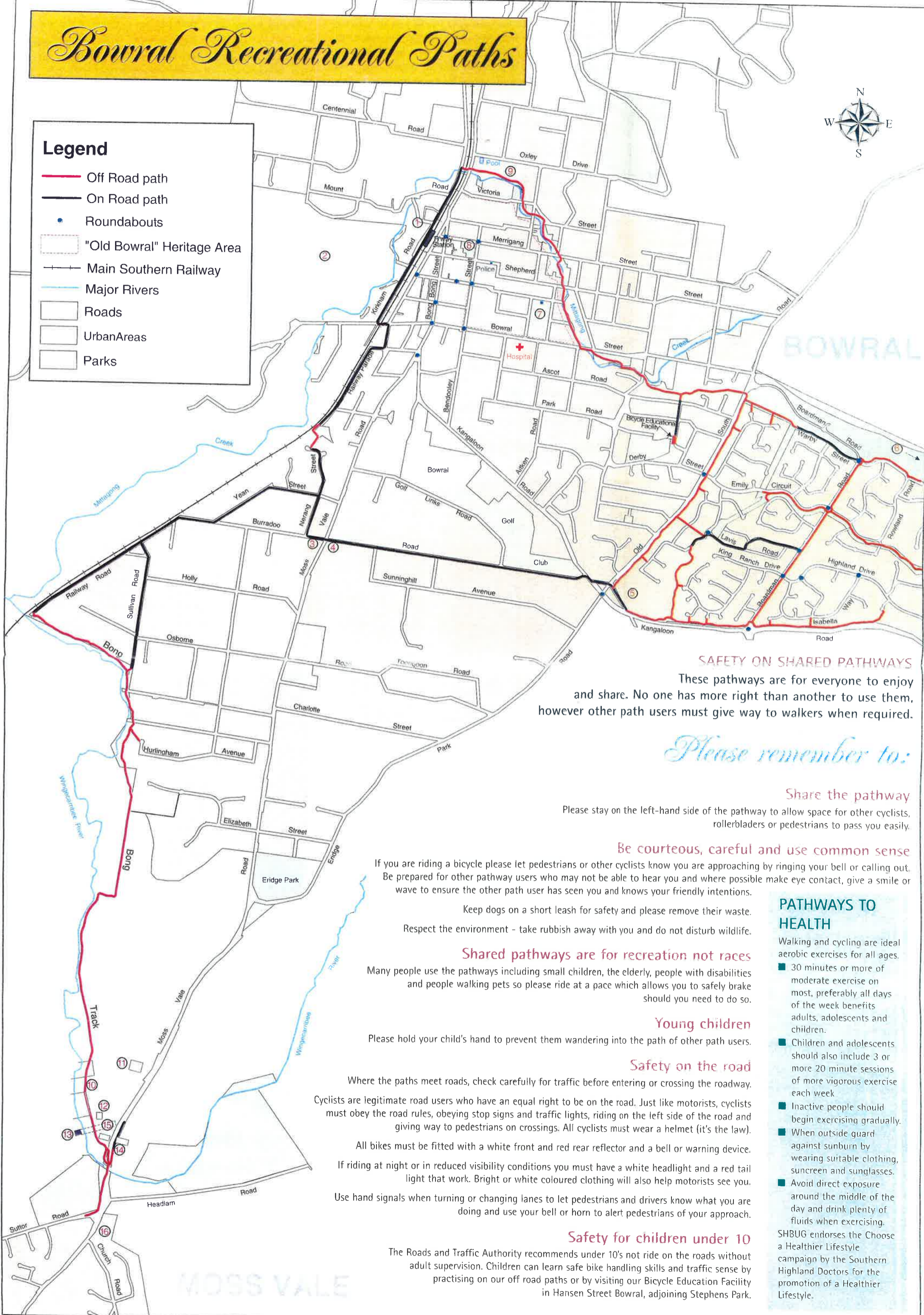


Bowral Recreational Paths



Legend

- Off Road path
- On Road path
- Roundabouts
- "Old Bowral" Heritage Area
- Main Southern Railway
- Major Rivers
- Roads
- Urban Areas
- Parks



SAFETY ON SHARED PATHWAYS

These pathways are for everyone to enjoy and share. No one has more right than another to use them, however other path users must give way to walkers when required.

