

FORGET HEALTHY. HAVE FUN!

Cycling: Healthy and Fun

These days we all need to keep healthy. Yet getting fit often involves hard work. The solution to this dilemma may well be inside your garage: your old bike. **Cycling is a fun way to get healthy.**



CAMWEST Community Rides

We have a number of organised community rides, which are great for beginners and families. Join us for a great day of healthy fun!

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 October. A great free lunch is provided.

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 for a catered lunch. Held each year in May. More information: <http://camwest.pps.com.au/rides>



About CAMWEST

CAMWEST is a group of dedicated cyclists who work with local Councils, the RTA and other bodies that provide for cycling in Western Sydney. We work at improving cycling facilities and organise community rides. You can receive our free email newsletter with rides and news by sending an email to info@camwest.pps.com.au with SUBSCRIBE in the email subject or body.

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