

Lithgow

Motorcycle Touring Guide



Lithgow
CITY COUNCIL

www.tourism.lithgow.com



Welcome

Welcome to Lithgow from Maree Statham
Mayor - Lithgow City Council.

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Located a short 2 hours west of Sydney, Lithgow is the ideal location to base yourself for weekend and overnight rides in and around the Central West.

The roads in the Lithgow region have some of the 'Top Rides' in NSW as listed by Peter "The Bear" Thoeming from Australian Road Rider magazine and are also featured in the Hema Australian Motorcycle Atlas.

Lithgow is approximately halfway between Brisbane and Phillip Island, which makes Lithgow the ideal overnight stop for riders traveling to and from the Moto GP and the Superbike events on the Island.

On behalf of Lithgow City Council we welcome motorcycle riders to the Lithgow region and hope you enjoy our friendly hospitality and the spectacular landscape our region has to offer.

Safe Riding

Maree Statham



Scan this QR Code with your smartphone to go directly to our accommodation section of our Website.

For information and assistance with accommodation, dining and local services contact:

Lithgow Visitor Information Centre.
P: 1300 760 276 or (02) 6350 3230

www.tourism.lithgow.com

The information contained in this booklet is to be used as a guide only
Lithgow City Council, Motorcycle Council of NSW, Road and Maritime Services and all other contributors to this booklet accept no responsibility for any errors, omissions or information in this booklet, nor do we accept any responsibility for the actions of individual or groups of riders. Lithgow City Council would like to thank the Motor Accident Authority for financial support of this project. All efforts were made to ensure the information provided was accurate at the time of publishing.

Supporters of this Booklet:



... will take you there!

Lithgow Visitor Information Centre

Great Western Highway, Lithgow
P: 1300 760 276 or (02) 6350 3230
E: tourism@lithgow.com
www.tourism.lithgow.com

Oberon Visitor Information Centre

48 Ross Street, Oberon
P: (02) 6329 8210
E: tourism@oberon.nsw.gov.au
www.oberonaustralia.com

Blue Mountains Visitor Information Centres

Great Western Highway, Glenbrook
Echo Point Road, Katoomba,
P: 1300 653 408
E: tourism@bmcc.nsw.gov.au
www.bluemountainscitytourism.com.au

Bathurst Visitor Information Centre

1 Kendall Avenue, Bathurst
P: 1800 68 1000
E: visitors@bathurst.nsw.gov.au
www.visitbathurst.com.au

National Parks Visitor Information Centre

Govetts Leap Road, Blackheath
P: (02) 4787 8877
E: bluemountains.heritagecentre@environment.nsw.gov.au
www.environment.nsw.gov.au/nationalparks/parkVisitorCentre

The Old Wallerawang Station

Main Street Wallerawang
P: (02) 6355 1836

Lithgow City Council

P: (02) 6354 9999

Transport Management Centre

P: 131 700

Emergency Services

Police, Fire, Ambulance
P: 000
From mobile phone: 112



Lithgow

**Look a little bit closer.
Lithgow is set to surprise you.**

On the western fringe of the Blue Mountains, just two hours from Sydney and at the gateway to the Central West, the Lithgow area is the perfect getaway.



Within minutes of the city itself, you can be walking through historic villages, visiting spectacular lookouts, sitting beside clear flowing creeks or discovering the many beautiful valleys that dominate the region. You'll be surprised at the range of things there are to do in the Lithgow area and the wide choice of places to stay – from six stars with all the frills to camping with all the thrills.





Best known for its industrial heritage, Lithgow is also an exquisitely beautiful area boasting six national parks and rare flora and fauna.

Explore the Capertee Valley and Mudgee to the north, Jenolan Caves and Oberon to the south, Bathurst and Orange to the west and the Blue Mountains and Sydney to the east.

But most of all stay a few days and explore the Lithgow area itself. It's surprisingly close, surprisingly interesting and surprisingly spectacular...we look forward to making you feel welcome.

EXPERT RIDING TIP...

from PAUL RILEY

Where you look is where you go.

*Statistics from 2007- 2011 Lithgow local government area.



Wallerawang

Nestled 10 minutes on the Bathurst side of Lithgow, Wallerawang or “Wang” as it is referred to by the locals is the perfect rest stop for your ride.



You can either stop in the main shopping area for a quick snack and a cup of coffee. Or take a break at the picturesque Lake Wallace. Lake Wallace is home to over 180 different types of bird life. The Lake is the perfect place to take a walk, have a picnic or even just sit and relax and watch the sail boats on summer weekends.





Only a biker knows why a dog sticks his head out the window



Ride defensively

The roads in the Lithgow area are justifiably attractive for motorcycle riders. However, riders should be aware that the Jenolan Caves, Tarana and Hampton to Oberon Roads have had a relatively high number of single vehicle motorcycle crashes over the last few years and a number of these crashes have been fatal.

The simple reality is that you will inevitably encounter difficult road surfaces, and for your own sake you need to be ready for them. The discipline of good observation helps you to see, assess and then deal with these kinds of risks.

Starting corners wide will improve your vision. Planning to finish them in tight will help you get your speed right and leave you room for slight errors. Most importantly, keep away from the head on zone. Taking corners this way will slow you down a little on the approach but will allow you to accelerate out much earlier, when you have a clear view.

83
MOTORCYCLE
CRASHES IN LGA
2007-2011*

TOO
TIRED!

