

Cycle the Bingara Region



Bike Recommended

Hybrid or Mountain bike recommended for all rides.

Safety Tips

- Please be mindful of speed limits on roads.
- Wear bright clothing to make you easily visible.
- Ensure you have plenty of water with you.
- Cycle in single file on busy roads, and particularly adjacent to unbroken double lines and any winding road with poor visibility.
- Riding two abreast is allowed on quieter stretches.
- Give hand signals when turning, changing lanes or stopping.
- At intersections – even if you have right of way – catch the driver's eye whenever possible.
- If you need to have a drink, check a map or answer your phone, please stop and dismount first.

- When stopping please choose a safe area and move well away from the road.
- Be careful on gravel surfaces, don't brake or turn suddenly.
- Adults must not cycle on footpaths unless in the company of a child under the age of 12 years.
- Children under age 10 should not ride on the road.

Mobile Phones

There may be areas where mobile phone reception is non-existent or 'patchy'. It is advisable to make necessary arrangements before leaving your accommodation.

Disclaimer

Users of this cycling booklet do so knowing they are responsible for all their own actions. No warranty or liability is implied.

Cycle the Bingara Region

This booklet has been produced in response to the increasing number of cyclists visiting the Bingara region who enquire about 'good places to ride'. It also aims to encourage residents to explore and enjoy their local area by bicycle. Don and Jenny Capel, two local dedicated cyclists, have mapped these rides with a cross section of grade and distance, one or more of which should suit the capability of most cyclists.

Acknowledgements:

Special thanks to Don and Jenny Capel for their initiative and dedication in making this project happen. Danielle Perrett, GIS officer for Gwydir Shire Council for producing the maps, and Louise Campbell (Gwydir Shire Council) for her graphic design skills.

Printed March 2013

Tourist Information:

Bingara Visitor Information Centre 74 Maitland Street Bingara 2404

Ph: (02) 6724 0066 email: bingaratourism@gwydir.nsw.gov.au

web sites: www.gwydirshire.com.au or www.bingara.com.au

Open: 9am – 5pm Monday to Friday and 9am – 1pm Saturday to Sunday

Download this booklet in PDF format from the Bingara Tourism web site www.bingara.com.au or contact the tourist office.

The benefits of biking and why you should love it

1. Reduce your carbon footprint [go green!]

Do right by your planet, and go green as you cycle your way from A to B. Think about the positive effect you will have on the earth and your body as you make your bike your primary form of transport. No traffic, no worries... a cycle is zero on emission levels and can bypass the most congested traffic without any hassles. WINNER!

2. Clock up some cardio time

The easiest way to clock up some calorie burning time is by cycling. It allows you to add a fitness activity into your day even when you think you don't have time for a work-out. It's such an easy and convenient way to move your body, plus you get the same cardiovascular benefits from cycling than you get from any other form of aerobic exercise—walking, jogging or dancing.

3. Look Active Chic

Let's face it, bike commuters are street chic. Ever noticed how common cycling is in Europe? Bikes are certainly their #1 choice as far as transport is concerned, and it has become quite the fashion statement. Why walk when you can cycle right? Look active chic as you cycle your way to the gym, work or to your local café. It is the perfect way to get fit, and look tress chic while doing it.

4. Save \$\$\$\$

Everyone hates paying for petrol, especially as the prices continue to soar higher and higher! Save some well earned cash by opting for your bike rather than your car. Clip on a super cute basket & use your bike for shopping,

commuting, visiting friends or just taking a joy ride. It may just help your financial health at the same time it boosts your physical health too. Every active girl loves a good deal!

5. Amp up the incline

If you can't fit in your work-out for the day, take your bike on a new route and challenge yourself to some high octane incline. Discover a place with a whole lot of hills, and prepare to get that heart rate soaring! It will have you feeling fitter in no time and will give your thighs, arms and rear end a tip top transformation!

6. Free your mind

Let your worries wash away as you reach your desired destination on your fixie. There is nothing more relaxing than being one with your thoughts on your daily commute. It harvests time for creativity, is an opportunity to sought through the clutter and allows you to make a strategic plan for the day; ticking off that mental to-do list while soaking up some much needed oxygen. What's not desirable about escaping the hustle and bustle of congested traffic jams, loud beeps and endless banter of fellow commuters on the train by considering cycling. It is the ultimate stress buster and gives you a sense of freedom and enjoyment.

