



Explore and discover Cowra's parks and points of interest riding off-road trails and country roads

# Cowra Rides Guide



FOR FURTHER INFORMATION CONTACT



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Cowra is a great place to escape on your bike. The Cowra Rides Guide offers riders of all ages enjoyable access to the region's natural environment and places of interest. Most trails are either on country roads or off-road shared paths.

One of the most popular trails is a ride at the Cowra Peace Precinct. All the family can enjoy the panoramic views of the Lachlan Valley while riding to Bellevue Hill Lookout, the Cowra Japanese Garden and the historic Cowra POW Camp. This trail also links to Farm Road for an extended family tour.

The more adventurous can head to Wyangala to find many trails ideal for mountain bike riding. A whole weekend can be spent exploring the Wyangala Waters State Park. Mix up your visit with a spot of fishing, boating or hiking, finished off with a meal at the Country Club.

Most of all, Cowra is a popular road touring destination. Cyclists from all over the country visit the Shire to ride some of the quietest, smoothest and beautiful roads around. There is one section of the Billimari Loop that you will swear you are riding in the south of France.

As you explore the trails network, you will come across great spots to stop and rest, have a picnic or a coffee, or just enjoy the view.

So if you have been thinking about improving your fitness, or spending more time relaxing with friends and family, why not jump on a bike and see where it takes you. After all, 'the journey is half the fun' when you choose to ride a bicycle in Cowra.

For advice on the best trail for you and points of interest along the way, visit the Cowra Visitor Information Centre, located at the junction of the Lachlan Valley Way, Mid-Western Highway and Olympic Highway. You can access the trails network easily from there and Centre staff can also steer you in the right direction for meals, accommodation and other attractions and adventures.

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ON ROAD ROUTES

OFF ROAD ROUTES

HIGHWAY

SEALED ROAD

RAILWAY

VISITORS CENTRE

PARKS

TOILET FACILITIES

ROUTE START POINT

PARKING FACILITIES

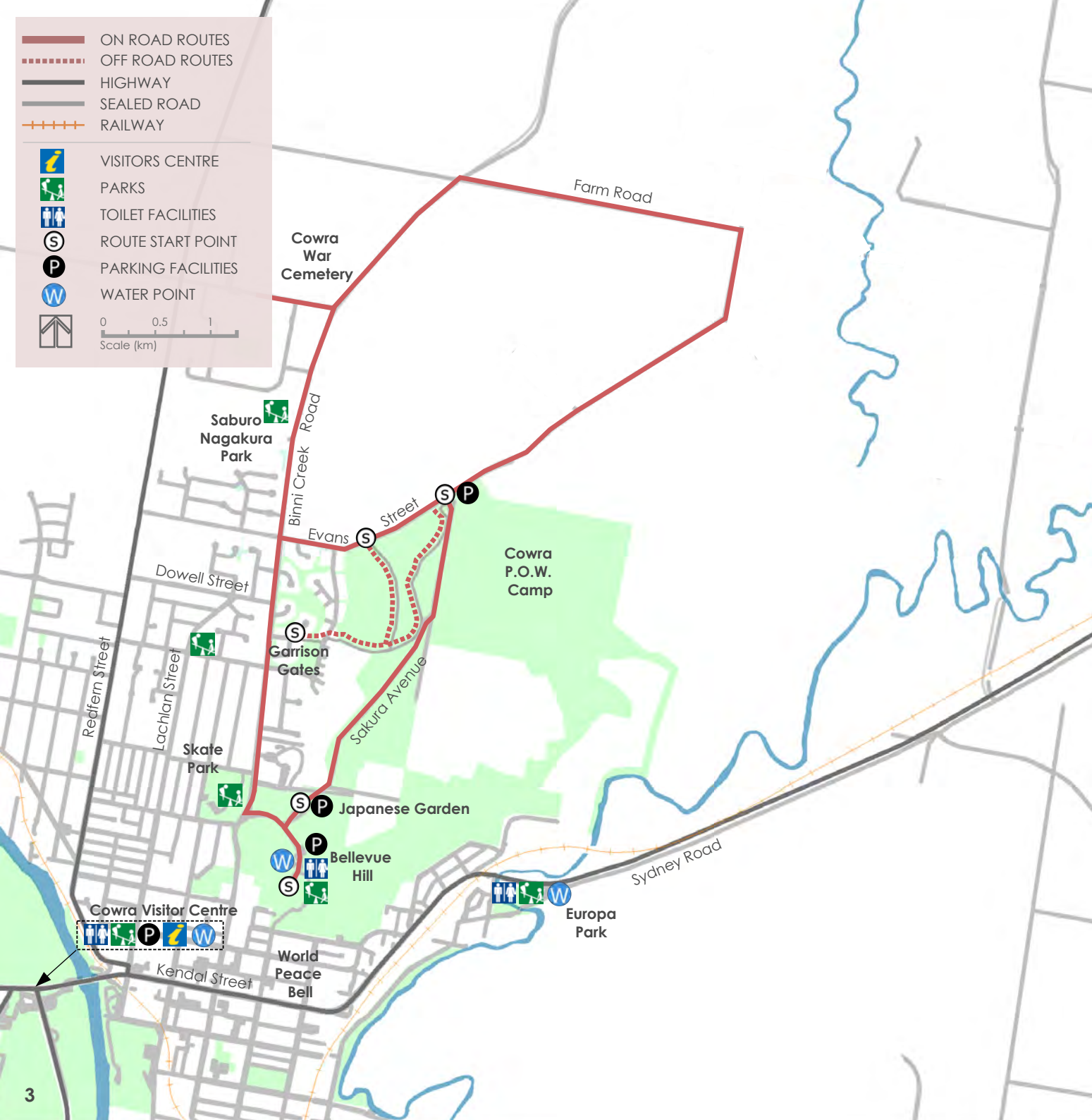
WATER POINT

0

0.5

1

Scale (km)



## Cowra Peace Precinct Trails

A network of concrete shared paths meander through the Cowra Peace Precinct, allowing tourists and families easy riding access to the main attractions and points of interest. Regardless of your age or level of fitness, the Cowra Peace Precinct trails are a must if you want to show visiting friends and relatives all that the town has to offer. There are many places to stop and picnic or just enjoy the tranquillity of Cowra's largest urban parkland.

The Japanese Garden, the Japanese War Cemetery, the Sakura Walk at cherry blossom time, Saburo Nagakura Park, the remnants of the Cowra P.O.W. Camp and the World Peace Bell are all reminders of Cowra's importance during the war and after the war as a benchmark of healing and reconciliation.

It's a great place to reflect on your own ideas of peace, friendships, Aboriginal cultural heritage and the beauty of the Lachlan Valley.

