exit options; and Mount Evelyn (which isn't too bad really, but we need to tackle it in both directions). Many people do this ride over two days, staying overnight in Warburton. Having once been a railway line, the gradients are never excessive, but some are long. For the route, see: [Lilydale - Warburton via Rail Trail - Lilydale](#). It's possible to put bikes on the Warburton-to-Lilydale bus, so if anybody has a major breakdown it should be possible to get back to Lilydale by bus, but there's a limit of two bikes per bus. The buses are reasonably regular but there's a big gap between 3 and 4pm (approximately), when buses are diverted to school bus duties.

REMEMBER: Be sure to bring drinking water and sunscreen. Bring a light jacket also, as it may be chilly at times - the "feels like" temperature forecast for Warburton is only around 12 to 15 degrees. The UV is forecast to reach level 5 (Moderate), and sun protection is recommended between 10:50am and 3:50pm.

WEATHER FORECAST: “11 to 21 degrees. Partly cloudy. Winds south to southeasterly 15 to 20 km/h becoming light before dawn then becoming south to southeasterly 20 to 30 km/h in the middle of the day.”. For more details, see [Warburton detailed forecast](#) or [MetEye](#).

Fri 29 Mar 2024 (Good Friday): Boronia - Blind Ck - Dandenong Ck - Carrum

This Good Friday we'll do quite a scenic ride, almost entirely off-road, following the Blind Creek and Dandenong Creek to Carrum (by which point the Dandenong Creek has been renamed to Patterson River).

START: We'll plan to depart at 10.30am from the Boronia Train Station (the exit on the eastern side; i.e. turn left after leaving the train). The Belgrave line train that departs from Flinders Street Station, platform 2, at 9:26am (or from Richmond at 9:39am), should arrive at Boronia at 9:27am.

- **PRE-RIDE COFFEE:** If you'd like a pre-ride coffee, you should catch the Lilydale line train that departs from Flinders Street, platform 3, at 9:06am (or from Richmond at 9:19am), then change in Ringwood to the 10am Belgrave train, which should arrive at Boronia at 10:09am. There's a cafe right opposite the station exit. **NOTE: You'll only have 2 minutes to cross the platform in Ringwood, to change from the Lilydale to the Belgrave service.**

REGISTRATION: Put your name **by midday Thursday** in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that). The early registration cutoff is to enable us to confirm the lunch booking.

DETAILS: From Boronia Station we'll cycle along the trail beside the Belgrave train line to get to Blind Creek, then follow the Blind Creek Trail to where it joins the Eastlink Trail. From there, we follow the Eastlink and Dandenong Creek Trails to our lunch spot, the [Dandenong Workers Club](#), 52-70 Wedge St, Dandenong, which is located right beside the cycling path. After lunch, we'll continue along the Dandenong Creek Trail to Carrum. It's going to be reasonably warm, so you can optionally enjoy a dip at the beautiful Carrum Beach prior to catching a train from Carrum Station. Whenever you're ready to head towards the CBD, trains depart from Carrum Station every 10 minutes. You could of course also ride home via the Bayside Trail if you want to get a really good workout!

- **NOTE:** The Workers Club is usually very quiet on Fridays, but on this occasion there will be bingo starting at 1pm and live music from 3pm. We plan to arrive there before 12:45pm. We'll be sitting outside, so shouldn't be impacted too much, except that it will be much busier than normal. They also have a special Good Friday set lunch menu, but that needs to be pre-paid and won't suit some members of our group, so I've elected for us to dine from [their normal bistro menu](#).

ROUTE & GRADE: This is a Medium to Hard ride of approximately 44 km, being 28 km to lunch, then a further 16 km to Carrum. One of the reasons for the Medium to Hard grading is that we'll be trying to get to the lunch spot before it becomes too crowded! It will be possible to exit at Dandenong Station (approximately 3 km after lunch). For the route, see [Boronia - Blind Ck - Dandenong Ck - Carrum](#).

REMEMBER: Be sure to bring drinking water, sunscreen and a waterproof layer, though there's little chance of rain, plus your bathers if you might be tempted by a swim. The UV is forecast to reach level 7 (High), and sun protection is recommended between 10:30am and 4:20pm.

WEATHER FORECAST: *"11 to 29 degrees. Mostly sunny. The chance of morning fog about the nearby hills. Light winds becoming north to northeasterly 15 to 20 km/h during the day then becoming light during the afternoon."* For more details, see [Dandenong detailed forecast](#) or [MetEye](#).

Fri 22 Mar 2024: Hoppers Crossing - Federation Trail - Newport - Footscray - CBD

The forecast for this Friday is looking excellent. [Queer PHOTO](#) finishes this weekend, so our plan is to do a ride in the west, incorporating a visit of the Queer PHOTO exhibitions around The Substation (Newport) and the Footscray Community Arts Centre.

START: We'll aim to depart at around 10:25am from [Jock & Mack](#), 31 Old Geelong Rd, which is 100m from Hoppers Crossing Station. To get to the cafe, exit the station to the right (the side away from Princes Hwy), and walk or cycle to the row of shops perpendicular to the railway line. The Jock & Mack cafe is very obvious towards the far end of the row of shops.

- The Werribee line train that departs from Flinders Street at 9:44am should arrive at Hoppers Crossing at 10:19am.
- If you'd like a coffee, you should catch the Werribee line train that departs Flinders Street Station at 9:24am, which should arrive at Hoppers Crossing Station at 9:59am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Hoppers Crossing Station we'll simply follow the Federation Trail all the way to Millers Road. The trail is closed at that point due to the West Gate Tunnel Project. Rather than heading left along Millers Rd as we usually do, we'll take the official detour, which heads to the right along Millers Road then left into Clematis Ave. However, rather than following the detour signs to turn left into Kyle Rd at the end of Clematis Ave, we'll turn **right** into Kyle Rd and follow that (which gets renamed to Mills St) until we cross Mason St, then take a path beside the golf course and a few minor streets to get to The Substation. Lunch will be at 1pm at the [Newport Social Club](#), 1 Mason St, Newport (virtually

opposite The Substation). Their menu is a bit basic, but prices are reasonable and they have a seniors menu. We should have time before lunch to admire four exhibitions:

- [Alteration](#) (an expansive series of video and still photos inside The Substation),
- [TBWWWTB \(To Be Who We Want To Be\)](#) (facing the railway line),
- [So'otaga \(Connection\)](#) - on the wall of the Newport Social Club, and
- [Create Your Own Alter Ego](#) (in Paine Reserve, behind the social club).

After lunch we'll head to the Bay Trail to get to the Footscray Community Arts Centre (FCAC), just past Footscray Road. There we can admire an absolute smorgasbord of exhibitions:

- [Like A River](#): located beside the Maribyrnong to the right of the path
- [Black and Blur](#): to the left of the path
- [Marungka Tjaltjuntu \(Dipped in Black\)](#): inside Henderson House (the cafe building)
- [Orange Grove](#): inside Henderson House (the cafe building)
- [Exquisite Corpse](#): in the Roslyn Smorgon Gallery (the main gallery space), with some cutout "people" in the garden also
- [The Zizi Show](#): on the lawn beside the cafe, close to Moreland St

From FCAC we'll head along Footscray Rd to Docklands and Southern Cross Station, but you can optionally linger longer at the Footscray Community Arts Centre if you want to spend additional time admiring the exhibitions, then make your own way home.

ROUTE & GRADE: This is a Moderate Grade ride of 23.5 km to lunch. From there to Southern Cross Station is an additional 11 km. There are no hills, and the wind should be quite light, or behind us, most of the way. The route is shown on the [Hoppers Crossing - Newport - Footscray - Docklands](#) Google map. If needed, there are quite a few easy train station bailout options.

REMEMBER: Be sure to bring drinking water, sunscreen and a waterproof layer, though there's little chance of rain. The UV is forecast to reach level 6 (High), and sun protection is recommended between 10:20am and 4:30pm.

WEATHER FORECAST: "10 to 23 degrees. Sunny. Light winds becoming southerly 15 to 25 km/h in the early afternoon then becoming light in the late evening.". For more details, see [Footscray detailed forecast](#) or [MetEye](#).

Fri 15 Mar 2024: Hallam - Dandenong - Yarraman - Clayton - East Malvern - CBD

The forecast for this Friday is looking very pleasant. Our plan was to ride from Narre Warren back to the CBD via the Eumemmerring, Djerring and Gardiners Creek trails, with lunch at the Clayton Hotel. However, Narre Warren Station is currently being rebuilt (and is closed), so we will need to disembark at the station prior, Hallam. I've checked extensively via Google Street View, and the best way to get from the newly built Hallam Station to the bike trail beside the M1 freeway is along Hallam Rd. (We'll need to cross to the eastern side of Hallam Rd to pick that up).

START: The ride will depart at 10:25am from Hallam Station (or from the nearby Spice Mill Cafe & Grill - see below).

- The Pakenham line train that departs Flinders Street platform 6 at 9:33am (or Richmond at 9:37am) should arrive at Hallam Station at 10:22am.
- If you'd like a coffee, you should catch the Pakenham line train that departs from Flinders Street at 9:12am (or Richmond at 9:16am), which should arrive at Hallam Station at 10:01am. For a coffee, go to the nearby Spice Mill Cafe & Grill, 24/87 Hallam S Rd, Hallam ([see Google map](#)). This is on Hallam Rd, right beside the station, on the southern side of the railway line (i.e. when coming from Hallam Station, cross under the railway line, cross the first minor road and the (large) cafe will be the first building you encounter).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlaN.theNomadsInc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Hallam Station we'll cross via the pedestrian crossing to the bike path on the east side of Hallam Rd, and use that to get to the trail beside the M1 Freeway (though there's also an on-road bike path between Princes Hwy and the M1). Upon reaching the M1, we'll turn left to get to the Eumemmerring Trail, which we'll follow through Dandenong to pick up the Eastlink Trail to take us to Yarraman Station where the Djerring Trail starts. We'll follow that trail to our lunch spot, the [Clayton Hotel](#), 319 Clayton Rd, Clayton located right beside the bike trail close to Clayton Station. After lunch we'll continue on the Djerring Trail to Hughesdale, where you could continue along the Djerring Trail towards Caulfield, but the group will turn right through the Urban Forest Reserve to get to East Malvern Station. From there you can cycle along the Gardiners Creek Trail towards the CBD or the Anniversary Trail towards the north.

ROUTE & GRADE: This is a Moderate to Medium Grade ride of 25.2 km to lunch. From there to East Malvern Station is a further 7.8 km, and [Hallam Station - Eumemmerring Ck - Dandenong Ck - Djerring - East Malvern](#) if you ride all the way to Federation Square, that will be an additional 15 km (i.e. 22.8 km after lunch). There are very few hills, and the wind should be behind us most of the way (though there are a lot of twists and turns between Hallam and Dandenong). The route is shown on the [Hallam Station - Eumemmerring Ck - Dandenong Ck - Djerring - East Malvern](#) Google map. If needed, there are easy train bailout options at Dandenong Station, then very regularly on the Djerring Trail (which follows a train line).

REMEMBER: Be sure to bring drinking water, sunscreen and a waterproof layer, though there's little chance of rain. The UV is forecast to reach level 7 (High), and sun protection is recommended between 10:10am and 4:40pm.

WEATHER FORECAST: “16 to 27 degrees. Mostly sunny. Winds south to southeasterly 15 to 25 km/h tending east to southeasterly 20 to 30 km/h during the day.”. For more details, see [Dandenong detailed forecast](#) or [MetEye](#).

Fri 8 Mar 2024: Yarra River, Gardiners Creek, Rosstown Rail and Bay Trails Loop from Federation Square.

The weather forecast is looking good for Friday although quite warm. The plan is to start from Federation Square, then ride via the Yarra River, Gardiners Creek, Rosstown Railway Trail and the BayTrail back to the start. **Note early start time!**

START: We'll start from the bike racks on Swanston St, opposite Flinders Street Station, near to the bridge, at **10:00am**. If you want coffee you can arrive earlier and get one from “Clocks at Flinders”, at the river end of Flinders Street Station, where there is outside seating and a service window.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email George at LeaderGeorgeW.thenomadsinc@mail.tidyhq.com) if you are having trouble doing that).

DETAILS: Departure will be from Federation Square at 10:00am. We will head out along the Yarra before turning off onto the Gardiners Creek Trail. At Malvern East we will leave the Gardiners Creek Trail to wind our way down to Hughesdale and on to the Rosstown Railway Trail, following it to our lunch spot, the [Elsternwick Hotel](#) in Elwood (trying out a new place). After lunch we will continue on to the Bay Trail and follow it back to St Kilda, where we will divert onto a path via Albert Park Lake and South Melbourne, back to the CBD.

ROUTE & GRADE: This is a **moderate** ride of around 40 km. It is largely flat, with some moderate hills, and mostly on sealed surfaces. There are several sections on road. The wind is forecast to be quite variable, so there will be headwinds and crosswinds for some sections of the ride, but they should be gentle. Lunch will be at the 27km point. There will be three places where it will be possible to exit the ride at a trail station, Malvern East, Hughesdale and Elsternwick (near the lunch stop). **Route Map:** [Yarra River, Gardiners Creek, Rosstown Rail and Bay Trails Loop from Federation Square](#)

REMEMBER: Be sure to bring sunscreen and adequate water. The UV is expected to reach level 8 [Very High].

WEATHER FORECAST: Min 13. Max 27. Cloud clearing. 0% chance of rain. Light winds becoming southerly 15 to 20 km/h in the late afternoon then becoming light in the evening.

Fri 1 Mar 2024: South Geelong to Queenscliff and back on the Bellarine Rail Trail

The timing and forecast for this Friday is looking good for doing a regional ride, so let's head to the Bellarine Peninsula!

START: We'll aim to catch the Waurn Ponds service that departs from Southern Cross Station at 9:30am, arriving at South Geelong at 10:35am. There's only space for a total of 6 bikes on each service, so it's worth trying to get to the station by 9am if possible, to get to the front of the (theoretical) queue for boarding bicycles. That also might enable you to board the 9:10am South Geelong service. There is a cafe at South Geelong Station if you catch the 9:10am service, otherwise it's best to get your caffeine fix prior to leaving Melbourne.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: This is a scenic ride along the Bellarine Rail Trail, some of which is on a gravel surface. The trail is 32.5 km in length, so 65 km return. The gravel sections increase the level of difficulty and the time, and there are no exit options with your bike. If your bike has a problem that can't be fixed, and you don't have a bike assistance membership, you'll probably need to leave it behind and return to Geelong via bus, then go back to collect the bike later. The trip from South Geelong to Queenscliff via the rail trail normally takes around 2.5 hours. From Drysdale to Queenscliff we travel beside the railway line, which is still in use for regular steam train rides. Lunch will be at the [Queenscliff Brewhouse](#), 2 Gellibrand St, Queenscliff - [see menu](#). They also have a Seniors menu.

ROUTE & GRADE: This is a **HARD** to **CHALLENGING** grade ride of around 65 km. Quite a bit of the trail is sealed, but even the sealed sections aren't especially smooth, and some sections can be very rough. The route is fairly flat overall, but there are some undulating hills. For the route, see the [South Geelong to Queenscliff via Bellarine Rail Trail](#) Google map.

REMEMBER: Be sure to bring drinking water, sunscreen and a waterproof layer, though there's little chance of rain. The UV is forecast to reach level 9 (Very High), and sun protection is recommended for the Geelong region between 9:50am and 5:10pm. **Membership of Bicycle Network Rider Rescue or RACV Bike Assist is strongly recommended for this ride, in case you or your bike have a breakdown - see the Nomads Cycling Tips page for details.**

WEATHER FORECAST (Geelong): "14 to 27 degrees. Partly cloudy. The chance of fog in the early morning. Light winds becoming southerly 20 to 30 km/h in the early afternoon then tending southwesterly 15 to 25 km/h in the late evening." For more details, see [Geelong & Surf Coast detailed forecast](#) or [MetEye](#).

Fri 23 Feb 2024: Altona to Fitzroy North via Williamstown

The forecast for this Friday is looking very pleasant for cycling, with a relatively cool temperature and little chance of rain.

START: We'll depart from [Rockabye Candy](#), 32 Pier Street, Altona at 10:25am. The Werribee line train that departs from Flinders Street (usually platform 9 or 10) at 9:46am should arrive at Altona Station at 10:16am. If you'd like a coffee, you should catch the Werribee line train that departs from Flinders Street at 9:26am, arriving at Altona at 9:56am. To get to the cafe from the station, turn left upon exiting the station, then turn right into Pier Street. The cafe is on the beach side of the second roundabout, on the corner of Pier and Queen Streets ([see Google map](#)).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlaN.D.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the Rockabye Candy cafe, we'll head to the nearby beach then follow the coastal trail all the way to Footscray. We'll turn right onto Footscray Road, but unless the Footscray Road path has re-opened, we'll immediately loop under Footscray Road to follow the eastern side of the Maribyrnong River, then take the Dynon Road Trail to link to the Capital City Trail, which we'll follow northwards around to Nicholson Street for lunch at the [Railway Hotel](#), 800 Nicholson St, Fitzroy North. After lunch, there are many options to either catch a train (e.g. from Rushall, Royal Park, Jewell or Parliament Station) or to cycle home.

ROUTE & GRADE: This is a "gentle Medium" grade ride of around 29 km to lunch, and there are many train station bailout options if needed. Most surfaces will be sealed, there are no real hills and the wind should **mostly** be a tailwind. For the route, see the [Altona to North Fitzroy via Williamstown](#) Google map.

REMEMBER: Be sure to bring drinking water, sunscreen and a waterproof layer, though there's little chance of rain. The UV is forecast to reach level 9 (Very High), and sun protection is recommended between 10am and 5:10pm.

WEATHER FORECAST: "17 to 21 degrees. Partly cloudy. High chance of showers in the morning. The chance of a thunderstorm in the early morning. Winds southwesterly 20 to 30 km/h.". For more details, see [Footscray detailed forecast](#) or [MetEye](#).

Fri 16 Feb 2024: Fairfield return via Yarra, Mullum Mullum and Koonung Trails

The forecast for this Friday is looking very pleasant for cycling, with no chance of rain.

START: We'll meet for a **10:30am departure** from the corner of Arthur St and Heidelberg Rd ([457 Heidelberg Rd, Fairfield](#)). If you want to come earlier for a coffee, there's a choice of two cafes: **Hoppa & Joe** or the **Arthur Street Deli**. The closest train station is Fairfield. The train departing Flinders Street at 9:25am will arrive at Fairfield and 9:51am, while the one departing at 9:40am will arrive at 10:24am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderGeorgeW.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the cafe, we'll take some quiet streets to get to the Darebin Creek Trail and follow that to where it joins the Main Yarra Trail. We then follow the Main Yarra Trail out to Westerfolds Park, eventually joining the Mullum Mullum Trail to take us onto our lunch spot at [Beasley's Nursery & Teahouse](#). After lunch we will continue on the Mullum Mullum Trail to Ringwood, where we will join the Koonung Creek Trail to complete the loopback back to Fairfield. There are limited bailout options, with only off route access to Heidelberg Station (12km), Eltham Station (24km) and Heatherdale Stations (35km).

ROUTE & GRADE: This ride is graded Medium to Hard at around 54 km for the complete loop. The distance to lunch is around 25 km. The route is a mixture of gravel and sealed paths, almost entirely off road. There are some significant hills, especially along the Yarra and near the Eastern Freeway tunnel. For the route, see the [Fairfield return via Yarra, Mullum Mullum and Koonung Trails](#) Google map. Sections will have a head wind.

REMEMBER: Be sure to bring drinking water and sunscreen - the UV is forecast to reach level 10 and sun protection is recommended.

WEATHER FORECAST: "13 to 25 degrees. Mostly sunny. Light winds becoming southerly 15 to 25 km/h in the early afternoon then becoming light in the late evening.

Fri 9 Feb 2024: Seaford - Yarraman - East Malvern ...

The forecast for this Friday is looking very pleasant for cycling, with little chance of rain.

START: We'll meet at the [Spanish Bar](#), 20 Station St, Seaford, departing from there at 10:30am. If you'd like a coffee, catch the Frankston line train that departs Flinders Street platform 8 at 9:07am (or Richmond at 9:11am) and arrives at Seaford at 10:07am. If you don't want a coffee, take the Frankston line train that departs Flinders Street platform 8 at 9:27am (or Richmond at 9:31am) and arrives at Seaford at 10:27am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the cafe, we'll take a quiet street for a short distance to get to the Peninsula Link Trail, and follow that to where it joins the Dandenong Creek Trail at the Patterson River. We branch off the Dandenong Creek Trail after a few kilometres onto the Eastlink Trail, which we follow to Yarraman Station. At that point we branch off onto the Djerring Trail (under the Skyrail), which we'll follow to Clayton for lunch at the [Clayton Hotel](#), 319 Clayton Rd, Clayton, right beside the bike path. After lunch we'll continue on the Djerring Trail to Hughesdale, where we'll turn right to follow the Urban Forest Reserve to get to the East Malvern Station, after which there are many options for returning home - the Gardiners Creek Trail towards the CBD, the Anniversary Trail towards the north, or the Djerring Trail towards Caulfield.

ROUTE & GRADE: This ride is graded Medium at around 35 km to East Malvern - but the distance to lunch is only around 27 km, and it will be a relatively easy ride due to being mostly on wide concrete cycling trails (hence an easy cycling surface), having no significant hills and having a tail wind virtually all the way. Also, there are regular train station bailout options, should they be needed. The Dandenong Creek Trail is mostly packed gravel, but OK nonetheless for road bikes. All other trails are concrete. For the route, see the [Seaford to East Malvern](#) Google map.

REMEMBER: Be sure to bring drinking water and sunscreen - the UV is forecast to reach level 11 (Extreme), and sun protection is recommended between 9:30am and 5:30pm.

WEATHER FORECAST: "16 to 22 degrees. Cloudy. Light winds becoming southerly 20 to 30 km/h in the morning." For more details, see [Clayton detailed forecast](#) or [MetEye](#).

Fri 2 Feb 2024: Midsumma Gallery Hop: St Kilda - Albert Park - CBD - Fitzroy - Brunswick

The forecast for this Friday is looking very pleasant for our annual Midsumma Exhibition Tour. This will be a very gentle excursion starting at the Victorian Pride Centre and finishing either in the CBD, Fitzroy or Brunswick (depending on where you choose to exit).

START: We'll plan to depart from the [Victorian Pride Centre](#), 79/81 Fitzroy St, St Kilda at 10:30am ([see Google map](#)). Windsor Station on the Sandringham line is quite close, but be sure to plan your route from there carefully, as navigating St Kilda Junction is tricky. (There is an inconvenient pedestrian underpass under the intersection, or you may want to use some short sections of footpath).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: There is a cafe in the Pride Centre, so you can get your caffeine fix while admiring the excellent [Queer Latinx Migrating Down Under](#) exhibition. From there we'll cycle to the Gasworks Arts Park to check out 3 Midsumma exhibitions. They also have a cafe. Next stop will be the Nicholas Building at 37 Swanston Street, which houses two Midsumma exhibitions. Lunch will be nearby at [Flora Indian Restaurant](#), 238A Flinders Street (opposite Flinders Street Station). After lunch we'll continue along Swanston St to check out the **Midsumma and Australia Post Art Award** at the No Vacancy Gallery (Queen Vic) and the **Queer PHOTO in the City** exhibition beside the City Baths. From there we'll head to Brunswick St, for two exhibitions in close proximity to each other, and finally to the Unassigned Gallery in Brunswick, near Jewell Station.

THE EXHIBITIONS

- Victorian Pride Centre, 79 Fitzroy St, St Kilda: [Queer Latinx Migrating Down Under](#)
- Gasworks Arts Park, 21 Graham St, Albert Park:
 - [7 Queens by MJ Bentley](#)
 - [Heartbeat](#)
 - [Merging Realities](#)
- Flinders Lane Gallery, 1/37 Swanston St: [Janne Kearney: Eye Candy](#)
- Blindside, 7/37 Swanston St: [Giraru Galing Ganhagirri \(The wind will bring the rain\)](#)
- No Vacancy Gallery, 34-40 Jane Bell Lane (Queen Vic): [Midsumma and Australia Post Art Award](#)
- Franklin Street Frames (beside City Baths): [Queer PHOTO in the City](#)
- Brunswick Street Gallery, 1/322 Brunswick St, Fitzroy: [O ut](#)
- Wolfhound Gallery, 1/386-388 Brunswick St, Fitzroy: [Echoes and Whispers](#)
- Unassigned Gallery, 55 Edward St, Brunswick: [Not Just a Phrase](#)

ROUTE & GRADE: This is an Easy ride of less than 11 km to lunch. Even if you continue to the last exhibition in Brunswick, you will have clocked up less than 22 km in total. For the approximate route map, see the [Midsumma Gallery Hop: St Kilda - Albert Park - CBD - Fitzroy - Brunswick](#) Google map.

REMEMBER: Be sure to bring drinking water and sunscreen - the UV is forecast to reach level 11 (Extreme), and sun protection is recommended between 9:20am and 5:40pm.

WEATHER FORECAST: “16 to 21 degrees. Partly cloudy. Slight chance of an early shower about the outer eastern suburbs and nearby ranges. Winds southwesterly 15 to 25 km/h turning southerly 20 to 30 km/h in the early afternoon then decreasing to 15 to 20 km/h in the late evening.”. For more details, see [Melbourne detailed forecast](#) or [MetEye](#).

Fri 19 Jan 2024: Belgrave - Croydon - Ringwood - Koonung Creek - Fairfield

The forecast for this Friday is looking very pleasant, with only a very slight chance of rain. Our plan is to do a ride starting from Belgrave, mainly because the Belgrave line will be out of action after this week until April.

START: We'll plan to depart from Belgrave Station at 10:30am. The Belgrave train departing from Flinders Street (platform 2 or 3) at 9:26am, or Richmond (platform 9) at 9:29am, should arrive in Belgrave at 10:26am. If you'd like a coffee in Belgrave, you should catch the Belgrave train departing from Flinders Street (platform 2 or 3) at 8:56am or 9:16am, arriving in Belgrave at 9:56am or 10:12am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Belgrave we'll follow the scenic and mostly downhill trail via Upper Ferntree Gully, Boronia and Bayswater to meet the Dandenong Creek Trail. We'll only follow the Dandenong Creek Trail for a few metres though, before switching to the suburban but pretty Tarralla Creek Trail and following that to Croydon for lunch. Our lunch place in Croydon will be [Cafe Zingers](#), 102 Main St, Croydon. After lunch there's a train exit option at Croydon Station, though most will probably continue on, via a few quiet (uphill!) suburban streets and crossing of the busy Maroondah Highway (at lights), to join the scenic Mullum Mullum Creek Trail. We'll follow that down to Ringwood (another exit option) to join the Eastlink Trail (hills alert!), then the Koonung Creek Trail, back to Fairfield or whatever point you choose to exit.

ROUTE & GRADE: This is a Moderate to Hard ride depending on how far you wish to ride. The total distance from Belgrave to Fairfield via Croydon is 53 km. The distance from Belgrave to Croydon is around 21 km (Moderate grade). From Belgrave to Ringwood Station is around 29 km (Medium grade), and from Belgrave to Yarra Bend Park in Fairfield (the Fairfield Boathouse) is around 53 km (Hard grade). There are a number of stations along the route where it's easy to exit: Bayswater, Croydon, Ringwood or Fairfield, or there are other exit options that would involve some on-road riding. There are very few uphill sections in the route between Belgrave and Croydon. The Mullum Mullum Creek Trail has a couple of short and sharp uphill sections, and the Koonung and Eastlink Trails have some fairly taxing ones. The route tends to be downhill overall, but there are quite a few short, sharp uphills. The trail surface is mostly sealed, but quite rough in places. The wind will be mostly a cross wind, but not too strong. For the route map, see the [Belgrave - Croydon - Mullum Mullum Trail - Koonung Creek Trail - Fairfield](#) Google map.

REMEMBER: Be sure to bring ample drinking water and sunscreen - the UV is forecast to reach level 11 (Extreme), and sun protection is recommended between 9:20am and 5:40pm.

WEATHER FORECAST: *"15 to 21 degrees. Cloudy. Medium chance of showers in the southeast suburbs, slight chance elsewhere. Winds westerly 20 to 30 km/h shifting south to southeasterly 15 to 20 km/h in the afternoon."* For more details, see [Ringwood detailed forecast](#) or [MetEye](#).

Fri 12 Jan 2024: Abbotsford Convent to Valley Reserve via Fairfield, Anniversary Trail and Scotchmans Creek

The forecast for this Friday is looking very pleasant, though a tad warm. Our plan is to take a rather scenic route from Abbotsford Convent to the tranquil Valley Reserve in Mount Waverley for a **picnic lunch**.

START: We will depart at 10:30am from the Convent Bakery, in Abbotsford Convent, St Heliers St, Abbotsford. Abbotsford Convent is located where Johnston St meets the Yarra river and is easily accessible from the Main Yarra Trail. It is also a short distance from Victoria Park Station on the Mernda and Hurstbridge lines. If coming from the station, use back streets via Victoria Park Football Ground rather than the very busy Johnston St.

If you would like a coffee or just a chat beforehand come along earlier. The Convent Bakery has a great selection of food suitable for a picnic, such as rolls and focaccia, so you can stock up there for lunch.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the Convent we will follow the Main Yarra Trail to Fairfield, then pick up the Darebin Creek Trail, which will lead us to the Anniversary Trail. This follows the route of the old Outer Circle Line all the way around to East Malvern. From there we will head up Scotchmans Creek to Valley Reserve, where we will have our picnic lunch. After lunch we will ride a short distance to the Waverley Rail Trail and follow it back to Gardiners Creek. We will finish the ride where the Anniversary Trail meets the Gardiners Creek Trail, with lots of options to head home - Anniversary Trail, Gardiners Creek Trail to the Yarra, as well as East Malvern and Alamein Stations.

ROUTE & GRADE: This is a Medium grade ride of around 38 km. For the route, see the [Abbotsford Convent to Valley Reserve via Fairfield, Anniversary Trail and Scotchmans Creek](#) Google map. The distance to Valley Reserve is 30 km. Most of the ride is on sealed off-road paths,

except for gravel in Valley Reserve and some suburban streets along the Waverley Rail Trail. There are some hills, but nothing too substantial. There are bailout options at East Camberwell, East Malvern and Mount Waverley Stations, to name a few.

REMEMBER: Bring a picnic lunch. Also be sure to bring ample drinking water and sunscreen - the UV is forecast to reach level 11 (Extreme), and sun protection is recommended between 9:10am and 5:40pm.

WEATHER FORECAST: *"16 to 31 degrees. Partly cloudy. The chance of fog in the early morning. The chance of a thunderstorm about the nearby hills in the late afternoon and evening. Light winds becoming south to southwesterly 15 to 20 km/h in the late afternoon then becoming light in the evening"*. For more details, see [Mt Waverley detailed forecast](#) or [MetEye](#).

Fri 5 Jan 2024: Seaford to Fed Square via The Bay Trail

The forecast for this Friday looks nice for a bayside ride. Our plan is to cycle from Seaford to Federation Square via the Bay Trail.

START: We'll meet at the [Spanish Bar](#), 20 Station St, Seaford, departing from there at 10:30am. If you'd like a coffee, catch the Frankston line train that departs Flinders Street platform 8 at 9:07am (or Richmond at 9:11am) and arrives at Seaford at 10:07am. If you don't want a coffee, take the Frankston line train that departs Flinders Street platform 8 at 9:27am (or Richmond at 9:31am) and arrives at Seaford at 10:27am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: This is a well-known, scenic route following the coast from Seaford back to the CBD. We'll initially follow the rail line trail to Carrum. Upon arrival at Carrum, we'll follow the unsealed path beside the Patterson River then through the Edithvale Wetlands to Mordialloc. From Mordialloc the trail is sealed, and moves a little closer to the beach as we follow the coast as far as St Kilda. Lunch will be at the [Brighton Beach Hotel](#), 4 The Esplanade, Brighton. In St Kilda, we'll head inland to cycle via the Albert Park Lake (unsealed) then follow some excellent on-road cycling paths to take us to the CBD.

ROUTE & GRADE: This is a medium grade ride of 45 km to Federation Square / Flinders Street. The route is quite flat and the wind will be mostly a tailwind - see [Seaford - Bayside Trail - Flinders Street Station](#). The route is sealed except for the section between Carrum and Mordialloc and a short section beside the Albert Park Lake. There are easy train station bailout options regularly as far as Mordialloc, then at Sandringham or Brighton Beach.

REMEMBER: Water and sunscreen - the UV is forecast to reach level 12 (Extreme), and sun protection is recommended between 9:10am and 5:40pm.

WEATHER FORECAST: “17 to 28 degrees. Partly cloudy. The chance of fog about the northern suburbs in the early morning. Winds southeast to southwesterly 15 to 20 km/h tending east to southeasterly before dawn then tending southeast to southwesterly 15 to 25 km/h in the morning.”. For more details, see [Brighton detailed forecast](#) or [MetEye](#).

Fri 29 Dec 2023: Fed Square - Merri Creek Trail - Pentridge - Upfield Trail

The forecast for this Friday is looking quite pleasant for this relatively easy ride to which all Nomads members have been explicitly invited.

START: We'll depart at 10.30am from the bike hoops on Birrarung Marr, beside Federation Square. The bike hoops are located on Birrarung Marr, between Swanston Street and the MCG and between the river and the Federation Square Car Park. This is on the intermediate level - not the path right beside the river, and not the level of the main part of Federation Square. If you'd like a coffee, please get one (e.g. from Flinders Street Station) on your way to the meeting point.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Fed Square we'll cycle to the MCG then head northwards via on-road cycling paths to get to the Merri Creek Trail, which we'll follow to the Coburg Lakes. From there it's a short on-road hop to our lunch spot, [The Boot Factory](#), 1/19 Pentridge Boulevard, within the former Pentridge Prison complex. After lunch you can exit the ride from the nearby Coburg Station, or ride with the group back towards the CBD via the Upfield Trail, which runs beside the Upfield railway line.

ROUTE & GRADE: This is a Moderate grade ride of around 20 km to lunch, then a further 9 km to continue after lunch to Rushall Station or 12 km to return to Fed Square via Swanston St. For the route to lunch, see the [Fed Square - Merri Creek Trail - Pentridge Complex](#) Google map. There will be some on-road sections and some short, sharp ascents, but the route is mostly flat, and mostly follows sealed cycling paths. The wind should generally be behind us.

REMEMBER: Water and sunscreen - the UV is forecast to reach level 11 (Extreme), and sun protection is recommended between 9am and 5:40pm. Bring some light waterproofs, in case the forecast deteriorates, or is wrong!

WEATHER FORECAST: “13 to 21 degrees. Partly cloudy. Light winds becoming south to southwesterly 15 to 25 km/h during the day.”. For more details, see [Coburg detailed forecast](#) or [MetEye](#).

Fri 22 Dec 2023: Stony Point Station to Frankston Station via Hastings

The forecast for this Friday is looking very pleasant, with no chance of rain and a maximum of 24 degrees predicted (22 in Hastings).

START: We'll catch the Frankston line train that departs from Flinders Street platform 8 at 9:17am, which should arrive at Frankston Station at 10:24am giving you time to get a quick coffee before catching the Stony Point service that departs from Frankston at 10:37am to arrive at Stony Point at 11:13am. (In theory, you could catch the train that departs Flinders Street at 9:27am, arriving at Frankston at 10:34am, but that leaves very little time to catch the connection to the Stony Point service).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: This ride has been adapted from the "bible" of Melbourne cycling tours, Julia Blunden's "Bike rides around Melbourne". We catch a Metro train to Frankston, then a V/Line Stony Point train to the terminus at Stony Point. From there we travel on-road initially to connect with the boardwalk south of Hastings to take us through fascinating and unique tidal wetlands into Hastings for an early lunch at the superb [Pelikan Société](#) restaurant, on the Hastings foreshore. After lunch we follow another boardwalk then a rail trail to Somerville. We then deviate from Julia's ride to take a path beside Eramosa Rd West to the Peninsula Link Trail, which we follow to Frankston, where we take the Baxter Trail to return to the Frankston Station.

ROUTE & GRADE: This is a Medium grade ride of around 41 km to Frankston. For the route, see the [Stony Point Station to Frankston Station](#) Google map. There will be quite a variety of surfaces including some on-road sections, mostly on quiet roads, on-road bike paths, boardwalks, sealed paths and gravel paths. There are some hills, but nothing too substantial, and the wind should be mostly behind us.

WARNINGS:

- **BRING:** Ample drinking water and sunscreen, plus layers in case it's cool beside the ocean. The UV is expected to reach level 11 [Extreme] and sunscreen is recommended between 9am and 5:30pm.
- **LONG DAY:** Although the cycling is only 41 km, this will be a **very long day** due to the amount of train travel involved.
- **POOR BAILOUT OPTIONS:** There are bailout options at the various Stony Point line stations, though services are **very infrequent** (departures from Stony Point at 1:49pm, 3:29pm and 5:20pm).

- **TRAIN LIMIT:** There's a chance we won't fit all our bikes on the train. The conductors are generally helpful, but there is limited space for bikes. If necessary, Kevin will lead the group from Stony Point to Frankston, and I will lead those who don't fit on the train on a ride back towards the CBD via the Baxter, Peninsula Link and Bay Trails.
- **SOME ON-ROAD CYCLING:** We need to cycle on-road between Stony Point and the start of the boardwalk a few kilometres south of Hastings. Traffic is fairly light on these roads though.

WEATHER FORECAST (Frankston): "13 to 23 degrees. Partly cloudy. Winds south to southeasterly 20 to 30 km/h.". For more details, see [Hastings detailed forecast](#) or [MetEye](#).

If I don't see you on Friday, I wish you all the best for Christmas and the holiday season. **Special thoughts go to George Willox, who currently has COVID.**

If you don't already have Bicycle Victoria Membership, I strongly suggest you give yourself a Christmas present of a **Basic Bicycle Network Membership** (cost \$50), which gives you third-party insurance cover in case you damage another rider or their property. Even better would be **Comprehensive Membership** if you can afford it (\$113 concession / \$133 full).

Fri 15 Dec 2023: Werribee - Werribee South - Point Cook - Altona - CBD

The forecast for this Friday is looking very pleasant. There's a tiny chance of rain, but the temperature should be great for cycling.

NOTE: Next time we do this ride, we'll have lunch at [By the Bay Cafe](#) in Wyndham Harbour, since our normal lunch spot has become much less appealing. After lunch, we'll follow a "goat track" for about a kilometre from the cafe to get to Cunninghams Rd, then follow Cunninghams Rd to Aviation Rd and onwards as normal, which will enable us to avoid the busy Duncans Road on-road section. Also, by then the bridge on the back route to the Werribee Park Mansion should have been repaired, and the new route in Point Cook (beside Skoda Cct and Coastal Promenade) should be open. These changes should make it a much safer ride, and very scenic!

START: We'll start at 10:04am at Werribee Station, and cycle to [Wolf on Watton](#), 90A Watton St, Werribee for a coffee. The Werribee train that departs from Flinders Street (probably platform 9, but check monitors) at 9:24am should arrive at Werribee at 10:04am. If you don't want a coffee, and know how to get to the cafe (along the river is best), you could catch the Werribee train that departs from Flinders Street at 9:44am, arriving at Werribee at 10:24am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Werribee Station, we'll take the riverside trail to the Wolf on Watton cafe (opposite the Wyndham Cultural Centre) for a coffee. After the coffee we follow the extremely scenic Werribee River Trail to the point where the Federation Trail starts. Unfortunately, the scenic trail past the Werribee Zoo is likely to be closed, so instead we'll follow the Federation Trail to Duncans Road, then take K Road to the Werribee Mansion entrance. From there we'll continue along K Road and Diggers Rd through lots of market gardens to Werribee South Beach, a scenic spot where the Werribee River flows into the Bay. We follow the coast for a while then continue along (the non-scenic, but interesting nonetheless) Duncans Rd to our lunch destination, a BYO cafe that has excellent home-made burgers, located in Duncans Rd just prior to Robbs Rd. After lunch we turn right into Robbs Rd and follow Robbs Rd, Cunninghams Rd and Aviation Rd to take us to the expansive Point Cook Coastal Park (which is worth exploring but time probably won't permit that on this occasion). Instead we need to navigate through the Point Cook suburban maze to get to the bike trail across a bridge into the Cheetham Wetlands, and follow the coastal wetlands trail all the way to Altona. From Altona you can catch a train, or continue with us via Newport and the Bay Trail back to Docklands.

