

CYCLING GUIDE TO THE SWAN HILL REGION





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BARRY STEGGALL PARK

Family Friendly

Distance 2.3km

Terrain Shared path

A total of 2.3km of shared paths - Barry Steggall Park is the home of an all abilities playground, an indigenous arboretum, Steggall Park Lake, a BBQ area and toilets.



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RIVERSIDE PARK

Family Friendly

Distance 4.5km

Terrain Shared path

The Riverfront Track is a 4.5km one way track stretching from the Milloo Street Wetlands through to the Pental Island Bridge. Travelling north to south you'll begin at the wetlands. Follow the trail past the Pioneer Settlement before entering the Art Gallery Carpark. The final section is a natural bush track known as the David Ellemor Trail.



MURRAY DOWNS TRACK

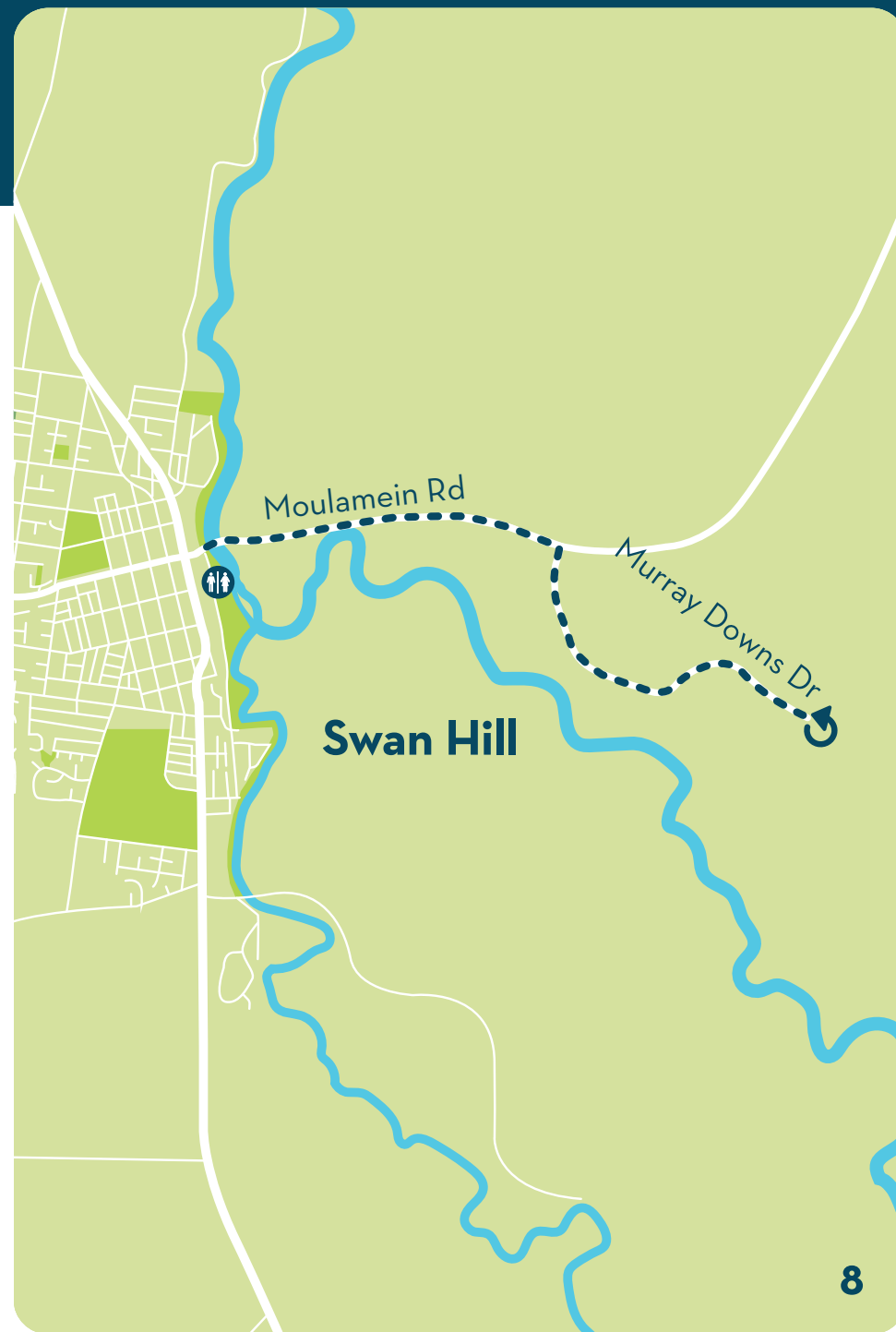
Family Friendly

Distance 8km (round trip)

