

20th September 2010

On your bikes Shoalhaven!

This weekend marks the beginning of NSW Bike Week, and the Shoalhaven has a range of activities for both adults and children.

Shoalhaven City Mayor Councillor Paul Green said "Bike riding around the Shoalhaven is a great way to get fit and enjoy the beautiful sights the city has to offer. With Spring upon us and the weather warming up, it's an optimum time to dust off the treads and head off on an adventure."

The Shoalhaven Bicycle User Group is running a series of events from September 18th-26th 2010 to celebrate Bike Week.

Yesterday saw the first of the weeks events get underway with a Sunday ride from Nowra to Comerong Island Punt and back to town. Other events planned for the week include:

10AM –

Thursday 23 Sept 2010

10AM – Nowra - meet at Nowra Tourist Centre for scenic ride through Nowra to UOW Shoalhaven Campus and return to finish at Junction Court for bbq – road or mountain bike.

Sunday 26 Sept 2010

10AM – Callala to Myola Meander - meet Callala Bay shops – mountain bike ride.

Event Details

- Free bicycle & helmet safety checklist
- Free bike maps
- Children under 14 years of age must be accompanied by an adult on the ride.
- All cyclists must wear a correctly fitted helmet.

NSW Bike Week is a state-wide NSW Government initiative that raises the profile of cycling as a healthy, easy, low cost and environmentally friendly alternative to driving for short trips in your local community.

It provides an opportunity for the local community to participate in organised bicycle events in a safe and supported environment. Participation is aimed at all members of the community, with a particular emphasis on encouraging new cyclists.

Clr. Green said "I can't think of a better way to spend a few hours this week than to gather up the family and go for one of these leisurely rides. These events are suited to all ages and the locations are beautiful so I encourage everyone to take this opportunity to experience the joy of bike riding around the City."

For further information on the ride details, you can contact Judi on 4421 5214 or Council's Road Safety Officer on (02) 4429 3484

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