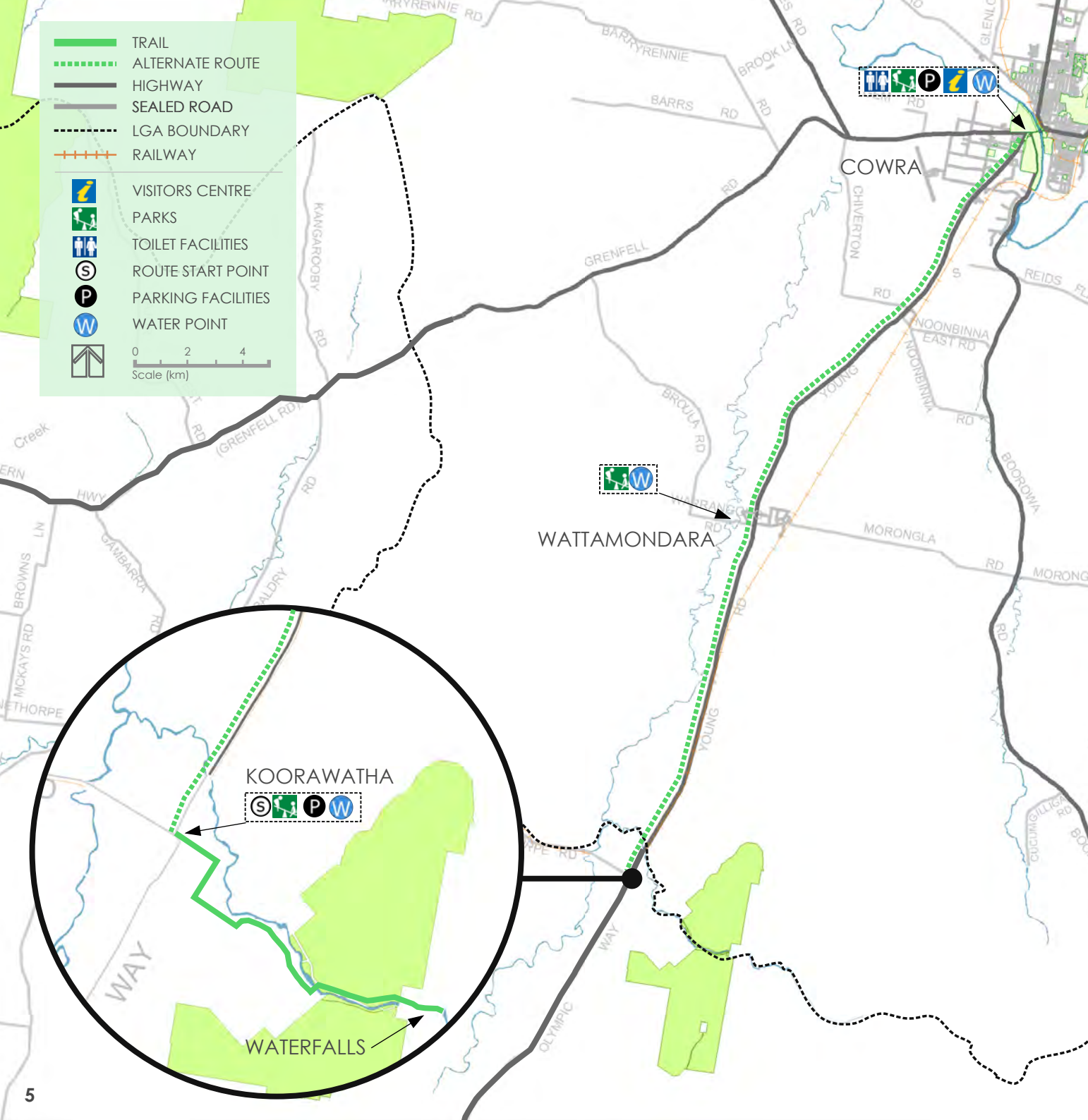
The Cowra Peace Precinct trails also link to the Farm Road trail north of Cowra, which provides for longer family rides on quiet rural roads. The Cowra Skate Park is located to the west of the Cowra Japanese Garden on Binni Creek Road. The skate park includes an impressive 1.4m high ski jump, two fun boxes with ledges, rails and hubbas, a 30 degree flat bank with kicker, 0.8m high half pyramid and a 2.4m radius quarter pipe.

Distance  
**5.1km**

Grade  
**Rolling**

Surface  
**Seal & Dirt**





## Koorawatha Falls Trails

A ride to the Koorawatha Falls should be on everyone's 'bucket list', especially after rain when the falls are at their most spectacular.

The village of Koorawatha was once a large and thriving centre of activity but now has only a hotel and a café. The township is famous for a gun battle between police and the bushranger Ben Hall when he attempted to rob the Bang Bang Hotel. The Koorawatha Falls trail starts and finishes at Koorawatha village, allowing you to stock up on drinks and other essential picnic supplies. As you reach Cowra Street, stop at the cairn that is the site where the old Bang Bang Hotel used to be. The cairn is on the left and the sign reads:

*"The Bang Bang Hotel. This sign marks the site of the old Bang Bang Hotel. On Friday 20th May, 1864 Ben Hall, John Gilbert & James Gordon tried to steal some racehorses stabled at the rear of the hotel. The bushrangers were driven off after a fierce battle with Constables Scott & McNamara. 25 to 30 shots were fired by the bushrangers and 9 by the police."*

The Koorawatha Falls route follows a gravel road that meanders through sheep grazing country and crosses the Bang Bang Creek. As the trail gets closer to the Falls, the terrain becomes steeper and rocky in places, so take care. Follow the creek past the picnic area and an old dam wall until you reach rock formations at the base of the falls. The area is a haven for some of the region's rare flora and fauna, so stay on the main trail and dispose rubbish in the bins at the picnic area.