No matter if you have a bike with all the bells and whistles or the battered old reliable one you brought at a garage sale, it's time to start reaping the many health benefits of biking. Be inspired to opt for peddle power over your trusty car, and always remember safety first. Be mindful of the road rules, always wear a helmet and cycle safe!

Ride 1

Town Tour

Start & finish point: Bingara Post Office

Total distance: 5.8 km

Degree of difficulty: Medium

Bike recommended: Hybrid or Mountain bike

Time: Allow about 1 hour

Description: Mostly tarred road with some small hills and dips. May be water over gravel causeway.

Notes: Small stretch of unsealed road and cattle ramps to cross. Drinking water and a picnic area available at the gold stamper on All Nations Hill. Amenities block in Cunningham Street beside Gwydir Oval sports ground, and at Park after Halls Creek Bridge.

Route:

- From Post Office, continue north in Maitland Street in the direction of the river
- Turn right into Keera Street, ride beside Riverview Park (Junction) around corner into Junction Street and follow around to Finch Street, turn left into Finch Street
- Turn left onto Halls Creek Bridge or take the mobile scooter path (below the bridge). Turn right onto Copeton Dam Road, riding past the Swim Centre, Caravan Park and Hospital

- Turn right into Old Bora Road, ride past Touriandi Lodge Aged Hostel (cross cattle grids)
- Continue over some small short hills
- Turn right to Halls Creek Avenue, there's a small stretch of unsealed road, cross causeway
- Continue straight across Maitland Street into Brainard Street
- Turn left into Hill Street following sign to Old Gold Mine where you will come to a view of Bingara and the gold stamper. Picnic area, tap water on All Nations Hill
- Take track keeping gold stamper on your left, heading towards cemetery
- Turn right and continue straight on Riddell Street
- Turn left into Heber Street at the Gwydir Oval sports ground
- Turn right into Frazer Street, cross Cunningham Street, continue along Frazer Street
- Turn right into Finch St and ride down between the Memorial Orange Trees, past Bingara Central School, Catholic Church and RSL Memorial Park
- Turn right into Maitland Street, returning to Bingara Post Office.



Ride 2

Bingara by ways

Start & finish point:	Bingara Post Office
Total distance:	7.2 km
Degree of difficulty:	Easy
Bike recommended:	Hybrid or Mountain bike
Time:	Allow about 1 hour

Notes: Short stretch of unsealed road. Amenities block in Cunningham St beside Gwydir Oval sports ground (on the return final leg). Corner store near bowling greens and Club.

Route:

- Continue north down Maitland Street to The Riverside (Junction) Park
- Turn left into Keera Street, riding past the golf course and Bingara Central School
- Turn right into Bombelli Street, past the bowling greens
- Follow road around to the left
- Turn right into Gwydir Terrace and continue straight ahead by golf course, onto unsealed track
- Follow road around to the left into Faithfull Street, continuing up to T intersection facing the showground (crossing Herbert Street)
- Turn right into Bowen Street
- Turn left at the Bingara Anglers Murray Cod Fish Hatchery into Bandalong Road and follow to end
- Turn left into Killarney Gap (Narrabri) Road (this becomes Cunningham Street)
- Proceed straight ahead to Maitland Street
- Turn left into Maitland Street and return to the Post Office.



Ride 2 - Bingara by ways map



© Gwydir Shire Council 2012

© Land Property Information 2012. All Rights Reserved

No part of this map may be reproduced without written permission. Enquiries and end user comments should be directed to: General Manager, Locked Bag 5, BINGARA NSW 2404.

Disclaimer:

The publisher and/or contributors to this publication accept no responsibility for any injury, loss or damage arising from its use or errors or omissions therein. Council does not guarantee the location of existing boundaries. You must satisfy yourself as to the existence and location of these property boundaries.

Ride 3

Gwydir River Ride

Start & finish point:	Bingara Post Office
Total distance:	5.3 km
Degree of difficulty:	Easy
Bike recommended:	Hybrid or Mountain bike
Time:	Allow about 1 hour

Notes: Some sections are unsealed, river accessible. Amenities block at Cunningham Park between the Bridges.

Route:

- From the Post Office, turn right into Finch Street and ride to the end
- Turn left and ride over both bridges
- Take first left into White Street
- Go left over cattle grid on Scenic Drive
- Head down to the right, following road curving right up from the river
- Proceed alongside the river
- At the end of the walking track turn right and ride up along fence
- Turn left across a cattle grid into Salter Street
- Take the first right into Brigalow Street and then right again to follow the road back to Bingara.