5 FATAL
78 INJURIES
SPEED WAS
A FACTOR IN
62.7% OF CRASHES*

8.4% CRASHES
LINKED TO
FATIGUE*

*Statistics from 2007- 2011 Lithgow local government area.

Important points

- 83 motorcycle crashes in LGA 2007-2011
- Over 34% of crashes were out of control on curves.
- Every time you come around a blind corner you are at risk.
- Over 13% of these crashes were off road on curve and hit an object
- Road conditions can change instantly. Just consider the effect a smear of diesel fuel will have on the grip of your tyres. Good riders can deal with poor surfaces, but only once they have the experience to deal with them.
- Conditions change on every road. The road surface is part of your riding environment, just like the weather or the traffic density, and you need to give it attention.

ROAD CONDITIONS

There were 83 motorcycle crashes in the Lithgow Local Government Area between 2007 and 2011.

Road surface hazards were implicated in 11% of fatal single-vehicle crashes (SVC).

75.9% of these crashes occurred in fine weather. 24.1% of these crashes occurred in overcast, rain or snow weather conditions. Over 90% of these crashes occurred in daylight hours.

FATIGUE KILLS TOO

In 8.4% of these crashes fatigue was a contributing factor.

Over 54% of crashes occurred on the weekend (Saturday and Sunday) with Sunday having the highest number of crashes (26) and Saturday (19).

Riding a motorcycle is far more physically and mentally demanding than driving a car.

Fatigue may also be increased by exposure to the weather and dehydration.

Portland

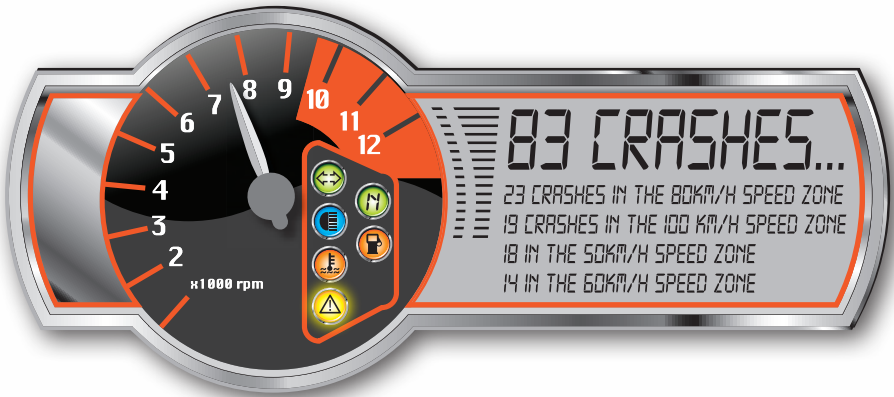
You will never know what treasures you will find at Portland; it is one of our best kept little secrets.

Hop off the bike and take some time to explore this charming village. The dramatic ruins of the old Portland Cement Works marks the past in a community that thrives on keeping the town village moving forward. Call in and say hi to a local, they will make you feel at home.

Take a sneak peak around the corner and discover the signs of yesteryear that are spread throughout the township. Signs of yesteryear are reproduced advertising signs ranging from 1895 to 1945 that offer the visitor a happy trip down memory lane. See if you can find at least 15 of them...



*You don't stop riding because
you get old, you get old
because you stop riding*



EXPERT RIDING TIP...

from PAUL RILEY

Set up and squeeze - don't grab the brake, squeeze quickly for maximum braking.



*Statistics from 2007- 2011 Lithgow local government area.



Hartley

Hartley offers a great insight into Australian history with some wonderful fully restored and operational historic buildings – take some time to photograph the beautifully preserved buildings at the Hartley Historic Site.

Take the quiet back roads and explore some of these historic buildings, including Comet Inn (now a Guest House) and Collit's Inn in Hartley Vale, Rosedale in Little Hartley (now Hartley Valley Holiday Farm) and Rose Inn (now a fully functional fine dining experience – Amberemere Rose).

The straight stretch of the Great Western Highway through Hartley offers every rider a chance to stop and have a break as you start to explore the Lithgow Region.

Everything from a high tea in style to a delicious woodfire pizza, or you may even feel like a lolly just like you had when you were young. There's something here for everyone.





Ride responsibly

It's worth keeping in mind that a motorcycle casualty is four times as likely to be fatal if the rider has an illegal blood alcohol level.

There have been many tests on the way alcohol and various other drugs affect reflexes, coordination, depth perception and risk taking behaviour. The results are always the same, increased risk due to reduced capability.

Keep in mind that it is not just your own mistakes that become dangerous. When you've been drinking, you may not be able to react properly to others' mistakes either.

The ride most worth doing is the one you do well.

It's worth remembering that alcohol has an effect on you at much lower levels than the legal blood alcohol limit and even two drinks can take you to 0.05.

Next time your ride takes you to a pub, consider a soft drink instead.

*Statistics from 2007- 2011 Lithgow local government area.





AND HIT TREE HERE

THEN RAN WIDE HERE

SO WAS TOO TIGHT HERE

DIDN'T PREPARE HERE

How you come out of a corner will always depend on your preparation leading in to it. That's why it's crucial for you to consider the following factors on approach.

- POSITION: Start corners wide, plan to finish in tight and keep out of the head-on zone.
- SPEED: Adjust your speed in anticipation of the corner, as well as traffic and weather conditions.
- GEAR: Change down to the appropriate gear to get you into and out of the approaching corner.