Terrain Bike path

Turn around ↻

Approxiamately 8km round trip over the bridge into NSW. You'll pass the historic Murray Downs Homestead on your way to the Murray Downs Golf and Country Club.



LAKE BOGA

Family Friendly

Distance 4.3km

Terrain Shared path

One of the distinct features of Lake Boga is a 4.3 km active pathway, along the lake foreshore, north of the township. The all purpose sealed path provides the perfect and safe environment to explore Lake Boga either by foot or bicycle. There are a number of BBQ facilities, rest areas and even a family playground, where you can relax and enjoy the lake views.

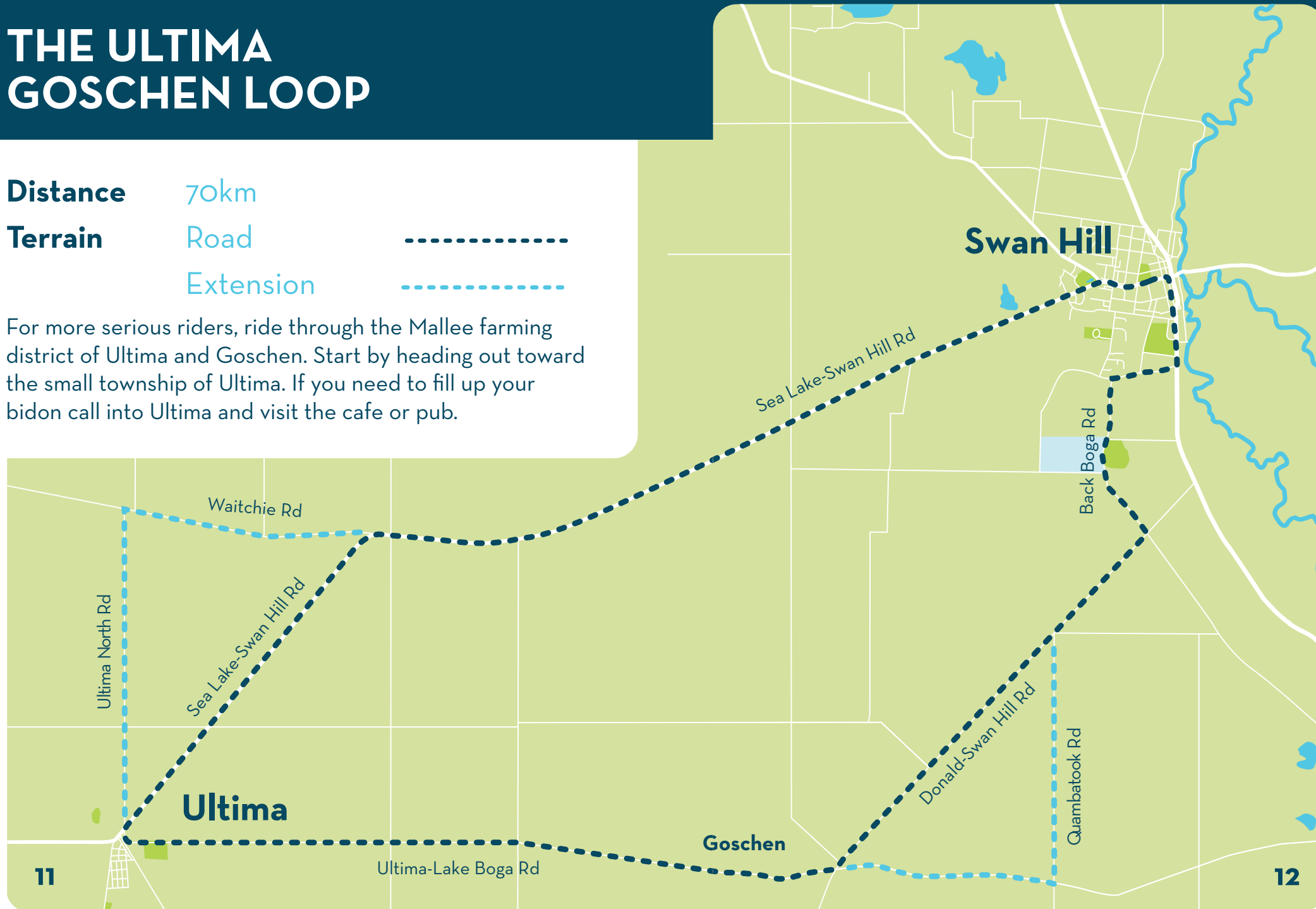


THE ULTIMA GOSCHEN LOOP

Distance 70km

Terrain Road
Extension

For more serious riders, ride through the Mallee farming district of Ultima and Goschen. Start by heading out toward the small township of Ultima. If you need to fill up your bidon call into Ultima and visit the cafe or pub.



LAKE BOGA & PENTAL ISLAND

Experienced Rider

Distance 60km

Terrain Road

This is a great ride when the wind is in the south-east. Sneak out the back road to Lake Boga, avoiding the highway. This will take you through diverse Mallee farming areas. Enjoy the park, lake, café or pub at Lake Boga. Continue on from Lake Boga, making your way across the Little Murray River to Pental Island. Riding almost the length of the island heading towards Swan Hill.



LAP OF LOVE

Experienced Rider

Distance 29km

Terrain Road

Extension

Heading in an anticlockwise direction, this lap tends to be a prelude to longer rides. When done in reverse it is called the Lap of Death. Nothing too sinister just a name given in jest, as it is often attempted in race mode.