Distance

**4.4km**

Grade

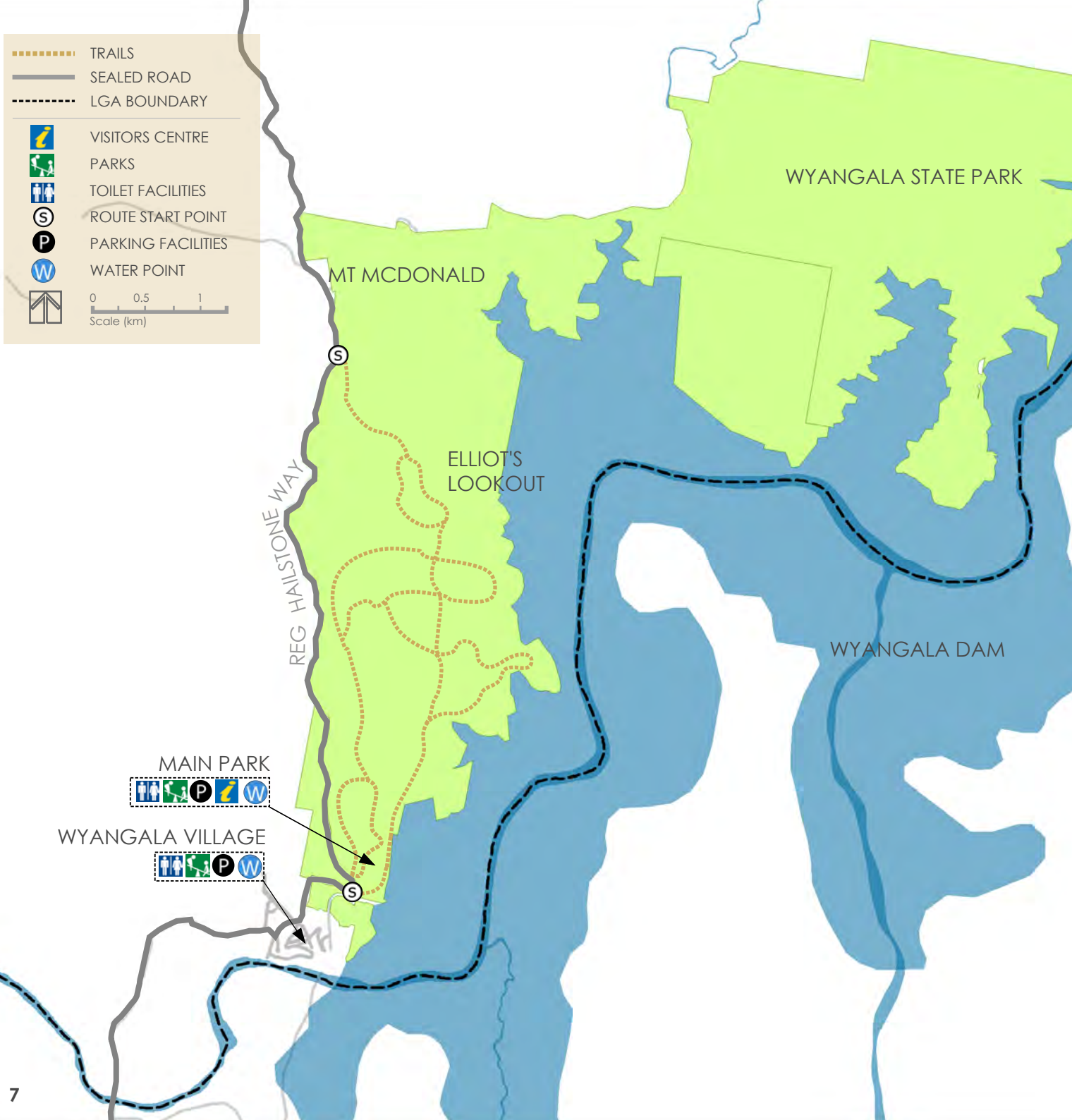
**Flat**

Surface

**Dirt**







## Wyangala Trails

The Wyangala Waters State Park offers a wide network of mountain bike trails and spectacular views. The trails are generally easiest closer to the camping ground and accommodation areas of the Park, and ramp up to some serious downhill rides around Mount Elliot and Mount McDonald. For families, ride the trails near the lake foreshore and explore the adventure playgrounds. If the weather's warm, stop off and enjoy a refreshing dip.

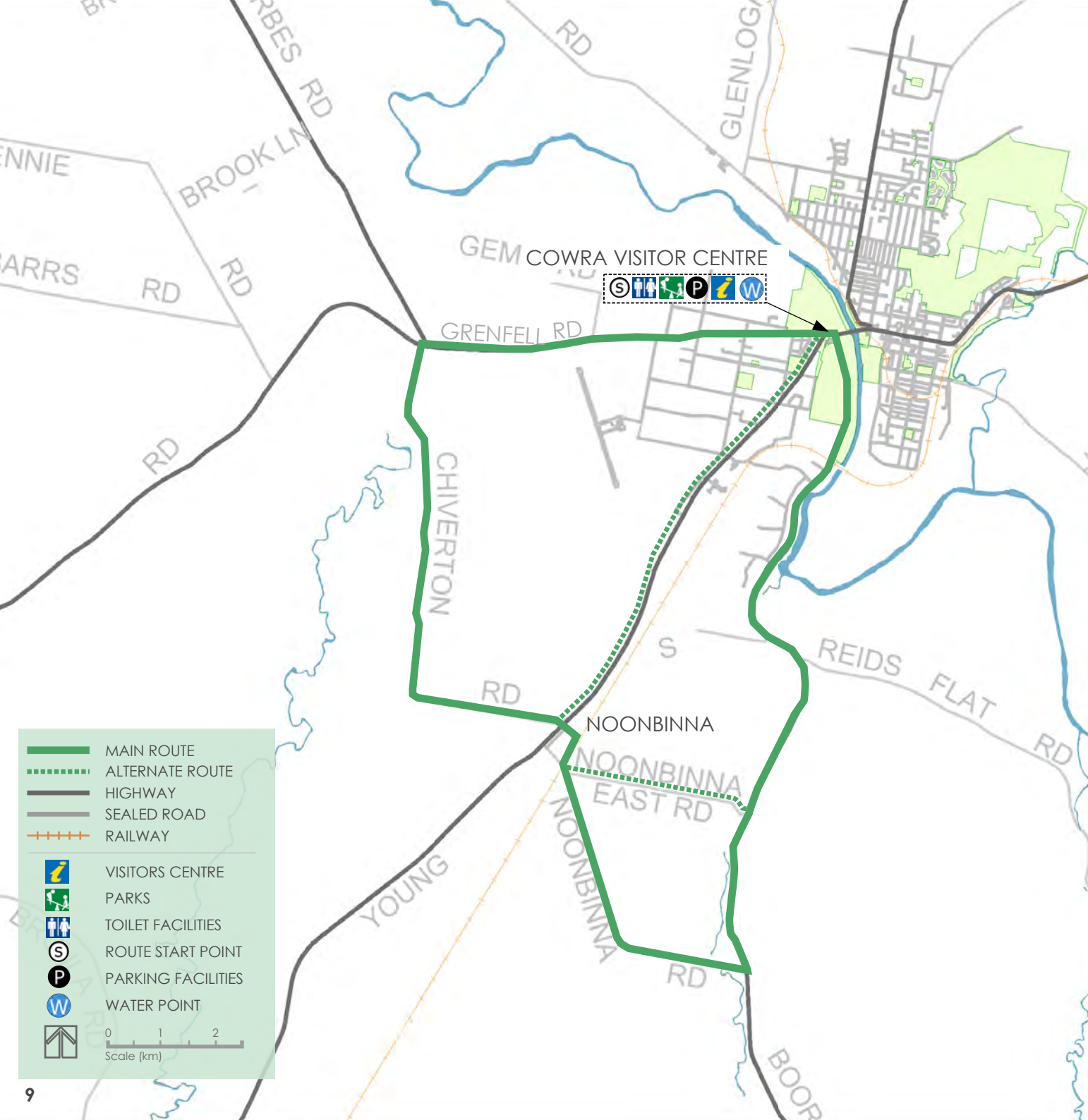
The more adventurous can head to Mount Elliot and Mount McDonald, to find many trails ideal for mountain bike riding. The Mount Elliot downhill trail includes very steep terrain and is not recommended for beginners. As you navigate the trail network, you will come across great spots to stop, rest and enjoy the view.

The area is a haven for some of the region's rare flora and fauna and the bushland can be expansive and rugged. To enjoy your time exploring the State Park, be sure to stay on the trails and let people know where you are going. After a day of riding, fishing and water sports you can relax with a meal at the Wyangala Country Club. Or pack a picnic and head to the park below base of the dam wall. It's a spectacular backdrop for any occasion.

Riders are reminded that a small visitor entrance fee applies to the Wyangala State Park.

Distance	Grade	Surface
12.8km	Hilly	Seal & Dirt





# Chiverton Loop

A very popular sign posted cycling route on bitumen roads. This ride is only 26.6km and is relatively flat, so it's perfect for fast bunch rides, or for a relaxing 'weekend ride'. Early morning bunch rides start from the Cowra Visitor Centre at 6am most weekdays and 6-8am weekends. Start or finish the ride with great coffee and well-priced meals at the Rose Garden Café. Bike racks, all day car parking and public toilets are available and McDonalds is located next door.