Please remember to:

Share the pathway

Please stay on the left-hand side of the pathway to allow space for other cyclists, rollerbladers or pedestrians to pass you easily.

Be courteous, careful and use common sense

If you are riding a bicycle please let pedestrians or other cyclists know you are approaching by ringing your bell or calling out. Be prepared for other pathway users who may not be able to hear you and where possible make eye contact, give a smile or wave to ensure the other path user has seen you and knows your friendly intentions.

Keep dogs on a short leash for safety and please remove their waste.

Respect the environment - take rubbish away with you and do not disturb wildlife.

Shared pathways are for recreation not races

Many people use the pathways including small children, the elderly, people with disabilities and people walking pets so please ride at a pace which allows you to safely brake should you need to do so.

Young children

Please hold your child's hand to prevent them wandering into the path of other path users.

Safety on the road

Where the paths meet roads, check carefully for traffic before entering or crossing the roadway.

Cyclists are legitimate road users who have an equal right to be on the road. Just like motorists, cyclists must obey the road rules, obeying stop signs and traffic lights, riding on the left side of the road and giving way to pedestrians on crossings. All cyclists must wear a helmet (it's the law).

All bikes must be fitted with a white front and red rear reflector and a bell or warning device.

If riding at night or in reduced visibility conditions you must have a white headlight and a red tail light that work. Bright or white coloured clothing will also help motorists see you.

Use hand signals when turning or changing lanes to let pedestrians and drivers know what you are doing and use your bell or horn to alert pedestrians of your approach.

Safety for children under 10

The Roads and Traffic Authority recommends under 10's not ride on the roads without adult supervision. Children can learn safe bike handling skills and traffic sense by practising on our off road paths or by visiting our Bicycle Education Facility in Hansen Street Bowral, adjoining Stephens Park.

PATHWAYS TO HEALTH

Walking and cycling are ideal aerobic exercises for all ages.

- 30 minutes or more of moderate exercise on most, preferably all days of the week benefits adults, adolescents and children.
 - Children and adolescents should also include 3 or more 20 minute sessions of more vigorous exercise each week
 - Inactive people should begin exercising gradually.
 - When outside guard against sunburn by wearing suitable clothing, sunscreen and sunglasses.
 - Avoid direct exposure around the middle of the day and drink plenty of fluids when exercising.
- SHBUG endorses the Choose a Healthier Lifestyle campaign by the Southern Highland Doctors for the promotion of a Healthier Lifestyle.

There are picnic tables in the park next to the Bowral Pool to provide a relaxing end to your ride.

Australian's armed services who gave their life in the Vietnam War.

Each tree is a memorial to the 504 members of Bowral Pool. The last part of the ride passes along the Cherry Tree

Bowral Bike track takes the rider back to the start of the ride at in Spring.

Corbett Gardens (8), is well worth a visit during the Tulip Festival early 20th C.

area with streets displaying homes of the mid 19th C to Museum (7) and also within the Bowral Heritage conservation

A short detour down Bradman Ave will bring you to the Bradman

As you proceed west along the bike track from Old South Road the turn off for the Bike Education Park is at Hansen Street.

As you proceed west along the bike track from Old South Road accessible from the north eastern end of the new estate.

an area of native bushland with short walks and picnic areas, is has been significant recent development. Mansfield Reserve (6),

The route then passes through the east of Bowral where there slaughter yard and part of the rural history of the Shire.

Just past Old South Road, "Skins Shed" (5) is visible, a former family members amongst other early families.

along Burradoo Road is a cemetery (4) containing Chisholm intersection. Please dismount to cross Moss Vale Road. Further

Aberglide (3) a heritage property also located at this where Macquarie camped in 1820. The Governor thought the

country on the northern bank of the river there 'really beautiful,

being fit for both cultivation and grazing' and in March 1821 he decided to lay out the official township of Bong Bong there (14).