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THE PUNT

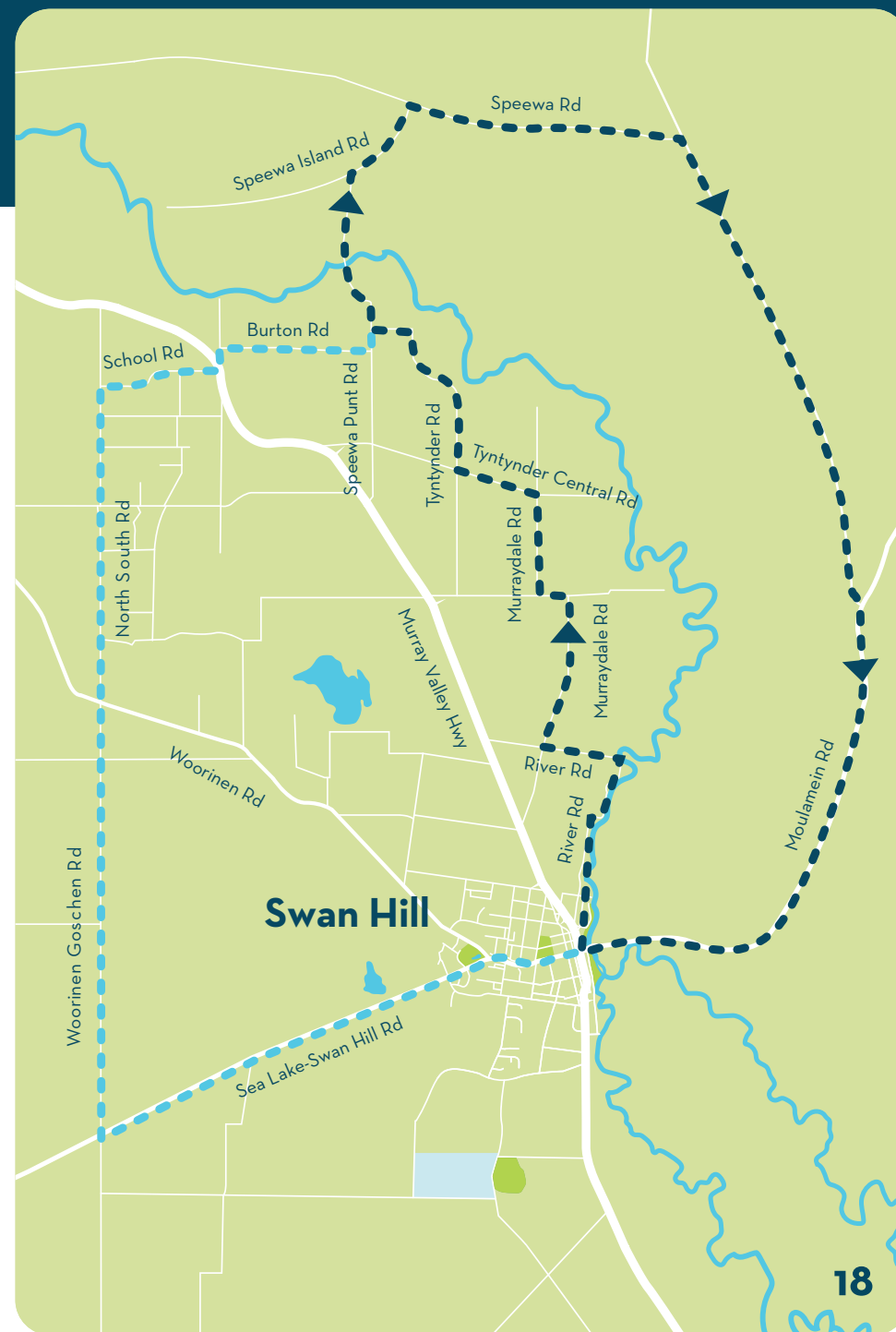
Experienced Rider

Distance 50km

Terrain Road

Extension

The Murray Cruise Liner that takes you to another country or at least another state. The Punt Ride is something to tell your friends about and a great opportunity for a spell. This can be enjoyed as part of a 50km ride - all for FREE!!



THE HILTON

Experienced Rider

Distance 24km (round trip)

Terrain Road -----

Turn around ↻

This is an out and back ride starting from the Clock Tower in Campbell Street. Journey through town, towards the southern entrance and turn right into Werril Street and then left onto Back Boga Road. Continue past the aerodrome (check the wind sock for prevailing wind) to the turn around point at the T intersection. This is a great morning ride.