LOOK OUT FOR YOURSELF
For more information please call 132 213

Rydal

Home of the “best little show in the west” – Rydal Show and Daffodils at Rydal, this little village bursts alive throughout the year hosting different events.

Rydal is the perfect place to stay if you are looking for that secluded romantic getaway or true country hospitality at one of the B&B's or the local hotel. Relax in Rydal and enjoy the quaint village atmosphere and beautiful surrounds.



*Four wheels move the body.
Two wheels move the soul.*





Capertee

Capertee is situated on the Castlereagh Highway half way between Lithgow and Mudgee and is the ideal rest stop if travelling north along the Tablelands Way. Drop into the local hotel and enjoy a delicious meal in front of the open fire. Ask the motorcycle-riding publican for his local tips.

Capertee is surrounded by World Heritage listed National Parks including Wollemi, Gardens of Stone and Turon National Park.

The Capertee village is the gateway to the panoramic Capertee Valley. Descend into the second largest enclosed valley in the world and be stunned by its awesome cliff faces, industrial archeology and protected natural areas.

The Capertee Valley has been declared an Important Birding Area (IBA) so if you're a bit of a "twitcher" it is worth taking the detour down to the Valley to try and spot some of the endangered birds in this majestic landscape.

Even if you are not a twitcher and don't mind a stretch of unsealed road, this alternate route to Mudgee is well worth it. The scenery has to be seen to be believed.





Plan your corners.

START WIDE ► FINISH TIGHT



Planning Your Trip

When planning for a motorcycle trip there are many things to consider, you have to be sure that you and your bike are adequately prepared for the ride and the conditions you may encounter.

Most rides, even overnight or weekend rides will take you into rural areas with a variety of road and weather conditions to consider when planning your trip.

The shortest distance between two points, is for people that don't ride.

Visitor Information Centre's are located throughout the area and are a great source of information about the location you are intending to visit. The staff can provide maps and information on accommodation and services in the area. The staff will let you know places of interest. Visitor Information Centre's are a great meeting point for groups and have rest room facilities.

Being well prepared for the trip is the best way to have a stress free, safe and enjoyable ride.

HERE ARE A FEW TIPS WHEN PLANNING YOUR TRIP.

- Have your route well mapped out with planned fuel and rest stops
- Check road and weather conditions for the area you will be travelling through
- Make sure you are prepared for a range of weather conditions by carrying wet weather gear and warm clothing
- If you can, plan to finish the days ride before dusk to avoid the hazards of wildlife
- Be realistic about how many hours you can ride each day to avoid the dangers of fatigue
- Always carry a first aid kit, tool kit, ear plugs, tyre repair kit, torch and maps

PREPARE YOURSELF

Be well rested and have a good night's sleep before heading off.

Avoid alcohol before riding. Skills and reaction times can be severely affected by drugs and alcohol use.

Don't ride when you would normally be asleep.

Check all medication - it may affect your riding.

Avoid riding when over - stressed.

Drink plenty of water prior to and during each ride - riders can often get dehydrated during a long ride.

PREPARING YOUR BIKE

Make sure your bike is serviced and in good condition for the number of kilometres you will be travelling.

Check the condition and tread depth of your tyres before your planned trip.

Check the bikes chain tension and condition.

Check all lights including indicators, brake lights and high beam.

Check fluid levels and any sign of leaks before your planned trip.

Tarana

The Tarana area is motorbike rider's heaven. The roads surrounding Tarana have it all – nice open sections of road, hills, corners, breathtaking scenery at every turn and a few unexpected twists along the way.

The Tarana area has long been a favourite destination among riders with many of the impressive roads leading to the much loved motorcycle friendly Tarana Pub. Enjoy a mouthwatering meal whilst relaxing and taking in the stunning views of the rolling hillsides. Take a bushwalk to see the giant granite boulders at Evans Crown Reserve

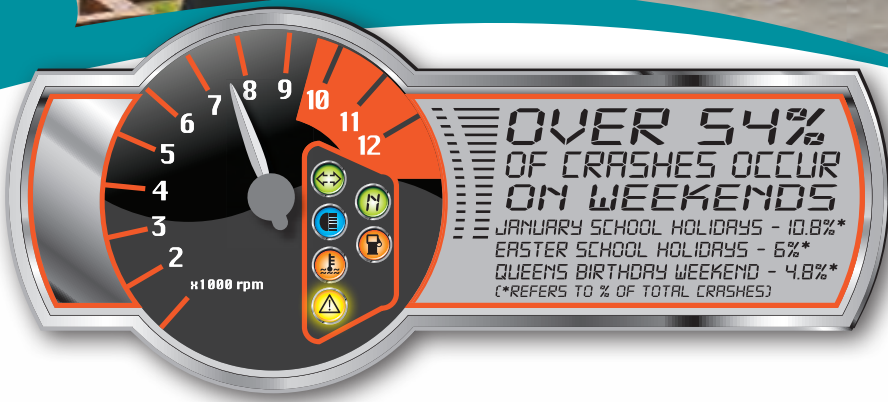


EXPERT RIDING TIP...

from PAUL RILEY

The most important time to relax is in the wet- being smooth is critical to staying upright.





*Statistics from 2007- 2011 Lithgow local government area.