Ride 4

Whitlow Road

Start & finish point: Bingara Post Office

Total distance: 49 km

Degree of difficulty: Hard

Bike recommended: Hybrid or Mountain bike

Time: Allow 4 hours

Notes: About 12 km of unsealed road; some steep climbs; cattle grids and gates on public road; lovely views over country along river and beyond.

Route:

- From Post Office head south down Maitland Street
- Turn left into Cunningham Street at Fays Park
- Turn left into Link Street
- Cross Halls Creek bridge or take footpath
- Turn right onto Copeton Dam Road, riding past the Swim Centre, Caravan Park and Hospital. Continue following road, over hills and through dips.

There are numerous tracks down to the river.

- After passing the properties 'Cooloola' and then 'Cooringoora' (18.6 km from Bingara), turn left onto Riverview Road (unsealed)
- Cross the bridge and continue on, leaving gates as you find them. Keep left at the 434 road sign. You will ride past windmills and through open country
- After 31.7 km at T Intersection turn left onto Whitlow Road
- Pass by the property 'Woodlands'. There will be a number of hills and dips which can be quite demanding
- Travel approx. 15 km to T Intersection (main sealed road) and turn left onto Allan Cunningham Road. This will take you back to Bingara on a lovely easy descent into town
- Cross the bridges and turn right into Finch St and back to the Post Office.



Ride 4 - Whitlow Road Map



© Gwydir Shire Council 2012
© Land Property Information 2012. All Rights Reserved
No part of this map may be reproduced without written permission. Enquiries and end user comments should be directed to:
General Manager, Locked Bag 5, BINGARA NSW 2484.
Disclaimer:
The publisher of and/or contributors to this publication accept no responsibility for any injury, loss or damage arising from its use or errors or omissions therein. Council does not guarantee the location of existing boundaries. You must satisfy yourself as to the existence and location of these property boundaries.

Ride 5

Eulourie Circuit

Start & finish point:	The Four Ways, 27 km from Bingara on Narrabri Road
Total distance:	23.5 km
Degree of difficulty:	Medium
Bike recommended:	Hybrid or Mountain bike
Time:	Allow 2 hours

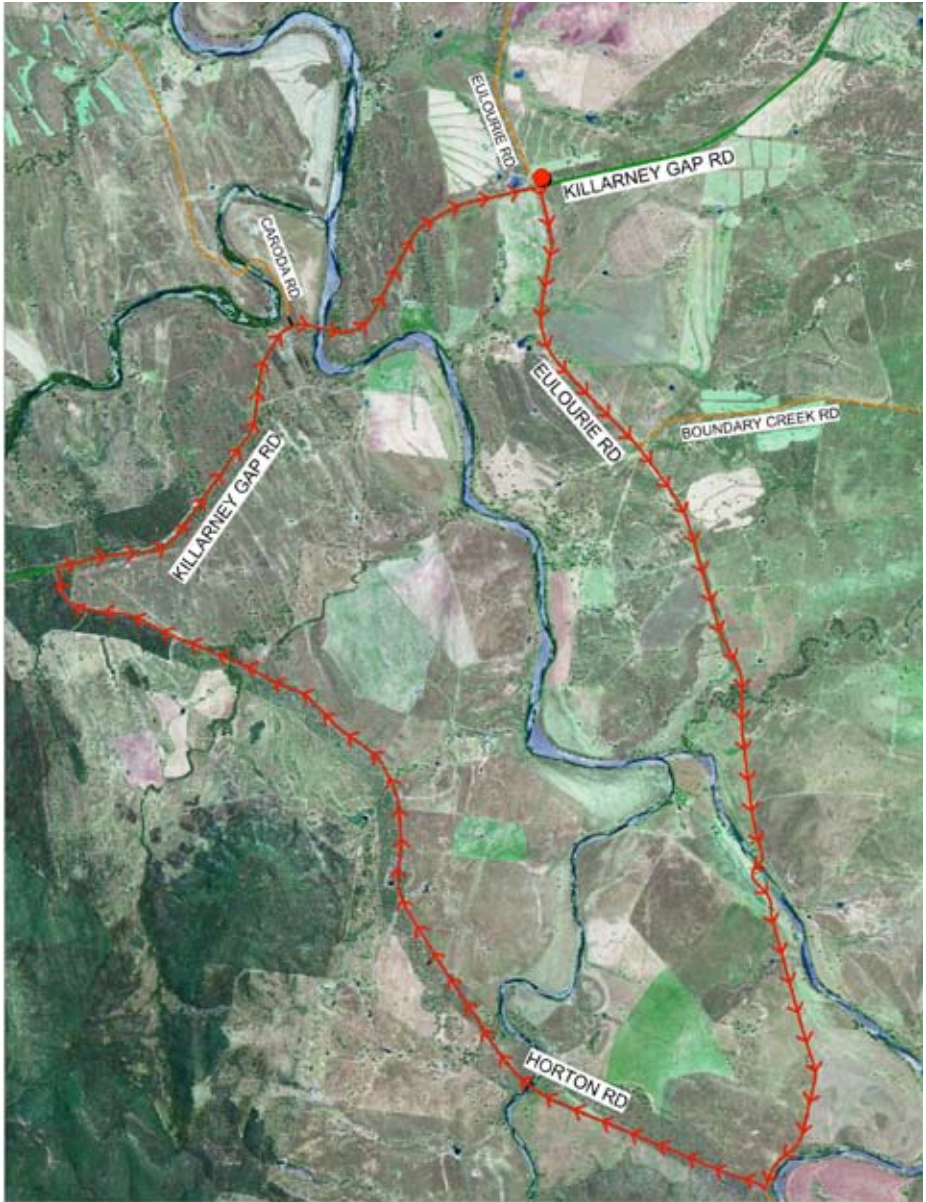
Notes: Around 17 km of unsealed road; cattle grids; causeway (unable to cross in wet conditions); pretty views over Horton Valley. Plenty of parking at the Crossroads.