SAFARI

Experienced Rider

Distance 45km

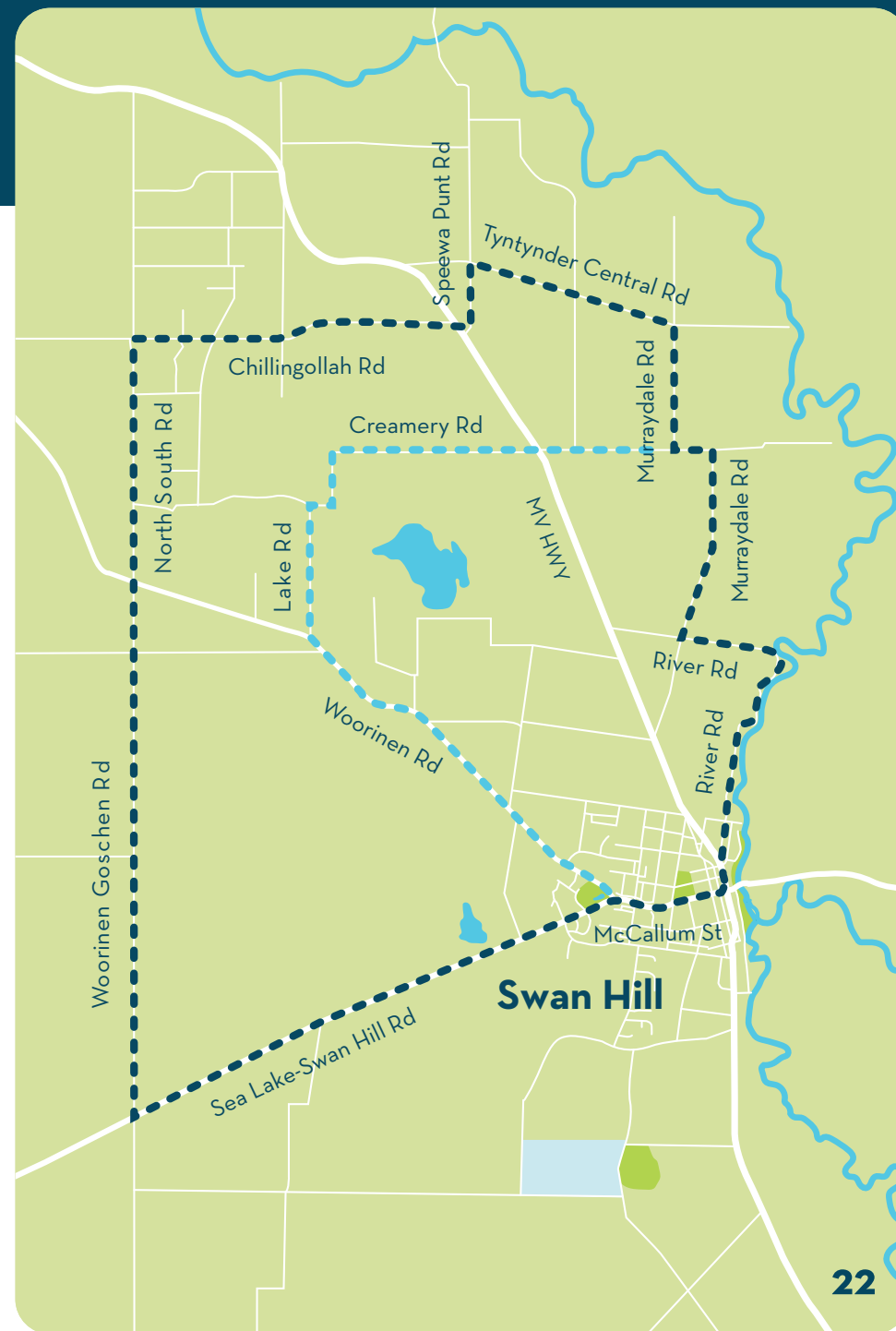
Terrain Road

Alt route

The closest thing you will get to an African Plain in the Mallee. Not too many wild animals but again a quiet country road that takes you through some diverse farming land.



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THE PALMS

Experienced Rider

Distance 20km (round trip)

Terrain Road

Turn around ↻

The Palms is a shorter ride that keeps you close to town as you navigate the outskirts of Swan Hill. Best to ride in a clockwise direction. Continue along the Murraydale Road to the turnaround point at the tall palm trees. On your return, turn left onto River Road and follow the scenic views along the mighty Murray River.



AL PYE LOOP

Experienced Rider

Distance 100km

Terrain Road -----

For the more adventurous looking for a 100km ride, head out past the aerodrome to the Donald-Swan Hill. There are toilets, water and a nice park at Lalbert if you want a break. Continue through Lambert and turn left towards Cannie Ridge, a renowned wheat belt area, then another left onto the Quambatook Road and back into Swan Hill.



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TRAV'S 3 STATE RIDE

Experienced Rider

Distance 100km

Terrain Road

I bet this has got you thinking! A great tour of the area. Ride through crop land, cattle and sheep grazing areas, over river crossings, a few rolling hills, and through small rural towns. By the way did you work out the 3 states?