Protective Clothing & Equipment

Good motorcycle protective clothing is not only designed to reduce the severity of injuries sustained in the event of a crash but provide comfort and protection to the rider and pillion passenger.

It also helps to reduce the risk of fatigue due to dehydration and exposure to the elements. The Lithgow region can become very cold during winter and it is essential to be prepared by having warm clothing to wear under your motorcycle protective clothing. Always travel with wet weather gear just in case.

For detailed information regarding protective clothing for motorcycle and scooter riders go to the **Motorcycle Council of NSW website:**

www.mccofnsw.org.au

HELMETS: Must be an approved helmet and must be securely fastened when riding. Helmets should be replaced after 5 years, or when they are no longer a secure fit or after a substantial impact.

Choosing a full-face, open-face or flip-front helmet is a personal decision. Information to help you decide what helmet is best for you can be found on the **Motorcycle Council of NSW website:**

www.mccofnsw.org.au





● **GLOVES:** Gauntlet style gloves made from full grain-leather with a strengthened palm and knuckle area provide good protection. The glove should fit securely with either a zip or velcro fastening around the wrist to prevent them coming off in the event of a crash.

● **JACKETS, PANTS AND SUITS:** Must be made from highly abrasive and tear resistant material and completely cover your arms, legs and body. They must be secured at the wrists, waist and ankles to prevent riding up and exposing the skin.

● **FOOTWEAR:** Motorcycle boots are designed specifically for riding motorcycles and provide protection as well as flexibility to operate the motorcycle controls safely. Boots should fit securely and overlap the pants with additional reinforcement around the ankle, shin and toe area to provide protection in the event of a fall.

*sweat wipes off...
and rash doesn't.*

Be aware, be prepared

WILDLIFE AND LIVESTOCK ON ROADS

The Lithgow region is surrounded by National Parks, State Forests and farming land, so the hazard of coming across wildlife on the road should be considered at any time and in particular during early morning and dusk.

If you come across wildlife or stock on or beside the road slowdown or come to a complete stop if necessary. Remember kangaroos normally travel in groups so be aware that there may be others around you can't see.

ROAD CONDITIONS

The great thing about riding in the Lithgow region is the variety of roads and landscape you will enjoy when touring the area. Some of the back roads have very little traffic so hazards like debris on the road, including loose gravel and tree branches, can be there for some time.

You will also find that some of the roads are narrow and bumpy with poor cornering sighting and blind curves and crests so riders should ride within their ability and take care.

Report road hazards to Lithgow City Council by calling (02) 6354 9999 or the Road and Maritime Service by calling 131 700

WEATHER CONDITIONS

Lithgow is over 900 metres above sea level so temperatures can be 8 to 10 degrees cooler than in Sydney or on the coast.

Beautiful riding conditions over summer, autumn and spring attract hundreds of motorcyclists every weekend.

During winter be prepared for cold conditions and the chance of ice or snow.



EXPERT RIDING TIP...

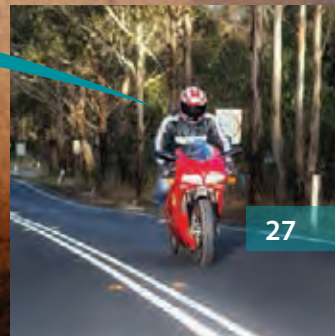
FROM PAUL RILEY

Use the rear to steer - the only way to safely brake in a corner.



SOME TIPS FROM LOCAL RIDERS... ON WHAT TO WATCH OUT FOR ON THE ROAD

- Ice on the road particularly early in the day and in areas where the road is in shadow from tree lines or cuttings between rock faces
- Gravel or mud on the road brought on by vehicles leaving farm properties or forests
- Tree branches or bark on the road
- Gravel and mud on the road after heavy rains
- Inattentive drivers on quiet back roads
- Slow moving farm vehicles
- Tourist coaches and logging trucks
- Wildlife and livestock on the road



Group Rides

HOW THE RIDE ORGANISER CAN BEST PLAN THE TRIP

Sharing a ride with a group of mates can make for a great day out. However, the overall success of the ride can often be attributed to good planning. The ride leader should ensure that all riders only ever ride within their own ability.

THE DO'S OF A SUCCESSFUL GROUP RIDE

Before you set out, provide all riders with a map indicating meeting points, toilet, fuel and food stops. Distribute a list of mobile phone contact details for all riders so that anyone can be reached if they are running late.

Have a briefing at your first meeting point before you set off to go over the planned route. This is a good time to buddy up riders with similar level of riding skills and experience. Larger numbers of riders should consider travelling in a few smaller groups. Match skills and abilities into similar groupings.

Always have an experienced lead rider that knows the route and an experienced sweep rider.

At the briefing discuss the expected behavior of all riders on the trip. Have all riders fill up with fuel at all fuel stops and start with a full tank. Brief everyone on hand signals and corner marking system, make sure all are briefed on them and are willing to repeat them back down the line.

Always keep a 3 second gap, more in difficult conditions. For safety's sake each rider needs to be able to move freely in the lane - therefore riding side by side can be hazardous. The sweep rider at least should carry a first aid kit and know who in the group is trained in first aid.

In the event of a crash, be aware of your own safety and the riders and traffic around and behind you.

If communication is necessary, stop at a safe location to talk.



EXPERT RIDING TIP...

from PAUL RILEY

Use all the lane - staying in one part of a lane can make people think you're moving over for them.