## Directions

1. Start at the Cowra Visitor Information Centre and ride west on Grenfell Road for 5.5km
2. Turn left onto Chiverton Road (distance from start 5.5km) and ride south-east for 6.8km
3. Cross the Young Road (distance from start 12.3km) and ride east along Burnie Hielman Street for 600m
4. Turn left onto Noonbinna Road (distance from start 12.9km) and ride east for 4.6km
5. Turn left onto Boorowa Road (distance from start 17.25km) and ride north for 9.3km
6. Ends Cowra Visitor Information Centre (total 26.6km)

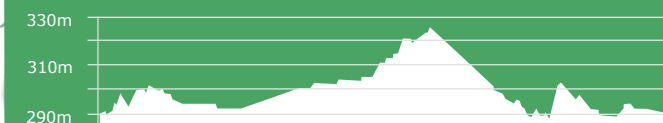
Distance  
**26.6km**

Grade  
**Flat**

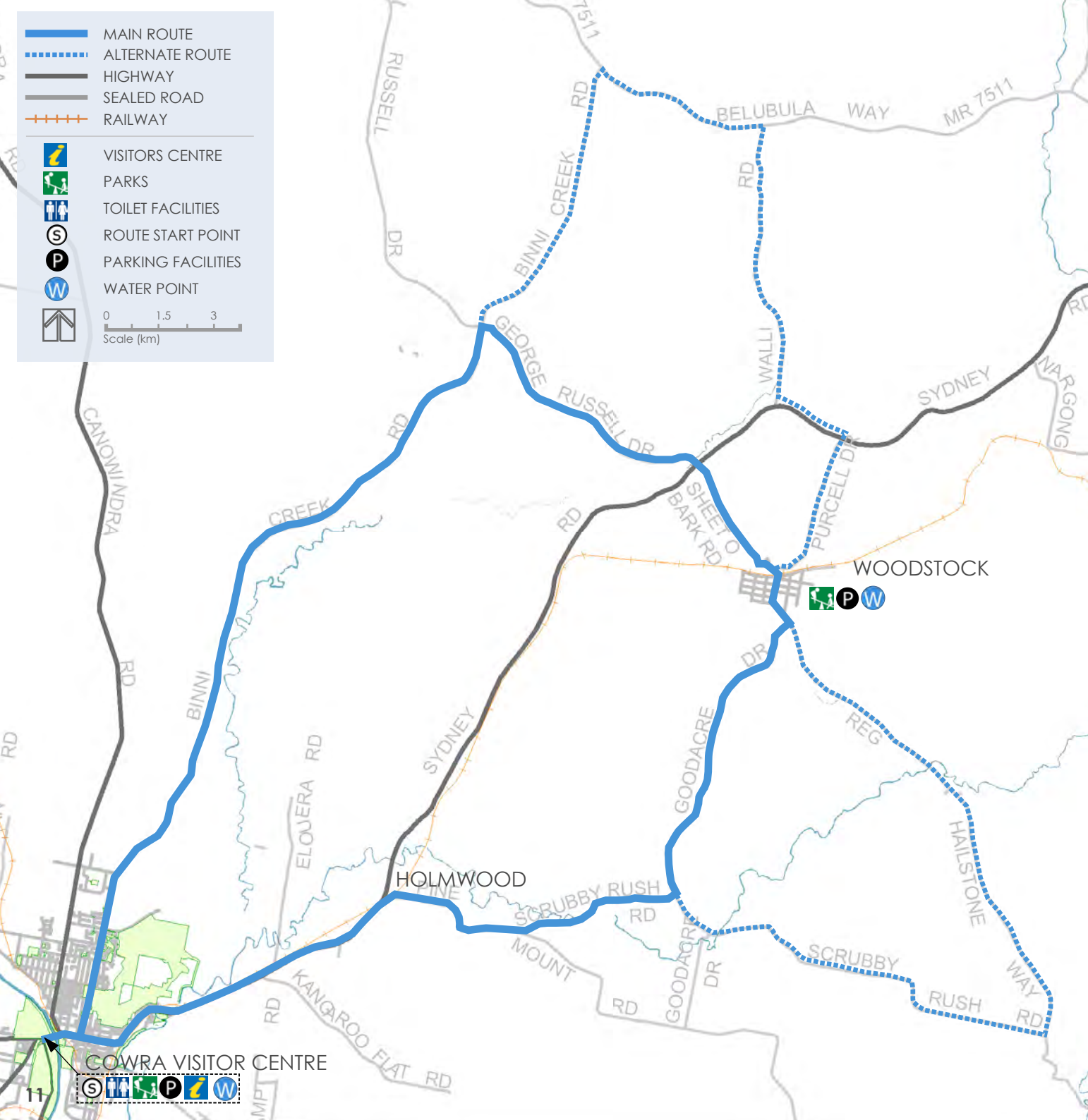
Surface  
**Seal**



## ELEVATION PROFILE







# Woodstock Loop

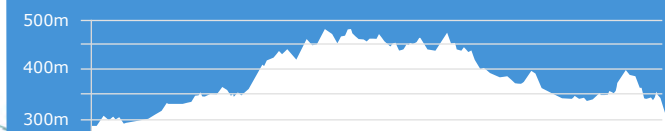
Locals call this 'Marks Loop', and there are many variations that can be considered to add interest and variety in riding the Woodstock area regularly. The rolling terrain provides a challenging ride. The cycling route shown on the map introduces cyclists to the main road routes regularly ridden between Cowra and Woodstock.

## Directions

1. Start at the Cowra Visitor Centre and ride east on the Sydney Road for 8.5km
2. Turn right onto Pine Mount Road (distance from start 8.5km) and ride east for 3.6km
3. Turn left onto Scrubby Rush Road and ride north-east for 3.5km
4. Turn left onto Goodacre Drive (distance from start 12.1km) and ride north for 6.8km
5. Turn left onto Reg Hailstone Way (distance from start 18.9km) and ride north-west for 4.2km
6. Turn right onto the Sydney Road (distance from start 23.1km) and ride north for 100m
7. Turn left onto George Russell Drive (distance from start 23.2km) and ride west for 6.1km
8. Turn left onto Binni Creek Road (distance from start 29.2km) and ride south for 18.7km
9. Turn right onto the Grenfell Road (distance from start 47.9km) and ride west for 1km
10. Ends Cowra Visitor Centre (total 48.9km)



## ELEVATION PROFILE







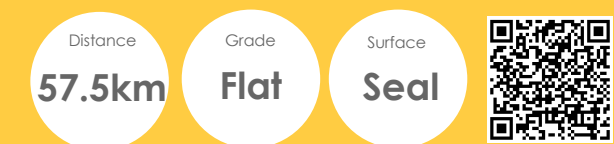


## Billimari Loop

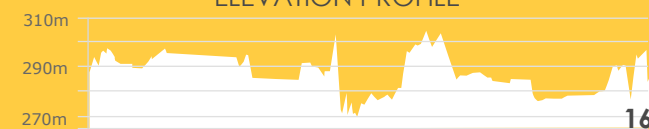
A popular scenic cycling route travelling through fertile river flats. Billimari is known for its olive groves, vineyards and vegetable farms. As you ride along the North Logan Road, look out for asparagus growing wild along the road reserve. Billimari has few public facilities, and now only the park and public hall remains, home to the famous "Billican Productions Inc". Billimari or the Merrigonowry Bridge provide an ideal rest / picnic spot. A section of North Logan Road that is flanked by Poplar, Oak and Walnut trees is a shady reminder of the south of France.