ROUTE & GRADE: This is a Medium grade ride of around 42 km to Altona, with the option of catching a train from there or continuing a further 20 km to the CBD. For the route, see the [Werribee to CBD via Werribee South, Point Cook and Altona](#) Google map - we'll take the eastern route shown on the map around Werribee Park, unless anybody knows that the trail to the rear of Werribee Park has reopened. Most surfaces will be sealed, but **there will be quite a lot of on-road sections**, mostly on quiet roads, with the exception of Duncans Rd. K Road has absolutely no shoulder, so we'll need to ride in single file and be very careful there. Duncans Rd has a sealed shoulder most of the way, but has a reasonable amount of high speed traffic, so extreme caution is required on that. There will be virtually no hills and the wind will generally be a tail wind after we get to Werribee South Beach.

REMEMBER: Water and sunscreen - the UV is forecast to reach level 11 (Extreme), and sun protection is recommended between 9am and 5:30pm. Bring some light waterproofs also if you wish, in case the forecast deteriorates, or is wrong! **Bring your rear tail light** to make yourself more visible on the on-road sections.

WEATHER FORECAST: *"15 to 21 degrees. Partly cloudy. Slight chance of a shower. Winds west to southwesterly 15 to 20 km/h turning southerly 15 to 25 km/h during the afternoon and evening."* For more details, see [Point Cook detailed forecast](#) or [MetEye](#).

Fri 1 Dec 2023: Flinders Street to Upfield via Yarra and Upfield Line Trails

The forecast for this Friday isn't looking great, in that there's a reasonably high chance of showers, though I doubt that we'll have too much rain at the time we'll be cycling. We've planned a ride that will ensure we're never too far from a train station if the heavens do open.

START: We'll plan to leave Flinders Street Station at 10:30am, meeting in front of [Clocks at Flinders](#), the pub between the station and the Yarra. Come along a little early if you'd like a coffee, which you can get from the servery window of the pub, or else from Flinders Street Station.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the station we'll follow the Capital City Trail eastwards through Richmond and around to Abbotsford (where we'll need to take a detour due to the Walmer St Bridge and Gipps St Steps construction works). From there we'll get back on the Capital City Trail to take us past Rushall Station, through Fitzroy and Carlton to join the Upfield Trail, which we'll then follow all the way to Upfield Station. Lunch will probably be at the [First and Last Hotel](#), 1141 Sydney Rd, Hadfield.

ROUTE & GRADE: This is a Medium grade ride of around 28 km to lunch, then a further 9.3 km to Upfield Station, giving a total distance of 37.3 km. There are virtually no hills and the wind will mostly be a tail wind except for the first few kilometres. Route Map: [Flinders Street to Upfield via Yarra and Upfield Line Trails](#).

REMEMBER: Decent rain protection, water and sunscreen - despite the forecast of showers and clouds, the UV could still reach level 10 (Very High), and sun protection is recommended between 9am and 5:10pm.

WEATHER FORECAST: “15 to 19 degrees. Cloudy. High chance of showers. Winds south to southeasterly 15 to 25 km/h.”. For more details, see [Fawkner detailed forecast](#) or [MetEye](#).

Fri 24 November 2023

Hurstbridge to Heidelberg and Clifton Hill via Diamond Creek and Yarra Trails

The forecast for this Friday is a bit of a mixture. While the temperature will be pleasant, there will be an increasing risk of showers in the afternoon. The plan is to cycle the very scenic route from Hurstbridge back to Clifton Hill (or beyond), with lunch at the Train Yard in Heidelberg.

START: The ride will depart at 10:40am from Hurstbridge Station. The Hurstbridge line train that departs Flinders Street platform 1 at 9:25am (or Clifton Hill at 9:45am), arrives at 10:37am.

Alternative: If you want a coffee at the [Wild Wombat Cafe](#), located close to the station, the train departing Flinders Street at 9.06am (or Clifton Hill at 9:27am) arrives at 10:19am.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email leadergeorgew.thenomadsinc@mail.tidyhq.com

DETAILS: From Hurstbridge Station (or the Wild Wombat Cafe), we ride the rather rural off road Diamond Creek trail to Eltham and on to the Main Yarra Trail and all the way to Clifton Hill, or to whatever point you wish to exit. Lunch will be in Heidelberg, at [The Train Yard](#). If rain has arrived by then, Heidelberg Station is nearby for an early exit. After lunch we will continue down the Main Yarra Trail, with exit options wherever convenient.

ROUTE & GRADE: This ride is graded Medium. The total distance to Clifton Hill is 42 km, while to Heidelberg is 28 km. There are a few short sharp hills, and the path surface varies considerably - partly sealed and partly on packed gravel. The recent dry weather will have dried out the gravel sections. For the route, see the [Hurstbridge to Heidelberg and Clifton Hill via Diamond Creek and Yarra Trails](#) Google map. There are several train station exit options along the way if needed, for example at Eltham, Heidelberg or Fairfield.

REMEMBER: Clothing layers, including a waterproof layer, along with water and sunscreen.

WEATHER FORECAST: The latest Melbourne forecast for Friday is "16 to 26 degrees. Partly cloudy. High chance of showers, most likely in the afternoon and evening. The chance of a thunderstorm. Winds east to southeasterly 15 to 25 km/h tending east to northeasterly early in the morning."

Fri 17 Nov 2023: Werribee - Federation Trail - Yarraville - Docklands

The forecast for this Friday is looking good for cycling. Because some people will be wanting to get back in time to go to MQFF films, we've again planned a relatively short ride. The wind won't be ideal, but also shouldn't be too troublesome.

START: We'll start at 10:04am at Werribee Station, and cycle to [Wolf on Watton](#), 90A Watton St, Werribee for a coffee. The Werribee train that departs from Flinders Street (probably platform 9, but check monitors) at 9:24am should arrive at Werribee at 10:04am. If you don't want a coffee, and know how to get to the cafe (along the river is best), you could catch the Werribee train that departs from Flinders Street at 9:44am, arriving at Werribee at 10:24am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: After the coffee, we'll continue along the Werribee River Trail to the start of the Federation Trail, and follow that all the way to Millers Rd. At Millers Rd, the Federation Trail is closed due to the West Gate Tunnel Project. The official detour is not very pleasant, so we'll take our usual alternative detour via Millers Rd, Francis St and assorted minor streets to get to our lunch spot, the [Yarraville Club](#), 135 Stephen St, Yarraville for lunch. The Yarraville Club menu has a typical pub/club menu, and they have a seniors menu for those who qualify. After lunch you

can return via train from Yarraville Station, continue via the Bay Trail and Footscray Rd with the group to Docklands (5.5 km) and beyond, or there are good cycling connections in all directions beyond Yarraville. There are train exit options at Hoppers Crossing, Williams Landing, Yarraville then very regularly after that.

ROUTE & GRADE: This is a Medium grade ride of around 32 km to lunch. There are virtually no hills and the wind will mostly be a cross wind. Route Map: [Werribee - Federation Trail - Yarraville - Docklands](#).

REMEMBER: Water and sunscreen - the UV is likely to reach level 9 (Very High), and sun protection is recommended between 9:10am and 5pm.

WEATHER FORECAST: *"11 to 18 degrees. Cloudy. Winds southerly 15 to 25 km/h becoming light in the late evening."* For more details, see [Yarraville detailed forecast](#) or [MetEye](#).

Fri 10 Nov 2023: Belgrave - Lysterfield Lake - Dandenong - Yarraman

The forecast for this Friday is looking quite good - in fact rather warm! Because some people will be wanting to get back in time to go to MQFF films, we've planned a relatively short ride, but there's an easy option to extend it to return home via the Djerring Trail if you wish.

START: We'll plan to depart from Belgrave Station at 10:30am. The Belgrave train departing from Flinders Street (platform 2 or 3) at 9:26am, or Richmond (platform 9) at 9:29am, should arrive in Belgrave at 10:26am. If you'd like a coffee in Belgrave, you should catch the Belgrave train departing from Flinders Street (platform 2 or 3) at 8:56am or 9:16am, arriving in Belgrave at 9:56am or 10:12am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Belgrave Station we'll head south, following Station St, Grey St and McNicoll Rd to Birdsland Reserve, which we'll ride through to pick up Dargon Track then Logan Park Rd through Lysterfield Park, passing alongside Lysterfield Lake. After exiting Lysterfield Park, we'll follow Reservoir Rd and Jacques Rd then a path beside Belgrave-Hallam Rd to the start of the Eumemmerring Creek Path, which we'll follow to Dandenong. Lunch will be at the [Workers Club](#), 52-70 Wedge St, Dandenong (right beside the Dandenong Creek Trail on the approach to Dandenong). After lunch, we'll follow the Dandenong Creek Trail to the Eastlink Trail junction, then follow the Eastlink Trail northward to Yarraman Station. If you want to lengthen the ride, you could cycle home via the Djerring Trail to Caulfield (or perhaps deviate at Hughesdale Station to East Malvern and the Gardiners Creek / Anniversary Trails).

ROUTE & GRADE: Medium grade ride of 32 km to Yarraman Station. The distance to Dandenong is 24 km, and to Yarraman Station is a further 8 km approximately. There's only one significant uphill section, within Lysterfield Park, but for the most part the trail is either downhill or flat. The trail surface is quite rough in Lysterfield Park though, and unsealed in the park and on Jacques Rd. For the route, see the [Belgrave - Lysterfield Lake - Dandenong - Yarraman](#) Google map. There's also the option to extend the ride via the Djerring Trail (17 km to East Malvern or 20 km to Caulfield).

REMEMBER: Water and sunscreen - the UV is likely to reach level 9 (Very High), and sun protection is recommended between 9:20am and 4:50pm.

WEATHER FORECAST: *"13 to 31 degrees. The chance of fog in the early morning. Sunny day. Light winds becoming northwest to northeasterly 15 to 20 km/h in the morning then becoming northeasterly 15 to 25 km/h in the evening."* For more details, see [Dandenong detailed forecast](#) or [MetEye](#).

Fri 3 Nov 2023: Boronia to Fairfield via Heathmont, Mullum Mullum and Yarra Trails

The forecast for this Friday is looking OK for cycling, but it will be cool and cloudy with a southerly wind. We've planned a ride with an option to keep the wind mostly behind you all the way if you exit at Eltham station, but there will be a headwind at the end for those choosing to ride on to Fairfield (or beyond).

START: We'll plan to depart from Boronia Station ASAP after 10:15am. The Belgrave line train that departs from Flinders Street platform 2 at 9:26am (or Richmond at 9:29am, or Camberwell at 9:38am) arrives at Boronia at 10:10am. If you'd like a quick coffee at the [Two Cats Espresso Bar](#) (right beside the station), you should catch the train that departs from Flinders Street at 9:16am, arriving at 9:58am at Boronia. Note that the next train to arrive after 10:10am won't be until 10:40am!

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: After an optional quick coffee at the [Two Cats Espresso Bar](#), we'll follow the cycling trail beside the train line to the Dandenong Creek Trail, where we'll turn left and follow the creek for less than 1 km before turning right to join the Heathmont Rail Trail. That trail takes us via Ringwood Lake to the Ringwood Bypass and Eastlink Trails, from which we'll turn off to the Mullum Mullum Trail. Following that particularly scenic trail, we'll eventually arrive at our lunch spot, [Beasley's Nursery and Teahouse](#), right beside the cycling path. After lunch we continue

along the Mullum Mullum Trail to join the Main Yarra Trail. Shortly afterwards you can exit via the Diamond Creek Trail to get to Eltham Station, but the main group will continue along the Main Yarra Trail to Heidelberg then Fairfield.

ROUTE & GRADE: This ride is graded Medium with a total distance of 44 km to Fairfield Station, or 30 km if exiting at Eltham Station. It's around 21 km from Boronia to the lunch spot. There are no significant hills, but there are quite a few short, sharp uphill and some extended, gentle climbs. The trail surfaces will mostly be sealed prior to the Main Yarra Trail, which is mostly compacted gravel. For the route, see the [Boronia to Fairfield via Heathmont, Mullum Mullum and Yarra Trails](#) Google map.

REMEMBER: Sunscreen and appropriate clothing layers for a day that could be cool at times. Don't forget the sunscreen as the UV is likely to reach level 8, and sun protection is recommended between 9:30am and 4:40pm.

WEATHER FORECAST: "11 to 17 degrees. Cloudy. Slight chance of a shower, grading to a medium chance about the northeast, most likely in the morning. Winds southerly 20 to 30 km/h.". For more details, see [Ringwood detailed forecast](#) or [MetEye](#).

Fri 27 Oct 2023: Cranbourne Station - Cranbourne Botanic Gardens - Hallam Station

The forecast for this Friday is looking good for cycling, with light winds, so the plan is to visit the Cranbourne Botanical Gardens then head north to Casey Central for lunch. After that we'll cross to Berwick Springs and follow the "Hallam Main Drain" north to Hallam Railway Station. Despite the uninspiring name of this trail, it's actually quite delightful!

NOTE: Due to major roadworks on the C404 road (and the associated bike path), a Cranbourne local led us via West Cranbourne, the new trail beside the railway line to Merinda Park Station, and a few quiet roads to the Casey Central Shopping Centre - for the route taken, see [Cranbourne Station - Botanic Gardens - Merinda Park - Casey Central - Hallam Drain - Hallam](#).

START: We'll meet at Cranbourne Station at 10:21am. The Cranbourne line train that departs Flinders Street platform 6 at 9:23am, or Richmond at 9:27am, should arrive at Cranbourne at 10:21am. There aren't any cafes nearby, so we'll head straight to the botanic gardens, where you can get your caffeine fix at the [Boon Wurrung Cafe](#) if you wish, while the rest of us explore the [Australian Garden](#).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlaN.D.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: As there are no coffee options near the station, we'll immediately head south via some quiet streets and the Cranbourne (horse) Training Complex to get to the Cranbourne Botanical Gardens. Those who would like a coffee can get their fix at the cafe there while the rest of us walk around the formal section of the gardens. After reuniting, we'll all cycle through the woodlands section of the gardens then head north (with the wind now behind us) to get to Casey Central Shopping Centre for lunch. Lunch will probably be at [Afghan Central](#), shop 104a, Casey Central, 400 Narre Warren-Cranbourne Rd. Alternatively, at [Fathima's Indian Kitchen](#), shop 116a, Casey Central, 400 Narre Warren-Cranbourne Rd. After lunch we'll head across to Berwick Springs, then follow the very scenic "Hallam Main Drain" path through grasslands and wetlands all the way to Hallam Rd, which we'll take to travel the short distance to Hallam Station.

ROUTE & GRADE: This ride is graded Medium with a total distance of 32 km. There are no real hills anywhere but the trail surfaces vary enormously, with a small amount of on-road riding, gravel paths through the Cranbourne Botanical Garden woodlands, and mostly sealed on-road and offroad trails otherwise. For the route, see the [Cranbourne Station - Cranbourne Botanic Gardens - Hallam Station](#) Google map.

REMEMBER: Sunscreen and appropriate clothing layers for a day that could be cool at times. Don't forget the sunscreen though! The UV is likely to reach level 8, and sun protection is recommended between 9:30am and 4:30pm.

WEATHER FORECAST: "9 to 20 degrees. Partly cloudy. Winds southerly 15 to 20 km/h becoming light early in the morning". For more details, see [Narre Warren detailed forecast](#) or [MetEye](#).

Friday 20 October 2023: Mernda to Rushall Station via Hendersons Road Drain, Darebin Creek, Dalton Road and Northern Pipeline Trails

The forecast for this Friday is great for riding. Our plan is to start at Mernda Station and cycle back to the CBD via the Mernda Rail Trail, Hendersons Road Drain Trail, Darebin Creek Trail, Dalton Road and Northern Pipe Trail.

START: We'll depart Mernda Station at 10:30am. The Mernda line train that departs Flinders Street platform 1 at **9:29am**, or Clifton Hill at 9:49am, should arrive at Mernda at 10:23am. If you would like a coffee from the station kiosk, catch the 9.11am from Flinders Street (Clifton Hill 9.32am), arriving at Mernda at 10.13am. If you want a cafe style coffee experience, there is an excellent bakery, Turners Bakehouse Eatery, about 1km due north of the Mernda Station, but you will need to catch the 8.52am train, or earlier, from Flinders St, arriving Mernda at 9.54am and make sure you are back at Mernda Station by 10.30am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email leadergeorgew.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the station we'll follow the trail by the railway line to Hawkstowe Station then navigate several less known trails to Hendersons Road Drain Trail. This will take us to the Darebin Creek Trail, and on to the Ring Road (M80). There we will head west to Dalton Road, which will take us through Reservoir to the Northern Pipe Trail (along St Georges Rd). We will stop off for lunch at the [Darebin RSL](#), 204 Bell St Preston, right near the trail. After lunch we'll continue on all the way to the Capital City Trail near Rushall Station, where there are many options for cycling home or catching a train.

ROUTE & GRADE: This ride is graded Medium with a total distance of 30 km. The distance to lunch is 24 km. For the route, see the [Mernda to Rushall Station via Hendersons Road Drain, Darebin Creek, Dalton Road and Pipeline Trails](#) Google map. There are no significant hills anywhere and the trail surfaces are generally quite good - mostly sealed off-road concrete paths, although there are a couple of tricky crossings. There are train station bailout options at frequent intervals.

REMEMBER: Clothing layers, including a waterproof layer just in case and **sunscreen**.

WEATHER FORECAST: "14 to 27 degrees. Mostly sunny. Light winds becoming north to northeasterly 15 to 20 km/h in the early afternoon.

Nb: Darebin RSL booked out so went to Edwardes lake Hotel. Very good. Final distance 33.5km.

Fri 13 Oct 2023: Jewell Station to Abbotsford Convent via Upfield Line, Ring Road and Merri Creek.

The forecast for this Friday is only average, but rain is unlikely and so long as you're well rugged up, you should be able to have a nice ride. The forecast is for a westerly wind, so there will be a cross wind for much of it, a bit of help here and there, as well as a head wind in a few places..

START: We plan to depart at 10:35am from [Acustico Cafe](#), 32 Union St, Brunswick. It is just north of Jewell Station on the Upfield Line Trail, where it crosses Union St.

- Many will ride there, but Jewell Station, on the Upfield line is close by. If coming by train and you'd like a coffee before riding, catch the Upfield line train from Flinders Street at 9:52am arriving at Jewell at 10:08am.
- If not having a coffee before riding, catch the Upfield line train from Flinders Street at 10:12am arriving at Jewell at 10:28am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderGeorgeW.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the cafe we'll head north up the Upfield Line Trail to the Ring Road. Following that east we will then join onto the Merri Creek Trail and follow it all the way to Abbotsford. Lunch will be at [Abbotsford Convent Bakery](#), at the end of the ride. After lunch there are many options to continue riding, including the Yarra Trail in either direction or you can catch a train from Victoria Park Station.

ROUTE & GRADE: Moderate 33 km grade ride to lunch. The ride will be almost entirely on sealed, off-road trails. See [Jewell Station to Abbotsford Convent via Upfield Line, Ring Road and Merri Creek](#) for a map of the route to lunch.

REMEMBER: Sunscreen, appropriate clothing layers for a cool day and some rain gear just in case..

WEATHER FORECAST: *"9 to 17 degrees. Cloudy. Very high chance of showers in the southeast suburbs, medium chance elsewhere. Winds westerly 20 to 30 km/h. Possible rainfall: 0 to 1 mm. Chance of any rain: 30% ."*

Fri 6 Oct 2023: Alamein - Anniversary Trail - Darebin Creek - Reservoir - St Georges Rd

The forecast for this Friday looks "OK for a wintry bike ride". Rain is unlikely and so long as you're well rugged up, you should be able to have a nice ride keeping the wind behind us before lunch.

START: We'll plan to depart at 10:30am from the [Habitat Cafe](#), 40f Victory Boulevard, Ashburton. To get to the cafe, exit the station and go straight ahead (eastwards) about 230 metres along Alamein Ave.

- If you'd like a coffee before riding, catch the Lilydale/Belgrave line train (probably destined for **Blackburn**) from Flinders Street, platform 2 or 3, at **9:31am** (or from Richmond at 9:34am), then change at Camberwell for an Alamein line train, probably without changing platforms. This should arrive at Alamein at 10:01am.
- If not having a coffee before riding, catch the Lilydale/Belgrave line train (probably destined for **Blackburn**) from Flinders Street, platform 2 or 3, at **9:58am** (or from Richmond at 10:01am), then change at Camberwell for an Alamein line train, probably without changing platforms. This should arrive at Alamein at 10:28am.
- Alternatively, you could also travel to East Malvern Station on the Glen Waverley line then ride the short distance from there via the Anniversary Trail to the Alamein Station and the cafe.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the cafe we'll return to Alamein Station and follow the Anniversary Trail northwards. At Spruzen Ave we'll take the path through to the Main Yarra Trail and follow the link trail to the Darebin Creek Trail, which we'll then follow northwards, to exit near Dunne St to get to our lunch spot, [Northside Broadway](#), 251/255 Broadway, Reservoir. After lunch you can take a train from the nearby Reservoir Station, or ride back towards the CBD via the Northern Pipe Trail (St Georges Rd).

ROUTE & GRADE: Moderate 25.5 km grade ride to the lunch point, or Medium 34 km ride if continuing to Rushall Station. The ride will be almost entirely on sealed, off-road trails. See [Alamein - Anniversary Trail - Darebin Creek - Reservoir](#) for a map of the route to the lunch point.

REMEMBER: Sunscreen and appropriate clothing layers for a rather wintry day. Don't forget the sunscreen though! The UV is likely to reach level 5, and sun protection is recommended between 10:20am and 4pm.

WEATHER FORECAST: "9 to 15 degrees. Cloudy. Medium chance of showers, becoming less likely in the afternoon and evening. Winds southwesterly 15 to 25 km/h turning southerly 20 to 30 km/h during the morning.". For more details, see [Fairfield detailed forecast](#) or [MetEye](#).

Fri 29 Sep 2023: Williams Landing to Southbank via Altona and Williamstown

On the upcoming AFL Public Holiday Friday, the weather forecast is for a glorious sunny day! The Nomads who normally work on Fridays have been invited to join the regular Friday cyclists for a wetlands and coastal ride in the west.

START: Departure at 10:30am from Williams Landing Station.

- The Werribee train that departs from Flinders Street, probably platform 9 (but check monitors) at 9:47am (Southern Cross at 9:50am) should arrive at Williams Landing at 10:27am.
- If you'd like a pre-ride coffee from the kiosk at the Williams Landing Station, catch the Werribee train that departs from Flinders Street at 9:27am, arriving at Williams Landing at 10:07am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: We will depart from the Williams Landing Station (near the station kiosk) at 10:30am. After a short distance we will join the Skeleton Creek Trail, which will take us to the Cheetham Wetlands on the coast. There we pick up the Bay Trail, which will take us via Altona to Williamstown, following the coast all the way, mostly through wetlands. Lunch will be at the [Steam Packet Hotel](#), 30 Cole St, Williamstown. Our booking is for outdoors. After lunch you can exit the ride via the nearby Williamstown Station, or continue with the group via the Bay Trail, then the Footscray Road Trail to Docklands, with the ride officially finishing at Southern Cross Station.

ROUTE & GRADE: Moderate 23 km cycling to the lunch point, or Medium 36 km ride if continuing to Southern Cross Station. The ride will be almost entirely on sealed, off-road trails. See [Williams Landing to Southbank via Altona and Williamstown](#) for a map of the route.

REMEMBER: Sunscreen and appropriate clothing for a sunny day. Don't forget the sunscreen! The UV is likely to reach level 6 or more.

WEATHER FORECAST: *"8 to 26 degrees. Sunny. Winds north to northwesterly 15 to 20 km/h shifting south to southwesterly during the day."* For more details, see [Williamstown detailed forecast](#) or [MetEye](#).

Fri 22 Sep 2023: A meander around Casey and Berwick

The forecast for this Friday is looking OK for cycling, though it will feel rather chilly after the glorious weather we've been having of late. There's little chance of rain, and the wind should be fairly light, so the plan is to do a meandering trip around the Casey and Berwick area.

START: We'll catch the Cranbourne line train that departs from Flinders Street platform 6 at 9:42am, or Richmond at 9:46am, and should arrive at the Merinda Park Station at 10:36am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: There are no coffee options near the station, so you'll need to get your coffee fix prior to departing. From Merinda Park Station we'll ride along assorted minor roads then the bike path beside the C404 highway, exiting that at Baringa Park Dr to do a circuit around the River Gum Creek Reserve. After that we'll return to the C404 briefly to pick up the Hallam Main Drain Trail. We'll follow that through wetlands to the Fountain Gate, Narre Warren Shopping Centre for lunch. We'll plan to have lunch at [Walawwa "The Bungalow"](#), 477 Princes Hwy, but there are a number of restaurant options on Webb St (which we'll ride along) if it's not possible at Walawwa. After lunch we follow concrete cycling trails beside the Monash Freeway then beside Ernst Wanke Rd for approximately 6 km. Shortly after we pass Bellbird Park we turn right into Avebury Dr, left into Bournevale Dr, then take the second street on the right to enter the rear of [Wilson Botanic Park](#). We need to dismount to walk through this beautiful, expansive park. Anybody who wants to explore the park further can do so, because that's virtually the end of the ride. We'll exit Wilson Botanic Park via the main entrance then turn left onto the bike path and follow that through the large Clyde Rd / Lyall Rd / Princes Hwy intersection. We'll continue straight ahead along High St and at the next lights turn right into Gloucester Ave, which takes us to Berwick Station.

ROUTE & GRADE: This is a Medium grade ride of around 33 km. For the route, see the [Casey V2: Merinda Park - Narre Warren - Wilson Botanic Park - Berwick](#) Google map. Most surfaces will be sealed, with the exception of a relatively short stretch of packed gravel on the Hallam Main Drain Trail.

REMEMBER: Sunscreen and clothing layers, including a light waterproof layer just in case! The UV is forecast to reach level 5 (moderate, sun protection recommended).

WEATHER FORECAST: "8 to 16 degrees. Partly cloudy. Light winds becoming southerly 15 to 20 km/h in the early afternoon then becoming light in the evening". For more details, see [Narre Warren detailed forecast](#) or [MetEye](#).

Fri 15 Sep 2023: Belgrave - Cardinia Reservoir - Cardinia Road Station (Pakenham)

The forecast for this Friday is looking excellent - a massive improvement on last Friday! The plan is to do a ride that we haven't done since 2019. It's very, very scenic, but also very challenging!

START: We'll plan to start riding from Belgrave Station at 10:30am. The Belgrave train that leaves Flinders Street Station, platform 2 or 3, at 9:26am, or Richmond at 9:29am, should arrive in Belgrave at 10:26am. If you'd like a quick takeaway coffee before we head off, the Belgrave line train that leaves Flinders Street Station at 9:16am should arrive in Belgrave at 10:12am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Belgrave Station we'll take Gembrook Rd to Selby, then the Selby-Aura Rd, Old Menzies Creek Rd and C143 Wellington Rd to the Cardinia Reservoir. It's likely that we'll cross paths with Puffing Billy along the way. After partially circumnavigating the reservoir we'll head south along Bourkes Creek Rd and Matters Rd to the [RJ Chambers Flora and Fauna Reserve](#), where we'll have a **picnic lunch**. After lunch we take the Toomuc Valley Rd (downhill) all the way south to the Princes Hwy, at which point we'll cross the highway to take the shared path on the east side of Toomuc Creek and follow this for 1 km then cross the creek on the footbridge. At the first street we veer left and follow a series of streets linked by short-path sections westward for 1.5 km to reach Cardinia Road Station.

ROUTE & GRADE: This is a HARD ride of only around 41 km, but there are several reasons for the HARD grading:

- The route is mostly **on-road**. Most roads are fairly quiet, but the C143 (Wellington Road) is **very** busy with 100 kph traffic. It has an excellent shoulder but you'll need to watch out for broken glass.
- Several roads are unsealed and could be **quite corrugated**.
- The route is **fairly remote**. If your bike, or you, break down, a long walk could be involved unless you have a rider assistance package (see [Cycling Tips](#)).
- There are some nasty **uphill** sections, particularly on the unsealed road after leaving Cardinia Reservoir.
- There is a particularly **steep downhill** section where we need to take special care.

We should have a fairly strong tailwind most of the way. For the route, see [Belgrave - Cardinia Reservoir - Cardinia Road Station \(Pakenham\)](#). This ride is only suitable for mountain bikes (preferred) or hybrids.

REMEMBER: **Lunch**, sunscreen and clothing layers - you will want to shed layers on the hills. The UV is forecast to reach level 4 (moderate, sun protection recommended). There will be options in Belgrave to purchase lunch.

WEATHER FORECAST: "16 to 23 degrees. Mostly sunny. Winds northerly 35 to 50 km/h turning west to northwesterly 15 to 25 km/h during the morning then becoming light in the evening.". For more details, see [Belgrave detailed forecast](#) or [MetEye](#).

Fri 8 Sep 2023: St Albans - Kororoit Creek - Sunshine - Footscray - North Fitzroy

CANCELLED

The forecast for this Friday is looking **terrible!** There's a good chance we won't be riding, but if you plan to ride should the conditions turn out better than forecast (which often happens), please register. I'll send an SMS on Friday morning to everybody who has registered, to let you know if the ride is going ahead or not.

START: We'll plan to start riding at 10:35am. The Watergardens / Sunbury line train that departs from Flinders Street (probably platform 5) at 10:02am arrives at St Albans at 10:31am. If you'd like a coffee, you should catch an earlier train such as the one leaving Flinders Street at 9:35am, arriving at St Albans at 10:05am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlaN.D.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: After the optional coffee at the excellent kiosk at St Albans Station, we'll head south on the Jones Creek Trail. Shortly after reaching the Western Ring Road Trail, we'll switch to the Kororoit Creek Trail, but only follow that as far as Sunshine. We'll exit the trail via Derby Rd to get to Sunshine Station, where we'll cross the rail line and follow the trail through Tottenham and Footscray to join the Maribyrnong via the Newells Paddock Wetlands. Rather than following the Maribyrnong though, we'll make our way to the Capital City Trail to get us to the [Railway Hotel Fitzroy North](#), 800 Nicholson Street, for lunch. (A small group of us trialled this a few weeks ago, and were very impressed). After lunch we'll disperse to our respective homes via whichever trail works best (or a station such as Clifton Hill or any CBD station). If we have a significant rain delay, lunch could also be at the [Railway Hotel](#) or the Yarraville Club in Yarraville.

ROUTE & GRADE: This is a medium grade ride of around 27 km to lunch - see [St Albans - Kororoit Creek - Sunshine - Footscray - Carlton](#). There are no significant hills and the route is mostly sealed (perhaps totally sealed). There are train station exit options at very regular intervals, namely Albion, Sunshine, Tottenham, West Footscray, Middle Footscray, Footscray, South Kensington, Newmarket, Flemington Bridge or Royal Park stations.

REMEMBER: Sunscreen and **warm clothing layers** including a decent **waterproof layer**. The UV is forecast to reach level 3 (moderate, sun protection recommended in the middle of the day). **The "feels like" temperature will only be between 2 and 4 degrees!**

WEATHER FORECAST: "9 to 12 degrees. Cloudy. Very high chance of showers, most likely in the morning and afternoon. Possible small hail from the late morning. Winds north to northwesterly 25 to 40 km/h turning westerly 30 to 45 km/h during the morning then decreasing to 25 to 35 km/h in the evening." For more details, see [Footscray detailed forecast](#) or [MetEye](#).

Fri 1 Sep 2023: Dandenong - Eastlink - Koonung Creek - Fairfield

The forecast for this Friday is looking OK for cycling, though a bit chilly. The plan is to ride from Dandenong to Heatherdale (Ringwood) for lunch, then on to Fairfield, though it will be easy to exit at Heatherdale Station immediately after lunch.

START: We'll meet at the kiosk at Dandenong Station ready to depart at 10:30am. The Cranbourne line train that departs from Flinders Street Station, probably platform 6, should arrive at Dandenong at 10:26am. If you'd like a coffee, you could catch the Cranbourne line train that departs (probably from platform 6) at 9:23am, arriving at Dandenong at 10:07am (or any other Cranbourne or Pakenham line train).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Dandenong Station we'll head to the Eastlink Trail (1.9 km) via some on-road trails and quiet streets, keeping north of the railway line. We then follow the Eastlink Trail northwards, past Jells Park, to our lunch point: [The Coach](#), 33 Maroondah Hwy, Ringwood. After lunch you need to decide whether to exit at the nearby Heatherdale Station, or else ride all the way to Fairfield, as there are very few easy train exit options prior to Fairfield.

ROUTE & GRADE: This is a moderate grade ride of around 24.5 km to lunch, or a medium grade ride of 49 km to Fairfield - see [Dandenong - Eastlink - Koonung Creek - Fairfield](#). The route is mostly sealed but there are a few annoying hills, especially after lunch. There aren't many train station bailout options on this ride, the main one being Heatherdale Station, located quite close to our lunch spot.

REMEMBER: Sunscreen and **warm clothing layers** including a waterproof layer in case of rain. The UV is forecast to reach level 3 (moderate, sun protection recommended in the middle of the day).

WEATHER FORECAST: *"10 to 15 degrees. Cloudy. High chance of showers about the Dandenongs, medium chance elsewhere, becoming less likely in the evening. Winds west to southwesterly 15 to 20 km/h turning south to southeasterly during the morning and early afternoon."* For more details, see [Ringwood detailed forecast](#) or [MetEye](#).

Fri 1 Sep 2023: Dandenong - Eastlink - Koonung Creek - Fairfield

The forecast for this Friday is looking reasonable (for winter). Our plan is to cycle from Dandenong Station via the Eastlink Trail for lunch in Heatherdale. There's the option to exit after lunch from Heatherdale Station, or else continue via the Koonung Creek Trail (hills alert!) to Fairfield.

START: We'll meet at Dandenong Station at 10:26am. The Cranbourne line train that departs Flinders Street platform 6 at 9:42am (or Richmond at 9:46am) arrives at Dandenong at 10:26am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: We'll start with a quick coffee at the station. After that we'll head to the Eastlink Trail (1.9 km) via some on-road trails and quiet streets, keeping north of the railway line. We then follow the Eastlink Trail north, past Jells Park, to our lunch point: [The Coach](#), 33 Maroondah Hwy, Ringwood. After lunch you need to decide whether to exit at the nearby Heatherdale Station, or else ride all the way to Fairfield, as there are very few easy train exit options prior to Fairfield.

ROUTE & GRADE: This is a moderate grade ride of around 24.5 km to lunch, or a medium grade ride of 49 km to Fairfield - see [Dandenong - Eastlink - Koonung Creek - Fairfield](#). The route is mostly sealed but there are a few annoying hills, especially after lunch. There aren't many train station bailout options on this ride, the main one being Heatherdale Station, located quite close to our lunch spot.

REMEMBER: Be sure to bring sunscreen. A warm layer and rain protection is also recommended. The UV is expected to reach level 8 [Very High].

WEATHER FORECAST: *"9 to 15 degrees. Cloudy. Slight chance of a shower, most likely in the morning. Winds southwesterly 15 to 20 km/h tending southerly 15 to 25 km/h during the morning then becoming light during the afternoon."* For more details, see [Ringwood detailed forecast](#) or [MetEye](#).

Fri 25 Aug 2023: Along the Bay Trail from Federation Square towards Frankston

The forecast for this Friday is looking quite pleasant, though with a reasonably strong northerly predicted. The plan is to ride from Federation Square via the Bay Trail to Mordialloc, Carrum or perhaps even to Frankston.

START: We'll meet at the bike hoops on Birrarung Marr, beside Federation Square, ready for a 10:30am departure. The bike hoops are located on Birrarung Marr, between Swanston Street and the MCG and between the river and the Federation Square Car Park. This is on the intermediate level - not the path right beside the river, and not the level of the main part of Federation Square. If you'd like a coffee, please grab one (e.g. from Flinders Street Station) on your way to the meeting point.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Birrarung Marr we ride via Southbank then on the trail beside the 109 tram to Port Melbourne. From there, with the wind firmly behind us, we follow the Bayside Trail passing by St Kilda beach, Brighton, Beaumaris and Mordialloc. There are various lunch options along the way, but we'll perhaps aim to have lunch at the [Ricketts Point Cafe](#), otherwise in Mordialloc. After lunch we can continue towards Frankston to build up as many kilometres as we wish to. After Mordialloc there are Frankston line stations at very regular intervals (with CBD-bound trains at least every 10 minutes). There is also the option to ride back towards the CBD (into a head wind).

ROUTE & GRADE: This is a medium grade ride of around 34 km to Mordialloc, and the wind will mostly be behind us all the way. For the route to Mordialloc, see the [Federation Square to Mordialloc via the Bay](#) Google map.

REMEMBER: Warm clothing layers including a waterproof layer in case of rain later in the day. The UV is forecast to reach level 3 (moderate, sun protection recommended in the middle of the day).

WEATHER FORECAST: *"10 to 20 degrees. Mostly sunny day. Medium chance of showers, most likely in the late afternoon and evening. Winds north to northwesterly 20 to 30 km/h becoming light in the evening."* For more details, see [Mordialloc detailed forecast](#) or [MetEye](#).

NOTE: Friday is [Wear It Purple Day](#): a day that strives to foster supportive, safe, empowering and inclusive environments for rainbow young people. It would be great if you could add something purple to your attire as a token of support.

Friday 18 August 2023: Sunshine to North Carlton via Footscray ...

The forecast for this Friday is looking fairly bleak, with a high probability of rain. The plan is to ride from Sunshine to North Carlton for lunch at the [Railway Hotel Fitzroy](#), then after lunch perhaps follow the Anniversary or Main Yarra Trails, depending on conditions at that time.

START: We'll meet at the Sunshine Station, with the aim of departing from there at 10:25am. There's a kiosk in the station. If you'd like a coffee, the train that departs from Flinders Street platform 5 at 9:41am, arriving at 10:03am is recommended. If you don't want a coffee, you should catch the service departing from Flinders Street at 10:02am, which arrives at Sunshine at 10:23am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Sunshine Station we'll follow the trail beside the railway line to Footscray, then take some onroad cycling paths and a couple of quiet streets to get to the Newells Paddock Wetlands. From there, we'll cross the former stock bridge and cycle past South Kensington Station to the Capital City Trail, which we'll follow northwards past Flemington Bridge and Royal Park Stations to get to the [Railway Hotel Fitzroy](#), 800 Nicholson St, Fitzroy North for lunch (right beside the Capital City Trail). After lunch, depending on the weather conditions and the wishes of the attendees, we'll follow either the Main Yarra Trail or the Anniversary Trail.

ROUTE & GRADE: This is a moderate grade ride of around 18 km to lunch, and the wind will mostly be behind us all the way to the lunch point. There will be train station exit options every couple of kilometres should the heavens happen to open. For the route to the lunch point, see the [Sunshine to North Carlton via Footscray](#) Google map.

REMEMBER: **Warm** clothing layers including a decent **waterproof** layer. The "feels like" temperature will only be 6 or 7 degrees! The UV is forecast to reach level 2 (low, sun protection not recommended).

WEATHER FORECAST: *"9 to 13 degrees. Cloudy. Very high chance of showers, becoming less likely in the evening. Possible small hail in the late afternoon and evening. Winds north to northwesterly 15 to 25 km/h turning west to southwesterly 25 to 35 km/h during the morning."* For more details, see [Footscray detailed forecast](#) or [MetEye](#).