DEFINITE DON'TS

Don't ride in formation or pairs as this restricts movement around potholes and other obstacles and can become hazardous.

Don't pass in groups - individual overtaking is essential.

Don't ignore traffic rules.

Don't ride beyond your abilities, good group riders will always wait for you.

Avoid fatigue - don't fight it. Riding requires a greater level of concentration therefore fatigue can certainly be a factor. Rest is the only solution.

Alcohol and riding don't mix. Don't drink and ride. Many pubs in our areas have secure areas for motorcycles. Consider spending the night instead.

In the event of a crash...

CASUALTIES WEARING HELMETS

A full-faced helmet should only be removed if the injured rider does not have a clear airway and cannot breathe. In all other circumstances the helmet should remain in place. In a situation where a casualty requires expired air resuscitation and is wearing a full-faced helmet, the helmet must be removed by at least two people - one to ensure the head and neck are completely stabilised and supported and the second to carefully remove the helmet in a way that minimises all movement to the head and neck.

CASUALTIES ENCASED IN LEATHER

Bleeding wounds can be hidden from view or disguised by riding leathers. Often the puncture made in the leathers is not a true indication of the severity of a wound. Remove or cut the leathers to expose the wound and stop any bleeding by applying direct pressure to the wound with bandages or clothing. If possible, elevate the bleeding part above the level of the chest and keep the injured person as still as possible.

SEVERE BURNS

In the event of an accident, it's possible that a rider can be trapped underneath his/her bike. Extreme heat from exhausts and engine parts can be conducted and contained in leathers, burning the rider. For all burns it is vital to expose the wound and cool it with running water until the affected area returns to a normal temperature.



DRSABCD ACTION PLAN

DANGER

Check for danger
To yourself
To others
To casualty

RESPONSE

Check for response
Ask casualty's name
Gently squeeze shoulders
No response
Send for help
Response
Make comfortable
Monitor response
Check for injuries

SEND FOR HELP

Call triple zero (000) for an ambulance or ask another person if they are close by

AIRWAY

No foreign material
Leave on back
Open airway by tilting head back
Foreign material in mouth
Place in recovery position
Open mouth
Clear foreign material with finger
Open airway by tilting head back

BREATHING

Check for breathing
Look, listen, feel for breathing
Not breathing normally
Start CPR
Breathing normally
Place in recovery position
Monitor breathing

CPR

Start CPR
30 compressions
2 breaths
Continue CPR
(30:2) until help arrives or casualty recovers

DEFIBRILLATION

Apply defibrillator
(if available)

With St John you can:

✓ Learn first aid ✓ Buy a first aid kit ✓ Become a volunteer

1300 360 455 www.stjohnnsw.com.au



Pillion riding

CARRYING A PILLION PASSENGER

Sharing the thrill of riding with a passenger can be an enjoyable aspect of motorcycling, but carrying a pillion is a big responsibility. Consider their safety as well as your own.

Carrying a passenger can affect the way a motorcycle handles. The weight makes starting off more difficult and reduces acceleration capability. More time and space will be required for passing. It will increase stopping distance. Stability may be affected in turns and curves.



POINTS TO CONSIDER

- Ensure they are dressed appropriately. Good quality safety gear for both rider and pillion is paramount
- Adjust the suspension settings correctly. Refer to your owner's manual and become competent in doing it
- Adjust the tyre pressures accordingly. Refer to your owner's manual
- Ensure you take regular rest breaks as your pillion will need to stretch their legs
- Discuss the ride with your pillion prior to starting off. They must lean with the bike otherwise steering and stability will be affected
- Decide on signals if you have no electronic communications e.g. three taps on shoulder to stop
- If you are carrying children they must be 8 or older and their feet MUST reach the pegs securely
- Children get fatigued earlier than adults so don't ride long distances with children aboard





RIDING AS A PILLION

Enjoying the excitement with an experienced rider can make for a great ride. However, there are things you need to do as a pillion passenger.

- Keep your feet up, particularly when stopped
- Keep your feet on the pegs
- Align your body with the rider, find a comfortable position, avoid sudden movement
- Grip with your knees when rider is braking
- Discuss the ride with your rider and set up signals if you don't have electronic communication
- Ensure you wear appropriate safety gear. Don't compromise as it's your only protection
- Listen to instructions from the rider



SIDECARS, TRIKES AND TRAILERS

Always practice riding with a sidecar or trailer by yourself before you take any passengers or cargo.

Never overload or overcrowd a sidecar or trailer. The extra weight of a sidecar or trailer makes an enormous difference to both handling and braking. Discuss and develop some hand signals so that the passenger is able to communicate any concerns they have with the rider.

CARRYING CARGO

Cargo should be evenly balanced and carried in accordance with the manufacturer's instructions.

Sidecars & trailers should only be fitted in accordance with the manufacturers' instructions.





EXPERT RIDING TIP...

from PAUL RILEY

Adopt a 'bar stool' posture - relax your arms and your back, and see how much easier it is to control your bike or sit like a bloke - relax your back and arms and you need less effort to steer.

The road less travelled

THE DIRT BIKE EXPERIENCE

Registered trail bikes and licensed riders are well catered for in our Region with many enjoyable forestry trails to explore.

Make sure your bike is serviced and in good condition for the number of kilometres you will be travelling.