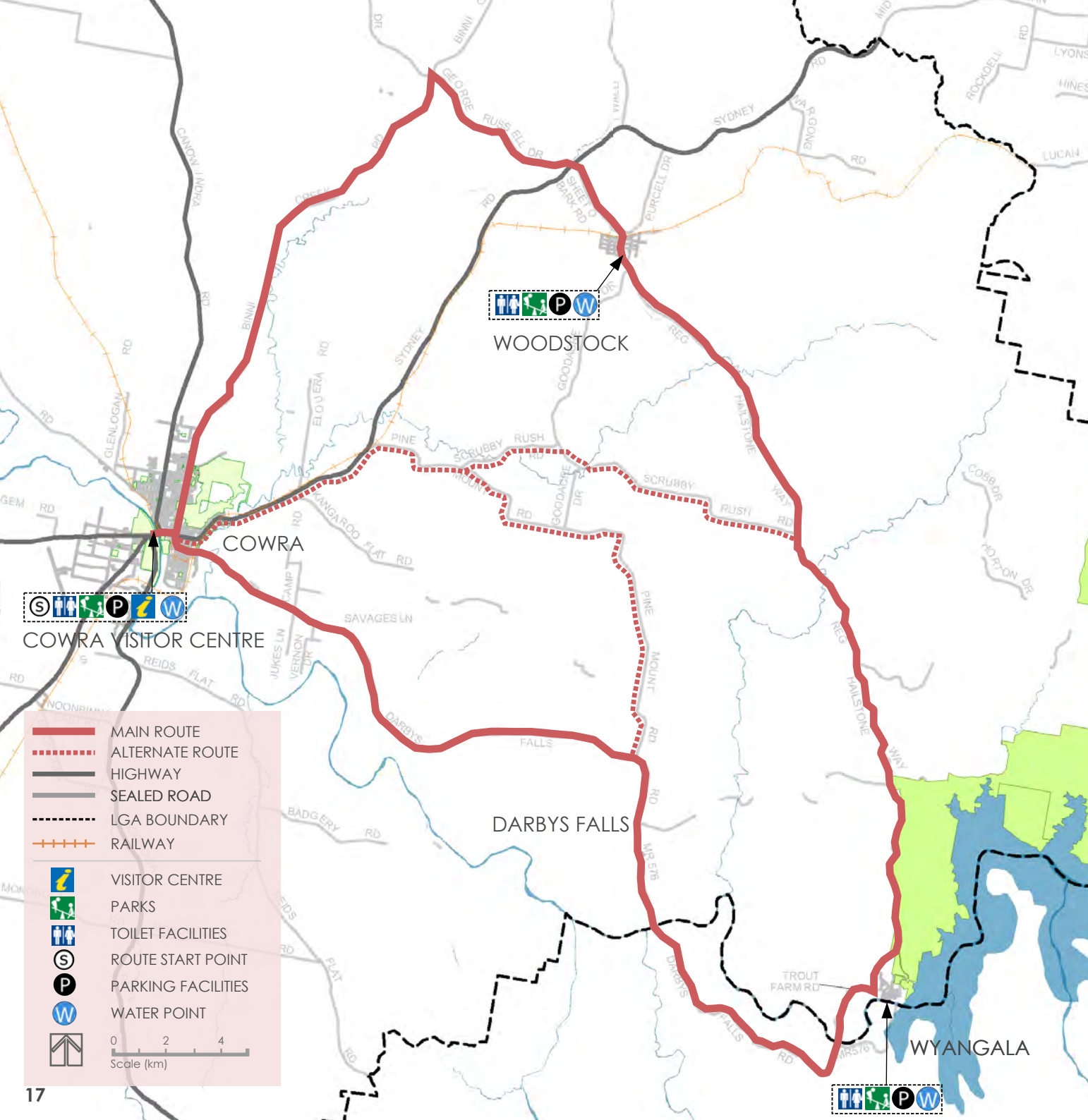
### Directions

1. Start at the Cowra Visitor Centre and ride west on Grenfell Road for 5.5km
2. Turn right onto the Forbes Road (distance from start 5.5km) and ride north for 19.6km
3. Turn right onto the Merrigonowry Road (distance from start 25.1km) and ride east for 8.9km
4. Turn right onto Sloan Street and ride south for 1.9km (you are now in Billimari)
5. Turn right onto North Logan Road (distance from start 35.9km) and ride south for 19.2m
6. Continue onto Mulyan Street (distance from start 55.1km) and ride south-east for 1.1km
7. Turn right onto Redfern Street (distance from start 56.2km) and ride south-east for 800m
8. Turn right onto Lachlan Street (distance from start 57km) and ride south for 50m
9. Turn right onto the Grenfell Road (distance from start 57.05km) riding over the Cowra Bridge for 500m
10. Ends Cowra Visitor Centre (total 57.5km)



### ELEVATION PROFILE





## Wyangala Loop

The loop ride to Wyangala from Cowra is a long challenging road ride that can be completed in half a day or less for experienced riders. It is suitable for road and touring cyclists wanting a day of country riding. A mid-way potable water point is available at Wyangala. The highlight is the ascent of Mount McDonald and the rewarding views at the top. Woodstock provides another opportunity to take a rest break and stock up on provisions.

### Directions

1. Start at the Cowra Visitor Centre and ride east on the Sydney Road for 1.6km
2. Turn right onto Fitzroy Street (distance from start 1.6km) and ride south for 500m
3. Turn left onto Darbys Falls Road (distance from start 2.1km) and ride east for 33.5km
4. Turn left onto Trout Farm Road (distance from start 35.6km) and ride north for 4.5km to Wyangala Village.
5. Turn left onto Reg Hailstone Way (distance from start 40.1km) and ride for 28km to Woodstock.
6. Continue along Duff Street / Sheet of Bark Road for 4.2km, cross the Sydney Road and continue west along George Russell Drive (distance from start 72.4km) for 6.1km
7. Turn left onto Binni Creek Road (distance from start 78.4km) and ride south for 18.7km
8. Turn right onto Grenfell Road (distance from start 97.1km) and ride west for 1km
9. Ends Cowra Visitor Centre (total 98.1km)

