



“Every time I see an adult on a bicycle, I no longer despair for the future of the human race”.  
H. G. Wells



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#### **CONTACTS**

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# **CAMWEST**

**Cyclists' Action Movement WEST**



Advocating for better cycling facilities in Western Sydney.

<http://camwest.pps.com.au>

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## **ABOUT CYCLISTS ACTION MOVEMENT WEST (CAMWEST)**

CAMWEST is a group of dedicated cyclists who work with local Councils, the Roads and Traffic Authority (RTA) and other bodies that provide for cycling in Western Sydney.

CAMWEST has played a key role in the development and implementation of many projects, including the Bay to Mountains Cycleway and the Hawkesbury, Baulkham Hills, Parramatta, Bankstown and Blacktown Bike Plans.

Each year we have three rides: the Bay to Mountains Community Ride, the Tizzana Winery Luncheon Ride, and the Rouse Hill Regional Park Community Ride. However, our main focus is advocacy to improve conditions for cycling in Western Sydney.

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## **WHY BICYCLES?**

The benefits of cycling are well known:

- Pollution-free (noise and air);
- Requires a fraction of the road and parking space needed for cars;
- Low cost, making it an equitable mode of transport;
- Improves health and fitness;
- Can be combined with public transport, thus vastly expanding the transport system's reach;
- Can be enjoyed by people of different ages and fitness levels;
- Can replace many short car trips, reducing traffic congestion (one of the biggest causes of pollution).

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## **WHAT WE NEED**

A lot needs to be done to develop cycling as a real alternative transport mode:

- Integrate cycling in policy planning, particularly in transport policy.
- Provide facilities that encourage cycling.
- Improve safety for cycling.
- Educate the public on the advantages of cycling.

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## **WHAT YOU CAN DO**

- Go for a ride! This is the best form of advocacy.
- Write letters to your MP, Transport Minister, and the RTA.
- Ask your boss to provide bike facilities (showers, lockers), and start riding to work.
- Join Bicycle NSW, CAMWEST, and other Bicycle Users Groups.
- Educate yourself about the relevant issues.

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## **OUR SOCIAL RIDES**

**Bay to Mountains Cycleway Community Ride:** Easy 30 to 40 Km family and community ride, using sections of the Bay to Mountains Cycleway each year in Autumn.

**Tizzana Winery Luncheon Ride:** A social ride along quiet and picturesque roads with many views over the Hawkesbury River Valley, a few challenging hills, a couple of ferry crossings and short stretches of good gravel road to arrive at the Tizzana Winery by 12:30 pm for a catered and very social lunch. Last Sunday in August.

## **Rouse Hill Regional Park Community Ride:**

Four starting points (Parramatta Park, Blacktown Aquatic Centre, Baulkham Hills Council Chambers, and Windsor Station) enable riders to start nearer to home. All riders converge on the barbecue area of the Regional Park. Held each year in Spring.

More information:  
<http://camwest.pps.com.au/rides>

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## **FREE EMAIL NEWSLETTER**

You can receive our free email newsletter by sending email to [camwest\\_group@hotmail.com](mailto:camwest_group@hotmail.com) with SUBSCRIBE in the email subject or body. We will keep you up to date on rides, projects, and updates to the web site. You don't have to be a member, and we won't clutter your mail box. We expect to send an issue about every two months. Naturally, we'll keep your details private.

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## **JOIN US**

Concerned about cycling facilities in Western Sydney? Want to do something about it but not sure where to start?

Join CAMWEST to improve cycling in Western Sydney. There's lots of work to do, and with your help we can make a real difference. We are serious about getting things done. With you we can do even more!

We are very flexible about how much involvement our members have. We understand that you live a busy life. Simply contact us (see overleaf).