Prior to setting out it is wise to check with Forests NSW. In winter and after wet weather, some trails are often closed. Your local Forests NSW office can be contacted on 02 6331 2044, during business hours Monday to Friday or contact the Forests NSW Head Office in Sydney on 1300 655 687.

Forests NSW can be found at: www.forests.nsw.gov.au

For further information refer to the Motorcycle Council of NSW's website: <http://dirtbike.mccofnsw.org.au/>

*Motorcycling is not, of itself,
inherently dangerous.
It is, however, extremely
unforgiving of inattention,
ignorance, incompetence,
or stupidity.*



POINTS TO REMEMBER

- Respect private property and land owners. Always obtain permission before entering private areas
- Minimise bike noise. Excessive noise may lead to the banning of riding in these areas
- Ride with your headlight on
- Forestry roads and trails are public roads, all bikes must be registered and all riders must be licensed. Australian Road Rules apply including compulsory helmet wearing
- Stay on the trail and respect the bush by not making your own tracks
- These trails can be popular for many recreational groups so please always watch for oncoming vehicles and be considerate to other users
- Protective gear is a must for all riders and pillion
- Injured wildlife needs to be cared for, contact Native Animal Trust Fund for assistance 0500 502 294
- Obey signage

Forests NSW can be found at:
www.forests.nsw.gov.au

For further information refer to the Motorcycle Council of NSW's website:
<http://dirtbike.mccofnsw.org.au/>

Suggested Motorcycle Touring rides with Lithgow as a base

The following routes are suggested motorcycle touring routes using Lithgow as a base or at least the starting point.

While these rides are suggestions only, combining parts or the whole of one or more of these routes may give some additional variety.

People who use these suggestions should be mindful that road conditions are often less than ideal. Some of the roads are narrow and bumpy with poor corner sighting and blind curves and crests. Riders should ride within their ability and take care.

There have been a high number of single vehicle motorcycle crashes on the Jenolan Caves Road and the Tarana Road in particular. Extra care should be taken on these roads, especially on the weekend when there are more motor vehicles using these roads.

All suggested rides start and finish at the Lithgow Visitor Information Centre, Great Western Hwy, Lithgow.



*Statistics from 2007- 2011 Lithgow local government area.



*enjoyable roads
spectacular hills & valleys
breathtaking views*



Ride 1 "Blue"

Lake Lyell, Tarana, Oberon, Jenolan Caves, Hampton, Hartley loop
Half Day ride - 150km

Roads:

Short section of highway, good secondary and narrow winding roads.

Hazards:

Ice and moss may be on roads in cold weather.

- Slow moving farm vehicles
- Wildlife
- Tourist coaches on Jenolan Caves Road
- Jenolan Caves Road is closed to traffic leaving Jenolan Caves towards Hampton between 11.45am and 1.15pm

Scenery:

Spectacular views riding into Jenolan Caves, Lake Lyell, rural and natural bush land

Explore:

Oberon, Jenolan Caves, Hartley Historic Site, Blast Furnace Park in Lithgow

Duration:

Recommended day trip although can be condensed to half day.

Food:

Restaurants, pubs and cafés are located in Lithgow, Jenolan Caves and Oberon Pubs are located in Tarana and Hampton and Cafes in Hartley.

Fuel:

Lithgow and Oberon

Information:

Visitor Information Centre's are located at Lithgow and Oberon.

**Refer to page 40-41 for Ride 1, 2 & 3.
Refer to page 42-43 for other rides.**

Ride 2 "Green"

Rydal, Tarana, Bathurst, Oberon, O'Connell, Tarana, Sunny Corner, Portland, Wallerawang loop
Half to Full Day ride - 260km

Roads:

Short sections of highway, good secondary and very narrow winding roads.

Hazards:

Passes through State Forests, watch for logging trucks.

- Narrow roads with no lane marking.
- Slow moving farm vehicles
- Wildlife
- Narrow windy roads with narrow single lane bridges
- A number of floodway crossings with possible water covering road on Diamond Swamp Road between Tarana and Great Western Highway
- Railway crossings and narrow timber bridges between Tarana and Brewongle

Scenery:

Rolling farmland, pine forests, rivers in the distance and spectacular views along the ridges.

Explore:

Mount Panorama racetrack, villages of Rydal, Wallerawang and Portland visit Oberon Dam.

Duration:

Recommended half or full day trip.

Food:

Restaurants, pubs and cafés located in Lithgow, Bathurst, Oberon, Wallerawang and Portland.

Fuel:

Lithgow, Bathurst, Oberon, Portland and Wallerawang

Information:

Visitor Information Centre's are located at Lithgow, Oberon, Bathurst and Wallerawang.

Ride 3 "Red"

Hartley, Mount Victoria, Blackheath, Megalong Valley loop

Half Day ride - 83km

Roads:

Sections of highway, good secondary and very narrow winding roads.

Hazards:

Narrow windy road into Megalong Valley with potential moss on road with no lane marking.

- Possible moss and ice on road going into Megalong Valley
- Narrow roads with no lane marking
- Slow moving farm vehicles
- Wildlife

Scenery:

Spectacular scenery along Bells Line of Road and Darling Causeway. Subtropical rainforest as you descend into Megalong Valley.

Explore:

Villages at Mount Victoria, Megalong Valley, Hartley and Blackheath.

Duration:

Recommended half day trip.

Food:

Restaurants, pubs and cafés located in Lithgow, Mount Victoria, Blackheath
Tea Rooms in Megalong Valley
Cafés at Dargan and Hartley.