Friday 11 August 2023: Tarneit - Skeleton Creek - Altona - CBD

The forecast for this Friday is looking OK for winter. We'll ride from the Tarneit V/Line Station via the Skeleton Creek to Altona for lunch, optionally continuing on to the CBD after lunch.

START: The ride will start at 10:40am from the corner of Leakes Rd and Sunset Views Blvd (i.e. near the Tarneit Central Shopping Centre - the one close to the station). The V/Line service to Marshall (Geelong) that departs from Southern Cross Station at 10:10am arrives at Tarneit Station at 10:37am. If you'd like a coffee, catch the V/Line service departing from Southern Cross Station at 9:50am (arriving 10:17am). This is a standard Myki zone 1 + 2 fare.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the meeting point, we'll head directly across to the Skeleton Creek Path and follow that down to the Federation Trail. We will only follow that for a short distance though, turning off at Ashwell Ave (beside Forsyth Rd) to wend our way through the new estates to Palmers Rd (near the Williams Landing Station). We'll take Palmers Rd to rejoin the familiar section of the Skeleton Creek Trail. We follow that, then the Coastal Trail through the Cheetham Wetlands to get to Altona for lunch at the [Numero Uno pizza and pasta](#) cafe on Pier St. After lunch those

who wish to can continue home via the Coastal Trail (with shortcuts possible). There are lots of bailout exit points after lunch: Williams Landing, Altona or any of the Williamstown line stations.

ROUTE & GRADE: This is a moderate grade ride of around 23 km to Altona for lunch. Afterwards, it's up to a further 25 km back to the CBD, or you can catch a train from Altona Station. The route is flat and we should have a tail wind most of the time. For the route, see the [Tarneit Station to Altona via Skeleton Creek](#) Google map.

REMEMBER: Warm clothing layers. The UV is forecast to reach level 2 (low, sun protection not recommended).

WEATHER FORECAST: “8 to 16 degrees. Cloudy. Medium chance of showers about the Dandenongs, slight chance elsewhere. Winds west to northwesterly 15 to 25 km/h tending north to northwesterly 15 to 20 km/h during the evening.”. For more details, see [Altona detailed forecast](#) or [MetEye](#).

Fri 28 July 2023: Flinders St Station - Main Yarra - Gardiners Creek - Anniversary - Main Yarra - Loop

The forecast for this Friday is not looking as good as we have recently enjoyed, with some chase of rain. The plan is to stay close to the city and to vary the ride in accordance to the weather conditions.

START: The ride will depart at 10:30am from *under the Flinders Street Station verandah, next to the “Clocks at Flinders” cafe/venue, on Swanston St, nearest Princes Bridge*. If you would like coffee before the ride, arrive earlier so that you can get coffee from “Clocks at Flinders”.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email leadergeorgew.thenomadsinc@mail.tidyhq.com

DETAILS: After coffee and an assessment of the weather we will commence the ride. Assuming the conditions are favourable, we will head off along the Yarra up to Gardiners Creek, which we will then follow to East Malvern. There we will pick up the Anniversary Trail and continue on to Fairfield. At Fairfield we will rejoin the Yarra Trail and ride on to Abbotsford for lunch at [“Abbotsford Convent Bakery”](#).

After lunch, you can return to the CBD via the Yarra Trail or more direct road routes..

ROUTE & GRADE: This will be a Medium Grade ride with few real hills. The total distance to Abbotsford is 33km. From Abbotsford back to the CBD is around 13 km. For the route, see the [Federation Square - Main Yarra - Gardiners Creek - Anniversary - Main Yarra - Federation Square Loop](#) Google map. There are several train station exit options along the way if needed.

REMEMBER: Warm clothing layers, including a waterproof layer.

WEATHER FORECAST: The latest Melbourne forecast for Friday is "11 to 17 degrees. Showers easing. Possible rainfall: 1 to 6 mm. Chance of any rain: 90% . Partly cloudy. Very high chance of showers, most likely in the morning. Winds northerly 25 to 35 km/h.

Fri 21 July 2023: Werribee - Werribee North - Skeleton Creek - Altona

The forecast for this Friday is again looking good for a winter's day. The plan is to cycle from Werribee to Altona (and possibly beyond), with lunch at the Numero Uno in Altona.

START: The ride will depart at 10:20am from [Wolf on Watton](#) cafe, 90A Watton St, Werribee. The Werribee line train that departs Flinders Street platform 8 at 9:13am, arrives at 9:53am. If you are happy to skip coffee the train that departs Flinders Street platform 8 at 9:24am, arrives at 10:04am. Remember to allow time to ride to the cafe.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email leadergeorgew.thenomadsinc@mail.tidyhq.com

DETAILS: After coffee, we'll cross to the other side of the river and head upstream. After a few kilometres, we'll head east along Hogans Rd then take the trail beside a small creek that flows into Skeleton Creek. We'll follow Skeleton Creek to the Federation Trail, which we'll follow (city bound) for a short while to Williams Landing, where we'll exit the Federation Trail and snake our way back to the Skeleton Creek Trail, which we'll follow down to the Cheetham Wetlands, then on to Altona for lunch at our long-term favourite, [Numero Uno](#), for pizza or pasta.

After lunch, you can return via train from Altona, ride back to the CBD via Cherry Lake, Newport and Footscray or exit at any of several train stations along the way.

ROUTE & GRADE: This will be a Medium Grade ride with no real hills. The total distance to Altona is 29.5 km. From Altona back to the CBD is around 25 km. For the route, see the [Werribee North - Skeleton Creek - Altona](#) Google map. There are several train station exit options along the way if needed, for example at Williams Landing, Altona, Newport and Footscray.

REMEMBER: Warm clothing layers, including a waterproof layer.

WEATHER FORECAST: The latest Melbourne forecast for Friday is "7 to 14 degrees. *Partly cloudy. Winds westerly 15 to 20 km/h. Chance of any rain: 5%*

Fri 14 July 2023: Hurstbridge to Heidelberg and Clifton Hill via Diamond Creek and Yarra Trails

The forecast for this Friday is looking good for a winter's day. The plan is to cycle from Hurstbridge back to Clifton Hill (or beyond), with lunch at the Train Yard in Heidelberg.

START: The ride will depart at 10:40am from Hurstbridge Station. The Hurstbridge line train that departs Flinders Street platform 1 at 9:25am (or Clifton Hill at 9:45am), arrives at 10:37am.

Alternative: If you want a coffee at the [Wild Wombat Cafe](#), located close to the station, the train departing Flinders Street at 9:06am (or Clifton Hill at 9:27am) arrives at 10:19am.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email leadergeorgew.thenomadsinc@mail.tidyhq.com

DETAILS: From Hurstbridge Station (or the Wild Wombat Cafe), we ride the off road Diamond Creek trail to Eltham and on to the Main Yarra Trail and all the way to Clifton Hill, or to whatever point you wish to exit. Lunch will be in Heidelberg, at [The Train Yard](#). After lunch we will simply continue down the Main Yarra Trail, with exit options wherever convenient.

ROUTE & GRADE: This ride is graded Medium if you exit at Heidelberg or ride on to Clifton Hill. The total distance to Clifton Hill is 42 km, to Heidelberg is 28 km. There are a few short sharp hills, and the path surface varies considerably - partly sealed and partly on packed gravel. Hopefully the recent dry weather will have dried out the gravel sections. For the route, see the [Hurstbridge to Heidelberg and Clifton Hill via Diamond Creek and Yarra Trails](#) Google map. There are several train station exit options along the way if needed, for example at Eltham, Heidelberg or Fairfield.

REMEMBER: Very warm clothing layers, including a waterproof layer.

WEATHER FORECAST: The latest Melbourne forecast for Friday is "10 to 15 degrees. *Partly cloudy. Winds northerly 25 to 40 km/h. Chance of any rain: 5%*

Friday 7 July 2023: Mernda to Rushall Station via Hendersons Road Drain, Darebin Creek and Northern Pipeline Trails

The forecast for this Friday is quite standard for winter - cold and a chance of rain. Our plan is to start at Mernda Station and cycle back to the CBD via the Mernda Rail Trail, Hendersons Road Drain Trail, Darebin Creek Trail and Northern Pipe Trail.

START: We'll depart Mernda Station at 10:25am. The Mernda line train that departs Flinders Street platform 1 at **9:29am**, or Clifton Hill at 9:49am, should arrive at Mernda at 10:23am. If you would like a coffee from the station kiosk, catch the 9.11am from Flinders Street (Clifton Hill 9.32am), arriving at Mernda at 10.13am. If you want a cafe style coffee experience, there is an excellent bakery, Turners Bakehouse Eatery, about 1km due north of the Mernda Station, but you will need to catch the 8.52am train, or earlier, from Flinders St, arriving Mernda at 9.54am and make sure you are back at Mernda Station by 10.25am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email leadergeorgew.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the station we'll follow the trail by the railway line to Hawkstowe Station then navigate several less known trails to Hendersons Road Drain Trail. This will take us to the Darebin Creek Trail, exiting at Reservoir for lunch at the [Northside Cafe](#), 255 Broadway, Reservoir. After lunch we'll make our way to the Northern Pipe Trail (along St Georges Rd) and follow that all the way to the Capital City Trail, where there are many options for cycling home or catching a train.

ROUTE & GRADE: This ride is graded Medium with a total distance of 33.3 km. The distance to lunch is 25 km. For the route, see the [Mernda to Rushall Station via Hendersons Road Drain, Darebin Creek and Pipeline Trails](#) Google map. There are no significant hills anywhere and the trail surfaces are generally quite good - mostly sealed off-road concrete paths, with some short gravel and on-road sections on quiet roads. There are train station bailout options at frequent intervals.

REMEMBER: **Very warm** clothing layers, including a waterproof layer.

WEATHER FORECAST: "9 to 15 degrees. Partly cloudy. High chance of showers, most likely in the evening. 0-2mm. Winds northwesterly 25 to 35 km/h turning northerly 25 to 40 km/h in the evening".

Notice of October Weekend Ride: [High Country Cycling: Wodonga - Tallangatta - Shelley - Yackandandah - Wangaratta](#) event that Alan has organised for 13 to 17 October. This is filling up fast so book quickly if you want to attend.

Fri 30 June 2023: Glenroy - Ring Road - Watsonia - Darebin Creek - Fairfield

The forecast for this Friday isn't looking great, but we are now firmly ensconced in winter! The issue this week is that all western region trains have bus replacements, and the wind will be westerly but rain is likely in the east. We'll do a ride that will keep the wind mostly behind us prior to lunch - after lunch there will be an easy train bailout option at Watsonia Station, otherwise you can continue cycling to Fairfield via La Trobe University and the Darebin Creek Trail.

START: The ride will depart at 10:25am from [Marylou's Cafe](#), near Glenroy Station, on the corner of Hartington St and Glenroy Rd. The Craigieburn line train that departs Flinders Street platform 5 at 9:57am arrives at 10:24am at Glenroy. If you'd like a coffee, please catch the train that departs from Flinders Street at 9:27am (arriving 9:55am) or at 9:37am (arriving 10:05am).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the cafe we'll head due north to Jacana Station, then follow the trail beside the Western Ring Road towards Greensborough. After crossing under the ring road, we'll take the trail beside the Greensborough Bypass, then some quiet streets to get to the [Watsonia RSL](#), 6 Morwell Ave, Watsonia for lunch. After lunch it's just 300m to the Watsonia Train Station, otherwise you can continue cycling through the astonishing Gresswell Forest Nature Conservation Reserve, then La Trobe University and finally the Darebin Creek Trail to get to Fairfield Station. There are train station bailout options at Gowrie, Thomastown, Greensborough or Watsonia.

ROUTE & GRADE: This is a medium grade ride of around 37 km to Fairfield Station, or a moderate grade ride of around 22 km if exiting at Watsonia Station. There are some gentle hills and we'll be cycling into the wind quite a bit, especially after lunch. We'll be following the [Glenroy - Ring Road - Watsonia - Darebin Creek - Fairfield](#) Google map.

REMEMBER: **Very warm** clothing layers, including a waterproof layer. The UV is forecast to reach level 1 (low, sun protection not recommended).

WEATHER FORECAST: *"10 to 15 degrees. Cloudy. Very high chance of showers about the Dandenongs, high chance elsewhere. Winds westerly 20 to 30 km/h."* For more details, see [Watsonia detailed forecast](#) or [MetEye](#).

Fri 23 June 2023: Craigieburn - Galada Tamboore - First and Last Hotel - Upfield Trail

The forecast for this Friday isn't looking great. There's a 40% chance of rain for most of the day, with a reasonably strong north wind. We usually manage to stay dry though, so hopefully this Friday will be no exception. **It's going to feel really cold though so be sure to rug up!** We'll cycle from Craigieburn back to the CBD, which will keep the wind behind us for most of the ride.

START: The ride will depart at 10:40am from Craigieburn Station. The Craigieburn line train that departs Flinders Street platform 5 at 9:57am arrives at 10:40am at Craigieburn. The coffee options near Craigieburn Station are terrible, so if you'd like a coffee, please grab one prior to catching the train!

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the station we'll head due north (into the wind) for a couple of kilometres to the start of the Galada Tamboore Trail (beside the Hume Freeway), which we'll follow all the way south to the Ring Road. There we head west following the Ring Road Trail a short distance to the Merri Creek Trail, which we follow south to exit at Queens Parade to get to our lunch spot, the [First and Last Hotel](#), 1141 Sydney Rd, Hadfield. The hotel is right beside Merlynston Station and the Upfield Trail, so after lunch we'll head south via the Upfield Trail to the Capital City Trail, which links to many train and cycling options to get you home. If rain sets in prior to lunch, we could exit the ride by looping back to the Craigieburn Station, or taking the Cooper St on-road path for 3.5 km to Epping Station. After lunch there will be regular train station bailout options.

ROUTE & GRADE: This is a moderate grade ride of around 38 km to the Capital City Trail. There are no significant hills, we'll mostly have a tailwind, and there are lots of bailout options once we get to the lunch point. We'll be following the [Craigieburn - Galada Tamboore - Merri Creek - First and Last Hotel - Merri Creek - Rushall](#) map to the lunch point, then the [Craigieburn - Galada Tamboore - Upfield Trail - Capital City Trail](#) map after lunch.

REMEMBER: **Very warm** clothing layers, including a waterproof layer. The UV is forecast to reach level 1 (low, sun protection not recommended).

WEATHER FORECAST: *"7 to 13 degrees. Cloudy. Very high chance of showers, most likely in the morning and afternoon. Winds northeasterly 20 to 30 km/h turning northwesterly 15 to 25 km/h in the late morning and early afternoon."* For more details, see [Fawknor detailed forecast](#) or [MetEye](#).

Fri 16 Jun 2023: Belgrave - Lysterfield Park - Dandenong - Dandenong Bypass - Westall

The forecast for this Friday is looking quite good (for winter). The plan is to do a ride that we haven't done since 2019, from Belgrave via Lysterfield Park and Lysterfield Lake to Dandenong and beyond.

START: We'll plan to depart from Belgrave Station at 10:30am. The Belgrave train departing from Flinders Street (platform 3) at 9:26am, or Richmond (platform 9) at 9:29am, should arrive in Belgrave at 10:26am. If you'd like a coffee in Belgrave, you should catch the Belgrave train departing from Flinders Street (platform 3) at 8:56am or 9:16am, arriving in Belgrave at 9:56am or 10:12am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Belgrave Station we'll head south, following Station St, Grey St and McNicoll Rd to Birdsland Reserve, which we'll ride through to pick up Dargon Track then Logan Park Track through Lysterfield Park, passing alongside Lysterfield Lake. After exiting Lysterfield Park, we'll follow Reservoir Rd and Jacques Rd then deviate from our normal route to go via Belgrave-Hallam Rd to the start of the Eumemmerring Creek Path, which we'll follow to Dandenong. Lunch will probably be at the [Workers Club](#), 52-70 Wedge St, Dandenong (right beside the trail on the approach to Dandenong). After lunch, due to bus replacements on the Frankston line, we'll try a new route via the Dandenong Bypass Trail, then the trail beside Westall Rd to get to Westall Station.

ROUTE & GRADE: Medium grade ride of 37.5 km in total. The distance to Dandenong is 24 km, and to Westall a further 13.5 km approximately. There's only one significant uphill section, within Lysterfield Park, but for the most part the trail is either downhill or flat, and we should have a fairly strong tail wind prior to lunch. The trail surface is quite rough in Lysterfield Park though, and unsealed in the park and on Jacques Rd. For the route, see the [Belgrave - Lysterfield - Dandenong - Dandenong Bypass - Westall](#) Google map. There's the option to exit the ride after lunch via Dandenong Station.

REMEMBER: Warm clothing layers, including a waterproof layer. The UV is forecast to reach level 1 (low, sun protection not recommended).

WEATHER FORECAST: "10 to 17 degrees. Sunny. Winds northerly 25 to 40 km/h.". For more details, see [Dandenong detailed forecast](#) or [MetEye](#).

Fri 9 Jun 2023: St Albans - Kororoit Creek - Sunshine - Footscray - Brunswick

There's a bit of a rain risk this Friday, but we'll probably stay dry. The plan is to take advantage of the predominantly northwesterly wind to cycle from St Albans eastwards, with lunch in Brunswick. We'll never be too far from a train station if the heavens happen to open.

START: We'll plan to depart from St Albans Station just after 10:30am. The Watergardens (Sunbury line) train that departs Flinders Street platform 5 at 10:02am arrives at St Albans at 10:31am. If you'd like a coffee from the kiosk in the station complex, the Watergardens (Sunbury line) train that departs Flinders Street Station platform 5 at 9:35am arrives at St Albans at 10:05am (alternatively: the 9:41am Sunbury service arrives at 10:11am).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From St Albans Station, we'll head south via the Jones Creek Trail. Upon reaching the Western Ring Road Trail, we'll switch to the Kororoit Creek Trail, but only follow that as far as Sunshine. We'll exit the trail via Derby Rd to get to Sunshine Station, where we'll cross the rail line and follow the trail through Tottenham and Footscray to join the Maribyrnong via the Newells Paddock Wetlands. Rather than following the Maribyrnong though, we'll traverse Newmarket to the Capital City Trail to get us to the Upfield Line (just past Royal Park Station) and follow that a short distance to the [Acustico cafe](#), 32 Union St, Brunswick (right on the Upfield Trail, near Jewell Station). After lunch, there are many options to return home via the Capital City Trail. If we have a significant rain delay, lunch could alternatively be at the [Victoria Hotel](#) in Footscray (near West Footscray Station) or the [Doutta Galla Hotel](#) in Newmarket.

ROUTE & GRADE: This is a medium grade ride of around 26 km to lunch - see [St Albans - Kororoit Creek - Sunshine - Footscray - Carlton](#) Google map (though we'll head to Brunswick rather than Carlton at the end). There are no significant hills and the route is mostly sealed (perhaps totally sealed). There are train station exit options at very regular intervals, namely Albion, Sunshine, Tottenham, West Footscray, Middle Footscray, Footscray, South Kensington, Newmarket, Flemington Bridge or Royal Park stations.

REMEMBER: Warm clothing layers, including a waterproof layer. The UV is forecast to reach level 1 (low, sun protection not recommended).

WEATHER FORECAST : "9 to 15 degrees. Partly cloudy. High chance of showers, most likely in the morning. Winds northwesterly 20 to 30 km/h.". For more details, see [Footscray detailed forecast](#) or [MetEye](#).

Fri 2 Jun 2023: Belgrave to East Malvern via Ferny Creek ~ Dandenong ~ Yarraman

The Friday forecast is looking reasonable, with little chance of rain during the day. The plan is to take advantage of the Belgrave line having reopened at last, to cycle from Belgrave to Dandenong for lunch. Afterwards you can continue cycling via Yarraman and the Djerring Trail to Hughesdale (and beyond), or exit by train from Dandenong or Yarraman Station.

START: The ride will start from Belgrave Station at 10:15am. The Belgrave line train that departs from Flinders Street platform 3 at 9:16am (Richmond at 9:19am), will arrive at Belgrave Station at 10:12am. If you are keen to have a pre-ride coffee, catch an earlier train (8:56am Flinders St arrives Belgrave 9:56am) for a quick coffee before we depart.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Belgrave Station we head down the mountain on the trail beside the railway line until we reach Upper Ferntree Gully. There we branch off to the Ferny Creek Trail, which will take us to the Eastlink Trail near Jells Park. From there we head south on the Eastlink and Dandenong Creek Trails to Dandenong for lunch. Lunch will be at [The Public's Corner](#), 225 Lonsdale St, Dandenong (the main street). After lunch, you can catch a train from the Dandenong or Yarraman Station, or continue cycling along the Djerring Trail to Hughesdale then East Malvern. From there you can continue home by whichever trail (or train) works best for you.

ROUTE & GRADE: This is a Medium grade ride of around 31 km to Dandenong, or a Hard grade ride of 54.5 km to East Malvern (though it's only the distance that makes this hard; before lunch it will generally be downhill or flat, with a light tail wind; after lunch the wind will be less favourable but still quite light). For the route, see the [Belgrave to East Malvern via Ferny Ck ~ Dandenong ~ Yarraman](#) Google map.

REMEMBER: Warm clothing layers, including a waterproof layer (just in case). It's going to feel cooler than the past few days. The UV is forecast to reach level 2 (low, sun protection not recommended).

WEATHER FORECAST : "6 to 15 degrees. Partly cloudy. Slight chance of a shower at night. Light winds becoming northerly 15 to 20 km/h in the late evening.". For more details, see [Dandenong detailed forecast](#) or [MetEye](#).

Fri 26 May 2023: Altona to Carlton via Williamstown and Dynon Rd

Unfortunately, the Friday forecast is once again not looking great. However, it's unlikely that we'll get wet in the west, so the plan is to ride along the coast from Altona to Footscray then on to the Great Northern Hotel in Carlton for lunch.

START: We'll depart from [Rockabye Candy](#), 32 Pier Street, Altona at 10:25am. The Werribee line train that departs from Flinders Street (platform 9 or 10) at 9:46am should arrive at Altona Station at 10:16am. If you'd like a coffee, you should catch the Werribee line train that departs from Flinders Street at 9:26am, arriving at Altona at 9:56am. To get to the cafe from the station, turn left upon exiting the station, then turn right into Pier Street. The cafe is on the beach side of the second roundabout, on the corner of Pier and Queen Streets.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the Rockabye Candy cafe, we'll head to the nearby beach then follow the coastal trail all the way to Footscray. We'll turn right onto Footscray Road, but immediately loop under Footscray Road to follow the eastern side of the Maribyrnong River, then take the Dynon Road Trail to link to the Capital City Trail, which we'll follow northwards around to Rathdowne Street for lunch at the [Great Northern Hotel](#), 644 Rathdowne St, Carlton North. After lunch, there are many options to either catch a train (e.g. from Rushall, Royal Park, Jewell or Parliament Station) or to cycle home.

ROUTE & GRADE: This is a "gentle Medium" grade ride of around 29 km to lunch, and there are many train station bailout options if needed. Most surfaces will be sealed, there are no real hills and the wind should mostly be a tail wind. For the route, see the [Altona to Carlton via Williamstown and Dynon Rd](#) Google map.

REMEMBER: Warm clothing layers, including a waterproof layer. Thanks to the wind, it's only going to feel like 6 to 8 degrees! The UV is forecast to reach level 2 (low, sun protection not recommended).

WEATHER FORECAST : *"77 to 14 degrees. Cloudy. Very high chance of showers in the southeast suburbs, medium chance elsewhere. Possible small hail in the early morning. Winds westerly 20 to 30 km/h turning northwesterly 15 to 20 km/h in the evening."* For more details, see [Newport detailed forecast](#) or [MetEye](#).

Fri 19 May 2023: Williams Landing - Laverton - Altona - Footscray - Newmarket

Unfortunately, winter is on the way! Hopefully we'll be able to stay dry on Friday, but we'll make an early start to increase our chances of that. Our route will ensure that we're never too far from a train station should the heavens dump on us!

START: We'll depart from [Rococo](#), Williams Landing (near the Phoenix Hotel) at 10:25am. The Werribee line train that departs from Flinders Street (probably platform 9, but double-check) at 9:44am should arrive at Williams Landing at 10:15am. If you'd like a coffee, you should catch the Werribee line train that departs from Flinders Street at 9:14am, arriving at Williams Landing at 9:44am. To get to Rococo from the station, take the overpass (crossing over the Princes Fwy) to get to Wallace Avenue. Follow Wallace Ave as it bends around the corner then turn right into the Phoenix Hotel car park. You'll see the cafe on your right.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the Rococo cafe, we head to the Skeleton Creek Trail and follow that for a while, but after crossing Skeleton Creek, we'll exit the trail and head north to get to Laverton Station. There we'll connect to the Laverton Creek Trail to cycle to Altona. Upon reaching Queen Street, we'll make a u-turn to head back through the wetlands towards Westona Station. We'll walk our bikes across the railway line, then take Civic Parade and Sugar Gum Drive to get to the western end of Cherry Lake (the side we don't usually go to). We then follow the cycling trail through the Altona Coastal Park to Maddox Road. There we head north and take the trail to Newport Station, then Elphin Street to get to the Coastal Trail, and follow the Coastal Trail via Footscray to the Angliss Stock Bridge. We cross that and take the trail through the estate of the former Newmarket Saleyards to get to the [Doutta Galla Hotel](#), 339 Racecourse Road for lunch - their \$15 lunch specials are back! After lunch, the Newmarket Station is across the road if you want to catch a train, otherwise it's a short hop to the Capital City Trail to cycle home.

ROUTE & GRADE: This is a "gentle Medium" grade ride of around 30 km to lunch, and there are many train station bailout options if needed. Most surfaces will be sealed, there are no real hills and the wind should mostly be a gentle tail wind. For the route, see the [Williams Landing - Laverton - Altona - Footscray - Newmarket](#) Google map.

REMEMBER: Water and warm clothing layers, including a waterproof layer. It's going to be much colder than in the last few weeks, so **it's time to switch to your winter wardrobe** (e.g. think about a scarf and full-finger gloves). The UV is forecast to reach level 2 (low, sun protection not recommended).

WEATHER FORECAST : “7 to 15 degrees. Cloudy. The chance of fog about the nearby hills in the early morning. Very high chance of showers, most likely from the late morning. Winds northwesterly 15 to 20 km/h tending northwest to southwesterly in the morning then becoming light in the late evening.”. For more details, see [Newport detailed forecast](#) or [MetEye](#).

Fri 12 May 2023: Mernda - Reservoir - Northern Pipe Trail - Rushall

It looks like Friday should be a pleasant day for cycling. The plan is to cycle from Mernda back to the CBD via the Northern Pipeline Trail, though with a deviation between Hawksburn and Epping from the path we've been using in recent years.

START: We'll meet at Mernda Station with the aim to depart from there at 10:30am. The Mernda line train that departs from Flinders Street platform 1 at 9:25am, or West Richmond at 9:38am, should arrive at Mernda at 10:26am. If you'd like a coffee from the kiosk at the station, you should catch an earlier train, for example the train departing Flinders Street at 9:12am, or West Richmond at 9:25am (which should arrive at Mernda at 10:14am).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlaN.D.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Mernda Station we'll ride back along the trail beside the railway line between Mernda and Hawkstowe. From there we'll take an exploratory route through South Morang via the Hendersons Road Drain Trail to join the Darebin Creek Path just south of Epping Station, and follow that down towards Bundoora Park. We'll exit the Darebin Creek Trail via McMahon Rd then Marchant Avenue to get to the [Northside Broadway](#), 251/255 Broadway, Reservoir for lunch. After lunch, we'll follow Broadway the short distance to High St and turn left at Reservoir Station to follow the path beside High St to the park at Garden St. There we'll cross (on the trail) diagonally through the park and onto Robinson Rd then follow the Northern Pipe Trail beside the railway line (and St Georges Rd) back to the Capital City Trail.

ROUTE & GRADE: This is a Medium grade ride of 25 km to lunch, or 33 km to Rushall Station. There are many train station bailout options. For the route, see the [Mernda - Reservoir - Northern Pipe Trail - Rushall](#) Google map. Most surfaces will be sealed, there are no real hills and the wind should mostly be a gentle tail wind before lunch, then a lighter headwind afterwards.

REMEMBER: Water and warm clothing layers, including a waterproof layer (though rain is unlikely). The UV is forecast to reach level 2 (low, sun protection not recommended).

WEATHER FORECAST : “9 to 18 degrees. Partly cloudy. Slight chance of a shower. Winds northerly 15 to 20 km/h becoming light in the morning.”. For more details, see [Reservoir detailed forecast](#) or [MetEye](#).

Fri 5 May 2023: Craigieburn - Broadmeadows Valley Pk - Moonee Ponds Ck - Flemington Bridge

The forecast for Friday prior to mid afternoon is looking quite good, so the plan is to do this surprisingly scenic ride from Craigieburn along creek trails to Flemington Bridge.

START: We'll start from Craigieburn Station at 10:21am. The Craigieburn line train that departs from Flinders Street platform 5 at 9:37am should arrive at Craigieburn at 10:21am. There are no cafes nearby, so we'll stop en route for those who'd like a coffee.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Craigieburn Station we head to the Aitken Creek Trail and follow that as far as Denau Place / Mission Hills Way. We then wind our way south through suburban streets to [Syd's Cafe and Convenience](#) for an optional cup of coffee. Afterwards we take a short ride along quiet streets to the Broadmeadows Valley Park Trail, which leads us on to the Moonee Ponds Creek Trail. We'll follow that all the way to lunch at the [Cross Keys Hotel](#), 350 Pascoe Vale Rd, Essendon. After lunch we will continue on to Flemington Bridge, from where you can return home by train or by cycling the Capital City Trail either clockwise or anticlockwise.

ROUTE & GRADE: This is a Moderate to Medium grade ride of 34 km to Flemington Bridge. For the route, see the [Craigieburn to Flemington Bridge via Broadmeadows Valley and Moonee Ponds Creek](#) Google map. It is all on sealed paths and roads, with very few uphill. There are several train exit points, notably Jacana Station, Strathmore Station (beside the lunch spot) and Essendon Station. It is 27 km to lunch, then 7 km after lunch. There should be a tailwind most of the way.

REMEMBER: Sunscreen, water and clothing layers, including a waterproof layer as there's a chance of rain after lunch. The UV is forecast to reach level 3 (moderate).

WEATHER FORECAST : "9 to 18 degrees. Partly cloudy. High chance of showers, most likely in the late afternoon and evening. Winds north to northwesterly 20 to 30 km/h.". For more details, see [Broadmeadows detailed forecast](#) or [MetEye](#).

Fri 28 Apr 2023: Watergardens - Steele Creek - South Kensington - CBD

The weather forecast for this Friday indicates that it should still be reasonably warm, but with quite a high chance of showers, especially after lunch. The plan is to do a relatively easy ride, though with some components that we haven't done before.

START: We'll start from Watergardens Station at 10:20am. The Sunbury/Watergardens line train that departs from Flinders Street platform 5 at 9:41am should arrive at Watergardens at 10:18am. If you'd like a coffee, you should catch the Sunbury/Watergardens train that departs from Flinders Street platform 5 at 9:24am, arriving at Watergardens at 10:01am. You can get a coffee at the [Station Street Cafe](#), located diagonally opposite the station exit.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Watergardens Station we'll skirt around the shopping centre to pick up the Taylors Creek Trail, which we'll follow as far as Burrowye Crescent (rather than all the way to Brimbank Park as we normally do). We'll turn left into Burrowye Crescent and follow that to get to the Old Calder Highway, where we'll use the service road and bike trail to get to Keilor Park Drive. There we'll continue along the bike path, through the eastern edge of Brimbank Park, to pick up the trail that takes us beside the Calder Freeway to Niddrie, where we'll switch to the Steele Creek Path. That takes us to the Maribyrnong River Trail near Avondale Heights. This route should enable us to avoid that horrible climb out of Brimbank Park, as well as the flood-damaged sections of the Maribyrnong Trail. After admiring the views from Avondale Heights, we'll continue via the Maribyrnong Trail to our lunch spot, [The Maribyrnong Boathouse](#), 7 The Boulevard, Moonee Ponds (opposite the Anglers Tavern, which still hasn't opened since the spring floods). After lunch it's an easy, scenic 6 km cycle beside the river to get to South Kensington Station. You can catch a train from there, or continue on to connect via the Capital City Trail to get home.

ROUTE & GRADE: This is a moderate grade, relatively flat ride of 27.5 km to South Kensington Station, and the wind should mostly be behind us. The route is shown on the [Watergardens - Steele Creek - South Kensington](#) Google map.

REMEMBER: Sunscreen, water and clothing layers, in particular a waterproof layer as there's a real possibility of rain. The temperature will plummet when a wind change reaches us, some time in the afternoon. The UV is forecast to reach level 3 (moderate).

WEATHER FORECAST : “17 to 22 degrees. Cloud increasing. Very high chance of showers, most likely in the afternoon and evening. Winds north to northwesterly 20 to 30 km/h shifting southwesterly 15 to 25 km/h in the early afternoon then becoming light in the evening.”. For more details, see [Niddrie detailed forecast](#) or [MetEye](#).

Friday 21 April 2023: Fairfield - Ruffey Ck - Mullum Mullum - Main Yarra - Fairfield

The weather forecast for this Friday is looking quite good again. The plan is to do a **hard** ride incorporating Ruffey Creek and the Mullum Mullum Trail; a ride we last did in April 2021.

START: We'll meet for a **10:30am departure** from the corner of Arthur St and Heidelberg Rd ([457 Heidelberg Rd, Fairfield](#)). If you want to come earlier for a coffee, there's a choice of two cafes: **Hoppa & Joe** or the **Arthur Street Deli**. We'll be having a picnic lunch on this ride - the Arthur Street Deli has good options if you want to buy your lunch. The closest train station is Fairfield.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: After the coffee we'll head up the Main Yarra Trail as far as the swing bridge at Odyssey House, which we'll cross then follow the Ruffey Creek Trail to the picturesque Ruffey Lake Park and Ruffey Lake. Using a safe 5 km road connection (George St, Bellevue Ave and DOWN Old Warrandyte Rd) we'll connect with the beautiful lower Mullum Mullum Trail. We'll take the Mullum Mullum Trail all the way to where it meets the Main Yarra Trail then connect to the Main Yarra Trail to ride back to Fairfield, unless you wish to bail out at Heidelberg Station. Note that trains aren't running as far as Eltham at present, so there's no early bailout option via Eltham Station! We'll choose a nice spot to have a **picnic lunch**, probably somewhere along the Mullum Mullum Trail.

ROUTE & GRADE: This is a **HARD** ride of 54.2 km for the complete circuit, and even 45.5 km to the first realistic bailout option, at Heidelberg Station. There are a **number of pesky hills** also. The route is shown on the [Fairfield - Ruffey Ck - Mullum Mullum - Fairfield](#) Google map.

REMEMBER: Layers, including a waterproof layer just in case, sunscreen, water and **lunch**. The UV is only forecast to reach level 4 (moderate), but sunscreen is recommended for level 3 and above.

WEATHER FORECAST : “12 to 20 degrees. Cloudy. The chance of morning fog. Medium chance of showers. Light winds.” (but any showers will be prior to the time we'll be riding). For more details, see [Templestowe detailed forecast](#) or [MetEye](#).

Friday 14 April 2023: Narre Warren - Dandenong - East Malvern - CBD/home

The weather forecast for this Friday is looking quite pleasant. The plan is to start at Narre Warren and cycle via Dandenong to East Malvern for lunch. You can then catch a train, or take whichever trail works best to get home.

START: The ride will depart at 10:30am from Narre Warren Station (or the nearby Valley Fair Continental Bakery - see below).

- The Pakenham line train that departs Flinders Street platform 6 at **9:33am** (or Richmond at 9:37am) should arrive at Narre Warren Station at 10:25am.
- If you'd like a coffee, you should catch the Pakenham line train that departs from Flinders Street at **9:12am** (or Richmond at 9:16am), which should arrive at Narre Warren Station at 10:04am. For a coffee, go to the nearby [Valley Fair Continental Bakery](#), 10/3 Valley Fair Drive. From the station, head northeast from the station on Webb St and turn left at the first roundabout. You will then see the bakery on your left in Valley Fair Drive.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the Narre Warren Station we'll head north on Webb St to get to the trail beside the M1 Freeway, where we'll turn left to get to the Eumemmerring Trail, which we'll follow into Dandenong. In Dandenong, we'll skirt around the station and take Railway Parade to get to Yarraman Station and the start of the Djerring Trail. We'll follow that trail all the way to Hughesdale, where we'll turn right to follow the Urban Forest Reserve to get to our lunch spot, [Jake and the Beans Talk](#), 510 Waverley Rd, Malvern East. After lunch you can take the train from the nearby Malvern East Station, or cycle along the Gardiners Creek Trail towards the CBD, the Anniversary Trail towards the north, or the Djerring Trail towards Caulfield.

ROUTE & GRADE: This is a Medium Grade ride of 33.5 km to lunch. If you ride all the way to Federation Square, that will be an additional 15 km. There are very few hills, though there is a long, gentle uphill beside the M1 Freeway. The wind should be a light tailwind. The route is shown on the [Narre Warren - Dandenong - East Malvern - Fed Square](#) Google map. If needed, there are easy train bailout options at Dandenong Station, then very regularly on the Djerring Trail (which follows a train line).

WEATHER FORECAST : *"11 to 23 degrees. The chance of morning fog. Mostly sunny afternoon. Light winds becoming northeasterly 15 to 20 km/h in the early afternoon."* For more details, see [Malvern detailed forecast](#) or [MetEye](#).

Monday 10 April 2023: Abbotsford Convent to Rushall Station via Darebin Creek, the Ring Road and St George's Rd.

The weather forecast for Monday is looking cool and possibly a little damp, but hopefully will hold off for us to enjoy a pleasant ride. The plan is to have a leisurely start to this Easter Monday ride, with coffee, or even breakfast, at the Convent Bakery before doing a suburban loop up Darebin Creek and back down St George's Rd. Along the way we will explore the recently opened trail under the new skyrail between Murray Road and Oakover Road.

START: The ride will depart at 10:30am from the Convent Bakery, Abbotsford Convent, St Helliers St, Abbotsford. Come earlier for coffee, or even earlier if you would like to enjoy breakfast there. Some of us will be there from about 9:30am.

Abbotsford Convent is on the Yarra Trail at Johnston St, and only a short distance from Victoria Park Station.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email leadergeorgew.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: We will initially ride along the Yarra Trail to the start of the Darebin Creek Trail, which we will then follow up to the Ring Road. There we will swing west and ride a few kilometres to Dalton Rd, where we will start to head back south. This will lead us to Cheddar Road and on to our lunch spot, the [Northside Cafe](#), 251/255 Broadway, Reservoir. After lunch, we will head down High St, then St George's Rd to Rushall Station, where the ride will finish, checking out the new section of trail under the skyrail along the way.

ROUTE & GRADE: This is a medium grade ride of 40km. It is all on sealed paths, mostly offroad and with only one short substantial hill heading into Darebin Parklands. The lunch cafe is at the 31km mark. The route is shown on the [Abbotsford Convent to Rushall Station via Darebin Creek, the Ring Road and St George's Rd](#). Google map. We should have a tail wind heading north but there will probably be a head wind on the way back. If needed, there are easy train bailout options at Alphington, Reservoir, and Rushall Stations.

WEATHER FORECAST : "11 to 17 degrees. Shower or two. Medium chance of showers, most likely during the morning. Winds southwesterly 20 to 30 km/h."

Fri 31 Mar 2023: Wyndham Vale - Werribee River - Federation Trail - Kororoit Ck - Sunshine - South Kensington

The weather forecast for this Friday is looking reasonable, though with a possibility of rain. The plan is to start at Wyndham Vale and head east. This will include some of the route that we did a fortnight ago, but there will also be some very significant variations.