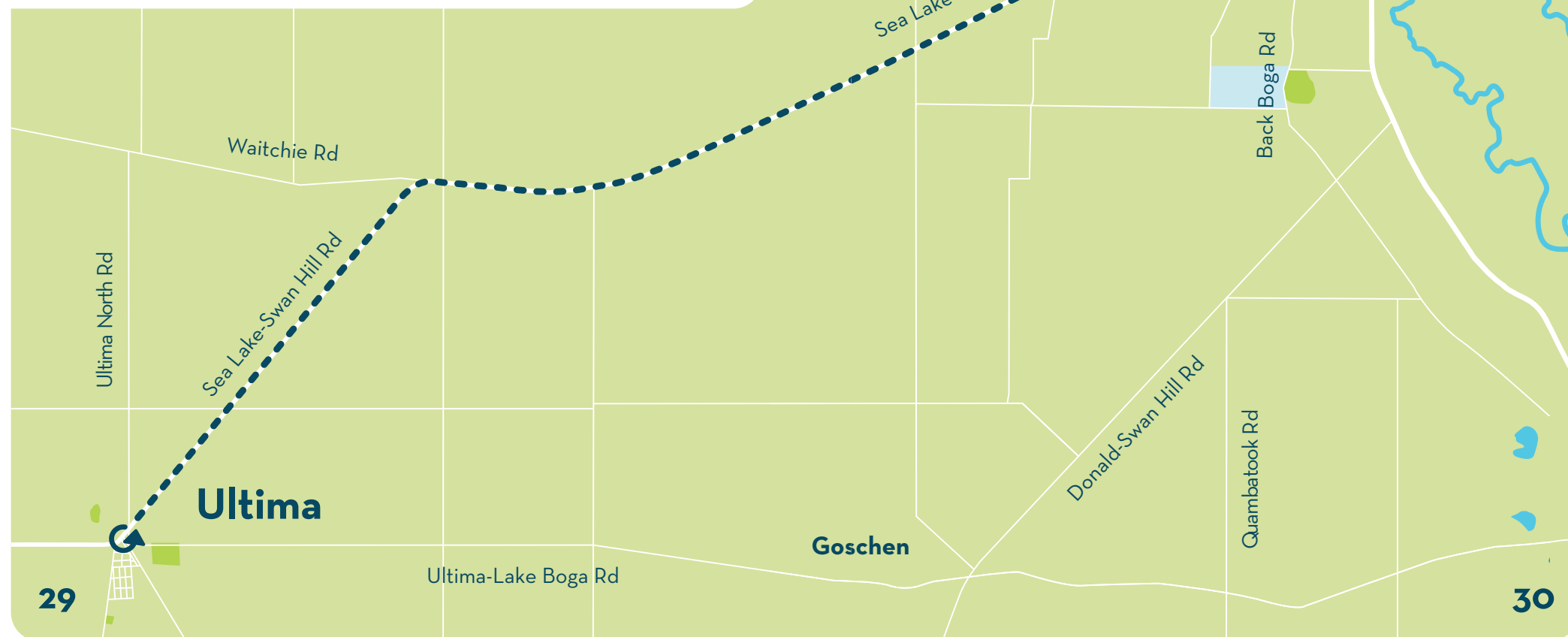
EPIC TREK

Mountain Bike

Distance 62km (round trip)

Terrain Dirt

This track meanders along the road to Ultima. Turn around at any stage to head home, but if you do make it to Ultima stop in at the Ultima Cafe.



JUNGLE DASH

Mountain Bike

Distance 24km (round trip)

Terrain Dirt

Turn around ↻

A different track to the rest! The Jungle dash is dirt track that is recommended for someone with a sense of adventure and a dirt bike. Once you get to the end of the Back Boga road hit the skids and head back into Swan Hill to take on the jungle all over again!



WHOOPTY DOOS

Mountain Bike

Distance Short track 13km

Distance Long track 30km

Terrain Dirt

Extension

Turn around ↻ ↻

Want to know a local secret? This is one of our favorite dirt tracks! Hidden in the scrub between the road and fence lines on the way out to Woorinen, this track has a few homemade jumps that will keep the heart racing.



SWAN HILL REGION

From the Locals

OUR TOP CYCLING TIPS AND TRICKS

1. Be self-sufficient with water, snacks, tubes, sunscreen, and other protective gear. Be mindful that although roads may be quiet there is still traffic.
2. During cropping (April-May) and harvest (November-December) roads may be frequented by trucks.
3. Be wary riding through the summer months, temperatures can reach over 40 degrees. Ensure you have the appropriate gear to keep you cycling throughout the season.

FREE EMERGENCY APP

Stop everything and download the free Emergency Plus app. It's an official app from the Australian Government that allows you to quickly call the Triple Zero (000) hotline, SES (132 500) hotline, or Police (131 444) hotline.



Google



Apple

Unlike simply calling these numbers from your phone, this app provides the exact latitude and longitude of your location so that emergency services can quickly contact you. It also works in areas where there is limited mobile coverage, which is a fairly common occurrence in regional Australia.

Swan Hill Region Information Centre
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(03) 5032 3033 or 1800 625 373
www.visitswanhill.com.au