Fuel:

Lithgow, Blackheath, Mount Victoria

Information:

Visitor Information Centre's are located at Lithgow and Blackheath.

Other rides...

Full day or overnight rides from Lithgow

Lithgow - Mudgee return through Capertee and Rylstone 274km

Lithgow - Taralga return through Oberon 316km

Lithgow - Burruga - Bathurst return through O'Connell 250km

Castlereagh Highway - Bylong Valley Way - Putty Road and Bells Line of Road loop 500km

Great roads leading to Lithgow

When travelling to Lithgow you have the choice of some of the best motorcycle riding roads in NSW.

From the north you have the Castlereagh Highway and the Bylong Valley Way from Muswellbrook, this is also known as the Tablelands Way and is now a sealed road all the way. Travelling from the north east from Singleton you have the Putty and Blaxland Ridge Roads joining up with the Bells Line of Road from the east and Sydney.

Travelling from Canberra and Goulburn in the south you have the Taralga and Abercrombie Roads also known as the Tablelands Way and is fully sealed.

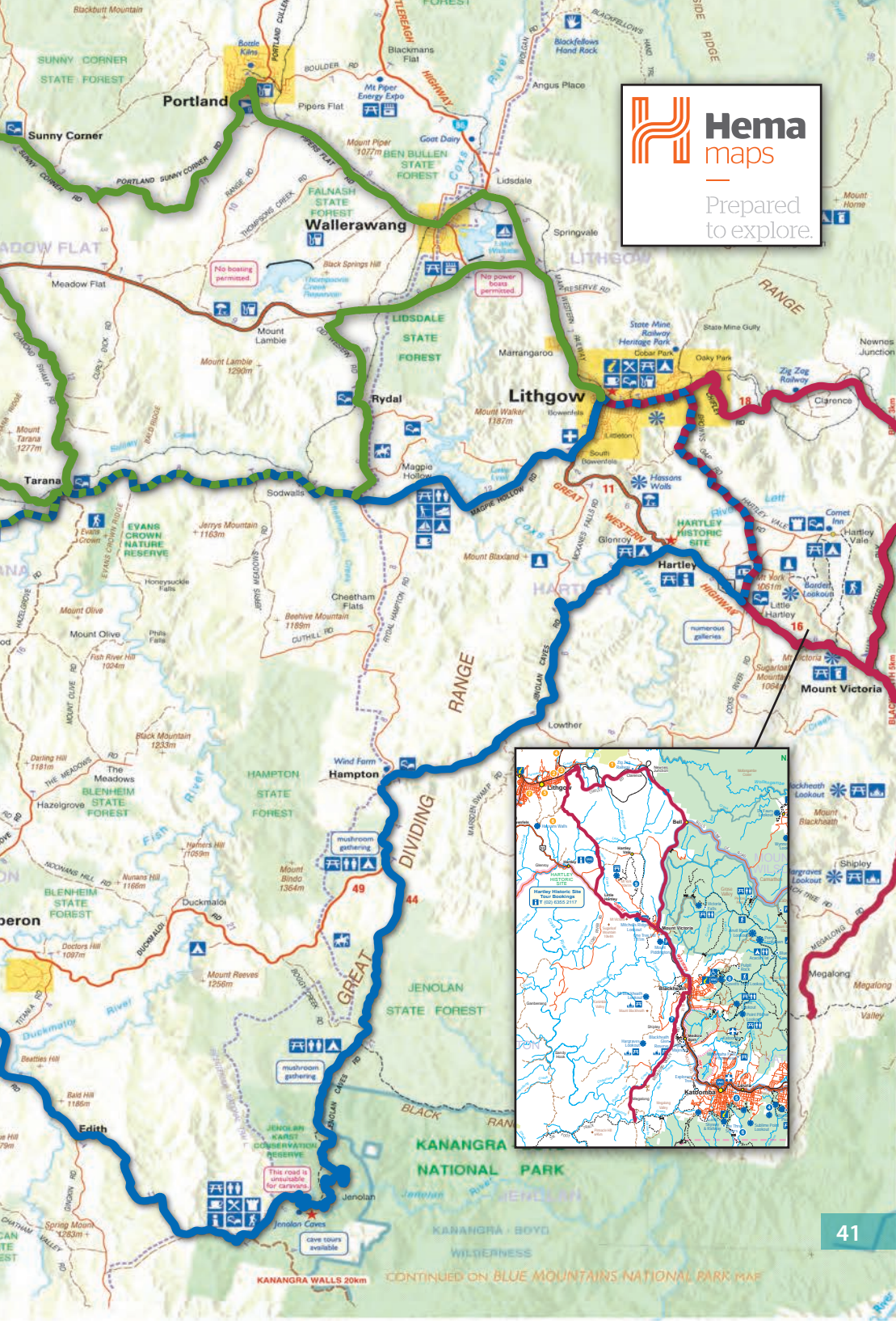
Lithgow is also perfectly placed as a overnight stop if you are travelling from Brisbane to Phillip Island for the MotoGP and the Super Bike races.