The township developed as the first centre for law and order in the Southern Highlands, with a row of government buildings erected between 1822 and 1832, close to the Old Argyie Road

where it curved westward to cross the river by the causeway which is still so important a feature of this site (13). The Christ Church was built in 1845 and still stands (16).

A hut for the first gaoler, Bryan Bagnall, on conditional pardon from his life sentence, was erected beside a simple bark roofed

lockup in 1822, and soldiers were initially housed in huts until barracks were erected by 1829. In the same year, 1829, postal facilities were established. A school for the children of settlers on the numerous small mixed farms in the district had already opened in 1827. A blacksmith's shop was built opposite the lock up; and an animal pound was built in 1832 (10 & 12).

The neat, rough-cast commissariat store was built between 1829 - 31 at the east end of the government row. This was not a residential settlement but a centre for control and a provider of some basic services for a scattered and unruly rural population.

The magistrates such as Charles Throsby and James Atkinson, supervised the two or three constables, lock-up keeper and scourger, as well as the clerk servicing their courts, while the soldiers were under military command. There was a need of

Under Governor Macquarie in the 1810's the Old Argyie Road, (15) leading south from the Cumberland Plain, was developed as far as Sutton Forest. From 1817 Charles Throsby was grazing his cattle on both sides of the great bend in the Wingecarribee River where Macquarie camped in 1820. The Governor thought the country on the northern bank of the river there 'really beautiful, being fit for both cultivation and grazing' and in March 1821 he decided to lay out the official township of Bong Bong there (14).

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The Best of Bowral circuit

Award Winning Recreational Facility

THE BEST OF Bowral AND THE Bong Bong Track

Bicycle ride or walk through scenic parts of old and new Bowral

Grade:	Easy
Distance:	26 kilometres (max)
Road Surface:	flat and mostly sealed

Winner - 2004 Heart Foundation Kelloo Local Government Award, Recreation Infrastructure Facility

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The Beautiful Bong Bong Track



Gundungarra Country

The township of Bong Bong was situated on the traditional land of the Gundungarra people. There are stories of great gatherings of many Aboriginal nations for ceremonies, corroborees, feasting and cultural celebrations. Stories of survival are passed down to laws when dispossessed of their land. Dreamtime stories tell of how the Gundungarra land was formed and the survival of its people, culture and language. Markings (such as those shown) were found on trees in the Wingecarribee which indicated tracks, roadways or significant sites. Wingecarribee Indigenous Advisory Committee

Southern Highlands Bicycle Users Group

SHBUG is committed to working for the improvement of facilities for all cyclists throughout the Southern Highlands. SHBUG is represented on the Wingecarribee Bike plan Committee and the Wingecarribee Council Road Safety Steering Committee and continually liaises with Council staff in representing the interests of cyclists in Council planning.

SHBUG also provides a variety of recreational rides for cyclists of all ages and abilities.

Produced by Wingecarribee Shire Council with invaluable assistance from the Southern Highlands Bicycle Users Group; The Bong Bong Common Committee and Southern Region RTA

Bowral

Bowral (680m above sea level) is one of the central towns of the Southern Highlands with a population of around 9,000. Located in the shadow of Mount Gibraltar (864m) Bowral experiences very cool winters and moderate summers. Arranging a cycling trip in the Highlands between March and November should include planning for cool weather.

The terrain is generally undulating and road surfaces include sealed main roads and unsealed rural lanes.

Cycle tourists, mountain bike enthusiasts and occasional riders will all find something to meet their needs.

For those wishing to stay a while, Bowral offers four hotels, four motels and a range of B&B accommodation. Contact the Visitors Information Centre on 4871 2888 for details.

The inner cyclist is well catered for with a variety of coffee shops and restaurants in the Bowral shopping centre.