START: The ride will depart at 10:30am from the Wyndham Vale V/Line Station. The V/Line train departing Southern Cross at 9:50am arrives at Wyndham Vale at 10:24am. You will need to get your coffee fix at Southern Cross though, as there will be very few coffee options on this route. It's advisable to get to the station well prior to 9:50am to get to the front of the (virtual) queue for loading bikes. (If you're there in time to catch the 9:30am train, which arrives at 10:04am, it would be worth taking that).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlaN.D.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the Wyndham Vale V/Line Station we'll follow the Lollipop Creek Trail plus some short on-road sections, to get to the Werribee River, where we'll head north to Hogans Road. We'll go down Hogans Road but turn off earlier than last time, at Dowling Avenue, then follow a linear park trail down to Hoppers Crossing Station. There we'll pick up the Federation Trail and follow that to Kororoit Creek, where we'll head north to get to our lunch spot, the [Derrimut Hotel](#) in Sunshine. After lunch, we'll take the trail beside the railway line as far as Footscray, then a few (mostly on-road) cycling paths to South Kensington Station, from where we'll disperse to either cycle home or catch a train.

ROUTE & GRADE: This 50 km ride is graded HARD due to the distance, or Medium if you exit at lunch (at 40 km). Doing most of the ride prior to lunch should hopefully keep us dry, since the rain is most likely in the afternoon. The route is shown on the [Wyndham Vale - Werribee River - Fed Trail - Kororoit Ck - Sunshine - South Kensington](#) Google map. We should have a tail wind for most of the way. If needed, there are easy train bailout options at Werribee, Hoppers Crossing, Williams Landing, Sunshine, Tottenham, West Footscray or Footscray Stations.

WEATHER FORECAST : *"14 to 19 degrees. Partly cloudy. High chance of showers, most likely in the afternoon and evening. Winds westerly 15 to 25 km/h turning south to southwesterly 20 to 30 km/h in the afternoon."* For more details, see [Sunshine detailed forecast](#) or [MetEye](#).

Friday 24 March 2023: Seaford to Federation Square via the Bay Trail

The weather this Friday looks nice for a bayside ride. Our plan is to cycle from Seaford to Federation Square via the Bay Trail.

START: We'll meet at the [Spanish Bar](#), 20 Station St, Seaford, departing from there at 10:30am. If you'd like a coffee, catch the Frankston line train that departs Flinders Street platform 8 at 9:07am (or Richmond at 9:11am) and arrives at Seaford at 10:07am. If you don't want a coffee, take the Frankston line train that departs Flinders Street platform 8 at 9:27am (or Richmond at 9:31am) and arrives at Seaford at 10:27am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email leadergeorgew.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: This is a well-known, scenic route following the coast from Seaford back to the CBD. We'll initially follow the rail line trail to Carrum. Upon arrival at Carrum, we'll follow the unsealed path beside the Patterson River then through the Edithvale Wetlands to Mordialloc. From Mordialloc the trail is sealed, and moves a little closer to the beach as we follow the coast as far as St Kilda. Lunch will probably be at the [Ricketts Point Cafe](#), but if it's looking ridiculously busy, there are other options beside the trail as we head towards Brighton. In St Kilda, we'll head inland to cycle via the Albert Park Lake (unsealed) then follow some excellent on-road cycling paths to take us to the CBD.

ROUTE & GRADE: This is a medium grade ride of 45 km to Federation Square / Flinders Street. The route is quite flat and the wind will be mostly a tailwind - see [Seaford - Bayside Trail - Flinders Street Station](#). The route is sealed except for the section between Carrum and Mordialloc and a short section beside the Albert Park Lake. There are easy train station bailout options regularly as far as Mordialloc, then at Sandringham or Brighton Beach.

REMEMBER: Be sure to bring sunscreen plus rain protection just in case. The UV is expected to reach level 6 [High].

WEATHER FORECAST: *"16 to 22 degrees. Cloudy. Medium chance of showers in the northwest suburbs, slight chance elsewhere. Winds southerly 15 to 20 km/h becoming light before dawn then becoming southerly 20 to 30 km/h in the morning.* For more details, see [Mentone detailed forecast](#) or [MetEye](#).

Fri 17 Mar 2023: Werribee River - Hoppers Crossing Drain - Federation Trail - Yarraville - CBD

The weather forecast for this Friday is looking quite pleasant, with predominantly westerly / south westerly winds, so the plan is to ride to the north of Werribee then head to the CBD via Hoppers Crossing and Yarraville.

START: The ride will depart at 10:30am from the [Wolf on Watton](#) cafe, 90A Watton St, Werribee. The Werribee line train that departs Flinders Street platform 9 or 10 at 9:24am arrives at 10:04am. We will get to the cafe via a short ride beside the Werribee River. If you don't want a coffee, you can catch the train that departs at 9:44am, arriving at Werribee at 10:24am, but you'll need to find your own way (quickly) to the cafe in that case.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the cafe, we ride the Werribee River Trail North to Hogans Road and then follow it east to the Hoppers Crossing Drain Trail. We follow that trail to the Federation Trail then on to the [Railway Hotel](#), 35 Anderson St, Yarraville for lunch (or perhaps the [Yarraville Club](#), 135 Stephen St). After lunch the options are to catch the train or ride on to Footscray Road and the Observation Wheel at the top of the CBD, where we will disperse.

ROUTE & GRADE: This ride is graded moderate. The total distance to the Observation Wheel is 38.5 km and to the lunch spot is 33.5 km. It is mostly flat and all on sealed surfaces. There is a 3 km section on busy Hogans Road with limited separated bike lanes, but there is sufficient room for passing traffic. There is another short busy section in Brooklyn and a few sections on minor suburban streets. The route is shown on the [Werribee - Werribee River - Hoppers Crossing Main Drain - Federation Trail - Yarraville - CBD](#) Google map. We should have a tail wind for most of the way.

WEATHER FORECAST : *"16 to 24 degrees. Partly cloudy. Medium chance of showers in the early morning. Winds westerly 15 to 25 km/h tending southwesterly 15 to 20 km/h early in the morning then becoming light in the morning."* For more details, see [Yarraville detailed forecast](#) or [MetEye](#).

Fri 10 March 2023: Abbotsford Convent to Valley Reserve via Fairfield, Anniversary Trail and Scotchmans Creek.

The weather forecast for this Friday is looking quite pleasant for cycling. The plan is to ride a rather scenic route from Abbotsford Convent in Abbotsford to the tranquil Valley Reserve in Mount Waverley for a **picnic lunch**.

START: We will gather at the Convent Bakery, in Abbotsford Convent, St Helliers St, Abbotsford. Abbotsford Convent is located where Johnson St meets the Yarra river and easily accessible from the Main Yarra Trail. It is also a short distance from Victoria Park Station on the Hurstbridge line. If coming from the station, use back streets by Victoria Park Football Ground rather than the very busy Johnson St.

Departure will be at 10:30am, so if you would like a coffee or just a chat beforehand come along earlier.

The Convent Bakery has a great selection of food suitable for a picnic, such as rolls and focaccia, so you can stock up there ready for lunch - I certainly will be.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email leadergeorgew.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the Convent we will follow the Yarra Trail to Fairfield, then pick up the Darebin Creek Trail, which will lead us to the Anniversary Trail. This follows the route of the old Outer Circle Line all the way around to East Malvern. From there we will head up Scotchmans Creek to Valley Reserve, where we will have our picnic lunch. After lunch we will ride a short distance to the Waverley Rail Trail and follow it back to Gardiners Creek. We will finish the ride where the Anniversary Trail meets the Gardiners Creek Trail, with lots of options to head home - Anniversary Trail, Gardiners Creek Trail to the Yarra, as well as East Malvern and Alamein Stations.

ROUTE & GRADE: This is a Medium grade ride of around 38km. For the route, see [Abbotsford Convent to Valley Reserve via Fairfield, Anniversary Trail and Scotchmans Creek](#) Google map. The distance to Valley Reserve is 30km. Most of the ride is on sealed off road paths, except for gravel in Valley Reserve and some suburban streets along the Waverley Rail Trail. There are some hills, but nothing too substantial, and the wind should be mostly behind us. There are bailout options at East Camberwell, East Malvern and Mount Waverley Stations, to name a few..

REMEMBER: **Bring a picnic lunch.** Also be sure to bring ample drinking water and sunscreen, plus layers in case it's cool. The UV is expected to reach level 8 [**Very High**].

WEATHER FORECAST: "13 to 24 degrees. Partly cloudy. The chance of fog about the nearby hills in the early morning. Light winds becoming southerly 15 to 20 km/h in the evening then becoming light in the late evening."

Fri 3 Mar 2023: Stony Point Station to Frankston Station

The weather forecast for this Friday is looking quite pleasant for cycling, with predominantly southerly winds, so the plan is to ride from the end of the Stony Point Line back to Frankston.

START: We'll catch the Frankston line train that departs from Flinders Street platform 8 at **9:17am**, which should arrive at Frankston Station at 10:24am. That should ensure we catch the 10:37am Stony Point service that departs from Frankston at 10:37am to arrive at Stony Point at 11:13am. *(In theory, you could catch the train that departs Flinders Street at 9:27am, arriving at Frankston at 10:34am, but that leaves very little time to catch the connection to the Stony Point service).*

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlaN.D.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: This ride has been adapted from the "bible" of Melbourne cycling tours, Julia Blunden's "Bike rides around Melbourne". We catch a Metro train to Frankston, then a V/Line Stony Point train to the terminus at Stony Point. From there we travel on-road initially to connect with the boardwalk south of Hastings to take us through fascinating and unique tidal wetlands into Hastings for lunch at the superb [Pelikan Société restaurant](#), on the Hastings foreshore. After lunch we follow another boardwalk then a rail trail to Somerville. We then deviate from Julia's ride to take Eramosa Rd West to the Peninsula Link Trail, which we follow to Frankston, where we take the Baxter Trail to return to the Frankston Station.

ROUTE & GRADE: This is a Medium grade ride of around 41 km to Frankston. For the route, see the [Stony Point Station to Frankston Station](#) Google map. There will be quite a variety of surfaces including some on-road sections, mostly on quiet roads, on-road bike paths, boardwalks, sealed paths and gravel paths. There are some hills, but nothing too substantial, and the wind should be mostly behind us. There are bailout options at the various Stony Point line stations, though services are very infrequent.

PLEASE NOTE:

- **BRING:** Be sure to bring ample drinking water and sunscreen, plus layers in case it's cool beside the ocean. The UV is expected to reach level 8 [**Very High**].
- **REGISTER EARLY:** Please register by 5pm Thursday if possible, so I can make a booking at the restaurant.

- **LONG DAY:** Although the cycling is only 41 km, this will be a very long day due to the amount of train travel involved.
- **TRAIN LIMIT:** There's a chance we won't fit all our bikes on the train. The conductors are generally helpful, but there is limited space for bikes.

WEATHER FORECAST (Frankston): *"14 to 22 degrees. Partly cloudy. The chance of fog about the nearby hills in the early morning. Winds south to southeasterly 20 to 30 km/h tending south to southwesterly 15 to 20 km/h during the afternoon and evening."* For more details, see [Frankston detailed forecast](#) or [MetEye](#).

Fri 24 Feb 2023: Craigieburn - Flemington Bridge via Broadmeadows Valley & Moonee Ponds Ck

This is a scenic ride from Craigieburn along creek trails to Flemington Bridge. While the forecast is for a very hot day, the slightly earlier start and hopefully some shade along the way should make it a pleasant ride.

START: The ride will start promptly from Craigieburn Station at 10:05am. The Craigieburn line train that departs from Flinders Street, platform 5 at **9:15am** will arrive at Craigieburn Station at 10:00am. We will depart immediately after, with an optional coffee stop later on.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email leadergeorgew.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Craigieburn Station we head to the Aitken Creek Trail and follow that as far as Denau Place / Mission Hills Way. We then wind our way south through suburban streets to **Syd's Cafe and Convenience** for an optional cup of coffee. Afterwards we take a short ride along some streets to the Broadmeadows Valley Park Trail, which leads us on to Moonee Ponds Creek Trail. We'll follow this all the way to lunch at the Cross Keys Hotel, 350 Pascoe Vale Rd, Essendon. After lunch we will continue on to Flemington Bridge.

ROUTE & GRADE: This is a Moderate to Medium grade ride of 34 km to Flemington Bridge. For the route, see the [Craigieburn to Flemington Bridge via Broadmeadows Valley and Moonee Ponds Creek](#) Google map. It is all on sealed paths and roads, with very few hills. There are several train exit points, notably Jacana Station, Strathmore Station and Essendon Station. It is 27 km to lunch, then 7 km after. There should be a tailwind most of the way.

REMEMBER: Be sure to bring ample drinking water and sunscreen. It is going to be **very hot** and the UV is expected to reach level 9 [**Very High**].

WEATHER FORECAST: “*20 to 33 degrees. Sunny.* No rain is forecast. Winds northerly 20 to 30 km/h increasing to 30 to 45 km/h in the morning then turning northeasterly 15 to 25 km/h in the evening.

Fri 17 Feb 2023: Belgrave to Carrum via Ferny Creek Trail and Dandenong

This is a scenic ride from mountain to beach. It is also our last chance to start in Belgrave until sometime in May due to railworks. While the forecast is for a very hot day, the slightly earlier start and generally few degrees cooler bayside should make it a pleasant ride. There is also the possibility for a swim at Carrum for those so inclined.

START: The ride will start promptly from Belgrave Station at 10:12am. The Belgrave line train that departs from Flinders Street at **9:16am** (Richmond at 9:19am), will arrive at Belgrave Station at 10:12am. If you are keen to have a pre ride coffee, perhaps buy a take away one at Flinders Street to enjoy on the train, or catch an earlier train (8:56am Flinders St arrives Belgrave 9:56am) for a quick coffee before we depart.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email **George at schrodi2@bigpond.net.au** if you are having trouble doing that).

DETAILS: From Belgrave Station we head down the mountain on the trail beside the railway line until we reach Upper Ferntree Gully. There we branch off to the Ferny Creek Trail, which will take us to the Eastlink Trail near Jells Park. From there we head south on the Eastlink and Dandenong Creek Trails to Dandenong for lunch. Lunch will be at “**The Public’s Corner**”, 225 Lonsdale St, Dandenong (the main street), a pleasant cafe a few of us recently discovered. After lunch it's a further 15 km to Carrum Beach where you have the option of a swim before catching the train back.

ROUTE & GRADE: This is a Medium grade ride of around 31 km to Dandenong, with the option of catching a train from there or continuing on a further 15 km to Carrum. For the route, see the [Belgrave to Carrum via Ferny Creek Trail and Dandenong](#) Google map. Most surfaces will be sealed to Dandenong, but there will be some on-road sections. There is the option of taking a train home at Dandenong. A#For those continuing on, after lunch the paths will be largely well made gravel and all offroad. The ride is largely downhill, with a cross wind initially, then a tail wind for most of the rest of the way.

REMEMBER: Be sure to bring ample drinking water and sunscreen. It is going to be **very hot** and the UV is expected to reach level 10 [**Very High**]. Also remember to pack swim gear if you think you might like a swim.

WEATHER FORECAST: “24 to 35 degrees. Mostly sunny. Late afternoon cool change. Slight (20%) chance of a shower or thunderstorm in the afternoon and early evening. Winds northerly 20 to 30 km/h increasing to 25 to 40 km/h in the morning then shifting south to southwesterly 20 to 30 km/h in the late afternoon.

Fri 10 Feb 2023: Werribee to CBD via Werribee South, Pt Cook and Altona

The weather forecast for this Friday has been a bit erratic, but the latest is for southwesterly wind and a slight chance of rain in the southeast suburbs, so the plan is to ride from Werribee back to Altona or the CBD via Werribee South Beach and Point Cook.

START: We'll catch the Werribee line train that departs from Flinders Street platform 9 at **9:24am**, which should arrive at Werribee Station at 10:04am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Werribee Station, we'll take the riverside trail to the [Wolf on Watton](#) cafe (opposite the Wyndham Cultural Centre), for a coffee. After the coffee we follow the extremely scenic Werribee River Trail to the point where the Federation Trail starts, but won't go onto that. Instead, we'll turn right to follow a "goat track" a short distance whereupon it becomes a 3m concrete path leading to the Werribee Mansion grounds. We'll pass through the grounds and out the main entrance, where we'll turn right to follow K Rd and Diggers Rd through lots of market gardens to Werribee South Beach, a scenic spot where the Werribee River runs into the Bay. We follow the coast for a while then continue along (the non-scenic, but interesting nonetheless) Duncans Rd to our lunch destination, a BYO cafe in Duncans Rd, just prior to Robbs Rd, which has excellent home-made burgers. After lunch we turn right into Robbs Rd and follow Robbs Rd, Cunninghams Rd and Aviation Rd to take us to the expansive Point Cook Coastal Park (which is worth exploring but time probably won't permit that on this occasion). Instead we need to navigate through the Point Cook maze to get to the bike trail across a bridge into the Cheetham Wetlands, and follow the coastal wetlands trail all the way to Altona.

ROUTE & GRADE: This is a Medium grade ride of around 42 km to Altona, with the option of catching a train from there or continuing on a further 20 km to the CBD. For the route, see the [Werribee to CBD via Werribee South, Pt Cook and Altona](#) Google map. Most surfaces will be sealed, but there will be some on-road sections, mostly on quiet roads, with the exception of Duncans Rd. That has a sealed shoulder most of the way, but we'll need to be careful there. There will be virtually no hills and the wind will generally be a tail wind after we get to Werribee South Beach.

REMEMBER: Be sure to bring ample drinking water and sunscreen. The UV is expected to reach level 10 [**Very High**].

WEATHER FORECAST: *"17 to 25 degrees. Mostly sunny. The chance of fog in the early morning. The chance of a thunderstorm in the afternoon and evening. Light winds becoming south to southwesterly 15 to 25 km/h in the middle of the day then tending south to southeasterly in the late afternoon."* For more details, see [Altona detailed forecast](#) or [MetEye](#).

Fri 3 Feb 2023: Sunshine - Maribyrnong - Newmarket - Collingwood

Our run of excellent Friday weather has come to an end, unfortunately. This Friday will be quite cool with a strong westerly wind and the chance of rain. The plan is to do a ride that ensures we're never too far from a train station, and also allows us to visit some more of the Midsumma art exhibitions.

START: We'll meet at the Sunshine Station, ready to depart from there at 10:25am. There's a kiosk in the station. If you'd like a coffee, the train that departs from Flinders Street platform 4 or 5 at 9:41am, arriving at 10:03am is recommended. If you don't want a coffee, catch the service departing from Flinders Street at 10:02am, which arrives at Sunshine at 10:23am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Sunshine Station we'll follow cycling trails to Footscray, where we'll switch to the Bayside Trail then follow the Maribyrnong River Trail to the Incinerator Gallery to see their Midsumma exhibition. After that we'll head back down the Maribyrnong Trail then through the Newmarket Saleyard redevelopment for lunch at the [Doutta Galla Hotel](#), 339 Racecourse Rd, Flemington (opposite Newmarket Station). After lunch, we'll follow the Inner Circle Rail Trail round to Fitzroy to visit three exhibitions in close proximity to each other in the Fitzroy / Collingwood area. The exhibitions we'll probably visit are:

- Incinerator Gallery, 180 Holmes Rd, Aberfeldie: [Midsumma x Incinerator](#)
- SOL Gallery, 420 Brunswick St, Fitzroy: [I Admire, I Desire](#)
- Brunswick Street Gallery, 322 Brunswick St, Fitzroy: [99 Names](#)
- 8 Wood St, Collingwood: [T_OUGH_LOVE](#) (**warning:** this is basically soft porn; to be avoided if you're offended by the sight of erect penises or "water sports"!)

ROUTE & GRADE: This is a moderate grade ride of around 30 km in total - see the [Sunshine - Incinerator Gallery - Fitzroy](#) map. The route is quite flat - this will be more of a social outing than a cycling workout.

REMEMBER: Be sure to bring ample drinking water and sunscreen plus **rain protection**. There is a fairly **high possibility of showers**, but hopefully we'll stay dry. The UV is expected to reach level 8 [**Very High**].

WEATHER FORECAST: “12 to 18 degrees. Cloudy. High (80%) chance of showers. The chance of a thunderstorm. Winds northwesterly 25 to 40 km/h turning westerly in the early afternoon.”. For more details, see [Melbourne detailed forecast](#) or [MetEye](#).

Fri 27 Jan 2023: An arty beach ride: Sandringham - St Kilda - CBD

The weather forecast for Friday is looking excellent again, with southerly or south easterly winds, but the Cranbourne, Pakenham and Frankston lines still have bus replacements. So the plan is to start at Sandringham and ride back to (and around) the CBD, visiting a number of Midsumma art exhibitions along the way.

START: We'll meet at [Limoncello](#), 54 Station St, Sandringham (directly opposite the exit from Sandringham Station), with the aim to depart from there at 10:30am. There are quite regular train services departing from Flinders Street platform 12 or 13, and Richmond platform 2 three minutes later. Relevant Flinders Street->Sandringham services are: 9:27am->9:57am | 9:36am->10:06am | 9:48am->10:17am | 9:56am->10:26am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the Limoncello cafe we'll cycle along the Bayside Trail to Fitzroy Street, St Kilda, where we'll branch off for our first gallery visit, at the Pride Centre. Lunch will be at the Nixon Hotel in Docklands, in the same building as the XYZ Photo Gallery, where there's an exhibition that's likely to be excellent, but which doesn't open until 2pm, so we'll probably visit that after lunch. The suggested itinerary is:

- Victorian Pride Centre, 79-81 Fitzroy St, St Kilda: [Exhibition - The Making of the Pride Centre](#) and [The Glad Project](#)
- Gasworks Arts Park, 21 Graham St, Albert Park: [Bleeding Heart Radicals](#) and [Let's Face It](#)
- Immigration Museum, 400 Flinders St, Melbourne: [The Body is More Than This](#)
- **Lunch:** [Nixon Hotel](#), 757 Bourke St, Docklands
- XYZ Photo Gallery, 757 Bourke St, Docklands: [Men/Still/Shooting](#) (2-6pm)

- Franklin St Frames (beside Melbourne City Baths): [A Safe\(R\) Space Outdoor Exhibition](#)
- State Library, 328 Swanston St, Melbourne: [Places of Worship - The Huxleys @ State Library](#) (4-8pm)

The Huxleys exhibition is more a performance than an exhibition. It runs from 4pm till 8pm, so perhaps a bit late for us, but I plan to stick around for it.

ROUTE & GRADE: This is a moderate grade ride of around 23 km to lunch, then a handful of kilometres after lunch - see [Sandringham to CBD Midsumma gallery hop](#). The route is quite flat and this will be more of a social outing than a cycling workout.

REMEMBER: Be sure to bring ample drinking water and sunscreen. The UV is expected to reach level 11 [**Extreme**].

WEATHER FORECAST: *"13 to 27 degrees. Sunny. Light winds becoming southeasterly 15 to 20 km/h in the late afternoon then becoming light in the late evening."* For more details, see [Melbourne detailed forecast](#) or [MetEye](#).

Fri 20 Jan 2023: Boronia - Blind Ck - Jells Park - Scotchmans Ck Trail - East Malvern

The weather forecast for Friday is looking excellent. The plan is to ride from Boronia towards the CBD via the Blind Creek and Scotchmans Creek Trails for lunch in East Malvern, then the Gardiners Creek or Anniversary Trails after that.

START: We'll meet at 10:10am at Boronia Station. The Belgrave line train that departs Flinders Street Station platform 2 at 9:26am (or Richmond at 9:29am, or Camberwell at 9:38am) arrives at Boronia at 10:10am. (The next train won't arrive until 10:40am).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: We'll start with a quick coffee at the [Two Cats Espresso Bar](#) right at the station. After the coffee we'll head briefly towards Belgrave via the Belgrave cycling trail, then turn right to take the Blind Creek Trail to Jells Park (15 km). We'll head straight up Wheelers Hill (yes, it's a bit of a grind!) to join the start of the Scotchmans Creek Trail. We'll follow that to East Malvern, for lunch at [Jake and the Beans Talk](#), 510

Waverley Road, East Malvern. After lunch you can return home via a train from East Malvern Station or whichever cycling route works best - probably either the Gardiners Creek Trail or the Anniversary Trail.

ROUTE & GRADE: This is a medium grade ride of around 32 km to lunch - see [Boronia - Blind Ck - Jells Park - Scotchmans Ck Trail - East Malvern](#). The tendency is downhill for most of the ride, with the exception of the very much uphill climb up Wheelers Hill - that is relatively short though, with a total vertical ascent of only 100 metres. From lunch back to the CBD is around 16 km. The wind will be mostly a cross wind, or a tail wind. There are train station exit options at Glen Waverley, Mt Waverley, East Malvern, and then at very regular intervals.

REMEMBER: Be sure to bring drinking water and sunscreen. The UV is expected to reach level 10 **[Very high]**.

WEATHER FORECAST: *"12 to 24 degrees. Mostly sunny. Winds south to southeasterly 15 to 20 km/h tending south to southwesterly 20 to 30 km/h in the early afternoon then turning east to southeasterly 15 to 20 km/h in the evening"*. For more details, see [Wheelers Hill detailed forecast](#) or [MetEye](#).

Fri 13 Jan 2023: Sunshine - Caroline Springs - Watergardens

The weather forecast for Friday is looking quite good, but the public transport situation isn't! There are very few train lines running in the eastern / southeastern suburbs, so the plan is to do a western / northern suburbs ride that was planned some years ago, but which we have never actually done.

START: We'll start with a quick coffee at Sunshine Station at 10:25am. There's quite a good kiosk in the station, where we can grab a coffee. The Sunbury line train that departs Flinders Street platform 6 at 10:02am should arrive at Sunshine at 10:23am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: After the coffee, we'll head to the Kororoit Creek Trail - we'll need to ride on-road for the first kilometre or so, but we should be able to avoid busy roads (though we will need to cross busy Anderson Rd; we'll just take that carefully)! Once at the Kororoit Creek Trail, we follow the trail northwards to the junction with the Western Ring Road Trail (near Esmond St), then follow the Western Ring Road Trail around to where it meets the M8. There we'll divert about 200m for lunch at [The Club](#), 1312-1322 Western Hwy, Caroline Springs (at around 18 km).

After lunch, we'll follow a (slightly convoluted) series of trails, paths and quiet roads northwards to the Melton Highway, where we take the path beside that to Watergardens, to catch a train back to the CBD (with the option to cycle down the Taylors Creek and Maribyrnong River Trails for anybody who wishes to extend their ride)!

ROUTE & GRADE: The route is a Medium grade ride of approximately 33 km. There should be few hills, and the wind will be mostly a tailwind or crosswind. Note though that this will be an exploratory ride. We have ridden some sections **many** years ago, but for the most part this will be a totally new ride for us (so there may be surprises, and we'll need to stick closely together - no sprinting ahead on this ride)! The scenery in places will be "a bit desolate", but there should also be some quite interesting and scenic sections. For the approximate route, see the [Sunshine Station - Caroline Springs - Watergardens](#) map.

REMEMBER: Be sure to bring drinking water and sunscreen. It will be quite **warm and humid**, and the UV is expected to reach level 10 [**Very high**].

WEATHER FORECAST: *"18 to 28 degrees. Partly cloudy. The chance of fog in the northeast suburbs in the early morning. The chance of a thunderstorm about the nearby hills in the late afternoon and evening. Winds south to southwesterly 15 to 25 km/h becoming light in the late evening."* For more details, see [Caroline Springs detailed forecast](#) or [MetEye](#).

Fri 6 Jan 2023: Belgrave to Fairfield via Heathmont, Blackburn and Koonung Creek

The weather forecast for Friday is looking great once again. Our plan is to ride from Belgrave to Blackburn for lunch, then optionally on to Fairfield.

START: This Friday's ride will depart at 10:30am from Belgrave (we'll meet on Blacksmiths Way, at the point where the pedestrian walkway exits the station, on the northwestern/uphill side of the station). The Belgrave line train that departs from Flinders Street platform 2 at 9:26am (or Richmond 3 minutes later) arrives in Belgrave at 10:26am. If you'd like a coffee, you should catch the train departing from Flinders Street platform 2 at 9:16am, which should arrive at 10:14am, or the train departing Flinders Street at 8:56am, arriving in Belgrave at 9:56am. There are a number of cafes in the Belgrave main street - the one closest to the station exit is recommended.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: After the coffee, we'll head down the mountain on the off-road trail, past Boronia and Bayswater to get to the Dandenong Creek Trail, where we'll turn left and follow that for a relatively short distance. We then turn right to take the path that follows the railway line all the way to

Blackburn, passing by Heathmont, Ringwood, Heatherdale, Mitchum and Nunawading Stations. Lunch will probably be at the [Food Republic](#), 28-30 Blackburn Rd.

After lunch, we'll connect to the Koonung Creek Trail via a combination of quiet streets and linear parks. The Koonung Creek Trail, then the Main Yarra Trail, will take us back to Fairfield.

ROUTE & GRADE: The route to lunch is a Moderate 25 km ride, mostly downhill, steep at times, but with some undulations also. From the lunch stop back to Fairfield is a further 19 km. The track surface coming down the mountain is sealed, but badly damaged in places. There are many options to shorten the ride by exiting at a train station, and the wind should mostly be a decent tailwind. For the route, see the [Belgrave to Fairfield via Heathmont, Blackburn and Koonung Creek](#) Google map.

REMEMBER: Be sure to bring drinking water and sunscreen. The UV is expected to reach level 11 [**Extreme**].

WEATHER FORECAST: *"13 to 26 degrees. Mostly sunny. Winds southeasterly 15 to 25 km/h increasing to 20 to 30 km/h in the early afternoon."* For more details, see [Blackburn detailed forecast](#) or [MetEye](#).

Fri 30 Dec 2022: Diamond Creek - Maroondah Aqueduct - Heidelberg - Fairfield

The weather forecast for Friday is looking great - but with a small chance of rain.

START: We'll start at 10:30am at Diamond Creek Station, with perhaps a coffee nearby if we can find anything suitable. (Perhaps the Diamond Creek Hotel will serve coffee). The Hurstbridge line train that departs from Flinders Street platform 1 at 9:21am, or West Richmond at 9:34am, should arrive in Diamond Creek at 10:29am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: After the coffee (if we have one), we take the Diamond Creek Trail to Eltham, where we turn left to follow Main Rd uphill to the start of the Maroondah Aqueduct Trail. That trail will take us via a particularly scenic route back to Eltham, where we continue along the Diamond Creek and Main Yarra Trails for a reasonably late lunch in Heidelberg at [The Train Yard](#), 184 Burgundy St. If time is getting away from us, there are some great lunch options in Eltham also.

ROUTE & GRADE: This is a **Medium** grade ride of around 42 km to Fairfield. The trail tends to be downhill (we're following rivers) for the most part, though there are some short sharp uphill, a long gradual climb along Main Rd in Eltham and a very steep descent beside Allendale Rd.
Route Map: [Diamond Creek - Eltham - Maroondah Aqueduct - Heidelberg - Fairfield](#).

REMEMBER: Bring some wet weather gear in case of rain. The wind should be relatively light, but the temperature for Eltham is forecast to get to 28 degrees, so **don't forget water and sunscreen!** The UV is expected to reach level 11 [**Extreme**].

WEATHER FORECAST: *"14 to 26 degrees. Partly cloudy. Slight (30%) chance of a shower in the afternoon and evening. The chance of a thunderstorm. Light winds becoming east to southeasterly 15 to 25 km/h during the afternoon then becoming light during the evening."* For more details, see [Eltham detailed forecast](#) or [MetEye](#).

Fri 23 Dec 2022: Werribee - Federation Trail - Yarraville - Docklands

The weather forecast for Friday is looking good for cycling - with just a tiny chance of rain. Many people will probably want to finish reasonably early, close to the CBD, so we're planning to cycle from Werribee to Yarraville for lunch, then on to the CBD. The wind is likely to be southerly or south westerly, so not perfect for this ride, but also shouldn't be too troublesome.

START: We'll start at 10:04am at Werribee Station, and cycle to [Wolf on Watton](#), 90A Watton St, Werribee for a coffee. The Werribee train that departs from Flinders Street platform 9 or 10 at 9:24am should arrive at Werribee at 10:04am. The number of commuters has already dropped considerably due to the upcoming Christmas break, so the peak hour crush shouldn't be too troublesome.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: After the coffee, we'll continue along the Werribee River Trail to the start of the Federation Trail, and follow that all the way to Millers Rd. At Millers Rd, the Federation Trail is closed due to the West Gate Tunnel Project. The official detour is not very pleasant, so we'll take (more or less) our usual alternative detour via Millers Rd, Francis St and assorted minor streets to get to our lunch spot, the [Yarraville Club](#), 135 Stephen St, Yarraville for lunch. (We're going to try this alternative to the Railway Hotel, due to having dined there two weeks ago, just to mix things up a bit). [The Yarraville Club menu](#) is a typical pub/club menu, and they have a seniors menu for those who qualify. After lunch you can return via train from Yarraville Station, continue via the Bay Trail and Footscray Rd with the group to Docklands (5.5 km) and beyond, or there are good cycling connections in all directions beyond Yarraville. There are train exit options at Hoppers Crossing, Williams Landing, Yarraville then very regularly after that.

ROUTE & GRADE: This is a **Medium** grade ride of around 32 km to lunch. There are virtually no hills and the wind will mostly be a cross wind (hopefully tending to be more a tail wind than a head wind). **Route Map:** [Werribee - Federation Trail - Yarraville - Docklands](#).

REMEMBER: Be sure to bring sunscreen and water. Bring some light wet weather gear in case of a shower. The UV is expected to reach level 10 [Very High].

WEATHER FORECAST: *"15 to 24 degrees. Partly cloudy. Slight (30%) chance of a shower. The chance of a thunderstorm in the afternoon. Winds southwesterly 15 to 20 km/h turning southerly in the early afternoon."* For more details, see [Yarraville detailed forecast](#) or [MetEye](#).

Fri 16 Dec 2022: Yarra River, Gardiners Creek, Rosstown Rail and Bay Trails Loop from Birrarung Mar.

The weather forecast is looking okay for Friday - cool but dry. The plan is to start at Birrarung Marr, then ride via the Yarra River, Gardiners Creek, Rosstown Railway Trail and the Bay Trail back to the start.

START: We'll start from the bike racks at Birrarung Mar at 10:30am. If you want coffee you can get a take away from surrounding cafes or the station before the ride,

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email George at schrodi2@bigpond.net.au if you are having trouble doing that).

DETAILS: Departure will be from Birrarung Marr at 10:30am. We will head out along the Yarra before turning off onto the Gardiners Creek Trail. At Malvern East we will leave the Gardiners Creek Trail to wind our way down to the Rosstown Railway Trail, then follow it to our lunch spot, the [Goat House Restaurant](#) in Elsternwick (or a cafe close by if it is crowded). After lunch we will continue on to the Bay Trail and follow it back to St Kilda, where we will divert onto a path via Albert Park Lake and South Melbourne, back to the CBD.

ROUTE & GRADE: This is a **moderate** ride of around 40 km. It is largely flat, with some moderate hills, and mostly on sealed surfaces. There will be headwinds and crosswinds for the first section of the ride, but they should be gentle. Later, when the wind is expected to pick up, there should be a tailwind. Lunch will be at the 25 km point. There will be two places where it will be possible to exit the ride at a trail station, Malvern East and Elsternwick (the lunch stop). **Route Map:** [Yarra River, Gardiners Creek, Rosstown Rail and Bay Trails Loop from Birrarung Mar](#).

REMEMBER: Be sure to bring sunscreen. A warm layer too, as it might be chilly when we first start out. The UV is expected to reach level 10 [Very High].

WEATHER FORECAST: *"10 to 19 degrees. Cloudy. Light winds becoming southerly 20 to 30 km/h in the morning".*

Fri 9 Dec 2022: Williams Landing to Southbank via Altona and Williamstown

The weather forecast is looking okay for Friday - cool but dry. The plan is to start at Williams Landing then follow the coast through Altona and Williamstown before taking Footscray Road and Harbour Esplanade into Southbank.

START: We'll start from Williams Landing Station at 10:20am. The Werribee train that departs from Flinders Street platform 10 at 9:44am (Southern Cross at 9:48am) should arrive at Williams Landing at 10:15am. If you would like to get a take away coffee from the station kiosk before the ride, then catch an earlier train, such as the 9:33am from Flinders Street platform 10 (Southern Cross at 9:37am), arriving at Williams Landing at 10:04am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email George at schrodi2@bigpond.net.au if you are having trouble doing that).

DETAILS: We will depart from the southern side of the station at 10:20am. After a short distance we will join the Skeleton Creek Trail, which will take us to the Cheetham Wetlands on the coast. Joining the Bay Trail, we will continue on through Altona and Williamstown, then up the Maribyrnong Trail to Footscray Road. Following it and then Harbour Esplanade we will arrive at Southbank and the end of the formal ride. Lunch will be at the end of the ride, somewhere in Southbank - let's see what we can find. If we are running late there is an option to have lunch earlier at one of two pubs in Yarraville.

ROUTE & GRADE: This is a **moderate** ride of around 38 km. It is largely flat and mostly on sealed surfaces. Much of the ride will be a cross wind or have a tail wind. However, there will be head winds at the start, just before Williamstown and through Docklands, but they should be moderate anyway. **Route Map:** [Williams Landing to Southbank via Altona and Williamstown](#).

REMEMBER: Be sure to bring sunscreen. A warm layer too, as it might be chilly when we first start out. The UV is expected to reach level 10 [Very High].

WEATHER FORECAST: *"11 to 17 degrees. Cloudy. Winds south to southwesterly 15 to 20 km/h increasing to 30 km/h before tending south to southeasterly 15 to 20 km/h during the day".*

Note: Lunch was at the Railway Hotel at Yarraville as Southbank would have been too late. Change for future rides.

Fri 2 Dec 2022: Eltham - Warrandyte - Donvale - Eltham or Heidelberg

The weather forecast is looking great for Friday. Our plan is to do another hard ride (apologies, but we need to do such rides whenever we're able to). It will be much shorter than last Friday's ride, but has some nasty hills.

START: We'll start at 10:20am with a coffee in Eltham at a cafe close to the train station. The Hurstbridge train that departs from Flinders Street platform 1 at 9:21am (or West Richmond at 9:34am) should arrive in Eltham at 10:16am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the cafe we head back across the railway line to join the Diamond Ck Path, which we'll follow all the way to the Main Yarra Trail in Templestowe. Turning east (left) on reaching the Main Yarra Trail we ride past Petty's Orchard and join the Mullum Mullum Trail, riding through Tikalara Park to Warrandyte Rd. Here we leave the Mullum Mullum Trail and turn east (left) using a very wide bike lane. This is a grade three climb but is not so long. After 600 m there is a plateau before the final push up to the Warrandyte High School. At this point we turn into the service lane and the off road path starts just at the High School's boundary. The off road trail goes to Pound Rd, where we turn north (left) for a blissful downhill run past some examples of contemporary architecture. At Everard Drive we turn north (left) and down into Pound Bend Reserve, a very pretty park with lots of local history. In 1870, the Evelyn Tunnelling and Mining Company dug through 145 metres of hard rock at Pound Bend to divert the Yarra through what is now known as the Tunnel. This left five kilometres of old river bed exposed to dredge for gold. It cost 2100 quid and the Evelyn Gold Co went bust 12 months later.