Route:

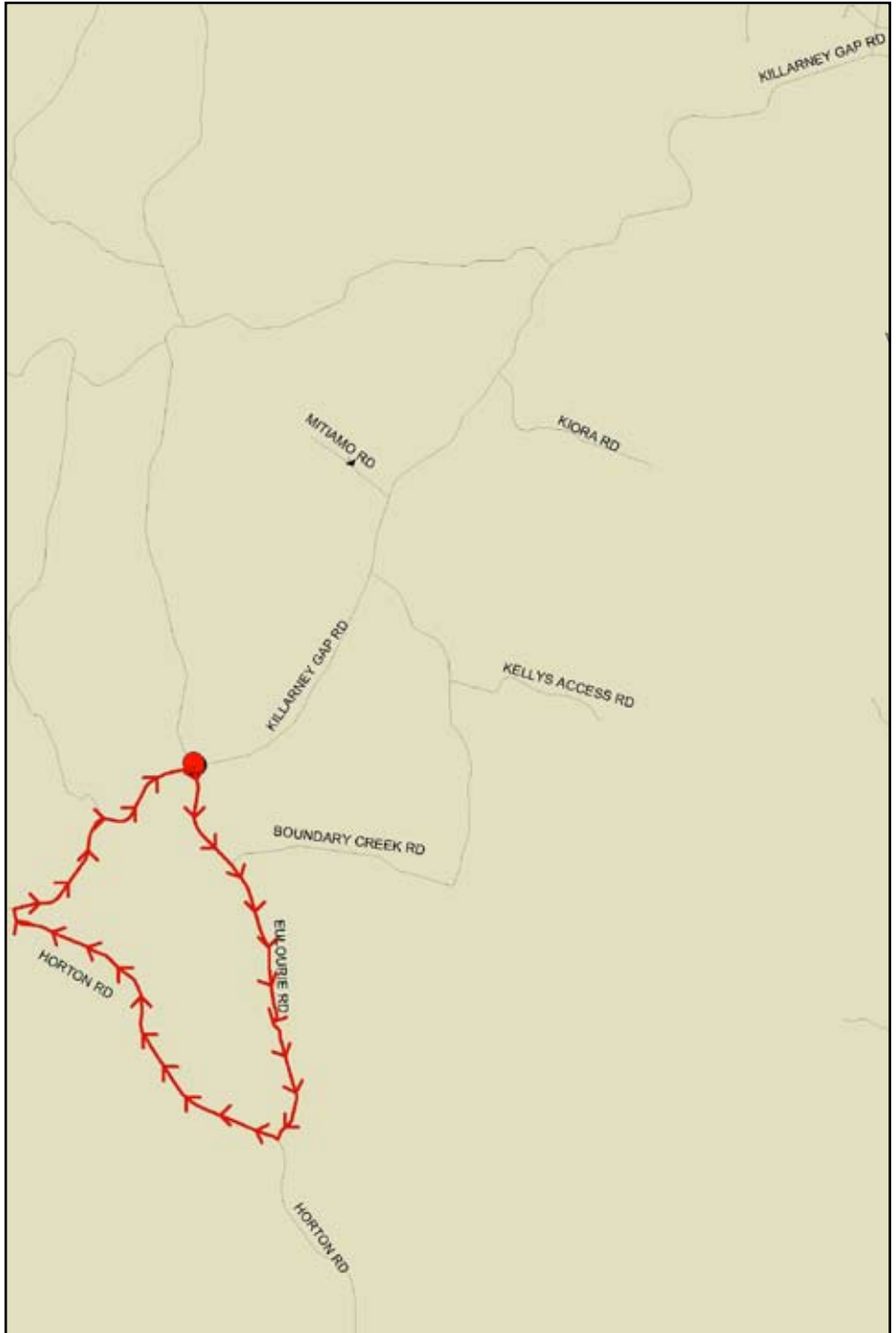
- Turn south (left if coming from Bingara) at the Crossroads and ride down Eulourie Road
- Follow road over a causeway
- At the T Intersection turn right into Upper Horton Road, heading west towards Narrabri
- Turn right at the T intersection onto Killarney Gap Road (Narrabri Road) heading east towards Bingara
- Ride approx. 5 kms back to the Crossroads.