Distance

**98.1km**

Grade

**Hilly**

Surface

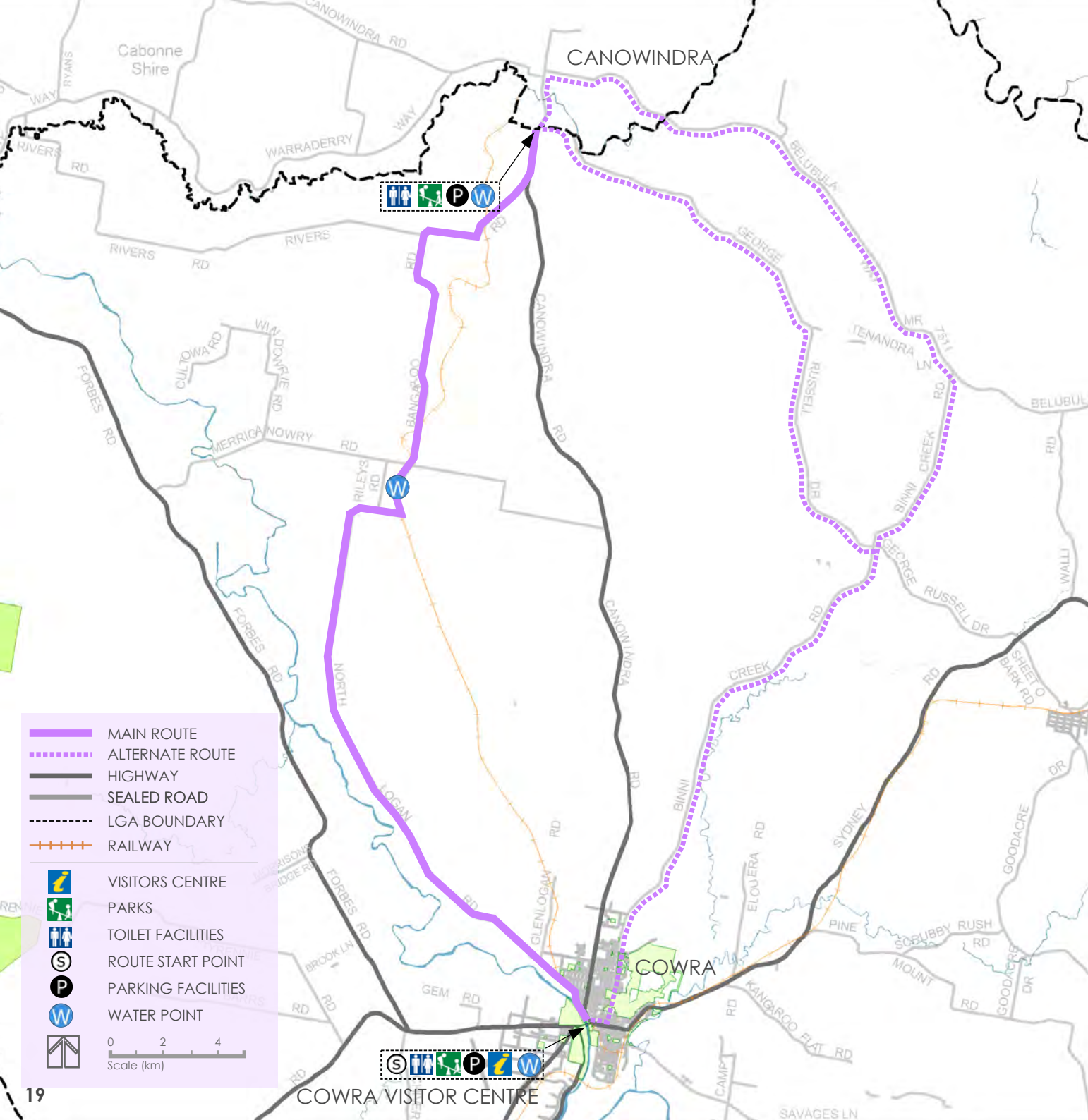
**Seal**



### ELEVATION PROFILE







# Canowindra

A ride through the historic township of Canowindra is like stepping into a period movie dotted with the wonders of modern living. Beautifully restored guesthouses, country pubs and quaint shops filled with old wares are nestled alongside art galleries, cafes with great coffee and pies and shops selling designer clothes, antiques and homewares. The area is also known for its excellent wine and food, and is the Ballooning capital of Australia. Book your very own balloon flight and get a bird's eye view of the area. It's a beautiful way to start your weekend ride.

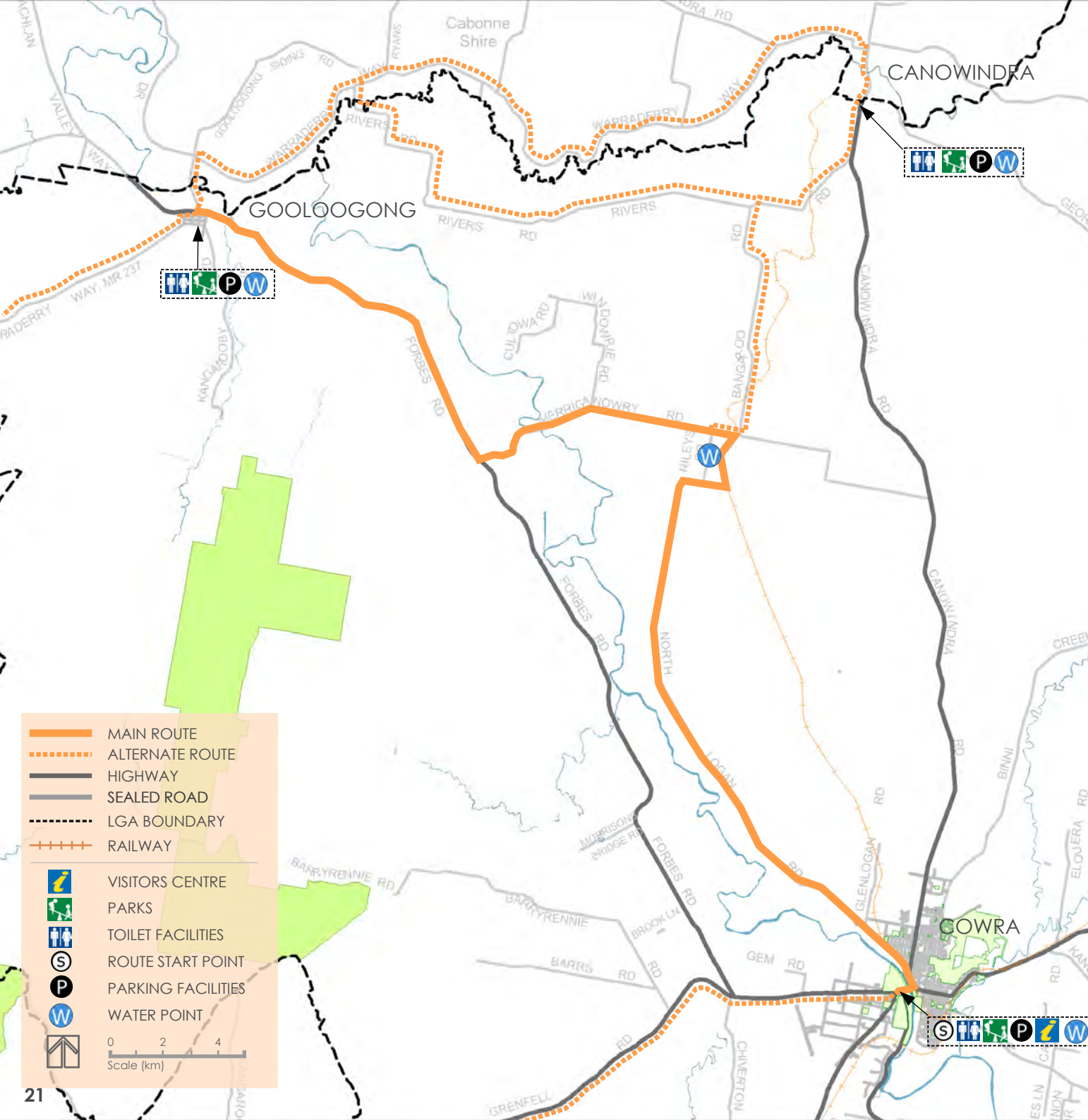
## Directions

1. Start at the Cowra Visitor Centre and ride east on the Sydney Road for 500m
2. Turn left onto Lachlan Street (distance from start 500m) and left again at Redfern Street (distance from start 550m) and ride north-west for 800m
3. Turn left onto Mulyan Street (distance from start 1.3km) and ride west for 1.1km
4. Slight turn left onto North Logan Road (distance from start 2.4km) and ride north-west for 19.2km
5. Turn left onto Sloan Street (distance from start 21.6km) and ride north for 1.8km (you are now in Billimari)
6. Turn right onto Bangaroo Road (distance from start 23.5km) and ride east for 100m
7. Turn left onto Bangaroo Road (distance from start 23.6km) and ride north for 7.7km
8. Turn right onto Rivers Road (distance from start 31.2km) and ride north-east for 4.1km
9. Turn left onto Canowindra Road (distance from start 35.3) and ride north for 3.2km
10. Ends Canowindra (total 38.5km)



## ELEVATION PROFILE





# Gooloogong

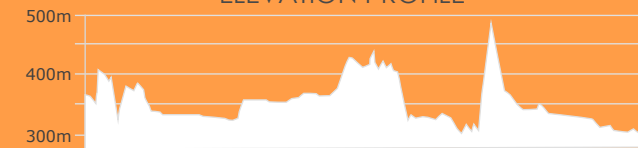
Gooloogong is an interesting historic village with a General Store/Post Office, the Gooloogong Hotel, Ice Cream and Coffee Shop, Public School, historic Log Cabin Hall and the Gooloogong Country Club. The Gooloogong Memorial Park tells the unique history of the area and is a pleasant place to have a picnic and spend some time. A popular free camping ground is located next door to the Park, and the Lachlan River is a short five minute ride to the north of the village.