There is a short climb back up to Everard Drive where we turn east and ride along with very pretty views high above the river until we reach Stiggants Reserve at Taroona Ave. Here is the start of a gorgeous ride along the banks of the river, a favourite haunt of many plein air painters over the generations. The ride along the river is only about 4 km to Tills Drive, and the [Stonehouse Café](#) where we'll have lunch. After lunch we backtrack to Taroona Ave and start the on-road section of the ride. We ride along the highway for a short section then take Harris Gully Rd. We head south for a short distance, then turn left into Gold Memorial Rd, which we follow for a short but very pretty ride along the Anderson's Ck valley. Warrandyte was the first goldfield discovered in Victoria and this is an event of State significance. The Andersons Creek strike was named the Victoria Goldfield in honour of the new colony. Louis Michel, the discoverer of the gold was acknowledged as the first publicly pronounced discoverer of payable gold in Victoria. There is a stone cairn commemorating this but I suspect the road to it may be steep.....

The Gold Memorial Rd ends at Husseys Lane where we turn right to begin a character building grade 3 climb of about 2 km to Knees Rd. It's a quiet road though so you can die in peace. Once we hit Knees Rd, the climbing is over. The bike lane along Knees Rd is good and the road safe. We coast south, ignoring Stintons Rd which is very unsafe despite having dotted green lines on most maps indicating a bike route. At Park Rd we turn right and head south, downhill to the Mullum Mullum Creek Trail and back to Eltham station (or to Heidelberg and beyond if you prefer). *Thanks to Clive for the colourful description of this ride!*

ROUTE & GRADE: This is a **Hard** ride of around 43 km due mainly to having quite a few uphill sections and there being no bailout points along the way, but it is very scenic with some interesting history to view along the way. There may also be some storm damage challenges. **Route Map:** [Eltham - Warrandyte - Donvale - Eltham](#).

REMEMBER: Be sure to bring sunscreen. A warm layer too, as it might be chilly when we first start out. The UV is expected to reach level 10 [Very High].

WEATHER FORECAST: "11 to 23 degrees. A partly cloudy morning then a sunny day. Light winds becoming southerly 15 to 20 km/h in the early afternoon then becoming light in the evening". For more details, see [Eltham detailed forecast](#) or [MetEye](#).

Fri 25 Nov 2022: Lilydale - Warburton - Lilydale

The weather forecast is looking good again for Friday. (It was looking fantastic, but has deteriorated slightly). The main consideration is that there's little chance of rain and the wind should be light, so it's a good chance to ride the Warburton Rail Trail.

START: We'll start at 10:03am in Lilydale. The Lilydale train that departs from Richmond Station (platform 9) at 9:10am should arrive at Lilydale Station at 10:03am. *You could catch this from Flinders Street, platform 2, at 9:07am, but given the early start, it's best to board at Richmond or any other station on the Lilydale (or Belgrave) line east of Richmond, to avoid the peak hour crush.*

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: There is some flood and storm damage on the trail (see <https://www.yarraranges.vic.gov.au/Council/Latest-news/Delays-to-services-due-to-flood-event>), mostly close to Lilydale it seems, so there's a chance we won't be able to make it to Warburton, but I **expect** we'll be able to walk our bikes around any damaged sections. We should be able to ascertain fairly early in the ride if there are likely to be serious obstacles, and we have an alternative ride from Lilydale mapped out should that be the case.

Upon arrival at Lilydale, we'll immediately hit the trail. There will be quite a bit of uphill climbing to reach Mt Evelyn (about 5 km), where we'll have a much-earned coffee at [The Trail Cafe](#), located right beside the trail just past the peak of Mt Evelyn. Lunch will be in Warburton at the [Alpine Hotel](#), located right beside the rail trail on the Melbourne side of Warburton. That will also chop a couple of kilometres off the total ride distance. It will be a long day and a challenging ride though – allow for getting back to the city between 5.30 and 6.30pm. However, it is quite a beautiful ride, so well worth the effort if you feel you can manage it. Keith Dunstan of The Age described it as "One of the great railway journeys of the world - minus the train"!

More Info: Yarra Ranges: [Lilydale to Warburton Rail Trail](#) or Rail Trails Australia: [Lilydale to Warburton Rail Trail](#).

ROUTE & GRADE: This is a **Challenging** ride of around 80 km (made even more challenging by the storm damage)! There are several reasons for the challenging grading: the gravel surface; the distance (around 80 km for the round trip, but the gravel surface makes this equivalent to over 100 km on a sealed surface); the lack of exit options; and Mount Evelyn (which isn't too bad really, but we need to tackle it in **both** directions). Many people do this ride over two days, staying overnight in Warburton. Having once been a railway line, the gradients are never excessive, but some are long. It's possible to put bikes on the Warburton-to-Lilydale bus, so if anybody has a major breakdown it should be possible to get back to Lilydale by bus, but there's a limit of two bikes per bus. The buses are reasonably regular but there's a big gap between 3 and 4pm (approximately), when buses are diverted to school bus duties.

Route Map: [Lilydale - Warburton via Rail Trail - Lilydale](#).

ADDITIONAL WARNING: This is an especially challenging ride at the best of times. You should only undertake it if you're fit and "up for an adventure", as we're not sure what the trail conditions are like.

REMEMBER: Be sure to bring sunscreen. A warm layer is a good idea also, as it might be chilly when we first start out. The UV is expected to reach level 9 [Very High].

WEATHER FORECAST: "11 to 21 degrees. Partly cloudy. The chance of fog about the nearby hills in the early morning. Light winds.". For more details, see [Lilydale detailed forecast](#) or [MetEye](#).

LILYDALE TO CARRUM ROUTE MAPS (just in case these are needed): see maps: [Lilydale to Croydon via Carrum-Warburton Trail](#) and [Carrum - Eastlink - Jells Park - Koonung Creek - Fairfield](#) (though only the Carrum - Eastlink - Jells Park sections are relevant).

Fri 18 Nov 2022: Mernda - Reservoir - Northern Pipe Trail - Rushall

Some good weather news at last - this Friday is forecast to be the best day of the week, with little chance of rain and a maximum of 23 degrees. Our plan is to cycle from Mernda back to the CBD to take advantage of the northerly / north easterly wind, and to get us back to the CBD in time for people to get to their MQFF movies.

START: We'll meet at Mernda Station with the aim to depart from there at 10:30am. The Mernda line train that departs from Flinders Street platform 1 at 9:25am, or West Richmond at 9:38am, should arrive at Mernda at 10:26am. If you'd like a coffee from the kiosk at the station, you should catch an earlier train, for example the train departing Flinders Street at 9:12am, or West Richmond at 9:25am (which should arrive at Mernda at 10:14am).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From Mernda Station we'll ride back along the trail beside the railway line between Mernda and South Morang. From South Morang we'll continue along the path to join the Darebin Creek Path (near Epping Station) and follow that down towards Bundoora Park. There we'll exit the Darebin Creek Trail to get to the [Northside Broadway](#), 251/255 Broadway, Reservoir for lunch. After lunch, we'll follow Broadway the short distance to High St and turn left at the Reservoir Station to follow the path beside High St to the park at Garden St. There we'll cross (on the trail) diagonally through the park and exit the park to go straight ahead onto Robinson Rd then follow the Northern Pipe Trail beside the railway line (and St Georges Rd) back to the Capital City Trail.

ROUTE & GRADE: This is a Medium grade ride of 25 km to lunch, or 33 km to Rushall Station. There are many train station bailout options. For the route, see the [Mernda - Reservoir - Northern Pipe Trail - Rushall](#) Google map. Most surfaces will be sealed, there are no real hills and the wind will be a gentle tail wind.

REMEMBER: Be sure to bring sunscreen. A warm layer is a good idea also, as it might be chilly when we first start out. The UV is expected to reach level 9 [Very High].

WEATHER FORECAST: "8 to 23 degrees. Sunny. The chance of fog about the nearby hills in the early morning. Light winds becoming northeasterly 15 to 20 km/h in the evening then becoming light in the late evening." For more details, see [Reservoir detailed forecast](#) or [MetEye](#).

Fri 11 Nov 2022: Seaford to Federation Square via the Bay Trail

Once again there's a risk of rain this Friday, but hopefully we'll stay dry. Our plan is to cycle from Seaford to Federation Square via the Bay Trail, with lunch perhaps at Ricketts Point.

START: We'll meet at the [Spanish Bar](#), 20 Station St, Seaford, with the intention to depart from there at 10:30am. If you'd like a coffee, catch the Frankston line train that departs Flinders Street platform 8 at 9:07am (or Richmond at 9:11am) and arrives at Seaford at 10:07am. If you don't want a coffee, take the Frankston line train that departs Flinders Street platform 8 at 9:27am (or Richmond at 9:31am) and arrives at Seaford at 10:27am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: This is a well-known, scenic route following the coast from Seaford back to the CBD. We'll initially follow the Kananook Creek on a new, wide concrete path. Upon arrival at Carrum, we'll follow the unsealed path beside the Patterson River then through the Edithvale Wetlands to Mordialloc. From Mordialloc the trail is sealed, and moves a little closer to the beach as we follow the coast as far as St Kilda. Lunch will probably be at the [Ricketts Point Cafe](#), but if it's looking ridiculously busy, there are other options beside the trail as we head towards Brighton. In St Kilda, we'll head inland to cycle via the Albert Park Lake (unsealed) then follow some excellent on-road cycling paths to take us to the CBD.

ROUTE & GRADE: This is a medium grade ride of 45 km to Federation Square / Flinders Street. The route is quite flat and the wind will be mostly a tailwind - see [Seaford - Bayside Trail - Flinders Street Station](#). The route is sealed except for the section between Carrum and Mordialloc and a short section beside the Albert Park Lake. There are easy train station bailout options regularly as far as Mordialloc, then at Sandringham or Brighton Beach.

REMEMBER: Be sure to bring sunscreen plus rain protection. The UV is expected to reach level 9 [Very High].

WEATHER FORECAST: *"16 to 20 degrees. Cloudy. Very high (90%) chance of showers, most likely in the morning and early afternoon. The chance of a thunderstorm. Winds north to northwesterly 15 to 20 km/h becoming light before dawn then becoming southerly 15 to 20 km/h in the middle of the day."* For more details, see [Mentone detailed forecast](#) or [MetEye](#).

Fri 4 Nov 2022: Dandenong - Eastlink - Koonung Creek - Fairfield

The forecast for this Friday is looking reasonable - it seems that our long "winter" may at last be about to end! Our plan is to cycle from Dandenong Station via the Eastlink Trail for lunch in Heatherdale. There's the option to exit after lunch from Heatherdale Station, or else continue via the Koonung Creek Trail (hills alert!) to Fairfield.

START: We'll meet at Dandenong Station at 10:26am. The Cranbourne line train that departs Flinders Street platform 6 at 9:42am (or Richmond at 9:46am) arrives at Dandenong at 10:26am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: We'll start with a quick coffee at the station. After that we'll head to the Eastlink Trail (1.9 km) via some on-road trails and quiet streets, keeping north of the railway line. We then follow the Eastlink Trail north, past Jells Park, to our lunch point: [The Coach](#), 33 Maroondah Hwy, Ringwood. After lunch you need to decide whether to exit at the nearby Heatherdale Station, or else ride all the way to Fairfield, as there are very few easy train exit options prior to Fairfield.

ROUTE & GRADE: This is a moderate grade ride of around 24.5 km to lunch, or a medium grade ride of 49 km to Fairfield - see [Dandenong - Eastlink - Koonung Creek - Fairfield](#). The route is mostly sealed but there are a few annoying hills, especially after lunch. There aren't many train station bailout options on this ride, the main one being Heatherdale Station, located quite close to our lunch spot.

REMEMBER: Be sure to bring sunscreen. A warm layer and rain protection is also recommended. The UV is expected to reach level 8 [Very High].

WEATHER FORECAST: *"9 to 18 degrees. Cloudy. The chance of fog about the nearby hills in the early morning. Medium (50%) chance of showers about the Dandenongs, slight (30%) chance elsewhere. Light winds."* For more details, see [Ringwood detailed forecast](#) or [MetEye](#).

Fri 28 Oct 2022: St Albans - Kororoit Creek - Sunshine - Footscray - Carlton

The forecast for this Friday was looking reasonable, though it has now deteriorated quite a bit. The rain is much less likely in the western suburbs, so we'll try doing a ride that we've never done before, from St Albans to Carlton via Jones Creek, the Kororoit Creek, Footscray, the

former Newmarket saleyards and the Capital City Trail. The two previous attempts to do this ride were thwarted by lockdowns, let's hope the 3rd attempt doesn't get thwarted by "the heavens"!

START: We'll meet at St Albans Station at 10:11am. The Watergardens (Sunbury line) train that departs Flinders Street Station platform 5 at 9:41am arrives at St Albans at 10:11am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: We'll start with a quick coffee at the excellent kiosk at St Albans Station. After that we'll head south to explore the Jones Creek Trail (a route we haven't taken before). Upon reaching the Western Ring Road Trail, we'll switch to the Kororoit Creek Trail, but only follow that as far as Sunshine. We'll exit the trail via Derby Rd to get to Sunshine Station, where we'll cross the rail line and follow the trail through Tottenham and Footscray to join the Maribyrnong via the Newells Paddock Wetlands. Rather than following the Maribyrnong though, we'll traverse Newmarket to the Capital City Trail to get us to the [Great Northern Hotel](#), 644 Rathdowne St, Carlton North for lunch. After lunch we'll disperse to our respective homes via whichever trail works best (or a station such as Clifton Hill or any CBD station). If we have a significant rain delay, lunch could also be at the [Railway Hotel](#) in Yarraville or the [Doutta Galla Hotel](#) in Newmarket.

ROUTE & GRADE: This is a medium grade ride of around 27 km to lunch - see [St Albans - Kororoit Creek - Sunshine - Footscray - Carlton](#). There are no significant hills and the route is mostly sealed (perhaps totally sealed). There are train station exit options at very regular intervals, namely Albion, Sunshine, Tottenham, West Footscray, Middle Footscray, Footscray, South Kensington, Newmarket, Flemington Bridge or Royal Park stations.

REMEMBER: Be sure to bring: sunscreen, **warm layers** and rain protection. The UV is expected to reach level 8 [Very High] but the forecast maximum temperature is just 15 degrees!

WEATHER FORECAST: "11 to 15 degrees. Cloudy. Very high (90%) chance of showers. Winds northwesterly 25 to 35 km/h turning westerly 25 to 40 km/h in the morning.". For more details, see [Footscray detailed forecast](#) or [MetEye](#).

Fri 21 Oct 2022: Fairfield - Darebin Ck - La Trobe Uni - Macleod - Yarra - Fairfield

It looks like the rain will return this Friday, perhaps dramatically, though the wind should be fairly gentle. Our plan is to attempt a circuit ride starting and ending in Fairfield, via the Darebin Creek Path and La Trobe University to Macleod, a potential lunch spot. From there we'll head to the Main Yarra Trail to return to Fairfield.

START: We'll meet at the corner of Heidelberg Rd and Arthur St, Fairfield ready to depart at 10:30am. There are two cafes there for you to get a coffee beforehand if you wish, [Hoppa & Joe](#) or the [Arthur St Deli](#).

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: From the meeting point, we'll head to the Darebin Creek Trail and follow that to the La Trobe University turnoff. We'll make our way through the university then follow linear paths beside the Nangak Tamboree Wildlife Sanctuary to Ernest Jones Reserve, from where we'll pick up a pleasant urban trail via the Cherry Street Grassland Reserve to get to Macleod. There are quite a few options there for lunch, for example: [Touchstone Cafe](#), 1/30 Aberdeen Rd, Macleod, or the [Original Sinners](#), 82 Aberdeen Rd, Macleod. There seem to be lots of others too, though some of them seem to be focused on deliveries rather than dine-in. After lunch, if the heavens have opened, there's a train station nearby, otherwise Erskine Road takes us to the Greensborough Highway, with good paths (incorporating the River Gum Walk) linking from there to the Main Yarra Trail, which we'll then follow back to Fairfield. If we get delayed by rain, La Trobe University has a number of cafes also.

ROUTE & GRADE: This is a Medium grade ride of just 29 km, and there are quite a few train station exit options if we need them. See map: [Fairfield - La Trobe - Main Yarra - Fairfield Park](#). Although we'll be following the Darebin Creek and the Yarra River, which have been in flood, we expect that the tracks should be clear of both water and debris thanks to the rain-free days this week.

REMEMBER: Be sure to bring: sunscreen and **rain protection**. The UV is expected to reach level 7 [High].

WEATHER FORECAST: *"14 to 23 degrees. Partly cloudy. Very high (95%) chance of showers, most likely in the afternoon and evening. The chance of a thunderstorm. Light winds."* For more details, see [detailed Bundoora forecast](#) or [MetEye](#).

Fri 14 Oct 2022: CBD to Yarraman via Capital City, Anniversary and Djerring Trails

The forecast yet again isn't great for this Friday, though hopefully the major weather event will be over before we start riding. We need to avoid creeks and unsealed paths, and the wind is likely to be a fairly strong northwesterly, tending westerly. So in order to minimise pesky headwinds, we've planned a route that will involve catching a train back towards the CBD at the end of the ride (rather than at the start as we typically do).

START: There are three starting point options this week:

- **BIRRARUNG MARR 10:30am:** We'll depart from the Birrarung Marr bike park beside Federation Square at 10:30am. If you want a coffee, grab a takeaway from Flinders Street in time to enable you to depart at 10:30am.

- **PARK ST CAFE 10:50am:** If coming from the north, you might prefer to meet us at the [Park St Cafe](#), 815 Nicholson St, Carlton. This is located right beside the Capital City Trail near Nicholson St. We'll plan to depart from there at around 10:50am.
- **ROYAL PARK STATION:** If you want to avoid the headwind . crosswind during the 5.5 km between Birrarung Marr and the Park St Cafe, catch a train to Royal Park Station and ride along the Capital City Trail to the PARK ST CAFE. The Upfield line train that departs from Flinders Street platform 5 at 10:12am arrives at Royal Park at 10:26am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that). **Please also indicate your planned starting point below your name** (BM=Birrarung Marr; RPS=Royal Park Station; and PSC=Park Street Cafe).

DETAILS: Those departing from Birrarung Marr will ride via Exhibition St and Canning St to the Park Street Cafe to meet the others. From there we'll follow the Inner Circle Rail Trail, then the Heidelberg Road path to the Chandler Highway, where we'll join the Anniversary Trail to take us to East Malvern. We'll probably have lunch at [Jake and the Beans Talk](#), 510 Waverley Rd, Malvern East (near East Malvern Station), a distance of approximately 25 km from our Birrarung Marr starting point. After lunch we'll cycle via the Outer Circle Linear Park to connect to the Djerring Trail at Hughesdale Station, then follow that all the way to Yarraman Station, where we'll board a train for the return journey back towards the CBD.

ROUTE & GRADE: This is a Medium grade ride of 43.5 km from Birrarung Marr (or 40.5 km from Royal Park Station, or 38 km from the Park Street Cafe), and there are lots of train station exit options along the entire length of the route. See map: [CBD to Yarraman via Capital City, Anniversary and Djerring Trails](#). The route surface is sealed, with little chance of flooding.

REMEMBER: Be sure to bring: sunscreen, warm layers and rain protection. The UV is expected to reach level 6 [High].

WEATHER FORECAST: *"10 to 17 degrees. Cloudy. High (80%) chance of showers, most likely in the morning and afternoon. The chance of a thunderstorm. Winds north to northwesterly 20 to 30 km/h turning westerly 25 to 40 km/h in the early afternoon then decreasing to 20 to 30 km/h in the evening."* For more details, see [detailed East Malvern forecast](#) or [MetEye](#).

Fri 7 October 2022:Inner Eastern Loop: Yarra, Gardiners Creek, Anniversary Trail, Capital City Trail, Canning St.

Did not proceed due to weather.

This Friday is looking like being quite wet, so we may not ride at all. In fact, if the forecast does not improve it is unlikely, but we all know how changeable Melbourne weather is. Make sure that you register for the ride so that you can be contacted if the ride is cancelled due to weather, especially rain. The planned ride stays close to the city and train stations so that we can bail out easily if necessary.

The planned ride is a moderate one. It will generally be flat or gently undulating, but does have a few good hills. Lunch will be in Fairfield, probably at Nikos Cafe. Many of the regular riders will be away at the ride in Shepparton, so rider numbers will probably be small.

START: We will meet at Birrarung Marr, at the bike racks near the small toilet block by the Yarra. We will depart at 10:00am, so come earlier if you want a coffee from a nearby cafe - take-away is probably best.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email George on schrodi2@bigpond.net.au if you are having trouble doing that).

DETAILS: From the start point we will ride up the Yarra to the Gardiners Creek Trail, which we will follow to East Malvern. There we will swap onto the Anniversary Trail to cut through the Eastern suburbs and around to Fairfield for lunch at [Nikos](#) Cafe (or similar). After lunch we will continue along the Capital City Trail to Canning Street, Carlton and take it, then Rathdown, LaTrobe and Swanston Streets back to Federation Square.

ROUTE & GRADE: This is a Moderate grade ride of 40 km in a loop from Birrarung Mar through the inner Eastern and Northern suburbs. See map: [Inner Eastern Loop: Yarra, Gardiners Creek, Anniversary Trail, Capital City Trail, Canning St](#). The route surface is all sealed and on designated bike paths, mostly off road, but with on road sections after lunch. The distance to Fairfield (lunch) is 30km and the entire ride 40km. There are several bail out options along the way.

REMEMBER: Be sure to wear layers to cope with the varied conditions and definitely bring rain protection.

WEATHER FORECAST: *"15 to 19 degrees. Cloudy. Very high (near 100%) chance of showers, easing from the west during the afternoon and evening. The chance of a thunderstorm. Winds northerly 15 - 20km/h then shifting west to southwesterly 15 to 20 km/h in the early afternoon."*

Shepparton to Tallarook - Cycling Weekend: Fri 7 to Sun 9 Oct 2022

Explore Central Victoria by bike for a two or three day weekend, cycling from Shepparton to Tallarook with overnights in Mooroopna (Shepparton) and Murchison. This event is designed to be accessed via public transport.

GRADE | LENGTH | TYPE: Moderate to Hard cycling of up to 70 km per day on widely varying surfaces.

- **Day 1:** Moderate: leisurely cycling around Shepparton, ending in the suburb of Mooroopna.
- **Day 2:** Medium, 40 km cycling from Mooroopna to Murchison. Optional 20 km extension (10 km out and 10 km back) on the Murchison-Rushworth Rail Trail.
- **Day 3:** Hard, 69 km cycling from Murchison to Tallarook via Nagambie.

ACTIVITY DESCRIPTION:

A challenging, exploratory cycling trip in North Central Victoria. There will be an element of adventure, as we've never done this trip before and, although the route is well documented, it's not an official cycling trail. There will be the option to join the group in Shepparton on Friday night for those who need to work on Friday. Daylight saving will be in effect, giving us a bit more light at the end of the day. The event will proceed even if rain is forecast for the weekend, as there are some train station bailout options should conditions turn extremely nasty.

Upon arrival in Shepparton on Friday we'll immediately have lunch in central Shepparton, then explore some of Shepparton's many cycling paths, particularly those beside creeks and the Goulburn River, as we slowly make our way to our accommodation in Mooroopna. We'll probably dine locally in Mooroopna on Friday evening (or have a BBQ at our cabins).

On Saturday we'll follow assorted trails, tracks and quiet roads via Toolamba to Murchison, where we'll spend the night at the Murchison River Road Caravan Park. After having lunch in Murchison, those who wish to can cycle the short but scenic [Murchison-Rushworth Rail Trail](#). Dinner on Saturday night will be at the [Railway Hotel Murchison East](#).

On Sunday, the plan is to cycle from Murchison to Tallarook, with some fine dining at the [Muse Restaurant](#) (Mitchelton Winery) in Nagambie. From the restaurant it's a rather long, mostly on-road 33 km trek to Tallarook Station, from which there are trains approximately hourly. Alternatively, the Nagambie Station is only about 14 km away, but the only viable train service from there departs at 4:47pm.

BOOKING: By Friday 30th September, or ASAP to ensure you don't miss out on accommodation or lunch at the Mitchelton Winery. To register, click on **Get Tickets**. Accommodation costs will be collected during the event by the leader.

Unsure if you've already booked? Click [View my bookings](#).

NOMADS COVIDSAFE CHECKLIST: [General Checklist: Nomads walking events](#).

FURTHER INFORMATION:

- [Shepparton to Tallarook via the Yellowbelly Track](#): Notes about the trail, accommodation, food etc.
- [Yellowbelly Track](#): video, gpx files and detailed notes describing the route and amenities along the way.
- [Murchison-Rushworth Rail Trail](#): extensive notes about this short but scenic trail.
- [Acacia Gardens Caravan Park](#): our accommodation in Mooroopna (Shepparton).
- [Murchison River Road Caravan Park](#): our accommodation in Murchison.

MEETING TIME | LOCATION: You should get to Southern Cross Station 30 minutes prior to the service you plan to catch. You can depart on Friday morning (to explore Shepparton on Friday) or Friday evening if you need to work on Friday:

- **Friday Riders:** catch the 9:26am service from Southern Cross to Shepparton on Friday 7 October, arriving at 12:12pm.
- **Non Friday Riders:** Catch either the 4:07pm or 7:07pm Shepparton service from Southern Cross on Friday 7 October, and alight at Mooroopna at 6:50pm or 9:38pm.

MAP REFERENCE: Southern Cross: Melway map 1A grid A6 | Google map: goo.gl/maps/e6eUQM5Ws7GHKRiF6

PUBLIC TRANSPORT: This event is designed to be accessed by public transport. Some services are listed below. Alternatively, look for additional options via the [ptv.vic.gov.au journey planner](https://ptv.vic.gov.au/journey-planner).

- **Fri 7 Oct: Southern Cross 9:26am - arriving Shepparton 12:12pm**
- Fri 7 Oct: Southern Cross 4:07pm - arriving Mooroopna 6:50pm
- Fri 7 Oct: Southern Cross 7:07pm - arriving Mooroopna 9:38pm
- Sat 8 Oct: Southern Cross 9:16am - arriving Murchison 12:00pm
- **Sun 9 Oct: Tallarook 3:03pm, 4:03pm, 5:15pm, 6:43pm - arriving Southern Cross 4:17pm, 5:15pm, 6:37pm, 7:57pm**
- Sun 9 Oct: Nagambie 4:47pm - arriving Southern Cross 6:37pm (for those wanting to shorten the Sunday ride)

FOOD: We'll purchase meals along the way, but carry some snacks and ample water each day, especially on Sunday.

COST: There will be transport, meal and accommodation costs for this trip. Some representative costs and conditions are provided below:

- **Outgoing V/Line fare:** Southern Cross to Shepparton (or vice-versa): \$26.80 full | \$13.40 concession & seniors (though train travel will be free for Seniors this week - Seniors Week)
- **Return V/Line fare:** Tallarook to Southern Cross: \$11.34 full | \$5.67 concession & seniors
- **Friday Night Accommodation:** \$50 per person, includes linen.
- **Saturday Night Accommodation:** between \$40 and \$50 per person, depending on the number of people, includes linen.
- **Friday/Saturday Lunch:** at a pub, cafe, bakery or takeaway venue (cost depends on attendees' selections)
- **Friday Dinner:** at a cafe or pub in Mooroopna (or else a few kilometres away in central Shepparton; cost depends on attendees' selections)
- **Saturday Night Meal:** Murchison East Hotel - [see menu](#)

- **Sunday Lunch:** Muse Restaurant, Mitchelton Winery - [see menu](#). We will have the \$60 fixed price group menu option.

APPAREL | FOOTWEAR: Face mask, hand sanitiser, cycling gear (**including lights**) and dress according to the weather forecast. It's recommended that you bring wet weather gear, and a warm layer, even if the forecast indicates these shouldn't be needed. Don't forget something suitable for dining out on Friday and Saturday nights, but keep clothing minimal to reduce the weight you'll need to carry on your bikes. This event is not suitable for road bikes - hybrids or mountain bikes are required.

LEADER: Alan D. | Email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you have any questions.

Fri 30 Sep 2022: Belgrave - Croydon - Mullum Mullum Trail - Heidelberg - Fairfield

The plan for this Friday is to do a HARD grade ride. It will generally be flat, trending downhill, and there are various ways to shorten the ride. Lunch though will probably be at the 40 km mark, and from there the nearest train station will be a further 8.7 km (at Eltham). It will be possible to exit prior to lunch at stations such as Croydon (@ 21 km) or Ringwood (@ 28.7 km).

START: We will meet at Belgrave Station at 10:12am and have a quick coffee nearby. The Belgrave train that departs from Flinders St platform 3 at 9:16am (or Richmond platform 9 at 9:19am) should arrive at Belgrave Station at 10:12am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on LeaderAlanD.thenomadsinc@mail.tidyhq.com if you are having trouble doing that).

DETAILS: After a coffee near Belgrave Station we take the scenic and mostly downhill trail via Upper Ferntree Gully, Boronia and Bayswater to turn right into the Dandenong Creek Trail. A few metres later we take the footbridge across the creek then follow Bungalook Rd East to join the suburban but pretty Tarralla Creek Trail and follow that to Croydon. There's a train exit option at Croydon Station, but we'll take Kent Ave (uphill!) to the Maroondah Highway. After crossing that at lights we take Midhurst Rd, Broughton Ave and Highland Ave to join the scenic Mullum Mullum Creek Trail. We follow that down to Ringwood (another exit option) to join the Eastlink Trail, then rejoin the Mullum Mullum Trail to take us to our lunch spot at [Beasley's Nursery & Teahouse](#), beside the bike trail. After lunch we continue along the Mullum Mullum Trail to join the Main Yarra Trail. Shortly after you can exit via the Diamond Creek Trail to get to Eltham Station, but the group will continue on the Main Yarra Trail to Heidelberg then Fairfield.

ROUTE & GRADE: This is a Hard grade ride of 65.5 km from Belgrave to Fairfield, but there are some early exit points to shorten the ride: Croydon (21 km; pre-lunch); Ringwood 28.7 km (pre-lunch); Eltham 48.7 km; Heidelberg 55.5 km. See map: [Belgrave - Croydon - Mullum Mullum Trail - Main Yarra Trail - Fairfield](#). The route surface is varied - mostly sealed, but a bit rough exiting from Belgrave, and quite a bit of the Main Yarra Trail has a gravel surface.

REMEMBER: Be sure to bring: sunscreen and warm layers / rain protection, though they shouldn't be needed. The UV is expected to reach level 6 [High].

WEATHER FORECAST: "9 to 19 degrees. Partly cloudy. Slight (30%) chance of a shower. Light winds becoming east to southeasterly 15 to 25 km/h in the morning.". For more details, see [detailed Eltham forecast](#) or [MetEye](#).

Fri 23 Sep 2022: Altona - Newport - Dynon Rd - Great Northern Hotel

This Friday all Nomads members have been invited to join us on the AFL Grand Final public holiday, so we'll be doing a relatively easy ride. The weather forecast isn't looking great once again, but hopefully, like last week, the rain will hold off until after we've returned home.

START: The ride will begin at 10.20am at Altona Station. The Werribee line train that departs from Flinders Street Station, probably platform 9, at 9:47am arrives in Altona at 10:16am. Altona is in Myki zone 1.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email LeaderAlanD.thenomadsinc@mail.tidyhq.com. We have a booking for lunch, and I will be charged \$25 per missing attendee if we have less than the number booked, so please book ASAP, but let me know immediately if you're unable to attend.

DETAILS: We'll meet at Altona Station and have a coffee nearby. We'll then cycle along the foreshore, take a shortcut to Newport, then rejoin the foreshore trail, passing under the Westgate Bridge and connecting to the Capital City Trail, which we then follow past the zoo in Royal Park for lunch at the [Great Northern Hotel](#), 644 Rathdowne St, Carlton. After lunch you can catch a train from Royal Park or Rushall Station, or cycle home via one of the many trails connecting with the Capital City Trail.

ROUTE & GRADE: This is a moderate grade ride of 25 km to lunch. We will be cycling mostly on off-road, sealed cycling paths, with no significant hills. We'll be following the map [Altona - Newport - Dynon Rd - Great Northern](#) to the lunch point.

IMPORTANT NOTICE: Last Friday a head-on collision occurred between one of our group and an oncoming rider. Both bikes became unrideable, and the oncoming rider was taken to hospital for checks, but luckily nothing other than bruises were sustained by either rider. This

serves as a timely warning though that we all need to be eternally vigilant, and in particular to slow down and revert to single file whenever we can't clearly see the oncoming track for at least 100 metres ahead. Also, whenever we stop, for whatever reason, we should always **move off the path**. See [Cycling Tips](#) for a few suggestions about things worth considering before you next hop on your bike.

REMEMBER: Your face mask, hand sanitiser, sun protection and **warm/waterproof layers**. The UV is forecast to be moderate (5: sun protection recommended).

WEATHER FORECAST: The latest Melbourne forecast for Friday is "*11 to 19 degrees. Partly cloudy. Very high (near 100%) chance of showers in the east, grading to a high (80%) chance in the west. Showers most likely in the afternoon and evening. Light winds becoming southwesterly 15 to 20 km/h during the afternoon.*". For more details, see [Flemington Detailed Forecast](#) or the [MetEye](#).

Fri 16 Sep 2022: Upfield Station - Jacana - Moonee Ponds Creek - Newmarket

The forecast for this Friday once again isn't looking great, but if we're (extremely) lucky, the day will end up as nicely as it did last week! We've chosen a ride, the first part of which we've never done before, to try and keep the wind behind us and ensure we're never too far from a train station.

START: The ride will begin at 10:11am at Upfield Station. The Upfield line train that departs Flinders Street Station platform 5 at 9:33am arrives at 10:11am at Upfield.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email LeaderAlanD.thenomadsinc@mail.tidyhq.com.

DETAILS: We should be able to find a coffee option in Barry Rd, near the station. Afterwards we'll ride via on-road trails along Barry Rd, Dallas Dr, Rigall St and Blair St, then off-road paths to get to the Western Ring Road Trail, which we'll follow for a short distance to get to Jacana Station. At Jacana Station we'll take the steep path down to the Moonee Ponds Creek Trail, then follow that all the way to where it meets the Capital City Trail at Flemington Bridge Station. From there it's a short hop along the Racecourse Rd Trail to get to our lunch point, the [Doutta Galla Hotel](#), 339 Racecourse Rd, Flemington. (Their special lunch menu is back, and looks quite good). After lunch, if no rain is imminent, we could continue the ride via Docklands and round the Bay, probably returning by train rather than coming back into a hefty headwind. Alternatively, the Newmarket Station is just across the road from the pub if the forecast rain has arrived.

ROUTE & GRADE: This is a moderate grade ride of 24 km to lunch. There are no significant uphill (though a few short sharp climbs) and we'll mostly have a tailwind. We'll be following the map [Upfield Station - Jacana - Moonee Ponds Creek - Newmarket](#) to the lunch point.

REMEMBER: Your face mask, hand sanitiser, sun protection and **warm/waterproof layers**. The UV is forecast to be moderate (5: sun protection recommended).

WEATHER FORECAST: The latest Melbourne forecast for Friday is *"10 to 17 degrees. 90% chance of 3-6 mm rain. Partly cloudy. Very high (90%) chance of rain, most likely from the late morning. The chance of a thunderstorm in the afternoon. Winds northerly 15 to 25 km/h increasing to 25 to 35 km/h in the morning then tending northwesterly 20 to 30 km/h in the early afternoon."* For more details, see [Broadmeadows Detailed Forecast](#) or the [MetEye](#).

Fri 9 Sep 2022: Craigieburn - Galada Tamboore - First and Last Hotel - Upfield Trail

The forecast for this Friday isn't looking anywhere near as nice as what we've had today, but hopefully the forecast rain won't eventuate. The plan is to cycle from Craigieburn back to the CBD via the Galada Tamboore and Upfield Trails.

START: The ride will depart at 10:21am from Craigieburn Station. The Craigieburn line train that departs Flinders Street platform 5 at 9:37am arrives at 10:21am.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email LeaderAlanD.thenomadsinc@mail.tidyhq.com.

DETAILS: We'll have a coffee in the Craigieburn Plaza Shopping Centre. Afterwards, we head due north for a couple of kilometres to the start of the Galada Tamboore Trail (beside the Hume Freeway), which we follow all the way south to the Ring Road. There we head west following the Ring Road Trail to the Merri Creek Trail, which we follow south to exit at Queens Parade to get to our lunch spot, the [First and Last Hotel](#) in Hadfield. The hotel is right beside Merlynston Station and the Upfield Trail, so after lunch we'll head south via the Upfield Trail to the Capital City Trail, which links to many train and cycling options to get you home.

ROUTE & GRADE: This is a moderate grade ride of around 38 km to the Capital City Trail. There are no significant hills, we'll mostly have a tailwind, and there are lots of bailout options once we get to the lunch point. We'll be following the map [Craigieburn - Galada Tamboore - Merri Creek - First and Last Hotel - Merri Creek - Rushall](#) to the lunch point, then [Craigieburn - Galada Tamboore - Upfield Trail - Capital City Trail](#) after lunch.

REMEMBER: Your face mask, hand sanitiser, sun protection and **warm/waterproof layers**. The UV is forecast to be moderate (4: sun protection recommended).

WEATHER FORECAST: The latest Melbourne forecast for Friday is "12 to 18 degrees. 80% chance of 2-4 mm rain. Partly cloudy. Very high (90%) chance of showers, most likely from the late morning. The chance of a thunderstorm from the late morning until early evening. Winds northerly 20 to 30 km/h.". For more details, see [Coburg Detailed Forecast](#) or the [MetEye](#).

Fri 2 Sep 2022: CBD to Watsonia via the Darebin Creek Trail

The plan is to cycle from Birrarung Marr in the CBD to Watsonia via the Darebin Creek Trail. As there is a risk of parts of the Yarra Trail being flooded we will use on street bike paths to make our way to Fairfield. The forecast for this Friday is looking chilly, with the risk of a few light showers.

START: The ride will depart at 10:30am from the bike parking stands by the Yarra in Birrarung Marr. If you would like a coffee before heading off, please arrive earlier. There are plenty of options nearby to get a take-away.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email me on schrodi2@bigpond.net.au

DETAILS: We will commence the ride by following the protected bike lane up Exhibition Street onto Rathdowne Street, before winding our way through to Canning Street Carlton. This will lead us to the Capital City Trail which we will follow to Fairfield where we join the Darebin Creek Trail to head north. We will exit it at Reservoir and travel through quiet suburban streets for lunch at the [Northside Cafe](#), 255 Broadway, Reservoir. **Note: there is no bail out option at Reservoir Station as there are train replacement buses that day.** After lunch we will ride back to the Darebin Creek Trail and continue on to the Ring Road Trail. We will follow it east for a few kilometres, before turning south through suburban streets to Watsonia Station. The ride will officially end there. Riders can then catch the train back to the city, or ride on down to the Yarra Trail and back towards the city. Please note that doing so will involve riding into a head wind.

ROUTE & GRADE: This ride is graded moderate. The total distance to Watsonia Station is 40km and to the lunch cafe is 27km. It is relatively flat, but there are some short sharp hills as well and all on sealed surfaces. The route is shown on the [CBD to Watsonia via the Darebin Creek Trail](#) Google map. We should have a tail wind for most of the way. There are some bail out options if the weather deteriorates, but they are limited once on the Darebin Creek Trail.

REMEMBER: Your face mask, **warm layers and wet weather gear.**

WEATHER FORECAST: The latest Melbourne forecast for Friday is a maximum of 13. Mostly cloudy. Good chance of a few showers (0 - 1mm). Winds southerly 15 to 25 km/h becoming light in the evening.

Fri 26 Aug 2022 - Canterbury to Federation Square

George W has an engagement so he has asked Kevn K to lead this ride.

WEATHER FORECAST: The forecast for the Melbourne area is the chance of morning fog. Mostly cloudy day. Medium chance of showers, most likely during the morning. Light winds.

START: The ride will depart at 10:30am from the [Good Food Collective](#), 123 Maling Rd, Canterbury (Alongside Canterbury Station) The Lilydale line train that departs Flinders Street platform 3 at 9:44am (or Richmond at 9:47am), arrives at 10:03am. The train departing Flinders Street at 9:58am arrives at 10:17am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet. This helps to know who to expect!