Ride 1 "Blue"
 Lake Lyell, Tarana, Oberon, Jenolan
 Caves, Hampton, Hartley loop
 Half Day ride - 150km

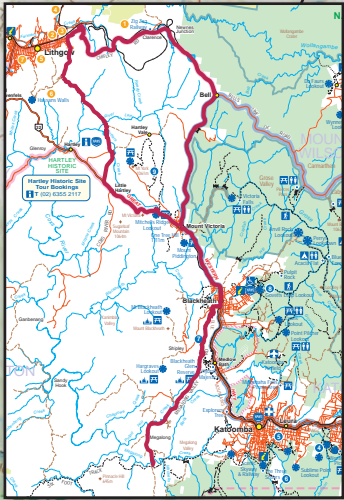
Ride 2 "Green"
 Rydal, Tarana, Bathurst, Oberon,
 O'Connell, Tarana, Sunny Corner,
 Portland, Wallerawang loop
 Half to Full Day ride - 260km

Ride 3 "Red"
 Hartley, Mount Victoria, Blackheath,
 Megalong Valley loop
 Half Day ride - 83km



Hema
maps

Prepared to explore.





Hema
maps

Prepared to explore.



Other Rides

Full day or overnight rides from Lithgow

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Great roads leading to Lithgow

Riding Techniques

Utilise and practice these simple techniques every time you ride.

SETTING UP

Setting up means applying your brakes lightly as you approach potential hazards. This can greatly reduce your response time and therefore your stopping distance.

Setting up has 3 key benefits:

It prepares the rider – you have recognised the hazard and decided on a course of action. If needed, you will be able to respond quickly and with more control.

It prepares the motorcycle – free play in the brakes is taken up, the suspension is compressed, the contact patch of the tyres is flattening, the motorcycle is ready for hard braking if needed.

It prepares the vehicle behind – you set up and your brake light comes on, you alerted the driver behind that you may be about to brake hard. If a problem arises you'll need at least 3 seconds to react and brake. So set up for any situation where there is potential for something to enter the space 3 seconds in front of your motorcycle.

SCANNING

Scanning is constantly moving your eyes to collect as much information as possible about your riding environment.



Special thanks to:

- Brian Wood - **Motorcycle Council of NSW**
Alex and Leanne Morgan - **Alex Morgan Photography**
Peter 'The Bear' Thoeming - **Australian Road Rider Magazine**
Geoff Ballard - **Ballard's Offroad**
Greg Bolack - **HEMA Maps**
Paul Riley - **Skill Master Motorcycle Services**
Dave Knox - **Lithgow Motorcycle Club History**
Steve Howden - **Tiger Angel Motorcycle Apparel**
Allan Gerke - **Lithgow Motorcycle Club**
Darryll Cooper - **Lithgow Ulysses Club**
Kellie Barrow - **Tourism Manager Lithgow City Council**
Kym Snow - **Road Safety Officer Lithgow City Council**
Robbie Park - **Events Coordinator Lithgow City Council**
Kym Ireland - **Shamrock Design**



Who is Paul Riley?

Paul Riley of 'SkillMaster' was the first Motorcycle Paramedic to instruct on the NSW Police Solo Cycle training course in Goulburn. This course is required for Police Officers and Paramedics seeking to perform emergency responses on motorcycles. He worked in the city of Sydney for many years on the Ambulance Motorcycles, without ever falling off, crashing or being injured. Paul Riley shares some insights throughout this booklet. Some of these simple tips could save your life.



Lithgow motorcycling history

Lithgow Motorcycle Club is one of the oldest clubs in NSW, dating back to early last century. In 1918 the Lithgow Motorcycle Club established the six km dirt road circuit in Hartley Vale, attracting top riders and large crowds to the events. The Hartley Vale circuit was the location of the 1936 NSW 500cc Motorcycle Grand Prix. The favorite for the race was Leo Tobin on his 500cc Manx Norton, but after running out of fuel on the very last lap Leo looked like he was out of the race until a spectator handed him a soft drink bottle full of fuel giving Leo just enough fuel to limp over the line to win by the narrowest of margins. The Hartley Vale circuit can be still ridden today.

Portions of this article courtesy of Jim Scaysbrook - Author and 'Old Bike Australasia Magazine'.

The Lithgow Speedway operated between 1926 -1928. The prized trophy at the Lithgow Speedway was the 'George Scarf Crown' and was won three times in a row by local star rider John 'Jack' Hutchison and is now held at the Lithgow Library Learning Centre after being donated by Hutchison.



Lithgow has a strong connection with motorcycle racing with Lithgow riders competing at the highest level including road racer Jack Ahearn. Ahearn won the 500cc Finnish Grand Prix in 1964 and finished second to Mike Hailwood in the 500cc world championship in the same year.

Many other local riders have had successful careers in speedway, road racing, motocross and enduro, with Geoff Ballard collecting 12 Gold and 8 Silver medals for International Six Day Enduro Championships. Geoff was recognised with a Member of the Order of Australia in 2005 for service to off-road motorcycle racing and through promotion of the sport.

Superbike Legend and three times Australian Superbike Champion Shawn Giles also lives in the Lithgow area and has been a much-appreciated contributor to this guide.





Lithgow
CITY COUNCIL

The Lithgow Valley abounds with historic links to the Industrial heritage of the area. Experience some of the breathtaking scenery as you enjoy our roads, historic sights and local hospitality.

LITHGOW VISITOR INFORMATION CENTRE

Great Western Highway, (PO Box 19 Lithgow NSW 2790)

T: 1300 760 276 or (02) 6350 3230

F: (02) 6350 3239

E: tourism@lithgow.com



www.tourism.lithgow.com

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