## Directions

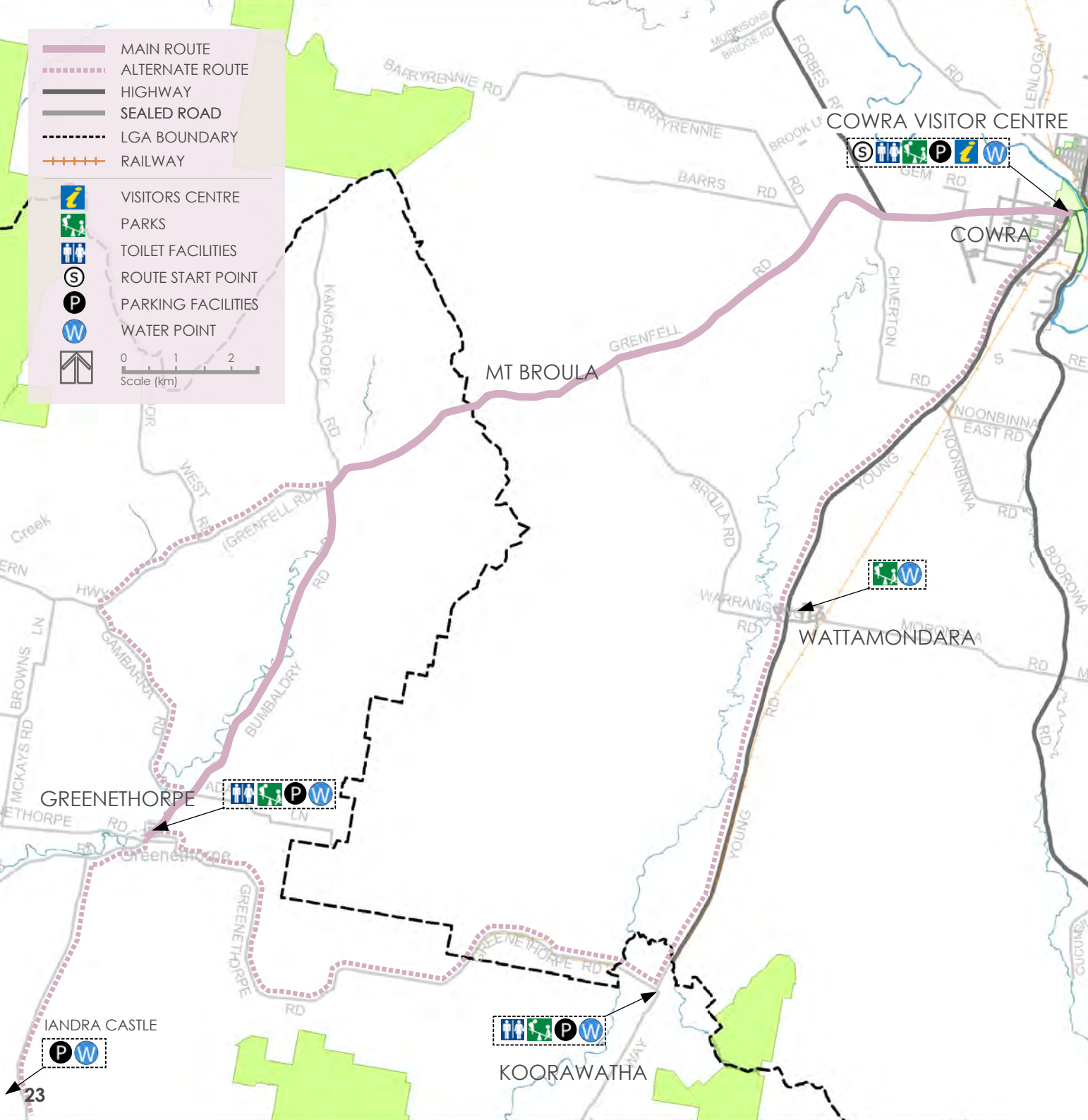
1. Start at the Cowra Visitor Centre and ride east on the Sydney Road for 500m
2. Turn left at traffic lights onto Lachlan Street (distance from start 500m) and ride north for 50m
3. Turn left onto Redfern Street (distance from start 550m) and ride north-west for 800m
4. Turn left onto Mulyan Street (distance from start 1.3km) and ride west for 1.1km
5. Slight turn left onto North Logan Road (distance from start 2.4km) and ride north-west for 19.2km
6. Turn left onto Sloan Street (distance from start 21.6km) and ride north for 1.8km
7. Turn left onto Bangaroo / Merrigonowrie Road (distance from start 23.5km) and ride west for 8.9km
8. Turn right onto the Forbes Road (distance from start 32.4km) and ride north-west for 12.5km
9. Ends Gooloogong Village (total 44.9km)



## ELEVATION PROFILE







## Greenethorpe

When someone suggests a ride to Greenethorpe you immediately think of 'Broula', the dreaded short but sharp mountain climb out of the Lachlan Valley. After tackling this steep pinch, the trip rewards the cyclist with panoramic views of the Lachlan Valley and enjoyable riding next to the mixed farms along the Tyagong Creek.

Greenethorpe is a small historic village with a General Store / Post Office, the Shamrock Hotel, Public School, the Blue Sky art gallery and a Police Station. The village was purpose-built in 1908 to house share-farmers who worked at landra Station, the property of George Henry Greene, located 10 kilometres away on the road to Young. This property, with its 'landra Castle' is open for inspection several times a year, usually on long weekends. Art of Espresso Coffee is produced nearby and often serves coffee on open days.

Greenethorpe is ideal for touring cyclists, and can be visited as part of a longer tour of the region or as a weekend / day trip. Plan it as part of the annual 'Tour de Greenethorpe', Australia Day, or on an Open Day at landra Castle.

### Directions

1. Start at the Cowra Visitor Centre and ride west on Grenfell Road for 24km
2. Turn left onto Bumbaldry Road (distance from start 24km) and ride south for 11km
3. Ends Greenethorpe (total 35km)