DETAILS: We'll depart from the cafe at 10:30am (so be sure to arrive earlier if you wish to have a coffee), taking some quiet streets and paths to get to the Anniversary Trail. We'll follow that all the way to where it meets the Gardiners Creek Trail, then connect via East Malvern Station to the Urban Forest Reserve Trail, which takes us to Hughesdale. There we'll take some quiet streets to get to the [Rosstown Trail](#). Although this is called a rail trail, much of the trail has been sold off for housing. Nonetheless, it's a pleasant route with an interesting history that will enable us to cycle safely to Elsternwick, for lunch at the excellent [Goathouse Restaurant](#), beside Elsternwick Station. The restaurant isn't taking bookings at present, but is quite large, so we shouldn't have any problems getting a table. (There are many options close by if needed). After lunch, assuming the rain has held off, we'll pick up the Elwood Canal Trail, following the Elster Creek, to get to the Bay Trail. That trail will take us to St Kilda, where we'll divert past Albert Park Lake to connect via the onroad Cecil St path to the Capital City Trail to get to Federation Square.

GRADE AND ROUTE: This ride is graded Medium with a total distance of 31.4 km to Federation Square and there are no hills. All road surfaces should be sealed. For the route, see the [Canterbury - Anniversary Trail - Rosstown Trail - Bay Trail - Albert Park Lake - Fed Square](#) Google map. There are many bailout options along the way should conditions turn soggy!

REMEMBER: Be sure to bring: Face mask, sunscreen, decent wet weather gear and some water.

If it rains in Elsternwick whilst we are having lunch that will be OK. We'll be right beside the Elsternwick Station, so we should be able to remain relatively dry upon exit from lunch if that happens.

Fri 19 Aug 2022: Werribee River - Hoppers Crossing Main Drain - Federation Trail - Yarraville - CBD

The forecast for this Friday is not looking too bad for a winter's day in Melbourne. The plan is to cycle from Werribee to the CBD via Werribee North, Hoppers Crossing Main Drain Trail and Federation Trail. While there is a risk of showers the current forecast rates it low for where we are riding.

START: The ride will depart at 10:30am from [Wolf on Watton](#) cafe, 90A Watton St, Werribee. The Werribee line train that departs Flinders Street platform 9 at 9:14am arrives at 9:53am. We will then ride a short distance along the river to the cafe.

Alternative: If you are happy to skip coffee you could catch the train that departs at 9:24am, arriving at 10:04am, or at a pinch, the train departing at 9:44am and arriving at 10:24am, but you will then need to sprint to meet us for the departure time.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email me on schrodi2@bigpond.net.au

DETAILS: From the cafe, we ride the Werribee River Trail North to Hogans Road and then follow it east to the Hoppers Crossing Drain Trail. We follow that trail to the Federation Trail and along it to the [Railway Hotel](#), 35 Anderson St, Yarraville for lunch. After lunch the options are to catch the train or ride on to Footscray Road and the Observation Wheel at the top of the CBD, where we will disperse.

ROUTE & GRADE: This ride is graded moderate. The total distance to the Observation Wheel is 38.5km and to the lunch spot is 33.5km. It is mostly flat and all on sealed surfaces. There is a 3km section on busy Hogans Road with limited separated bike lanes, but there is sufficient room for passing traffic. There is another short busy section in Brooklyn and a few sections on back suburban streets. The route is shown on the [Werribee - Werribee River - Hoppers Crossing Main Drain - Federation Trail - Yarraville - CBD](#) Google map. We should have a tail wind for most of the way. There are some bail out options if the weather deteriorates, but they are limited.

REMEMBER: Your face mask, hand sanitiser and **warm layers and wet weather gear**.

WEATHER FORECAST: The latest Melbourne forecast for Friday is a maximum of 15. Partly cloudy. Very high (90%) chance of showers about the Dandenongs, grading to a slight (30%) chance in the west. Winds westerly 15 to 25 km/h turning northwesterly in the late afternoon/evening.

Fri 12 Aug 2022: Federation Square Birrarung Marr-Mordialloc

The forecast for this Friday is partly cloudy with a medium chance of showers grading to a slight chance in the West. There is a chance of a thunderstorm. Winds are to be northerly 20 to 30 km/h turning north east 15 to 20 km/h during the day. The plan is to cycle from Federation Square to Mordialloc with lunch at [The Bridge Hotel Mordialloc](#)

START: The ride will depart at 10:00 am from the Birrarung Marr Bike parking located beside the river on Birrarung Marr, between Swanston Street and the MCG and between the river and the Federation Square Car Park at the bike hoops and toilet opposite Fedration Wharf. Reference Google Map <https://goo.gl/maps/NmbeA36Ya9u6wHQA7>

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email me on kevinking232@gmail.com

DETAILS: From Birrarung Marr we ride to Port Melbourne and then with the wind behind us, onto the Bayside Trail passing by St Kilda beach, Brighton, Beaumaris and into Mordialloc to [The Bridge Hotel Mordialloc](#) for lunch. After lunch there is the option to ride back to Melbourne (weather permitting and into a head wind) or to catch the train back.

ROUTE & GRADE: This ride is graded moderate. The total distance to Mordialloc is 37km. It is all on cycling trails and there are hardly any hills. The route is shown on the [Federation Square to Mordialloc](#) Google map. There are several train station exit options along the way if the weather turns nasty.

REMEMBER: Your face mask, hand sanitiser, warm layers and wet weather gear.

Fri 5 Aug 2022: Mernda to Royal Park Station via Ring Road and Upfield Trails

The forecast for this Friday is looking potentially damp but otherwise okay for a winter day in Melbourne! The plan is to cycle from Mernda to Royal Park Station, with lunch at "Acustico Cafe" in Brunswick.

START: The ride will depart at 10:30am from Mernda Station. The Mernda line train that departs Flinders Street platform 1 at 9:25am (or Clifton Hill at 9:45am), arrives at 10:27am.

Alternative: If you want a coffee at the kiosk at Mernda Station, catch an earlier train, such as the one that departs Flinders Street at 9:03am and arrives at Mernda at 10:07.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email me on schrodi2@bigpond.net.au

DETAILS: From Mernda Station, we ride the Mernda Trail down to the Ring Road and then follow it west to the Upfield Line Trail. We follow the Upfield Line all the way to “[Acustico Cafe](#)”, Union St, Brunswick, for lunch. After lunch we will continue a short distance down the trail to Royal Park Station where we will disperse. The lunch late in the ride is to try to keep ahead of the rain but if we are delayed we can opt to have lunch at “First & Last Hotel” in Fawkner.

ROUTE & GRADE: This ride is graded moderate if you go all the way to Royal Park Station. The total distance to Royal Park is 37km and to the lunch spot is 35km. It is mostly flat and all on sealed surfaces. The route is shown on the [Mernda to Royal Park Station via Ring Road and Upfield Trails](#) Google map. Hopefully we will have a tail wind for quite a bit of the way and there are many train station exit options along the way if the weather turns nasty.

REMEMBER: Your face mask, hand sanitiser and **warm layers and wet weather gear.**

WEATHER FORECAST: The latest Melbourne forecast for Friday is looking potentially damp but not too cold, with a maximum of 15. Cloudy. Very high (95%) chance of showers about the outer eastern suburbs, grading to a medium (60%) chance in the west. Showers most likely from the late morning. Winds northerly 25 to 35 km/h turning northwesterly 25 to 40 km/h in the late morning then decreasing to 20 to 30 km/h in the evening.

Fri 29 Jul 2022: Dandenong to City via Eastlink and Djerring Trails

The forecast for this Friday is looking cold but otherwise okay for a winter day in Melbourne! The plan is to cycle from Dandenong back to the city via the Djerring Trail, with lunch at “Jake & the Bean Talk” in East Malvern.

START: The ride will depart at 10:30am from Dandenong Station - southwest side. The Pakenham line train that departs Flinders Street platform 7 at 9:46am (or Richmond at 9:50am), arrives at 10:30am.

Alternative: If you want a coffee at the Red Engine Kiosk at the station, catch an earlier train, which depart regularly.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email me on schrodi2@bigpond.net.au

DETAILS: From Dandenong Station, we ride the Dandenong Creek Trail a short distance to the Eastlink Trail and then on to the Djerring Trail at Yarraman Station. We follow it all the way to East Malvern, for lunch at “Jake & the Beans Talk”. After lunch we will pick up the Gardiners Creek Trail and then the Yarra Trail to take us to Federation Square, with exit options wherever convenient.

ROUTE & GRADE: This ride is graded moderate if you go all the way to Federation Square. The total distance to Federation Square is 37.5 km and to East Malvern is 22 km. It is mostly flat and all on sealed surfaces. The route is shown on the [Dandenong to City via Eastlink and Djerring Trails](#) Google map. There are several train station exit options along the way if needed.

REMEMBER: Your face mask, hand sanitiser and **warm layers**. It will be cold in the morning! Don't forget to pack wet weather gear as well.

WEATHER FORECAST: The latest Melbourne forecast for Friday is looking cool but otherwise okay, with a maximum of 13. Partly cloudy. High (70%) chance of morning showers about the Dandenongs, medium (40%) chance elsewhere (up to 1mm). Showers clearing to a mostly sunny afternoon. Winds west to southwesterly 15 to 20 km/h tending south to southwesterly during the morning then becoming light during the afternoon.

ALSO: Advance notice about the two weekend riding events that are planned for the spring period:

1. **Fri 7 to Sun 9 Oct: Shepparton to Tallarook Cycling Weekend** (link: <http://thq.fyi/se/ce1a27dc1ab1>). The Friday ride on 7 October will be in Shepparton. This can be done as either a day trip in Shepparton, or as a weekend event, cycling from Mooroopna (Shepparton) to Murchison on Saturday, staying overnight in Murchison, then cycling to Tallarook on Sunday, with lunch at the Mitchelton Winery.
2. **Sat 5 to Sun 6 Nov: Bendigo to Heathcote to Bendigo Cycling - overnight in Heathcote** (link: <http://thq.fyi/se/a8dad6b6a7ac>): this easier weekend involves catching a train to Bendigo on Saturday morning, cycling to Axedale for lunch at the Axedale Tavern before continuing to Heathcote to stay overnight. On Sunday we retrace our steps to return to Melbourne on Sunday evening (with lunch again at the Axedale Tavern).

Both events are now online and we recommend booking ASAP to ensure you don't miss out, since accommodation is a bit limited.

Fri 22 Jul 2022: Hurstbridge - Heidelberg - Fairfield

The forecast for this Friday is looking excellent (albeit with a chilly start, but we're getting used to that)! The plan is to cycle from Hurstbridge back to Fairfield (or beyond), with lunch at the Train Yard in Heidelberg.

START: The ride will depart at 10:37am from Hurstbridge Station. The Hurstbridge line train that departs Flinders Street platform 1 at 9:21am (or West Richmond at 9:34am), arrives at 10:37am.

Alternative: If you want a coffee at the [Wild Wombat Cafe](#), located close to the station, the train departing Flinders Street at 8:58am (or Jolimont at 9:10am) arrives at 10:22am. This train runs express from Jolimont to Clifton Hill (no stop at West Richmond)!

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email LeaderAlanD.thenomadsinc@mail.tidyhq.com.

DETAILS: From Hurstbridge Station (or the Wild Wombat Cafe), we ride the trail from there to Diamond Creek, after which we follow the Diamond Creek Trail and the Main Yarra Trail all the way to Federation Square (53 km), or to whatever point you wish to exit. Apparently the new section of the Diamond Creek Trail is virtually complete, so it will be good to explore that. Lunch will be in Heidelberg, at [The Train Yard](#) (at 28 km). After lunch we will simply continue down the Main Yarra Trail, with exit options wherever convenient.

ROUTE & GRADE: This ride is graded Hard if you go all the way to Federation Square, or Medium if you exit at Heidelberg or Fairfield. The total distance to Federation Square is 53 km, to Heidelberg is 28 km or to Fairfield is 39 km. There are a few short sharp hills, and the path surface varies considerably - partly sealed and partly on packed gravel. For the route, see the [Hurstbridge - Heidelberg - Fairfield - \(Fed Square\)](#) Google map. There are several train station exit options along the way if needed, for example at Eltham, Heidelberg or Fairfield.

REMEMBER: Your face mask, hand sanitiser and **warm layers**. It will be cold in the morning! The UV is forecast to be low (2: sun protection not recommended).

WEATHER FORECAST: The latest Melbourne forecast for Friday is "6 to 17 degrees. Patches of morning frost about the nearby hills. Mostly sunny day. Light winds becoming north to northeasterly 15 to 25 km/h early in the morning.". See also [Heidelberg Detailed Forecast](#) | [MetEye](#).

Fri 15 Jul 2022: Craigieburn - Galada Tamboore - Merri Creek - First & Last Hotel - Rushall

The forecast for this Friday isn't looking too bad (and has improved a little in the past 24 hours). The wind is likely to be northerly (tending north westerly), so let's ride from Craigieburn back towards the CBD via the Galada Tamboore and Merri Creek Trails.

START: Catch the Craigieburn line train that departs from Flinders Street platform 5 at **9:37am**, which should arrive at Craigieburn Station at 10:21am.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email LeaderAlanD.thenomadsinc@mail.tidyhq.com.

DETAILS: We'll start with a quick coffee at the Craigieburn Plaza Shopping Centre. After the coffee we head due north for a couple of kilometres to the start of the Galada Tamboore Trail (beside the Hume Freeway), which we follow all the way south to the Ring Road. There we head west along the Western Ring Road Trail a little over two kilometres to the Merri Creek, which we follow southwards as far as Queens Parade. We'll ride along Queens Parade to the [First and Last Hotel](#), 1141 Sydney Rd, Hadfield for lunch. After lunch, we backtrack the short distance (1 km) to the Merri Creek then follow that down to where it meets the Capital City Trail near Rushall Station. At that point there are trails heading off in all directions for everybody to make their way home (by train or bike).

ROUTE & GRADE: This is a medium grade ride of around 37 km - see [Craigieburn - Galada Tamboore - Merri Creek - Rushall](#). There are no significant hills and the route is totally sealed. Once we reach the Western Ring Road Trail, there are train station exit options at regular intervals.

REMEMBER: Your face mask, hand sanitiser, **warm layers** and a rainproof layer. The UV is forecast to be as low as it can go (1: sun protection not recommended).

WEATHER FORECAST: The latest Melbourne forecast for Friday is "5 to 15 degrees. Patchy morning frost about the nearby hills. Partly cloudy day. Light winds becoming northerly 15 to 20 km/h in the late evening.". See also [Fawkner Detailed Forecast](#) | [MetEye](#).

Fri 8 Jul 2022: Laverton - Westona - Newport - Doutta Galla (Newmarket) - CBD ****cancelled****

The general Melbourne forecast for this Friday looks a bit dire, with a 95% chance of showers. However, the detailed forecast for Newport (for example), only shows a 30-40% chance of rain, so hopefully we'll remain dry! The plan is to take a rather "eclectic", circuitous route from Laverton to Newmarket via Westona, Newport and Footscray.

START: Catch the Werribee line train that departs from Flinders Street platform 10 at **9:48am**, which should arrive at Laverton Station at 10:24am. (Check Flinders Street Station monitors for the platform though - the platform is often changed, especially on this line).

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email LeaderAlaN.D.thenomadsinc@mail.tidyhq.com.

DETAILS: We'll start with a coffee at the station kiosk, then follow the Laverton Creek Trail southwards to Queen St. We'll cross the creek via the Queen Street bridge then head back north through the wetlands to where the trail inexplicably stops at the railway line. We'll carefully cross the railway line, then take onroad cycling paths to Cherry Lake, where we'll take the northern route around the lake, then follow the coastal trail as far as Kororoit Creek Road. At that point we'll head north, mostly on trails, to Newport Station. From Newport Station we divert back to the Coastal Trail, passing under the West Gate Bridge to get to Footscray. At Footscray Road, we'll cross the Maribyrnong River then take the trail on the eastern side of the river in a northwards direction to pick up the cycling path through the Newmarket Saleyards redevelopment, which takes us to the [Doutta Galla Hotel](#), where we'll stop for lunch. They appear to have \$16 lunch specials once again, but if that's "a lie", their standard menu looks OK. After lunch there are many options for returning home - the Newmarket Station is opposite the hotel, otherwise the Capital City Trail is fairly close by. Most of us will take that in a southerly direction via Docklands to get to Southern Cross or Flinders Street Station, and optionally beyond.

ROUTE & GRADE: This is a Moderate grade ride of 25 km to lunch. From there to either Southern Cross or Flinders Street Station is around 6 km. There are many train station bailout options if the weather turns nasty. For the route, see the [Laverton - Westona - Newport - Flemington Bridge](#) Google map. We will be mostly on sealed cycling paths, or quiet roads. The wind will tend to be behind us, though due to our winding route, will at times be a headwind.

REMEMBER: Your face mask, hand sanitiser, **very warm layers** and a rainproof layer. The UV is forecast to be as low as it can go (1: sun protection not recommended).

WEATHER FORECAST: Unfortunately, the weather won't be as good as today, but hopefully the rain will hold off while we're riding - the latest Melbourne forecast for Friday is "9 to 13 degrees. Cloudy. Very high (95%) chance of showers. Winds west to southwesterly 20 to 30 km/h.". See also [Newport Detailed Forecast](#) | [MetEye](#).

Fri 1 Jul 2022: Glen Waverley - Heatherdale - Beasley's Nursery - Eltham or Heidelberg

The forecast for this Friday is looking OK for winter, with only a slight risk of rain. Apparently rain is slightly more likely in the northwest, so we'll head eastwards with a ride from Glen Waverley to Beasley's Nursery and Cafe for lunch, returning via the Main Yarra Trail / Diamond Creek Trail.

START: Catch the Glen Waverley line train that departs from Flinders Street platform 2 at **9:48am**, or Richmond at 9:51am, and should arrive at Glen Waverley Station at 10:24am.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email LeaderAlanD.thenomadsinc@mail.tidyhq.com.

DETAILS: We'll start with a coffee near Glen Waverley Station (either at the kiosk in the station, or at the [YoMG cafe](#)). Afterwards we'll follow the "rail trail" (in reality just some quiet suburban streets) down to Shepherds Bush to connect to the Dandenong Creek Trail. We'll follow that northwards as far as Heatherdale Station. At that point we'll assess the weather situation, and if the weather is against us, switch to Plan B (to follow the railway line to Blackburn for lunch at the [Food Republic](#), 28/30 Blackburn Rd, Blackburn). Our intention though is to continue north via the Eastlink and Mullum Mullum Trails for lunch at [Beasley's Nursery and Tea House](#), 195 Heidelberg-Warrandyte Rd, Warrandyte. After lunch, we will continue along the Mullum Mullum Trail to the Main Yarra Trail and either follow that to Heidelberg (15 km from Beasley's) or follow the Diamond Creek Trail to Eltham (9 km from Beasley's).

ROUTE & GRADE: This is a Medium grade ride of 41 km to Heidelberg, or 35 km to Eltham. There are a few train station bailout options if the weather turns nasty. For the route, see the [Glen Waverley - Heatherdale - Beasley's Nursery - Eltham or Heidelberg](#) Google map. We will be mostly on cycling paths, some sealed and some packed gravel. The wind should mostly be a tail wind, especially if exiting the ride at Eltham.

REMEMBER: Your face mask, hand sanitiser, **very warm layers** and a rainproof layer. The UV is forecast to be as low as it can go (1: sun protection not recommended).

WEATHER FORECAST: The latest Melbourne forecast for Friday is "6 to 14 degrees. Partly cloudy. Medium (50%) chance of showers in the northwest suburbs, slight (30%) chance elsewhere. Light winds becoming southerly 15 to 20 km/h in the middle of the day then becoming light in the evening". See also [Ringwood Detailed Forecast](#) | [MetEye](#).

Fri 24 Jun 2022: [Williams Landing to Williamstown for lunch, optionally on to CBD](#)

The forecast for this Friday is looking pretty terrible, with fairly strong winds and a high risk of rain. It has improved a fraction though, so if that trend continues we might be OK to ride. If you're interested in riding be sure to register so I can send you an SMS should we decide to cancel.

START: Catch the Werribee line train that departs from Flinders Street platform 9 at **10:04am**, and should arrive at Williams Landing Station at 10:35am. Hopefully most of the rain will have finished in the western suburbs by the time we start riding.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet, or email LeaderAlanD.thenomadsinc@mail.tidyhq.com.

DETAILS: We'll start with a coffee at the [Phoenix Hotel](#), close to the Williams Landing Station (Note: the nearby [Rococo restaurant](#), that we've been to a couple of times, doesn't open until midday). From there we'll cycle down the Skeleton Creek Trail then through the Cheetham Wetlands to Altona, from where we'll continue along the Coastal Trail to Williamstown for lunch. The ride from Williams Landing to Williamstown Beach will be relatively easy - around 20 km on sealed paths with no hills and there will be bailout options at Altona or Seaholme Stations. The ride on from the lunch point to Docklands is also around 20 km, flat and on quality sealed paths. For lunch there are lots of dining options on or near Nelson Place, for example [Steam Packet Hotel](#), 13 Cole St or [Ragusa Hotel](#), 139 Nelson Place.

ROUTE & GRADE: This is a Moderate grade ride of 20 km to lunch, or Medium grade 40 km to the CBD. There are many train station bailout options if the weather turns nasty. For the route, see the [Williams Landing to CBD via Williamstown](#) Google map. Most surfaces will be sealed, there are no hills and the wind will generally be a tailwind (hefty at times).

REMEMBER: Your face mask, hand sanitiser, **very warm layers** and a rainproof layer. The UV is forecast to be as low as it can go (1: sun protection not recommended).

WEATHER FORECAST: The latest Melbourne forecast for Friday is "11 to 16 degrees. Cloudy. Very high (95%) chance of showers, most likely in the morning. Winds north to northwesterly 25 to 35 km/h tending west to northwesterly 15 to 20 km/h during the morning.". See also [Altona Detailed Forecast](#) | [MetEye](#).

Fri 17 Jun 2022 - Canterbury to Federation Square

The forecast for the Melbourne area is "Partly cloudy. High (70%) chance of showers, most likely later in the day. Light winds."

START: The ride will depart at 10:30am from the [Good Food Collective](#), 123 Maling Rd, Canterbury (Alongside Canterbury Station) The Lilydale line train that departs Flinders Street platform 3 at 9:44am (or Richmond at 9:47am), arrives at 10:03am. The train departing Flinders Street at 9:58am arrives at 10:17am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet. This helps to know who to expect!

DETAILS: We'll depart from the cafe at 10:30am (so be sure to arrive earlier if you wish to have a coffee), taking some quiet streets and paths to get to the Anniversary Trail. We'll follow that all the way to where it meets the Gardiners Creek Trail, then connect via East Malvern Station to the Urban Forest Reserve Trail, which takes us to Hughesdale. There we'll take some quiet streets to get to the [Rosstown Trail](#). Although this is called a rail trail, much of the trail has been sold off for housing. Nonetheless, it's a pleasant route with an interesting history that will enable us to cycle safely to Elsternwick, for lunch at the excellent [Goathouse Restaurant](#), beside Elsternwick Station. The restaurant isn't taking bookings at present, but is quite large, so we shouldn't have any problems getting a table. (There are many options close by if needed). After lunch, assuming the rain has held off, we'll pick up the Elwood Canal Trail, following the Elster Creek, to get to the Bay Trail. That trail will take us to St Kilda, where we'll divert past Albert Park Lake to connect via the onroad Cecil St path to the Capital City Trail to get to Federation Square.

GRADE AND ROUTE: This ride is graded Medium with a total distance of 31.4 km to Federation Square and there are no hills. All road surfaces should be sealed. For the route, see the [Canterbury - Anniversary Trail - Rosstown Trail - Bay Trail - Albert Park Lake - Fed Square](#) Google map. There are many bailout options along the way should conditions turn soggy!

REMEMBER: Be sure to bring: Face mask, sunscreen, decent wet weather gear and some water.

WEATHER FORECAST: The latest forecast for Friday is: Partly cloudy. High (70%) chance of showers, most likely later in the day. Light winds. If it rains in Elsternwick whilst we are having lunch that will be OK. We'll be right beside the Elsternwick Station, so we should be able to remain relatively dry upon exit from lunch if that happens.

Fri 10 Jun 2022 - Werribee - Federation Trail - Yarraville - CBD

The forecast for this coming Friday is looking very wintry, but there probably won't be any rain during the morning. The objective is to get most of the ride from Werribee to Yarraville, completed in the morning when hopefully it is likely to be dry. If it is raining in the afternoon after lunch in Yarraville, there is the option to get the train back to Flinders Street Station or to ride on to Melbourne if you prefer.

START: Catch the **early** Werribee line train to Werribee that departs from Flinders Street platform 10 at **8:37am**, and should arrive at Werribee Station at 9:17am.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet to let others know.

DETAILS: For a coffee, we'll take the trail beside the river to get to [Wolf on Watton](#), 90A Watton St, Werribee (diagonally opposite Raffael's, which is now defunct). After the coffee, we'll continue along the riverside trail to the start of the Federation Trail, and follow that all the way to Millers Rd. At Millers Rd, the Federation Trail is closed due to the Westgate Freeway widening project. The official detour is not very pleasant, so we'll take our usual alternative detour via Millers Rd, Francis St and assorted minor streets to get to the [Railway Hotel](#), 35 Anderson St, Yarraville for lunch. After lunch you can return via train from Yarraville Station, continue via the Bay Trail and Footscray Rd to Docklands and beyond, or there are good cycling connections in all directions after Yarraville. There are train exit options at Hoppers Crossing, Williams Landing, Yarraville then very regularly after that.

ROUTE & GRADE: This is a Medium grade ride of 32 km from Werribee to Yarraville, but it will be made easier by the flat terrain and a tailwind most of the way. From Yarraville it's a further 7.5 km to Southern Cross Station. See map: [Werribee - Federation Trail - Yarraville - CBD](#).

REMEMBER: Your face mask, hand sanitiser, **very warm layers** and a rainproof layer. The UV is forecast to be as low as it can go (1: sun protection not recommended).

WEATHER FORECAST: Cold min 3 max 10 degrees. 0 to 1 mm rainfall. Cloudy. Very high (90%) chance of showers, most likely in the afternoon and evening. Winds westerly 20 to 30 km/h. [Werribee Detailed Forecast](#)

Hope to see you there. Please register so I know if to expect you.

Fri 3 Jun 2022: Mernda - Reservoir - Northern Pipe Trail - Rushall

The forecast for this coming Friday is looking very wintry, but there probably won't be any rain during the period of the ride. There will be no Nomads leaders available this Friday, but read on if you want to meet up and guide yourselves on a ride from Mernda back to Rushall Station. (Having said that, Simon W. is offering his navigational skills, but this won't be an official Nomads ride).

START: Catch the Mernda line train that departs from Flinders Street platform 1 at **9:25am**, which should arrive at Mernda Station at 10:27am.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet to let others know.

DETAILS: There's a kiosk at Mernda Station where you can have a takeaway coffee if you wish. From Mernda Station ride back along the trail beside the railway line between Mernda and South Morang. From South Morang continue along the path to join the Darebin Creek Path (near Epping Station) and follow that down towards Bundoora Park. At Rathcrown Rd, we've had to exit the Darebin Creek Trail onto Rathcrown Rd in the past, but the trail has now been linked through (though watch out for an on-road dogleg at Chenies St). Shortly after this new section of trail rejoins the pre-existing trail, take an on-road route to Reservoir for lunch at either [Lady Bower Kitchen](#), 1A Marchant Ave, Reservoir or across the road at [Northside Broadway](#), 251/255 Broadway, Reservoir. Both are excellent. To get to the restaurants, exit the Darebin Creek Trail onto McMahon Rd, then turn left into Marchant Ave and follow that to Broadway. The Lady Bower will be on your right, and the Northside will be across the road (Broadway) and slightly to your right. After lunch, follow Broadway to High St and turn left at the Reservoir Station to follow the path beside High St to the park at Garden St. Cross (on the trail) diagonally through the park. Exit the park straight ahead onto Robinson Rd then follow the trail beside the railway line (and St Georges Rd) back to the Capital City Trail.

ROUTE & GRADE: This is a Medium grade ride of 25 km to lunch, or 33 km to Rushall Station. There are many train station bailout options if the weather turns nasty. For the route, see the [Mernda - Reservoir - Northern Pipe Trail - Rushall](#) Google map. Most surfaces will be sealed, there are no real hills and the wind will be a fairly hefty tail wind.

REMEMBER: Your face mask, hand sanitiser, **very warm layers** and a rainproof layer. The UV is forecast to be as low as it can go (1: sun protection not recommended).

WEATHER FORECAST: The latest Melbourne forecast for Friday is "7 to 12 degrees. Cloudy. High (70%) chance of showers in the northeast suburbs, medium (40%) chance elsewhere. Winds northerly 20 to 30 km/h". See also [Reservoir Detailed Forecast](#) | [MetEye](#).

Fri 27 May 2022: Werribee - Werribee South - Point Cook - Altona (... CBD)

The forecast for this coming Friday isn't looking fantastic, but the chance of rain in the western suburbs is quite low and the wind should be light. The plan is to take a scenic route through Werribee (including the grounds of Werribee Mansion), Werribee South Beach and the Point Cook Coastal Park, then via the Cheetham Wetlands to Altona.

START: We'll catch the Werribee line train that departs from Flinders Street platform 9 at **9:24am**, which should arrive at Werribee Station at 10:04am.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: From Werribee Station, we'll take the riverside trail to the [Wolf on Watton](#) cafe (opposite the Wyndham Cultural Centre), for a coffee. After the coffee we follow the extremely scenic Werribee River Trail to the point where the Federation Trail starts, but won't go onto that. Instead, we'll turn right to follow a "goat track" a short distance whereupon it becomes a 3m concrete path leading to the Werribee Mansion grounds. We'll pass through the grounds and out the main entrance, where we'll turn right to follow K Rd and Diggers Rd through lots of market gardens to Werribee South Beach, a scenic spot where the Werribee River runs into the Bay. We follow the coast for a while then continue along (the non-scenic, but interesting nonetheless) Duncans Rd to our lunch destination, a BYO cafe in Duncans Rd, just prior to Robbs Rd, which has EXCELLENT home-made burgers. After lunch we turn right into Robbs Rd and follow Robbs Rd, Cunninghams Rd and Aviation Rd to take us to the expansive Point Cook Coastal Park, which is worth exploring but time probably won't permit that at this time of year. Instead we need to navigate through the Point Cook maze to get to the bike trail across a bridge into the Cheetham Wetlands, and follow that coastal wetlands trail all the way to Altona.

ROUTE & GRADE: This is a Medium grade ride of around 42 km to Altona, with the option of catching a train from there or continuing on a further 20 km to the CBD. For the route, see the [Werribee to CBD via Werribee South, Pt Cook and Altona](#) Google map. Most surfaces will be sealed, but there will be some on-road sections, mostly on quiet roads, with the exception of Duncans Rd. That has a sealed shoulder most of the way, but we'll need to be careful there. There will be virtually no hills and the wind will mostly be light and/or a tail wind.

REMEMBER: Your face mask, hand sanitiser, warm layers and a rainproof layer. The UV is forecast to be Low (2: sun protection not recommended).

WEATHER FORECAST: The latest Melbourne forecast for Friday is "12 to 16 degrees. Cloudy. Very high (90%) chance of showers in the northern and eastern suburbs, high (70%) chance elsewhere. Light winds.". See also [Altona Detailed Forecast](#) | [MetEye](#).

Fri 20 May 2022: A meander around Casey and Berwick

The forecast for this coming Friday is looking chilly, but with light winds and little chance of rain, so the plan is to take a circuitous route around the southeastern suburbs of Merinda Park, Narre Warren and Berwick, including passing through the Wilson Botanic Park.

START: We'll catch the Cranbourne line train that departs from Flinders Street platform 6 at **9:42am**, or Richmond at 9:46am, and should arrive at the recently rebuilt Merinda Park Station at 10:36am.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: Unless the new Merinda Park Station includes a kiosk (unlikely), there will be no coffee options there, so you'll need to get your coffee fix prior to departing. From Merinda Park Station we'll ride along assorted minor roads then the bike path beside the C404 highway, exiting that at Baringa Park Dr to do a circuit around the River Gum Creek Reserve. After that we'll return to the C404 briefly to pick up the Hallam Main Drain Trail. We'll follow that through wetlands to the Fountain Gate, Narre Warren Shopping Centre for lunch. There are a number of restaurant options on Webb St (which we'll ride along). Perhaps we could try [Walawwa "The Bungalow"](#), 477 Princes Hwy. After lunch we follow concrete cycling trails beside the Monash Freeway then beside Ernst Wanke Rd for approximately 6 km. Shortly after we pass Bellbird Park we turn right into Avebury Dr, left into Bournevale Dr, then take the second street on the right to enter the rear of Wilson Botanic Park. We need to dismount to walk through this beautiful, expansive park. Anybody who wants to explore the park further can do so, because that's virtually the end of the ride (or you could perhaps attend [a walk that I'm leading there](#) on 12 July). We'll exit Wilson Botanic Park via the main entrance then turn left onto the bike path and follow that through the large Clyde Rd / Lyaal Rd / Princes Hwy intersection. We'll continue straight ahead along High St and at the next lights turn right into Gloucester Ave, which takes us to Berwick Station.

ROUTE & GRADE: This is a Medium grade ride of around 33 km. For the route, see the [Casey V2: Merinda Park - Narre Warren - Wilson Botanic Park - Berwick](#) Google map. Most surfaces will be sealed, with the exception of a relatively short stretch of packed gravel on the Hallam Main Drain Trail.

REMEMBER: Your face mask, hand sanitiser, warm layers and a rainproof layer (just in case). The UV is forecast to be Low (2).

WEATHER FORECAST: The latest Melbourne forecast for Friday is *"10 to 16 degrees. Partly cloudy. Slight (20%) chance of a shower in the northwest suburbs, near zero chance elsewhere. Light winds."* See also [Narre Warren Detailed Forecast](#) | [MetEye](#).

Fri 13 May 2022: Craigieburn - Broadmeadows Valley Park - Moonee Ponds Creek

The forecast for this coming Friday isn't looking too bad, with light winds, 13 to 20 degrees and little chance of rain. The plan is to do a pleasant, surprisingly scenic northern suburbs ride from Craigieburn back to the CBD with lunch at the Cross Keys Hotel.

START: We'll catch the Craigieburn line train that departs from Flinders Street platform 5 at **9:37am**, and should arrive in Craigieburn at 10:21am.

REGISTRATION: If you plan to ride, pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: From Craigieburn Station we head via Hothlyn Dr to the Aitken Creek Trail and follow that as far as Denau Place / Mission Hills Way. We follow Mission Hills Way to the T-junction at Fairways Blvd - and have a coffee at Syd's Cafe near that corner. Afterwards we travel along Fairways Blvd and turn right at Lakes Dr (2nd turnoff) from where it's off-road all the way via the (not always well signed) Broadmeadows Valley Park Trail to the junction with the Moonee Ponds Creek Trail, which we'll then follow all the way to lunch at the popular [Cross Keys Hotel](#), 350 Pascoe Vale Rd, Essendon. From lunch to the Flemington Bridge Station is a further 7.5 km. There are several train exit points, notably Jacana Station, Strathmore Station and Essendon Station, and very few uphill on the route.

ROUTE & GRADE: This is a Moderate to Medium grade ride of 35 km to Flemington Bridge Station. For the route, see the [Craigieburn - Valley Park - Flemington Bridge](#) Google map.

REMEMBER: Your face mask, hand sanitiser, warm layers and a rainproof layer (just in case). The UV is forecast to be Low (2).

WEATHER FORECAST: The latest Melbourne forecast for Friday is "13 to 20 degrees. Cloudy. Medium (60%) chance of showers. Light winds becoming northerly 15 to 20 km/h in the late evening.". See also [Broadmeadows Detailed Forecast](#) | [MetEye](#).

Fri 6 May 2022 - St Albans Station - Kororoit Creek - Yarraville

The forecast for this coming Friday isn't looking great, but worse is on the way in the coming months so let's make the best of it! The plan is to cycle from St Albans Station to Yarraville for lunch (then optionally home from there).

START: We'll catch the 9:41am Sunbury line train that departs from Flinders Street platform 5 at **9:41am**, and should arrive in St Albans at 10:11am.

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: After a coffee in the excellent kiosk in the station complex, we head west along a laneway parallel to Main Road West and turn left into Pennell Av to take us to the Iramoo Wildflower Grassland Reserve (Cairnlea). We'll follow Longwood Ave and Cairnlea Dve / Neale Rd to pick up the path under the transmission line to get to Kororoit Creek. We then follow the Kororoit Creek Trail through its many, varied deviations all the way to the Federation Trail, which we'll turn onto and follow as far as Millers Rd. At that point we will avoid the rather unpleasant detour due to the Westgate Tunnel Project to instead turn left at Millers Rd. We push through the industrial landscape via Nolan St then right into Francis St. We'll cycle (carefully) along busy Francis St for a short while, then ride through the Footscray General Cemetery and get to our lunch spot, the [Railway Hotel](#), 35 Anderson St, Yarraville via Richards St, then turn left into Adeney St, left into Roberts St, right into Drew St and cross the creek into Austin Cres E, then turn left into Severn St and right into Anderson St. After lunch we can cycle home if the weather is OK, or catch a train from the nearby Yarraville Station.

ROUTE & GRADE: This is a Medium grade ride of 30 km to lunch (though it's at the easy end of the Medium scale). It will generally be fairly flat, with a tailwind most of the time (but not at the start)! The distance from Yarraville to Docklands is a little more than 5 km. For the route, see the [St Albans to Yarraville](#) Google map.

REMEMBER: Your face mask, hand sanitiser, decent warm layers and a rainproof layer. With the windchill factor, **it will feel like 9 degrees or less!** The UV is forecast to be Low (2).

WEATHER FORECAST: The latest Melbourne forecast for Friday is "6 to 14 degrees. Cloudy. Very high (90%) chance of showers, most likely in the afternoon and evening. Local small hail or thunder possible with showers in the morning. Light winds becoming northwesterly 20 to 30 km/h in the morning then tending westerly in the early afternoon.". See also [Brooklyn Detailed Forecast](#) | [MetEye](#).

Fri 29 Apr 2022: Fairfield, Darebin Ck, Plenty River, Yarra River, Fairfield Loop

The forecast for this coming Friday is looking good, with a maximum of 25 degrees, which is pretty good for this time of year. The plan is to do a reasonable local ride along the creeks and rivers of Melbourne's North East. It should be a dry ride, but rain is forecast for the later afternoon and evening.

START: We will depart from the corner of Arthur St and Heidelberg Rd (North side), Fairfield at 10am. Note the earlier start time in case rain develops earlier in the afternoon than forecast. The Hurstbridge train departing Flinders St Station at 9:21am arrives at Fairfield at 9:48am. If you want to have coffee prior to departure, plan to arrive earlier.

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderGeorgeW.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: There are two cafes at our meeting point where you can get a coffee - "Hoppa & Joe" and "Arthur St Deli". Afterwards, we'll head down the Chandler Highway to the Yarra Trail and follow it to the start of the Darebin Creek Trail. We then ride up the Darebin Creek Trail to the Ring Road, where we will swing east to link up to the Plenty Creek Trail, which will take us back to the Yarra Trail. That will take us on to Heidelberg for lunch at the excellent "[Train Yard](#)" in Burgundy St (40km mark). After lunch we return to the Yarra Trail for the final leg back to Fairfield.

ROUTE & GRADE: This is a Medium/Hard grade ride of 52 km. Large sections are relatively flat, but there are some demanding hills in places. There will be a head wind of 10 to 20km/hr (northerly) going up Darebin Ck but there is some protection given by the creek valley. The wind is expected to increase around the middle of the day, but that will help push us along as we head south. For the route, see the [Fairfield, Darebin Creek, Plenty River, Yarra River, Fairfield Loop](#) Google map. There are train stations easily accessible along the way at Greensborough and Heidelberg.