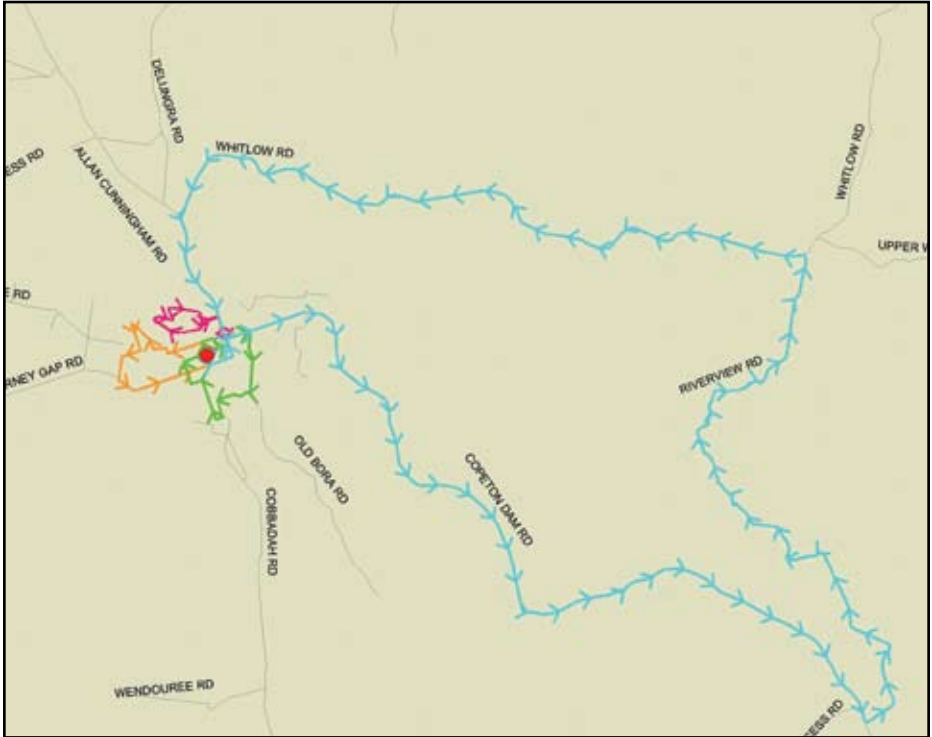


Ride 5 - Eulourie Circuit Map



© Gwydir Shire Council 2012
© Land Property Information 2012. All Rights Reserved
No part of this map may be reproduced without written permission. Enquiries and end user comments should be directed to:
General Manager, Locked Bag 5, BINGARA NSW 2104.
Disclaimer:
The publisher of and/or contributors to this publication accept no responsibility for any injury, loss or damage arising from its use or errors or omissions therein. Council does not guarantee the location of existing boundaries. You must satisfy yourself as to the existence and location of these property boundaries.







Cycle the Bingara Region
March, 2013