Distance

**35km**

Grade

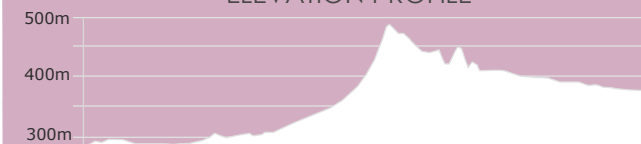
**Rolling**

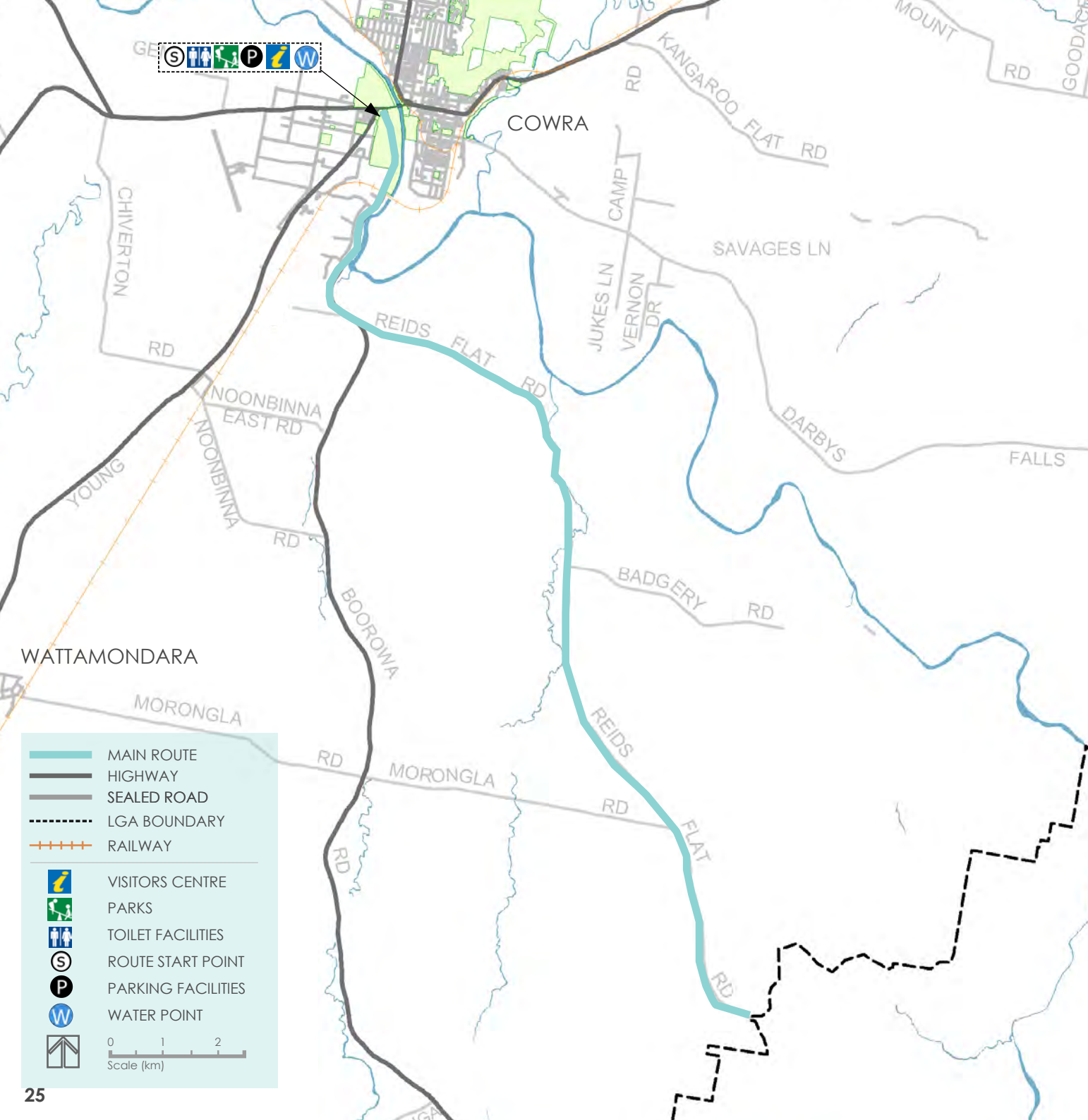
Surface

**Seal**



### ELEVATION PROFILE





## Mount Collins

Despite its formidable name, the Mount Collins ride is very achievable and only has to be challenging if you want it to be. Ridden at pace this is an ideal training ride to improve fitness and speed. However, it is also suitable for all types of bicycles and riders. Plenty of shade is provided from native box woodlands abutting either side of the roadway. The ride involves a gradual ascent all the way up to Mount Collins. Once at the top, take time to enjoy the views towards Boorowa and back to Cowra. You can stand in both Boorowa and Cowra Shires at this spot, which always provides a good photo opportunity. The return trip is mostly downhill and gives some exhilarating downhill riding. It is normally planned to return back to Cowra for a coffee or cool drink after the ride.

### Directions

1. Start at the Cowra Visitor Centre and ride south on the Boorowa Road for 4.9km
2. Turn left onto Reids Flat Road (distance from start 4.9km) and ride south for 17.4km
3. Ends top of Mount Collins (total 22.3km)
4. Return Cowra Visitor Centre (total 44.6km)

Distance

**22.3km**

Grade

**Rolling**

Surface

**Seal**



### ELEVATION PROFILE





## Gear Up

You will need a number of accessories to support your rides, including a Water Bottle, Tyre Repair Kit, Bike Shorts, Helmet, Shoes and Pedals, Bike, Bell and a Speedo.



## Building Fitness

Start easy. Don't try to do too much right away. Begin with a low distance goal, say between 5 to 15 kilometres per ride, and add on a little each week. At least in the first couple of weeks, avoid big hills, windy conditions and overly ambitious rides. Accept that there will be good days and bad days on the bike. If you are struggling, cut the ride short or slow down. Ride with a buddy who is also new to cycling. It can be up to 30% easier to ride behind another rider, as they take the majority of the wind. Work together at maintaining interest and motivation. Once you have gained some fitness, consider riding with a group or in a club ride.



## Getting started on a bike

Finding the right bike is critical. Think about how you'll use the bike and what your budget is. Ultimately, choose a bike that fits best and you are satisfied that you are getting the right deal for you.



## Staying upright

With traffic, gear shifting, bunch rides and fatigue, cycling can seem overwhelming at first. Choose your routes wisely to avoid heavy traffic and hazards. Ride straight, smooth and brake carefully so there are no surprises. When descending ride, with both hands on the handlebars, close to the brakes and with a bit of weight on the pedals. Look far down the road and always brake before a corner, never in it. Apply both brakes evenly to slow down or stop. When stopping, make sure you are clicked out of your pedals, and at a place safe from passing traffic.

## Powering Up

If you are riding an hour or less, water and a light snack should suffice. For longer rides consume natural, simple high-carbohydrate foods. Gels, Goos and Chews are convenient. A jam sandwich, banana or muesli bar are cheaper alternatives. Drink every 10 to 20 minutes, aiming for frequency over quantity. For longer rides, drink plenty of fluids well before setting out so you start fully hydrated.



## Maintenance

With a bit of maintenance know-how, you can keep your bike on the road for longer. Check your bike before every ride - tyre pressure, brakes, chain lubrication and the quick-releases on wheels to make sure everything is snug and in place. Inflate tyres to the level indicated on the sidewall and learn how to fix a flat tyre.

## Bunch Riding

Once you have gained some fitness, consider riding with a group or in a club ride. There are a number of bunch rides of varying ability that leave the Cowra Visitor Information Centre on a regular basis. Riders are keen for greater participation in local cycling and are welcoming and supportive of new riders. Make sure the 'bunch ride' is suitable for your level of fitness so you don't get left behind. Remember that sharing the road environment is important when bunch riding.



## Family Rides

Including the whole family in a ride is a great way to have fun and to teach children how to ride safely. You may be a great rider yourself but others in your family may require more time and assistance to gain confidence on the bike. Choose your routes wisely, take plenty of water and make sure everyone is safely set up on their bike. Don't ride when it is too hot, windy, cold or raining. Suggest regular rides (say every Sunday afternoon) and visit interesting places. Combine a picnic, ice-cream or another treat with the ride. Place the bikes in the trailer to access the ride if it is not safe to ride from your home.