REMEMBER: Your face mask, hand sanitiser, drinking water and sunscreen. Light rain gear in case of showers on your way home. UV is forecast to be Moderate (4).

WEATHER FORECAST: The latest Melbourne forecast for Friday is "17 to 25 degrees. Partly cloudy. Medium (40%) chance of showers in the evening.. Winds northerly 25 to 35 km/h becoming light in the evening then becoming north to northwesterly 15 to 20 km/h in the late evening."

Fri 22 Apr 2022: Melton - Eynesbury - Melton

The forecast for this coming Friday is looking OK; a bit cool but pretty good for this time of year. The plan is to do a pleasant ride that I don't believe we've done since August 2018; a circuit from Melton to Eynesbury and back.

START: We'll catch the 9:36am Melton train at Southern Cross Station, which should terminate in Melton at 10:15am.

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: Upon arrival at the V/Line station in Melton, we'll have a quick coffee at one of the cafes near the train station. Afterwards, we'll head east down Creek St to connect with the Toolern Creek Path, which we follow south to the end (watching out for the connecting link between Chauvel St and Bridge Rd). We exit via Strathtulloh Circuit, Redgum Dve and Greigs Rd then follow Greigs Rd, which becomes Exford Rd after a reasonable hill down and up again, to Eynesbury Rd, which we follow to Eynesbury, passing through an expansive grey box forest. See [Wikipedia description of Eynesbury](#). The homestead used to have a delightful cafe called The Mansion, which appears to have morphed into a cafe called [Ms Peacock](#), so hopefully the experience will be as good. After lunch we'll take a wander through the historic Eynesbury precinct then return, initially via the outbound route, but with a small deviation off Exford Rd to visit some wetlands, after which we'll follow Exford Rd northwards for a more direct route back to the station.

ROUTE & GRADE: This is a Medium grade ride of 36 km. It will generally be fairly flat, though with a descent, then ascent, out of the Werribee River valley. The wind shouldn't be too strong, but will be a headwind from Melton to Eynesbury. There will be more on-road cycling than usual, though the roads should be fairly safe. For the route, see the [Melton - Eynesbury - Melton](#) Google map.

REMEMBER: Your face mask, hand sanitiser, drinking water and sunscreen. A warm layer might be handy. UV is forecast to be Moderate (4).

WEATHER FORECAST: The latest Melbourne forecast for Friday is "9 to 18 degrees. Partly cloudy. Winds east to southeasterly 15 to 20 km/h tending south to southeasterly 15 to 25 km/h in the late morning.". See also [Melton Detailed Forecast](#) | [MetEye](#).

EASTER MONDAY 18 Apr 2022: Mernda - Reservoir - Rushall/Fairfield

No bike ride has been planned for Good Friday. Instead you can enjoy an Easter Monday ride on the (relatively) new bike paths following the Mernda train line.

GRADE | LENGTH | TYPE: Medium 32.3 km, point-to-point cycling, mostly off-road, with sealed paths and few hills.

ACTIVITY DESCRIPTION: The ride will start at the new Mernda Station. There's a kiosk at the station if you'd like a coffee before heading off. If you are keen for a holiday breakfast, or coffee and cake to start your day, you can arrive early and make an excursion 1 km up Schotters Rd to the atmospheric [Turners Bakery](#) before returning for the start of the ride. From the station we'll follow the new trail down to South Morang Station then Epping Station, after which we'll follow the Darebin Creek Trail south to exit near Dunne St and travel through quiet suburban streets for lunch at the [Northside Cafe](#), 255 Broadway, Reservoir. After lunch we have the choice of making our way to the Northern Pipe Trail

(along St Georges Rd) and following that all the way to the Capital City Trail, or of returning to the Darebin Creek Trail and following that back to Fairfield. Either way, there are many options for cycling home or catching a train, as well as a number of train station early exit points along the way.

BOOKING: Either register in the normal way by adding your name to the [Friday Attendees](#) spreadsheet, click on **Get Tickets** in the event at nomads.org.au, or email George at LeaderGeorgeW.thenomadsinc@mail.tidyhq.com.

ROUTE: See map [Mernda - Reservoir - Northern Pipe Trail - Rushall](#).

LEADER: George W. | Email LeaderGeorgeW.thenomadsinc@mail.tidyhq.com if you have any questions.

WEATHER FORECAST: The latest Melbourne forecast for Monday is "16 to 19 degrees. Cloudy. High (80%) chance of showers, most likely during the morning. Winds southwesterly 20 to 30 km/h tending southerly 15 to 20 km/h during the day.". See also [Epping Detailed Forecast](#) | [MetEye](#).

Fri 8 Apr 2022: Belgrave - Heathmont - Blackburn - Koonung Creek

The forecast for this coming Friday is looking quite pleasant. The plan is to do a pleasant ride from the mountains to the plains, with lunch in Blackburn.

NOTICE: There will be no ride on Good Friday. Instead, George is organising a ride on Easter Monday.

START: This Friday's ride will **depart** at 10:30am from Belgrave (we'll meet on Blacksmiths Way, at the point where the pedestrian walkway exits the station, on the western/uphill side of the station). The Belgrave line train that departs from Flinders Street at 9:26am (or Richmond 4 minutes later) arrives in Belgrave at 10:26am.

If you would like a coffee, you need to catch the Belgrave line train that departs Flinders Street at 8:56am arriving at Belgrave at 9:56am (or for a quick takeaway coffee, the express train departing Flinders Street at 9:16am, arriving at 10:12am).

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: For those wanting a coffee, let's try [The Blacksmith](#), 1698-1700 Burwood Hwy, Belgrave. (The service at our normal cafe, Bensons, is just *too slow*)! After the coffee, we'll head down the mountain on the off-road trail, past Boronia and Bayswater to get to the Dandenong Creek Trail, where we'll turn left and follow that for a relatively short distance. We then turn right to take the path that follows the railway line all the way to Blackburn, passing by Heathmont, Ringwood, Heatherdale, Mitchum and Nunawading Stations. Lunch will probably be at the [Food Republic](#), 28-30 Blackburn Rd. If there are any issues with that, a Plan B for lunch could be [Enriks Restaurant](#), cnr Railway Rd and Station St, Blackburn.

After lunch, we'll connect to the Koonung Creek Trail via a combination of quiet streets and linear parks. The Koonung Creek Trail, then the Main Yarra Trail, will take us back to Fairfield.

ROUTE & GRADE: The route to lunch is a Moderate 27 km ride, mostly downhill, steep at times, but with some undulations also. From the lunch point back to Fairfield is a further 21 km. The track surface coming down the mountain is sealed, but badly damaged in places. There are many options to shorten the ride by exiting at a train station, and the wind should be light or a tailwind. For the route, see the [Belgrave to Blackburn via Heathmont](#) Google map.

REMEMBER: Your face mask, hand sanitiser, drinking water and sunscreen. A warm layer might be handy. UV is forecast to be Moderate (5).

WEATHER FORECAST: The latest Melbourne forecast for Friday is "*13 to 23 degrees. Partly cloudy. The chance of fog about the nearby hills in the early morning. Slight (20%) chance of a shower in the northeast suburbs. Winds east to southeasterly 15 to 25 km/h becoming light early in the morning*". See also [Blackburn Detailed Forecast](#) | [MetEye](#).

Fri 1 Apr 2022: Seaford to the CBD via the Bay Trail

The forecast for this coming Friday isn't too bad. However, **yet another** southerly (actually southeasterly) is expected, and the wind is likely to be strong. Let's get in one last bayside ride before the temperature plummets for winter, by starting at Seaford and riding back towards the CBD, with lunch at the Brighton Beach Hotel.

START: The ride will **depart** at 10:30am from the [Spanish Bar](#), Station St, Seaford (just around the corner from the Seaford Station). The Frankston line train that departs Flinders Street platform 8 at 9:27am (or Richmond 4 minutes later) should arrive at Seaford at 10:27am. *If you would like a coffee, you need to catch the Frankston line train that departs Flinders Street at **9:07am**, arriving at Seaford at 10:07am.*

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: After the optional coffee in Seaford, we'll follow the trail beside the Kananook Creek under the new Skyrail line to Carrum. From there we'll follow the Patterson River for about a kilometre then the Edithvale Wetlands Trail to Mordialloc. From Mordialloc, we'll take the trail that clings to the coast, but at St Kilda we'll divert to cycle around Albert Park Lake then on to Southbank and/or Flinders Street Station. Lunch will be at the [Brighton Beach Hotel](#), 4 The Esplanade, Brighton.

ROUTE & GRADE: This ride is graded Medium due to the total distance of 49 km, but there are many options to shorten the ride by exiting at a train station, and the hefty wind will help **enormously**. The distance to the Brighton Beach Hotel is 30.5 km. There are no hills, the wind should be a strong tailwind virtually all the way and the trail is fully off-road and sealed except for the packed gravel path between Carrum and Mordialloc. For the route, see the [Seaford to the CBD via the Bay Trail](#) Google map.

REMEMBER: Your face mask, hand sanitiser, drinking water and sunscreen. A warm layer might be handy early in the day. UV is forecast to be High (6).

WEATHER FORECAST: The latest Melbourne forecast for Friday is "13 to 20 degrees. Partly cloudy. Slight (20%) chance of a shower in the northwest suburbs. Winds southeasterly 25 to 40 km/h.". See also [Mentone Detailed Forecast](#) | [MetEye](#).

Fri 25 Mar 2022: Ballarat-Skipton Rail Trail (Wendouree to Linton circuit)

There are only two more Fridays prior to daylight saving ending in Victoria, so given that the forecast is reasonable for this Friday, the plan is to do a ride that we haven't done since 2014 I believe: Wendouree (Ballarat) to Linton via the Skipton Rail Trail.

START: The cycling will start at Wendouree Station at 10:11am. We'll catch the 8:36am Wendouree line train from Southern Cross Station, which should arrive in Wendouree at 10:11am. **It's best to be at Southern Cross Station by 8:10am** (gulp)! There will be no coffee option at Wendouree Station, so you'll need to get your coffee fix at Southern Cross prior to our departure.

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: The [Skipton Rail Trail](#) effectively begins at Wendouree Station, so the navigation is quite easy. The trail is a high standard, fine gravel trail with historic small townships of Smythesdale, Scarsdale and Linton providing points of interest and facilities. Nimmons Bridge, the

third tallest surviving timber bridge in Victoria, is a particular highlight. There are also history boards with trail information sited at various points. Our plan is to have lunch in Linton, perhaps at the [Linton Railway Hotel](#), though there are some alternative options also. After lunch we'll return to Wendouree along the same trail, which follows the route of the Ballarat to Skipton train line, which closed in 1986. The cycling trail was opened in 2008.

To return from Wendouree to Southern Cross, there are train departures for Southern Cross at 3:18pm (arrives 4:51pm), 3:44pm (arrives 5:22pm), **4:40pm** (arrives 6:28pm) and **5:26pm** (arrives 7:07pm). There are more frequent departures from Ballarat, but that would require us to cycle a few more kilometres.

ROUTE & GRADE: This is a **Challenging** ride of 74 km in total (the distance from Wendouree to Linton is 37 km). We will tend to have a headwind on the way to Linton, but a very welcome tailwind for our return. The gravel trail, and the remoteness, increases the level of difficulty.

- **Route Map:** [Ballarat to Skipton Rail Trail](#)
- **Railtrails Australia:** railtrails.org.au/trails/ballarat-skipton-rail-trail
- **Tourist Map:**
visitgoldenplains.com.au/sites/default/files/webform/Ballarat-Skipton%20Rail%20Trail%20A3%20poster%2009_12_13.pdf

COST: The return V/Line service costs \$45.60 full or \$22.80 for seniors (with no additional charge for travel within metro Melbourne).

REMEMBER: Your face mask, hand sanitiser, ample drinking water and sunscreen. Bring light rain protection, though rain is extremely unlikely. A warm layer might be handy though. UV is forecast to be High (7). A spare tube is especially recommended for this ride.

WEATHER FORECAST: The latest Melbourne forecast for Friday is "13 to 21 degrees. Partly cloudy. Light winds becoming southerly 15 to 25 km/h in the middle of the day then becoming light in the late evening" and for Ballarat is "7 to 20 degrees. Partly cloudy. Winds southerly 15 to 25 km/h tending southeasterly in the middle of the day". See also [Ballarat Detailed Forecast](#) | [MetEye](#).

Fri 18 Mar 2022: Bittern - Coolart (Somers) - Hastings (and optionally beyond)

Conditions for cycling this Friday are reasonable to do a more distant ride - from Bittern to Coolart in Somers, then back to Hastings. Lunch will be a picnic in the grounds of the Coolart property. We last did this ride in March 2018!

START: The cycling will start in Bittern. We will catch the Frankston train that departs from Flinders Street platform 8 at **9:17am**, or Richmond at 9:21am, arriving in Frankston at 10:24am. That will give quick-moving people the chance to grab a takeaway coffee (or have a toilet stop) prior to catching the 10:37am Stony Point line train, which arrives at 11:03am at Bittern.

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: From Bittern we'll cycle to Somers to visit the [Coolart Homestead](#), and have a picnic lunch in the homestead gardens. We'll probably also walk to the bird hide and lake in the northern part of the property. After lunch we'll ride through Somers past the store/cafe on the corner of The Boulevard and Camp Hill Road (to perhaps quickly check it out for future reference - last time we went there it was over-priced and the service was quite slow), then via Tasman Rd, South Beach Rd and Disney St to get to Woolley Beach. From there we'll follow the trail and boardwalk to Hastings, where we can catch a V/line train back to Frankston. There's also the option to cycle all the way to Frankston (30 km), or to catch a train from Tyabb or Somerville stations. Trains on the Stony Point line are fairly infrequent though - the only viable trains departing from Hastings for Frankston are at 3:40pm or 5:31pm.

ROUTE & GRADE: This is a Medium grade ride of 36 km from Bittern to Hastings via Somers (or a Hard+ ride if you decide to cycle back to Frankston). See map: [Bittern - Somers - Hastings](#). See also [Stony Point Station to Frankston Station](#) for the route from Hastings to Frankston (30 km), for those who decide not to wait for a V/Line train.

COST: Entry to the Coolart property is free. The V/Line service is in Myki zone 2, so there's no additional fare on top of the fare to Frankston.

NOTE: There's a risk that we won't all fit on the V/line service, as places for bikes are limited. If that happens, I will lead an alternative ride for those who don't fit on the V/line train, or if there are issues with the V/line service on the day. The alternative ride will probably be Frankston - Carrum - Eastlink - Djerring Trail to East Malvern (22 km to Yarraman Station, or 39 km in total).

REMEMBER: Your face mask, **lunch for a picnic**, hand sanitiser, drinking water and sunscreen. Bring light rain protection, which will also provide warmth if necessary. UV is forecast to be Very High (8). A spare tube is especially recommended for this ride.

WEATHER FORECAST: The latest Melbourne forecast for Friday is "18 to 21 degrees. Mostly cloudy. Medium (60%) chance of showers, most likely in the morning and early afternoon. Light winds becoming southerly 20 to 30 km/h in the morning then becoming light in the late evening" and for Frankston is "17 to 22 degrees. Mostly cloudy. Medium (60%) chance of showers, most likely in the morning and early afternoon. Light winds becoming southerly 20 to 30 km/h in the morning then becoming light in the late evening". See also [Hastings Detailed Forecast](#) | [MetEye](#).

Fri 11 Mar 2022: Dandenong to Alphington via Dandenong Creek, Eastlink & Koonung Trails

Conditions for cycling look quite good for this Friday, but it will be yet another day of southerly winds. We'll ride from Dandenong to Heatherdale via the Dandenong Creek and Eastlink Trails for lunch at The Coach (pub). After lunch, those not going away for the long weekend will continue via the Koonung Creek Trail, while others will catch a train from Heatherdale Station.

START: We will meet at Dandenong Station (south side - the side closest to the Dandenong Creek Trail) at 10:07am. The Cranbourne train that departs from Flinders St Station platform 6 at 9:25am and Richmond Station at 9:29am should arrive at Dandenong Station at 10:09am.

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlaN.D.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: Grab a coffee to have on the train as there is unlikely to be a handy cafe on our way out of Dandenong. From Dandenong Station we will follow the Dandenong Creek Trail northward until we join the Eastlink Trail at Jells Park (16km). We will then continue north up Eastlink until we join the Koonung Trail heading west beyond Ringwood (28km) for the last leg through to Alphington (52km) where the official ride will finish. From there you can catch the train or ride on into the city. Lunch will be at [The Coach](#), a pub located right beside the Eastlink Trail and close to Heatherdale Station.

ROUTE & GRADE: This is a Medium/Hard grade ride of 52 km from Dandenong to Alphington. The route to Ringwood is fairly easy, but there are some hard hills on sections of the Koonung Creek Trail. See map: [Dandenong to Alphington via Dandenong Creek, Eastlink and Koonung Trails](#). There is an opportunity to shorten the ride after 28km by exiting at Heatherdale station, which is very close to the trail.

REMEMBER: Your face mask, hand sanitiser, drinking water and sunscreen. Bring a light jacket also, as it may be cool at times. UV is forecast to be Very High (8).

WEATHER FORECAST: The latest Melbourne forecast for Friday is "13 to 21 degrees. Early morning fog in the outer suburbs. Partly cloudy. Light winds becoming southerly 15 to 20 km/h in the early afternoon then becoming light in the late evening". See also [Ringwood Detailed Forecast](#) | [MetEye](#).

Fri 4 Mar 2022 - Warburton Rail Trail (but which section?)

It would be good to do a relatively adventurous ride this Friday, since there are no particular constraints on Friday evening (no Midsumma, ChillOut, Mt Buffalo, MQFF etc commitments). Unfortunately, the weather forecast is a tad precarious though. So we have two options planned, both involving the Warburton Trail: If the risk of rain seems low, we'll ride from Lilydale to Warburton, and back. If there seems to be a risk of rain, we'll instead ride from Lilydale to Carrum on the Carrum-Warburton Trail. We have never ridden the section of that trail between Lilydale and Croydon, though we're quite familiar with the section between Croydon and Carrum.

START: We'll start at 10:03am in Lilydale. The Lilydale train that departs from **Richmond Station (platform 9) at 9:10am** should arrive at Lilydale Station at 10:03am. You could catch this from Flinders Street, platform 2, at 9:07am, but given the early start, it's best to board at Richmond or any other station on the Lilydale (or Belgrave) line east of Richmond, to avoid the peak hour crush. This early start will hopefully avoid the rain, as well as enabling us to get back to central Melbourne at a reasonable hour.

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: There are two options planned for. So long as the risk of rain seems slight, we'll ride the first one: the Warburton Rail Trail, from Lilydale to Warburton, and back.

- **1) Warburton Rail Trail Option:** Upon arrival at Lilydale, we'll immediately hit the trail. There will be quite a bit of uphill climbing to reach Mt Evelyn (about 5 km), where we'll have a much-earned coffee at [The Trail Cafe](#), located right beside the trail just past the peak of Mt Evelyn. Lunch will be in Warburton at the [Alpine Hotel](#), located right beside the rail trail on the Melbourne side of Warburton. That will also chop a couple of kilometres off the total ride distance. It will be a long day and a challenging ride though – allow for getting back to the city between 5.30 and 6.30pm. However, it is quite a beautiful ride, so well worth the effort if you feel you can manage it. Keith Dunstan of The Age described it as "*One of the great railway journeys of the world - minus the train*"!
More Info: Yarra Ranges: [Lilydale to Warburton Rail Trail](#) or Rail Trails Australia: [Lilydale to Warburton Rail Trail](#).
- **2) Lilydale to Carrum Option:** This will involve a small amount of onroad cycling at the Lilydale Station end, but the link between Lilydale and Croydon is now almost complete, so should we decide to not ride the Lilydale to Warburton Rail Trail, this alternative ride should still provide for a very enjoyable day, especially as the first 10 km will be virgin territory for our group. After the first 10 km of exploration, we'll hit the Tarralla Trail in Croydon, which we'll follow to where it meets the Dandenong Creek Trail. From there we'll follow the Dandenong Creek and Eastlink Trails all the way to Carrum, where a swim might be welcome. Lunch could be at [Madelines in Jells Park](#) or [Payal Indian Restaurant](#) in Dandenong.

ROUTE & GRADE:

- **WARBURTON RAIL TRAIL:** This is a **Challenging** ride of around 80 km. There are several reasons for the challenging grading: the gravel surface; the distance (around 80 km for the round trip, but the gravel surface makes this equivalent to over 100 km on a sealed surface); the lack of exit options; and Mount Evelyn (which isn't too bad really, but we need to tackle it in **both** directions); and the temperature - not excessive, but the forecast is for at least 30 degrees in Lilydale (though only 25 degrees in Warburton). Many people do this ride over two days, staying overnight in Warburton. Having once been a railway line, the gradients are never excessive, but some are long. It's possible to put bikes on the Warburton-to-Lilydale bus, so if anybody has a major breakdown it should be possible to get back to Lilydale by bus, but there's a limit of two bikes per bus. The buses are reasonably regular (e.g. there are departures from Warburton at 12.40, 1.24, 2.11, 3.09, 3.54, 4.24, 4.49...).
Route Map: [Lilydale - Warburton via Rail Trail - Lilydale](#).
- **LILYDALE TO CARRUM:** This is a **Hard** ride of around 53 km - see maps: [Lilydale to Croydon via Carrum-Warburton Trail](#) and [Carrum - Eastlink - Jells Park - Koonung Creek - Fairfield](#) (though only the Carrum - Eastlink - Jells Park sections are relevant). There are some short uphill sections, but the route is mostly flat, tending slightly downhill. Most of the trail is sealed, but most of the section between Dandenong and Carrum is on hard packed gravel.

REMEMBER: Your face mask, hand sanitiser, drinking water and sunscreen. UV is forecast to be Very High (10). Bring bathers if you might want to swim.

WEATHER FORECAST: The latest Melbourne forecast for Friday is "*18 to 31 degrees. Humid. Mostly sunny morning, with cloud building during the afternoon. Slight (20%) chance of a shower from late afternoon, increasing to a medium (40%) chance in the late evening. The chance of a thunderstorm in the evening. Light winds.*". See also [Warburton Detailed Forecast](#) | [Lilydale Detailed Forecast](#) | [MetEye](#).

Fri 18 Feb 2022: Waurnd Ponds - Geelong - Lara

The forecast for this Friday is looking great for cycling, with 22 degrees and southwesterly winds forecast. Our plan is to do a regional ride, cycling from Waurnd Ponds to Lara, with lunch by the sea in Geelong.

START: We'll plan to depart from **Southern Cross Station at 9:30am**, arriving at Waurnd Ponds at 10:46am. However, it's extremely likely that we won't all fit on that train, in which case some of us will catch the 9:50am train to South Geelong, and ride from there to meet those who caught the earlier train.

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: From Waurn Ponds Station we'll take a few suburban streets to connect to the [Waurn Ponds Trail](#), which we'll follow all the way to Breakwater Rd: total distance approximately 9 km. From there we'll follow the [Barwon River Trail](#) round to Swanston St (just before Kardinia Park / South Geelong Station), and take Swanston St to Eastern Beach: about 7 km. After that we'll take the [Bay Trail](#) from Eastern Beach to Lara: about 20 km. Lunch will be at [King George Fish and Chips](#), 100 Western Beach Rd, Geelong - the place we found last time we did this ride back in February 2021.

ROUTE & GRADE: This is a medium grade ride of around 36 km - see [Waurn Ponds to Lara via Limeburners Bay](#). Most of the route is sealed. There will be some short on-road sections and the tailwind should help considerably. The landscape will vary dramatically - at times quite urban and/or industrial in parts, but with stunning riverside or coastal scenery at other times.

REMEMBER: Your face mask, hand sanitiser, drinking water and sunscreen. UV is forecast to be Very High (10).

WEATHER FORECAST: The latest Geelong forecast for Friday is "13 to 23 degrees. Cloudy. Winds westerly 15 to 25 km/h turning south to southwesterly 25 to 35 km/h in the early afternoon". See also [Geelong Detailed Forecast](#) | [MetEye](#).

Sat 12 Feb 2022 - Midsumma Cycling by the Bay

Since we are holding the annual Nomads Midsumma Cycling event this Saturday, I propose that we don't officially organise a ride this Friday, though you're welcome to do so unofficially if you wish by putting your name as usual in the [Friday Attendees](#) spreadsheet **by Wednesday evening**. If anybody does that, I'll send a group email to everybody who has registered, for you to organise your own unofficial ride between yourselves.

[Nomads Midsumma Cycling by the Bay: Sat 12 Feb](#)

Enjoy a relaxing cycle ride from Federation Square to Port Melbourne, then following Port Phillip Bay to Brighton Beach, and optionally on to Mordialloc. This event is part of [Midsumma Festival](#). Although the temperature is forecast to be 33 degrees, the southerly breeze (a headwind unfortunately) will help to keep us cool.

GRADE | LENGTH | TYPE: Easy 16 km, or Medium 35 km, point-to-point cycling with lunch at Brighton Beach Hotel.

ACTIVITY DESCRIPTION: Starting from Federation Square, we'll cycle along Southbank then the trail beside the 109 tram to Port Melbourne. From there we follow the Bay Trail via St Kilda and Elwood to Brighton, where we'll stop for lunch at the [Brighton Beach Hotel](#), overlooking the beach. This is an easy 16 km ride entirely on cycle paths and quite flat. After lunch there are several options: you can return via train from the Brighton Beach Station, continue for a further 19 km via the Bay Trail to Mordialloc or take advantage of the tail wind to return to the CBD. In any case, there's also the possibility of a dip in the Bay, so bring your towel and bathers if you may be tempted by that. From Mordialloc Railway Station trains depart every 10 minutes towards either Flinders Street or Frankston Stations.

BOOKING: By Thursday 10th February. To register, click on **Get Tickets** in the event on nomads.org.au.

Unsure if you've already booked via The Nomads? Click [View my bookings](#).

WEATHER FORECAST: The latest forecast for Saturday is "14 to 33 degrees. Sunny. Winds southeasterly 15 to 20 km/h tending northeast to southeasterly 15 to 25 km/h during the morning". See also [Brighton Detailed Forecast](#) | [MetEye](#).

Laurie sent me the attached photo taken recently by his nephew of a dolphin in the Maribyrnong River near where we had lunch last Friday at Canning Reserve. I had no idea dolphins went that far up the Maribyrnong, and will certainly be keeping an eye on the water along the Maribyrnong in future!

Anybody who does want to ride on Friday could take advantage of the forecast southerly wind to ride from Frankston back towards the CBD. If you don't wish to repeat the section of the Bay Trail that we'll be riding on Saturday, you could turn off at Carrum to follow the Dandenong Creek and Eastlink Trails - either turning off the Eastlink Trail at Yarraman Station to follow the Djerring Trail to Caulfield or Malvern, or following the Eastlink Trail all the way to Heatherdale...

Fri 4 Feb 2022: Newport - Maribyrnong River Trail - St Albans

The forecast for this Friday is looking rather pleasant, with 26 degrees and southerly / southeasterly winds forecast. We'll do a ride based around the Maribyrnong River Trail, but travelling in the upstream direction and taking in some Midsumma art exhibitions. For lunch, we'll have a BYO picnic at Canning Reserve, Maribyrnong.

START: We'll plan to depart from **Newport Station at 10:45am**. There's the option to have a coffee beforehand at [Leroys](#), 5 Mason St, Newport and/or to view the [Impossible Dance \(iv\) - Matto Lucas](#) exhibition on the billboards **outside** The Substation, 1 Market St, Newport (on the rail line side, at the back). Both the cafe and the gallery are very close to Newport Station. There are very regular trains to Newport departing from platforms 9 or 10 at Flinders Street. The following are suggested:

- **Coffee/Art Lovers:** Depart Flinders Street platform 9 at 9:44am, arriving Newport at 10:03am
- **Those who like to sleep in:** Depart Flinders Street platform 9 at 10:24am, arriving Newport at 10:43am

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: From Newport Station we'll head to the Coastal Trail and follow that to Footscray, where we'll divert to the Maribyrnong River Trail, which we'll follow north to the **Incinerator Gallery**, 180 Holmes Rd, Aberfeldie to see the Midsumma exhibitions: [Hey, I have something to say](#) and [WHOLE SELF](#). After that we'll continue up the Maribyrnong River Trail, with a minor diversion to check out the Afton Street Conservation Reserve, which has an interesting collection of [five linked ponds to capture and recycle urban rainwater runoff](#). This will bypass the zigzag path up to Lily Reserve, though it won't eliminate the climbing! After admiring the views from Lily Reserve, we'll continue upstream, stopping for lunch at Canning Reserve, which has excellent facilities (toilets, shelter, tables, chairs and even BBQs, which you could use if you wish). After lunch, we'll continue following the river to where it passes under the Western Ring Road Trail (WRRT). At that point we'll leave the riverside to climb **steeply** to reach the WRRT. The official ride will then head west to get to St Albans Station (a further 5.2 km, and flat). We'll call in to view the Midsumma exhibition: [Fabulous & Impossible: the cult of Leigh Bowery](#) at the Bowery Gallery, near the station. Those who want to extend the ride, can do so by heading east rather than west on the WRRT to take the Steele Creek Path back to the Maribyrnong River Trail (see Route & Grade below).

ROUTE & GRADE: This is a moderate grade ride of only around 26 km - see [Newport - Maribyrnong River Trail - St Albans](#). Note that much of this trail is unsealed and there are a couple of fairly steep climbs, though they're relatively short. After climbing to the Western Ring Road Trail, we will head west to get to St Albans Station. If you want to extend the ride, after climbing to the Western Ring Road Trail, rather than heading west you could instead head east to circle back to Footscray/CBD via Steele Creek, as shown on the map in the route that skirts around Keilor East - it's approximately 17 km to South Kensington Station via that route.

REMEMBER: Your **picnic lunch**, face mask, hand sanitiser, drinking water and sunscreen. UV is forecast to be Very High (10).

WEATHER FORECAST: The latest forecast for Friday is *"13 to 25 degrees. Mostly sunny. The chance of fog in the early morning, most likely in the northeast suburbs. Winds south to southeasterly 10 to 20 km/h becoming southeasterly 25 to 35 km/h in the morning."*

See also [Maribyrnong Detailed Forecast](#) | [MetEye](#).

Fri 28 Jan 2022: [An inner Melbourne Midsumma Gallery Hop](#)

The forecast for this Friday is looking rather dire, with a very high chance of heavy rainfall. We'll attempt to do a gallery hop (weather permitting) around some of the Midsumma Festival exhibitions in the CBD and inner north, starting from the Abbotsford Convent at 10:30am. The galleries we'll consider visiting are listed on this [Friday 28 Jan 2022 - Gallery Hop amongst the raindrops](#) map. The exhibitions we'll attempt to visit are:

- [Flying the Flag](#): Abbotsford Convent (St Heliers St Gallery), St Heliers St, Abbotsford
- [O ut](#): Brunswick Street Gallery, 322 Brunswick St, Fitzroy
- [Code Blak](#): Blak Dot Gallery, 33 Saxon St, Brunswick
- [Queer My Head](#): The Dax Centre, 30 Royal Pde, Parkville
- [S/he](#): ACU Gallery, 26 Brunswick St, Fitzroy (outdoor exhibition)
- [Reconstruct \(the\) Normative](#), Federation Square
- [Miss First Nation Exhibition](#): Scott Alley (near Flinders Street Station)

The [Becoming You](#) exhibition at the Immigration Museum is also highly recommended, but we won't attend it as a group. That exhibition is free, but you need to get a ticket to the museum (\$10 for seniors, \$15 full or free for concession card holders; 20% discount available using the promo code MIDSUMMA).

Lunch will probably be in the beer garden of the [Great Northern Hotel](#), 644 Rathdowne St, Carlton (weather permitting).

START: We'll meet at Cam's Kiosk, Abbotsford Convent, St Heliers St, Abbotsford with the aim of departing from there at **10:45am**. You should arrive between 10am and 10:15am if you would like a coffee and to visit the **Flying The Flag** exhibition in the St Heliers St Gallery (adjoining the cafe).

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

REMEMBER: A face mask, hand sanitiser, drinking water, sunscreen and decent wet weather gear (anything could happen)!

WEATHER FORECAST: The latest forecast for Friday is "25 to 31 degrees. 95% chance of 20 to 40mm rain. Humid. Cloudy. Very high (95%) chance of showers, most likely in the afternoon and evening. The chance of a thunderstorm. Heavy falls possible. Winds northerly 20 to 30 km/h shifting southerly in the late morning and early afternoon". See also [Melbourne Detailed Forecast](#) | [MetEye](#).

Fri 21 Jan 2022: [Boronia - Blind Ck - Jells Park - Scotchmans Ck Trail - East Malvern](#)

Our group had a close encounter with COVID-19 last Friday, as Kevin was diagnosed with it on Sunday, but he doesn't appear to have passed it on to any of the other riders. Kevin is doing OK and slowly improving. He said it's been like a bad cold for him.

The plan this Friday is to ride from Boronia back towards the CBD, with just one significant hill along the way - Wheelers Hill!

START: We'll meet at 10:10am at Boronia Station. The Belgrave line train that departs Flinders Street Station platform 2 at 9:26am (or Richmond at 9:29am, or Camberwell at 9:38am) arrives at Boronia at 10:10am. (Please don't miss the train, because the next one won't arrive until 10:40am).

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: We'll start with a quick coffee at the [Two Cats Espresso Bar](#) right at the station. After the coffee we'll head briefly towards Belgrave via the Belgrave cycling trail, then turn right to take the Blind Creek Trail to Jells Park (15 km). We'll head straight up Wheelers Hill (yes, it's a bit of a grind) to join the start of the Scotchmans Creek Trail. We'll follow that to East Malvern, where we'll probably have lunch at [Jake and the Beans Talk](#), 510 Waverley Road, East Malvern. After lunch you can return home via a train from East Malvern Station or whichever cycling route works best - probably either the Gardiners Creek Trail or the Anniversary Trail. (I had been thinking of having lunch at Cafe Buddha, but they're currently closed).

ROUTE & GRADE: This is a medium grade ride of around 32 km to lunch - see [Boronia - Blind Ck - Jells Park - Scotchmans Ck Trail - East Malvern](#). The tendency is downhill for most of the ride, with the exception of the very much uphill climb up Wheelers Hill - that is relatively short though, with a total vertical ascent of only 100 metres. The distance to the Gardiners Creek Trail is around 32 km. From there back to the CBD is around 16 km. There are train station exit options at Glen Waverley, Mt Waverley, East Malvern, and then at very regular intervals.

REMEMBER: A face mask, hand sanitiser, drinking water and sunscreen - it's going to be reasonably warm (31 degrees forecast).

WEATHER FORECAST: The latest forecast for Friday is: "17 to 31 degrees. Sunny. Winds east to northeasterly 15 to 20 km/h becoming light early in the morning then becoming southeasterly 15 to 25 km/h in the early afternoon". See also: [Wheelers Hill Detailed Forecast](#) | [MetEye](#).

Fri 14 Jan 2022: Hurstbridge - Heidelberg - Fairfield

Ho hum, here we go again - the forecast for Friday indicates the probability of quite a lot of rain. The forecasts are a bit conflicting (again), with the MetEye indicating that most of the rain will arrive in the early morning, so hopefully we won't have a repeat of the drenching experienced by those who continued cycling after lunch last Friday. Other forecasts indicate a greater likelihood of rain during the time we'll be riding, so we'll need to monitor things closely on the day. (It's surprisingly rare for us to get drenched on our bike rides, but our wet weather gear faced a very severe stress test last Friday afternoon)!

Our plan is to cycle from Hurstbridge back to Heidelberg, Fairfield or optionally beyond.

START: The ride will depart at 10:37am from Hurstbridge Station. The Hurstbridge line train that departs Flinders Street platform 1 at 9:21am (or West Richmond at 9:34am), arrives at 10:37am.

Alternative: If you want a coffee at the [Wild Wombat Cafe](#), located close to the station, the train departing Flinders Street at 8:58am (or Jolimont at 9:10am) arrives at 10:22am. This train runs express from Jolimont to Clifton Hill (no stop at West Richmond)!

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: From Hurstbridge Station (or the Wild Wombat Cafe), we ride the trail from there to Diamond Creek, after which we follow the Diamond Creek Trail and the Main Yarra Trail all the way to Federation Square (53 km), or to whatever point you wish to exit. Apparently work is progressing well on the new section of the Diamond Creek Trail, expected to be completed by the end of February, so we may get to ride some sections of that. If not, the existing path is an acceptable substitute. Lunch will be in Heidelberg, at [The Train Yard](#) (28 km). After lunch we will simply continue down the Main Yarra Trail, with exit options wherever convenient.

GRADE AND ROUTE: This ride is graded Hard if you go all the way to Federation Square, or Medium if you exit at Heidelberg or Fairfield. The total distance to Federation Square is 53 km, to Heidelberg is 28 km or to Fairfield is 39 km. There are a few short sharp hills, and the path surface varies considerably - partly sealed and partly on packed gravel. For the route, see the [Hurstbridge - Heidelberg - Fairfield - \(Fed Square\)](#) Google map. There are several train station exit options along the way if needed, for example at Eltham, Heidelberg or Fairfield.

REMEMBER: Be sure to bring: COVID vaccination certificate, face mask, sunscreen, decent wet weather gear and some water.

WEATHER FORECAST: The latest forecast for Friday is: *"21 to 29 degrees. 95% chance of 10 to 25 mm rain. Humid. Cloudy. Very high (95%) chance of showers. The chance of a thunderstorm, possibly severe. Winds east to northeasterly 15 to 25 km/h tending north to northeasterly 25 to 35 km/h in the morning then tending east to northeasterly 15 to 25 km/h in the late evening"*. See [detailed BOM forecast for Heidelberg](#). The Heidelberg forecast at this stage indicates heavy falls are possible throughout the day, so we'll have to keep a close eye on the radar.

Fri 7 Jan 2022: Canterbury - Anniversary - Rosstown - Bay Trails - Albert Park Lake - CBD

The forecast has been looking terrible for this Friday, but the latest version has seen a welcome improvement, with significant rain likely to arrive on Thursday night, and perhaps returning on Friday evening, but we should hopefully be able to get in a nice, dry ride on Friday.

START: The ride will depart at 10:30am from the [Good Food Collective](#), 123 Maling Rd, Canterbury (or close by if they happen to be closed - distinctly possible in these uncertain times)! The Lilydale line train that departs Flinders Street platform 3 at 9:44am (or Richmond at 9:47am), arrives at 10:03am. The train departing Flinders Street at 9:58am arrives at 10:17am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: We'll depart from the cafe at 10:30am (so be sure to arrive earlier if you wish to have a coffee), taking some quiet streets and paths to get to the Anniversary Trail. We'll follow that all the way to where it meets the Gardiners Creek Trail, then connect via East Malvern Station to the Urban Forest Reserve Trail, which takes us to Hughesdale. There we'll take some quiet streets to get to the [Rosstown Trail](#). Although this is called a rail trail, much of the trail has been sold off for housing. Nonetheless, it's a pleasant route with an interesting history that will enable us to cycle safely to Elsternwick, for lunch at the excellent [Goathouse Restaurant](#), beside Elsternwick Station. The restaurant isn't taking bookings at present, but is quite large, so we shouldn't have any problems getting a table. (There are many options close by if needed). After lunch, assuming the rain has held off, we'll pick up the Elwood Canal Trail, following the Elster Creek, to get to the Bay Trail. That trail will take us to St Kilda, where we'll divert past Albert Park Lake to connect via the onroad Cecil St path to the Capital City Trail to get to Federation Square.

GRADE AND ROUTE: This ride is graded Medium with a total distance of 31.4 km to Federation Square, but there are no hills and the wind will be mostly behind us (at least until lunch). All road surfaces should be sealed. For the route, see the [Canterbury - Anniversary Trail - Rosstown Trail - Bay Trail - Albert Park Lake - Fed Square](#) Google map. There are many bailout options along the way should conditions turn soggy!

REMEMBER: Be sure to bring: COVID vaccination certificate, face mask, sunscreen, decent wet weather gear and some water.

WEATHER FORECAST: The latest forecast for Friday is: *"21 to 28 degrees. Humid. Partly cloudy. Very high (90%) chance of showers. The chance of a thunderstorm, with heavy falls possible in the morning. Winds northerly 15 to 25 km/h becoming light in the early afternoon then becoming south to southwesterly 15 to 25 km/h in the late afternoon"*. See [detailed BOM forecast for Elsternwick](#). The Elsternwick forecast at this stage indicates heavy falls are likely from 2pm (but we'll be right beside the Elsternwick Station, so should be able to remain relatively dry upon exit from lunch if that happens).

Fri 31 Dec 2021: Tarneit - Williams Landing - Skeleton Creek - Altona

It looks like 2021 is set to go out “on a high”, with 38 degrees forecast for this Friday. We’ll capitalise on the northerly breeze to do a ride from Tarneit to Altona, with a swim option at the end.

START: The ride will depart at 10:17am from Tarneit V/Line Station. The Geelong line train that departs Southern Cross at **9:50am** should arrive at Tarneit at 10:17am. We won’t have a coffee stop at the start, so grab a coffee at Southern Cross if you need a caffeine hit.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: From Tarneit Station we head to the Skeleton Creek Path and follow that down to the Federation Trail. We only follow that for a short distance though, turning off at Ashwell Ave (beside Forsyth Rd) to wend our way through the new estates to Palmers Rd at the point where it rises over Williams Landing Station. The onroad path will take us the few hundred metres back to the Skeleton Creek Trail. We follow that, then the coastal trail through the Cheetham Wetlands to get to Altona for lunch at the excellent [Numero Uno](#) pizza and pasta cafe on Pier St. After lunch, a swim at Altona Beach might be very welcome. The ride will officially terminate at Altona, with most people returning by train from Altona Station. However, if you wish you can ride home via the coastal trail (perhaps taking a shortcut via Newport).

GRADE AND ROUTE: This ride is graded Moderate with a total distance of 22 km to Altona, mostly on sealed paths. There are no hills and the wind should be behind us most of the way. For the route, see the [Tarneit - Williams Landing - Skeleton Ck - Altona](#) Google map. There's a bailout option at Williams Landing Station. If you continue riding after lunch, there are regular train station bailout options.

REMEMBER: Be sure to bring: COVID vaccination certificate, face mask, sunscreen and at least a litre of water. The use of rehydrating salts such as Hydralyte or Gastrolite are highly recommended. Bring bathers and a towel if you might be tempted to have a swim.

WEATHER FORECAST: The latest forecast for Friday is: *"19 to 38 degrees. Hot and sunny. Winds northerly 25 to 35 km/h"*. See [detailed BOM forecast for Williams Landing](#). The “feels like” temperature should be a little less than the thermometer reading.

Fri 24 Dec 2021: Seaford to Federation Square via the Bay Trail

The forecast for this Friday is looking excellent, with a southerly breeze, so our plan is to follow the Bay from Seaford to Federation Square (or whichever point people wish to exit the ride).

START: The ride will **depart** at 10:30am from the [Spanish Bar](#), Station St, Seaford (just around the corner from the Seaford Station). The Frankston line train that departs Flinders Street platform 8 at **9:27am** (or Richmond 4 minutes later) should arrive at Seaford at 10:27am. [If you would like a coffee, you need to catch the Frankston line train that departs Flinders Street at 9:07am, arriving at Seaford at 10:07am.](#)

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: After the optional coffee in Seaford, we'll follow the trail beside the Kananook Creek under the new Skyrail line to Carrum. From there we'll follow the Patterson River for about a kilometre then the Edithvale Wetlands Trail to Mordialloc. From Mordialloc, we'll take the trail that clings to the coast all the way to Station Pier, after which we follow the trail beside the 109 tram to Southbank. Lunch will probably be at the [Brighton Beach Hotel](#), 4 The Esplanade, Brighton. (The [Ricketts Point Cafe](#) in Beaumaris is another good lunch option so long as they're able to accommodate us - they're very busy at the best of times).

GRADE AND ROUTE: This ride is graded Medium+ due to the total distance of 49 km, but there are many options to shorten the ride by exiting at a train station. The distance to the Brighton Beach Hotel, our likely lunch spot, is 30.5 km. There are no hills, the wind should be a tailwind virtually all the way and the trail is fully off-road and sealed except for the packed gravel path between Carrum and Mordialloc. For the route, see the [Seaford - Brighton - Port Melbourne - Fed Square](#) Google map.

REMEMBER: Be sure to bring: COVID vaccination certificate, mask, sunscreen and at least a litre of water. Throw in bathers and towel if you might be tempted to have a swim.

WEATHER FORECAST: The latest forecast for Friday is: *"13 to 26 degrees. Sunny. Light winds becoming southerly 15 to 20 km/h in the early afternoon then becoming light in the late evening."* See [detailed BOM forecast for Mentone](#).

Fri 17 Dec 2021: Mernda - Reservoir - Rushall

The forecast for this Friday is quite an improvement on what we've had over the past few weeks - it's going to feel fairly warm, with a forecast maximum temperature of 30 degrees and light northerly winds. Our plan is to start at Mernda Station and cycle back to the CBD via the Mernda Rail Trail, Darebin Creek Trail and Northern Pipe Trail.

START: We'll meet at Mernda Station at 9:25am. The Mernda line train that departs Flinders Street platform 1 at **9:25am**, or West Richmond at 9:38am, should arrive at Mernda at 10:26am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: Unless a kiosk has opened at Mernda Station, we'll skip a coffee at the start of the ride, so you'll need to get your coffee fix prior to departing. (There is an excellent bakery, Turners Bakehouse Eatery, about a km due north of the Mernda Station, but that takes us completely out of our way). From the station we'll follow the new trail down to South Morang Station then Epping Station, after which we'll follow the Darebin Creek Trail south to exit near Dunne St and travel through quiet suburban streets for lunch at the [Northside Cafe](#), 255 Broadway, Reservoir. (The Bundoora Homestead Cafe is only providing snacks at present, so not suitable for lunch). After lunch we'll make our way to the Northern Pipe Trail (along St Georges Rd) and follow that all the way to the Capital City Trail, where there are many options for cycling home or catching a train.

GRADE AND ROUTE: This ride is graded Medium with a total distance of 32.3 km. The distance to lunch is 24 km. For the route, see the [Mernda - Reservoir - Northern Pipe Trail - Rushall](#) Google map. There are no significant hills anywhere and the trail surfaces are generally quite good - mostly sealed off-road concrete paths, with some short on-road sections on quiet roads. There are train station bailout options at frequent intervals.

REMEMBER: Be sure to bring: COVID vaccination certificate, mask, sunscreen and at least a litre of water.

WEATHER FORECAST: The latest forecast for Friday is: "11 to 30 degrees. Sunny. Light winds becoming north to northeasterly 15 to 20 km/h in the evening.". See [detailed BOM forecast for Reservoir](#).

10 Dec 2021: Cranbourne - Botanical Gardens - Casey Central - Berwick Springs - Hallam

The plan for this Friday is to visit the Cranbourne Botanical Gardens then head north to Casey Central for lunch. After that we'll cross to Berwick Springs and follow the "Hallam Main Drain" north to Hallam Railway Station. Despite the uninspiring name of this trail, it's actually quite delightful!

START: We'll meet at Cranbourne Station at 10:41am. The Cranbourne line train that departs Flinders Street platform 6 at **9:43am**, or Richmond at 9:47am, should arrive at Cranbourne at 10:41am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: As there are no coffee options near the station, we'll immediately head south via some quiet streets and the Cranbourne (horse) Training Complex to get to the Cranbourne Botanical Gardens. Those who would like a coffee can get their fix at the cafe there while the rest of us walk around the formal section of the gardens. After reuniting, we'll all cycle through the woodlands section of the gardens then head north (with the wind now behind us) to get to Casey Central Shopping Centre for lunch. We'll try to find a decent lunch option - the [Casey Groove Train](#) website indicates that it's "open for pick up", but I suspect it will also be possible to dine in there. Being a food court, there will be many other options also, but from past experience they're not too inspiring! After lunch we'll head across to Berwick Springs, then follow the very scenic "Hallam Main Drain" path through grasslands and wetlands all the way to Hallam Rd, which we'll take to travel the short distance to Hallam Station.

GRADE: This ride is graded Medium with a total distance of 31 km. There are no real hills anywhere but the trail surfaces vary enormously, with a small amount of onroad riding, gravel paths through the Cranbourne Botanical Garden woodlands, and mostly sealed onroad and offroad trails otherwise.

ROUTE: See the [Cranbourne Station - Cranbourne Botanic Gardens - Hallam Station](#) Google map. There are early bailout options at Cranbourne Station (as we loop back past it) or Narre Warren Station.

REMEMBER: Be sure to bring: COVID vaccination certificate, mask, sunscreen and wet weather gear in the unlikely event that we get some showers.

WEATHER FORECAST: The latest forecast for Friday is: *"13 to 20 degrees. Cloudy. Slight (30%) chance of a shower, most likely in the morning. Winds southerly 25 to 35 km/h."* See [detailed BOM forecast for Narre Warren](#).

Fri 3 Dec 2021: Frankston - McClelland Sculpture Park - Patterson Lakes - Mordialloc

The plan for this Friday is to visit the McClelland Sculpture Park then continue to Patterson Lakes for lunch at Shavans Indian Restaurant before continuing to Mordialloc (and potentially beyond via the Bay Trail).

START: We will meet at Frankston Station at 10:14am and have a quick coffee at the station kiosk. The Frankston line train that departs Flinders Street platform 8 at **9:07am**, or Richmond platform 4 at 9:11am, should arrive in Frankston at 10:14am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: From Frankston Station we follow the bike trail beside the Stony Point railway line (the Baxter Trail) to connect to the Peninsula Link Bike Trail, which takes us to the [McClelland Sculpture Park](#) (approximately 8 km in total). The interesting sculpture park is quite expansive, and cycling around it is permitted. There's also an indoors gallery and a cafe, but it will probably be too early for lunch by the time we finish touring the sculpture park. So we'll hop back onto the Peninsula Link Trail and follow it through the Seaford Wetlands to Patterson Lakes for lunch at an old favourite: [Shavans Indian Restaurant](#), shop 30, Harbour Plaza Shopping Centre, Thompson Rd, Patterson Lakes. After lunch, there's the option to exit at the nearby Carrum Station, but most will continue via the Edithvale Wetlands Trail to Mordialloc.

GRADE: This ride is graded Medium with a total distance of 39 km to Mordialloc Station (or Hard 74 km if you continue all the way to the CBD). The distances are: Frankston - McClelland Sculpture Park: 8 km | Sculpture Park - Shavans Restaurant: 20 km | Shavans Restaurant - Mordialloc Station: 11 km | Mordialloc - Flinders Street Station: 35 km. Most of the trails are wide concrete paths, except for the section between Patterson Lakes and Mordialloc Station, which is hard-packed gravel. There are no real hills anywhere (though the first 4 km on the Baxter Trail will be climbing gently and facing a headwind/crosswind).

ROUTE: See the [Frankston - McClelland Sculpture Park - Patterson Lakes - Mordialloc](#) Google map. There are regular train bailout exit options, if needed.

REMEMBER: Be sure to bring: COVID vaccination certificate, mask, sunscreen and wet weather gear in case we get some showers.

WEATHER FORECAST: The latest forecast for Friday is: *"13 to 20 degrees. Partly cloudy. Slight (20%) chance of a shower in the outer suburbs. Winds south to southwesterly 15 to 25 km/h becoming light early in the morning then becoming southerly 15 to 25 km/h in the middle of the day."* See [detailed BOM forecast for Mentone](#).

Friday 26 November 2021: Seaford - Yarraman - East Malvern ...

The plan for this Friday is to start in Seaford and cycle via the Seaford Wetlands (Peninsula Link Trail), the Dandenong Creek / Eastlink Trails to Yarraman, then the Djerring Trail to Murrumbeena for lunch.

START: We will meet at Seaford Station at 10:17am and have a quick coffee nearby. The Frankston line train that departs Flinders Street platform 8 at **9:17am**, or Richmond platform 4 at 9:21am, should arrive in Seaford at 10:17am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: After the coffee we'll take a quiet street for a short distance to get to the Peninsula Link Trail, and follow that to where it joins the Dandenong Creek Trail at the Patterson River. We branch off the Dandenong Creek Trail after a few kilometres onto the Eastlink Trail, which we follow to Yarraman Station. At that point we branch off onto the new Djerring Trail (under the Skyrail), which we follow to Murrumbeena for lunch, probably at [Cafe Omnia](#), 486 Neerim Rd, Murrumbeena. (We've been to this a couple of times previously - it's quite expansive and was formerly named *Nature Boy*). If for some reason we can't dine at Cafe Omnia, there will be other options nearby.

GRADE: This ride is graded Moderate to Medium - despite the distance of around 34 km to lunch, it will actually be less difficult than Medium due to being mostly on wide concrete cycling trails (hence an easy cycling surface), having no significant hills on the route and having a tail wind virtually all the way. Also, there are regular train station bailout options, should that be needed. The Dandenong Creek Trail is mostly packed gravel, but OK nonetheless for road bikes. All other trails are concrete.

ROUTE: See the [Seaford to East Malvern](#) Google map of the route. After lunch there are many options for returning home - either by train from the nearby Murrumbeena or East Malvern Stations, or cycling down the Gardiners Creek Trail or along the Anniversary Trail. (I'll be cycling the Gardiners Creek and Main Yarra Trails to Richmond).

REMEMBER: Be sure to bring: COVID vaccination certificate, mask, sunscreen and wet weather gear in case we get some showers.

WEATHER FORECAST: See [detailed BOM forecast for Springvale](#).

Fri 19 Nov 2021: Dandenong to Alphington via Dandenong Creek, Eastlink & Koonung Trails

The forecast for this coming Friday is looking okay, with only a small chance of showers at the start, then fine. We will make a relatively early start as many want to get back in good time for MQFF. As there are no obvious places for lunch at an appropriate time along the route we will have a picnic lunch, so remember to organise something before catching the train.

START: We will meet at Dandenong Station (south side) at **10:07am**. The Cranbourne train that departs from **Flinders St platform 6 at 9:23am** and **Richmond at 9.27am** should arrive at Dandenong Station at 10:07am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email George on schrodi2@bigpond.net.au if you are having trouble doing that).

DETAILS: Grab a coffee to have on the train as there is unlikely to be a handy cafe on our way out of Dandenong. From Dandenong Station we will follow the Dandenong Creek Trail northward until we join the Eastlink Trail at Jells Park (16km). We will then continue north up Eastlink until we join the Koonung Trail heading west beyond Ringwood (28km) for the last leg through to Alphington (52km) where the official ride will finish. From there you can catch the train or ride on into the city.

ROUTE & GRADE: This is a Medium/Hard grade ride of 52 km from Dandenong to Alphington. The route to Ringwood is fairly easy, but there are some hard hills on sections of the Koonung Creek Trail. See map:: [Dandenong to Alphington via Dandenong Creek, Eastlink and Koonung Trails](#). . There is an opportunity to shorten the ride after 28km by exiting at Heatherdale station which is very close to the trail.

REMEMBER: Be sure to bring: lunch, a mask, sunscreen and wet weather gear in case we get some showers.

WEATHER FORECAST: *"13 to 18 degrees. Cloudy. Medium (60%) chance of showers, most likely in the morning. Winds northwest to southwesterly 15 to 25 km/h tending southwesterly before dawn then tending southerly in the morning.* However, the MetEye indicates a relatively low chance of rain from mid morning.

Friday 12 November 2021: Extremely UNLIKELY given the forecast deluge

The latest forecast for this Friday is: *"10 to 15 degrees. Cloudy. Very high (near 100%) chance of rain. Winds south to southeasterly 25 to 35 km/h"* and the rainfall prediction is for **15 to 30mm**. The MetEye indicates that the chance of rain is quite high for most of the day, so unless there's a significant improvement in the forecast issued at 4:20pm tomorrow (Thursday), we won't be riding this Friday.

Fri 5 Nov 2021: Belgrave - Croydon - Mullum Mullum Trail - Heidelberg - Fairfield

The plan for this Friday is to do a HARD grade ride. It will generally be flat, trending downhill, and there are various ways to shorten the ride. Lunch though will probably be at the 40 km mark, and from there the nearest train station will be a further 8.7 km (at Eltham). It will be possible to exit prior to lunch at stations such as Croydon (@ 21 km) or Ringwood (@ 28.7 km).

START: We will meet at Belgrave Station at 10:13am and have a quick coffee nearby. The Belgrave train that departs from Flinders St platform 3 at 9:16am (or Richmond platform 9 at 9:19am) should arrive at Belgrave Station at 10:13am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on drummond.alan@gmail.com if you are having trouble doing that).

DETAILS: After a coffee near Belgrave Station we take the scenic and mostly downhill trail via Upper Ferntree Gully, Boronia and Bayswater to turn right into the Dandenong Creek Trail. A few metres later we take the footbridge across the creek then follow Bungalook Rd East to join the suburban but pretty Tarralla Creek Trail and follow that to Croydon. There's a train exit option at Croydon Station, but we'll take Kent Ave (uphill!) to the Maroondah Highway. After crossing that at lights we take Midhurst Rd, Broughton Ave and Highland Ave to join the scenic Mullum Mullum Creek Trail. We follow that down to Ringwood (another exit option) to join the Eastlink Trail, then rejoin the Mullum Mullum Trail to take us to our lunch spot at [Beasley's Nursery & Teahouse](#), beside the bike trail. After lunch we continue along the Mullum Mullum Trail to join

the Main Yarra Trail. Shortly after you can exit via the Diamond Creek Trail to get to Eltham Station, but the group will continue on the Main Yarra Trail to Heidelberg then Fairfield.

ROUTE & GRADE: This is a Hard grade ride of 65.5 km from Belgrave to Fairfield, but there are some early exit points to shorten the ride: Croydon (21 km; pre-lunch); Ringwood 28.7 km (pre-lunch); Eltham 48.7 km; Heidelberg 55.5 km. See map: [Belgrave - Croydon - Mullum Mullum Trail - Main Yarra Trail - Fairfield](#). The route surface is varied - mostly sealed, but a bit rough exiting from Belgrave, and quite a bit of the Main Yarra Trail has a gravel surface.

REMEMBER: Be sure to bring: COVID vaccination certificate, mask, sunscreen and wet weather gear in case we get some showers.

WEATHER FORECAST: *"13 to 24 degrees. Humid. Cloudy. Medium (60%) chance of showers, most likely in the afternoon and early evening. Light winds".* See [detailed Eltham forecast](#).

Fri 29 Oct 2021: Werribee - Federation Trail - Yarraville - CBD

The forecast for this coming Friday isn't looking brilliant, but it's getting better day by day as we get closer to Friday, so hopefully that trend continues. We have a lunch booking at the Railway Hotel, Yarraville, so no need to pack a picnic lunch!

START: We will meet at Werribee Station at **10:15am**. The Werribee train that departs from **Flinders St platform 10 at 9:36am** should arrive at Werribee Station at 10:15am.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email Alan on drummond.alan@gmail.com if you are having trouble doing that).

DETAILS: For a coffee, we'll take the trail beside the river to get to [Wolf on Watton](#), 90A Watton St, Werribee (diagonally opposite Raffael's, which is now defunct). After the coffee, we'll continue along the riverside trail to the start of the Federation Trail, and follow that all the way to Millers Rd. At Millers Rd, the Federation Trail is closed due to the Westgate Freeway widening project. The official detour is not very pleasant, so we'll take our usual alternative detour via Millers Rd, Francis St and assorted minor streets to get to the [Railway Hotel](#), 35 Anderson St, Yarraville for lunch. After lunch you can return via train from Yarraville Station, continue via the Bay Trail and Footscray Rd to Docklands and beyond, or there are good cycling connections in all directions after Yarraville. There are train exit options at Hoppers Crossing, Williams Landing, Yarraville then very regularly after that.

ROUTE & GRADE: This is a Medium grade ride of 32 km from Werribee to Yarraville, but it will be made easier by the flat terrain and a tailwind most of the way. From Yarraville it's a further 7.5 km to Southern Cross Station. See map: [Werribee - Federation Trail - Yarraville - CBD](#).

REMEMBER: Be sure to bring: a mask, sunscreen and wet weather gear in case we get some showers.

WEATHER FORECAST: *"13 to 19 degrees. Cloudy. High (80%) chance of showers, most likely in the morning and afternoon. Winds northwest to northeasterly 25 to 40 km/h tending westerly in the morning then tending southwesterly in the middle of the day".* However, the MetEye indicates a relatively low chance of rain in the western suburbs.

Fri 22 Oct 2021: Upfield Line, M80 and Merri Creek Loop Ride

At last a chance to do a Friday ride again - hoorah! Unfortunately the weather could be nicer for our return, so a fairly easy and short route has been chosen. That should help our bike legs ease back and also hopefully allow us to finish ahead of any serious rain. Covid rules **limit our group to 15**, so there will be a cut off in registrations once we get to that number. Also, **lunch will be a picnic along the way**, so get something before the ride and bring it with you.

START: We will meet at Park St Cafe, 815 Nicholson St, Carlton North, on the capital City Trail. **Departure will be at 10am**, so that we can hopefully keep ahead of any rain. If you want coffee, get there early enough to have it prior to then. If you have not already organised something for lunch, there are usually some takeaway options available there.

REGISTRATION: Put your name in the [Friday Attendees](#) spreadsheet (or email George at schrodi2@bigpond.net.au if you are having trouble doing that).

DETAILS: Those there early can enjoy a coffee from Park St Cafe. We will depart at 10am, initially heading west along the Capital City Trail, before turning north onto the Upfield Line Trail in Parkville. Riding up it will give a chance to explore the reopened trail and the changes made as a result of the recently completed elevated sections. Just after Fawkner Cemetery we will head west again to link up with the M80 (Ring Road) Trail and turn east along it to the Merri Creek Trail. Heading down the Merri Creek, we will pause in parkland for our picnic lunch and then continue on back down to the Capital City Trail. Back at the Capital City Trail you can choose to head off home or continue back to the Park St Cafe. The total distance for the loop is 32km.

ROUTE & GRADE: This is an easy/medium grade ride with sealed surfaces all the way and no significant hills. See [Upfield, M80 and Merri Creek Loop](#) for the map of the ride. The gpx file is attached for anyone who wants to load it into their device. There are lots of train stations on the Upfield section of the ride for emergency exits and a number of options from the Merri Creek Trail.

REMEMBER: Picnic lunch, a face mask and wet weather gear.

WEATHER FORECAST: A high of 24 degrees and winds of 10 to 15 km/h, initially northerly, but later shifting to southerly (hopefully after we finish). There is a slight (30%) chance of showers in the morning, but increasing to a very high chance (90%) later in the afternoon and evening.

Fri 6 Aug 2021: [St Albans - Kororoit Creek - Sunshine - Footscray - Carlton](#)

NOTE: THIS DIDN'T HAPPEN DUE TO LOCKDOWN #5, WHICH MORPHED TO THE VERY LONG LOCKDOWN #6

The forecast for this Friday is looking reasonable in the western suburbs (though rain is very likely in the southeast), so we'll do the ride that we never got to do due to the most recent lockdown.

START: At this stage we're still limited to a maximum group size of 11 (including a leader), so if there happen to be more than 11 of us, we'll need to ride in two separate groups. If we can ride together, we'll follow the Group 2 times:

- **Group 1 - led by George:** Meet at **9:54am** at St Albans Station.
The Watergardens (Sunbury line) train that departs Flinders Street Station platform 5 at **9:24am** arrives at St Albans at 9:54am.
- **Group 2 - led by Alan:** Meet at **10:11am** at St Albans Station.
The Watergardens (Sunbury line) train that departs Flinders Street Station platform 5 at **9:41am** arrives at St Albans at 10:11am

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: We'll start with a quick coffee at the excellent kiosk at St Albans Station. After that we'll head south to explore the Jones Creek Trail (a route we haven't taken before, at least not for many, many years). Upon reaching the Western Ring Road Trail, we'll switch to the Kororoit Creek Trail, but only follow that as far as Sunshine. We'll exit the trail via Derby Rd to get to Sunshine Station, where we'll cross the rail line and follow the trail through Tottenham and Footscray to join the Maribyrnong via the Newells Paddock Wetlands. Rather than following the Maribyrnong though, we'll traverse Newmarket to the Capital City Trail to get us to the [Great Northern Hotel](#), 644 Rathdowne St, Carlton North for lunch. After lunch we'll disperse to our respective homes via whichever trail works best (or a station such as Clifton Hill or any CBD station).

If we have a significant rain delay, lunch could also be at the [Railway Hotel](#) in Yarraville.

ROUTE & GRADE: This is a medium grade ride of just over 30 km to lunch - see [St Albans - Kororoit Creek - Sunshine - Footscray - Carlton](#). There are no significant hills and the route is mostly sealed (perhaps totally sealed). There are train station exit options at very regular intervals, namely Albion, Sunshine, Tottenham, West Footscray, Middle Footscray, Footscray, South Kensington, Newmarket, Flemington Bridge or Royal Park stations.

REMEMBER: A mask, several layers and some decent wet weather gear! It will be chilly, but not extreme.

WEATHER FORECAST: [Footscray Detailed Forecast](#) | [General Melbourne Forecast](#) | [MetEye](#).

Fri 30 Jul 2021: [Craigieburn - Galada Tamboore - Merri Creek - Rushall](#)

The forecast for this Friday is looking OK, though with a very strong northerly wind, very cold temperature and a chance of showers (but probably only after our ride has finished). We'll do a ride that will mostly keep the wind behind us and give us lots of train station bailout options in the afternoon.

START: Because of current COVID-19 restrictions, we'll need to form two groups if we have more than 11 riders. (If we can all ride together, we'll start at 10:10am). The starting times and transport connections are:

- **Group 1 led by George:** Meet at Craigieburn Station at **10:10am**.
The Craigieburn train departing Flinders Street platform 5 at **9:27am** arrives in Craigieburn at 10:10am.
- **Group 2 led by Alan:** Meet at Craigieburn Station at **10:20am**.
The Craigieburn train departing Flinders Street platform 5 at **9:37am** arrives in Craigieburn at 10:20am.

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet against either Group 1 or Group 2 (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: We'll start with a quick coffee at the Craigieburn Plaza Shopping Centre. (The second group will try to find an alternative cafe to the one we usually go to). After the coffee we head due north into a stiff headwind for a couple of kilometers to the start of the Galada Tamboore Trail (beside the Hume Freeway), which we follow all the

way south to the Ring Road. There we head west along the Western Ring Road Trail the short distance to the Merri Creek, which we follow southwards as far as Queens Parade. We'll ride along Queens Parade to the [First and Last Hotel](#), 1141 Sydney Rd, Hadfield for lunch. After lunch, we backtrack the short distance to the Merri Creek then follow that down to where it meets the Capital City Trail near Rushall Station. At that point there are trails heading off in all directions for everybody to make their way home (by train or bike).

ROUTE & GRADE: This is a medium grade ride of around 37 km - see [Craigieburn - Galada Tamboore - Merri Creek - Rushall](#). There are no significant hills and the route is totally sealed. Once we reach the Western Ring Road Trail, there are train station exit options at regular intervals.

REMEMBER: A mask, several warm layers and some wet weather gear just in case. **It will be very chilly** - the "feels like" temperature in Fawkner is not expected to go above 5 degrees! **Take extra COVID-19 care at present!**

WEATHER FORECAST: [Fawkner Detailed Forecast](#) | [General Melbourne Forecast](#) | [MetEye](#).

LOOKING FOR AN E-BIKE?: Following on from David R's notes about the [Swytch](#) kit for converting almost any bicycle to an e-bike, Bert (one of the Friday riders) has some helpful suggestions for anybody looking to purchase an e-bike. Bert has had 6 or 7 different e-bikes, uses his bike daily and covers more than 10,000 km a year on it, so is quite well informed about what's useful and what's worth avoiding. **His key advice is to keep it simple, reliable and relatively affordable.** The configuration that he recommends is:

- Front hub motor
- Rear hub gears
- Disc brakes front and rear, preferably hydraulic
- Cables that can be plugged (marine plugs) for ease of trouble-shooting
- Easily removable battery of at least 11 to 14ah and 36v
- Heavy duty rims and spokes
- Reasonable range (he suggests 70 km on a full charge)

Bert also has some recommendations on where to source your e-bike. His brand of preference is [Smart Motion](#), and he personally likes the [Essence](#) model. But his **hot tip** for getting a cheap, reliable and robust e-bike (if you're patient) is to get a reconditioned courier's bike from [Zoomo](#). He has purchased a total of four of these for friends at around \$800 each. One advantage of these bikes is that they often have additional accessories thrown in "for free". Why do you need to be patient? You need to keep an eye on their website until something that appeals to you is offered at the right price. You need to check them out though, as the picture often doesn't match the actual bike. One thing to note though is that these are always step-through ("girls") bikes.

Fri 16 Jul 2021: [St Albans - Kororoit Creek - Sunshine - Footscray - Carlton](#)

NOTE: THIS RIDE DIDN'T OCCUR DUE TO OUR 5TH LOCKDOWN BEING IMPOSED.

The forecast for this Friday is once again not looking great - with fairly strong winds and a reasonable chance of showers forecast. We've put together a ride that will mostly keep the wind behind us and give us lots of train station bailout options, should the weather turn nasty.

START: We'll meet at **10:05am** at St Albans Station. The Watergardens (Sunbury line) train that departs Flinders Street Station platform 5 at **9:35am** arrives at St Albans at 10:05am.

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: We'll start with a quick coffee at the excellent kiosk at St Albans Station. After that we'll head south to explore the Jones Creek Trail (a route we haven't taken before, at least not for many, many years). Upon reaching the Western Ring Road Trail, we'll switch to the Kororoit Creek Trail, but only follow that as far as Sunshine. We'll exit the trail via Derby Rd to get to Sunshine Station, where we'll cross the rail line and follow the trail through Tottenham and Footscray to join the Maribyrnong via the Newells Paddock Wetlands. Rather than following the Maribyrnong though, we'll traverse Newmarket to the Capital City Trail to get us to the [Great Northern Hotel](#), 644 Rathdowne St, Carlton North for lunch. After lunch we'll disperse to our respective homes via whichever trail works best (or a station such as Clifton Hill or any CBD station).

If we have a significant rain delay, lunch could also be at the [Railway Hotel](#) in Yarraville.

ROUTE & GRADE: This is a medium grade ride of just over 30 km to lunch - see [St Albans - Kororoit Creek - Sunshine - Footscray - Carlton](#). There are no significant hills and the route is mostly sealed (perhaps totally sealed). There are train station exit options at very regular intervals, namely Albion, Sunshine, Tottenham, West Footscray, Middle Footscray, Footscray, South Kensington, Newmarket, Flemington Bridge or Royal Park stations.

REMEMBER: A mask, several warm layers and some decent wet weather gear! It will of course be quite chilly. **Take extra care at present - the virus is lurking again!**

WEATHER FORECAST: [Footscray Detailed Forecast](#) | [General Melbourne Forecast](#) | [MetEye](#).

NOTICE: In future, the Friday bike ride emails will be sent out using the Nomads email system, and the Friday ride details will additionally be accessible directly from the nomads.org.au website. This shouldn't impact you, though the 16 people currently on the mailing list who have never registered on a Nomads event will need to click **Get Tickets** on the [Nomads Friday Cycling - virtually every Friday](#) event (just once), which will record their contact details. (Those 16 people will be emailed separately). This change is being made to ensure that the Friday rides are official Nomads events, and thus covered by the Nomads insurance policies, in particular the public liability insurance for the leader.

Fri 9 Jul 2021: [Boronia - Blind Ck - Jells Park - Scotchmans Ck Trail - East Malvern](#)

The forecast for this Friday is looking much better than the previous few Fridays, especially in terms of little chance of rain, so we're going to seize on the opportunity to hold a ride in the "rain belt" south eastern suburbs.

START: We'll meet at 10:10am at Boronia Station. The Belgrave line train that departs Flinders Street Station platform 2 at 9:26am (or Richmond at 9:29am, or Camberwell at 9:38am) arrives at Boronia at 10:10am. (Don't miss the train, because the next one won't arrive until 10:40am, by which time we'll already be on the Blind Creek Path).

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: We'll start with a quick coffee at the [Two Cats Espresso Bar](#) right at the station. The early start is to prevent lunch being **too** late - most of the ride is prior to lunch. After the coffee we'll head briefly towards Belgrave via the Belgrave cycling trail, then turn right to take the Blind Creek Trail to Jells Park (15 km). We'll head straight up Wheelers Hill (yes, it's a bit of a grind) to join the start of the Scotchmans Creek Trail. We'll follow that to where it joins Gardiners Creek (17 km). After that we take the well-signed Gardiners Creek Trail about 4.5 km to [Cafe Buddha](#), our lunch spot, where they'll be expecting us at 1pm. From the cafe there are good options to cycle home, in whichever direction that is, or to catch a train.

CAFE BUDDHA: This cafe and gallery in Glen Iris is a **really special treat**. It's owned and operated by a delightful, gay Cambodian couple. The food is traditional, home-style Cambodian - it will feel like we're dining in their home, it will taste delicious and it's quite inexpensive.

ROUTE & GRADE: This is a medium grade ride of around 36.5 km to lunch. The tendency is downhill for most of the ride, with the exception of the very much uphill climb up Wheelers Hill - that is relatively short though, with a total vertical ascent of only 100 metres. The distance to the Gardiners Creek Trail is around 32 km. From there back to the CBD is around 16 km. There are train station exit options at Glen Waverley, Mt Waverley, East Malvern, and then at very regular intervals.

REMEMBER: A mask, several warm layers and a wet weather layer just in case the forecast is wrong! It's going to be quite cold.

WEATHER FORECAST: [Wheelers Hill Detailed Forecast](#) | [General Melbourne Forecast](#) | [MetEye](#).

Fri 2 Jul 2021: Mernda - Western Ring Road - Cheddar Rd - St Georges Rd - CBD

The forecast for this Friday is once again looking fairly bleak, but at this stage it looks like the rain will arrive in the mid to late afternoon, so the plan is to start a bit earlier than normal, skip a coffee break at the start, and try to all get home before the rain hits

START: We'll meet at Mernda Station at 10:14am. The Mernda line train that departs Flinders Street Station platform 1 at 9:12am (or West Richmond at 9:25am) arrives at Mernda at 10:14am.

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: At Mernda Station we'll skip our normal coffee stop at the (excellent) bakery north of the station, and instead immediately head south on the new bike trail to South Morang and Epping. At Epping we'll switch to the Darebin Creek Trail and follow that to the Western Ring Road Trail. There we'll turn west (right) and follow that for the short distance to Dalton Rd, then follow that and the Cheddar Rd Linear Reserve to Reservoir. The [Lady Bower Kitchen](#), 1a Marchant Ave, Reservoir could be our lunch spot, but we'll probably continue south in our quest to beat the rain, following the Northern Pipe Trail (St Georges Rd) down to where it meets the Capital City Trail. There are lots of lunch options in the vicinity, including the [Park St Cafe](#) and the [Great Northern Hotel](#). After lunch, there are excellent connections in all directions to either cycle to your home or to a convenient train station.

ROUTE & GRADE: This is a medium grade ride of around 31 km from Mernda to the Capital City Trail. It's mostly fairly flat and the wind will tend to be behind us. If needed, there are train station bailout options never more than 2 or 3 kilometres away. The route will be entirely **sealed** (with apologies to last week's riders for the mud bath from the unsealed trail)!

REMEMBER: A mask, warm layers and some decent wet weather gear.

WEATHER FORECAST: [Epping Detailed Forecast](#) | [General Melbourne Forecast](#) | [MetEye](#).

Fri 25 Jun 2021: St Albans - Western Ring Road - Maribyrnong - Footscray - CBD

The plan (weather permitting) is to cycle from St Albans Station to the Maribyrnong River, then to follow the Maribyrnong River to South Kensington (and beyond), with lunch at the [Anglers Tavern](#).

START: We'll meet at St Albans Station at 10:11am for a coffee at the kiosk within the station complex. The Sunbury / Watergardens train that departs Flinders Street Station platform 5 at 9:41am arrives at St Albans at 10:11am.

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: From St Albans Station we'll head to the Stradbroke Drive Reserve path to take us to the Western Ring Road Trail and follow that to the Maribyrnong River, where we'll exit to then follow the Maribyrnong Trail south to the Anglers Tavern for lunch. After lunch, it's just a few kilometres to the South Kensington (or Footscray) station, or there are trails in any direction to get you home, regardless of where that is in metro Melbourne.

ROUTE MAP & GRADE: The route map is: [St Albans Station - Maribyrnong - Footscray](#). This is a moderate grade ride of around 26 km to Footscray or South Kensington Station. It's mostly fairly flat, though there are a couple of climbs at Avondale Heights. The Maribyrnong Trail is mostly unsealed. There are train station bailout options at Albion Station (4 km diversion) or Moonee Ponds Station (1.6 km diversion) should they be needed.

REMEMBER: A mask, warm layers and some decent wet weather gear.

WEATHER FORECAST: [St Albans Detailed Forecast](#) | [General Melbourne Forecast](#) | [MetEye](#).

Fri 18 Jun 2021: [Capital City Trail - Upfield Path - Western Ring Road - Moonee Ponds Creek](#)

The plan is to ride up the Upfield Trail to the Fawkner Cemetery, along the Ring Road Trail then down the Moonee Ponds Creek Trail, with lunch at the Cross Keys Hotel.

START: We'll meet at the [Park St Café](#), 815 Nicholson St, Carlton North. This is the cafe behind Velo Cycles, located right on the Capital City Trail. Our aim will be to leave at **10:30am**, so if you'd like a coffee or morning tea, **10am** might be a good target arrival time.

REGISTRATION: Pop your name in the [Friday Attendees](#) spreadsheet (or email LeaderAlanD.thenomadsinc@mail.tidyhq.com if you're having trouble doing that).

DETAILS: From the cafe we'll head around the Capital City Trail (the Inner Circle Railway section), then up the Upfield Trail all the way to the Fawkner Cemetery. There will probably be a detour on the Upfield Trail due to the level crossing removal program (the detour is due to end in mid 2021, so we might be lucky). From the cemetery we'll pass through a few quiet suburban streets to reach the Western Ring Road Trail, where we'll head west as far as Jacana Station. There we go down the hill to the Moonee Ponds Creek, and follow the Moonee Ponds Creek Trail for lunch at the [Cross Keys Hotel](#), 350 Pascoe Vale Rd, Essendon. From there we'll continue on the Moonee Ponds

Creek Trail to the end at Flemington Bridge Station, from where you can take the Capital City Trail in whichever direction works best to get back to your home, or head directly towards the CBD. It's around 4 kilometres from Flemington Bridge to the starting point if your car is parked there.

ROUTE MAP & GRADE: The route map is: [Park St Cafe - Capital City Trail - Upfield Path - Western Ring Road - Moonee Ponds Creek](#). This should be an easy Medium grade ride - there are no real hills, but there will be a headwind coming down the Moonee Ponds Creek Trail. The distances are: 11.5 km from the cafe to Fawkner Cemetery, 6 km from there to Jacana Station and a further 16.5 km back to Flemington Bridge Station, thus a total of around 34 km. You will probably add a few kilometres getting to and from the start/finish of the ride though. There are lots of train station bailout options should that be needed, assuming you're happy to travel on trains at present.

REMEMBER: A mask, warm layers and some decent wet weather gear.

WEATHER FORECAST: [Fawkner Detailed Forecast](#) | [General Melbourne Forecast](#) | [MetEye](#).