



BAY RUN AND HAWTHORNE CANAL RIDE





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Bikes represent fun, freedom and fresh air... all of which makes riding the Bay Run a match made in cycling heaven! This kid-friendly loop is full of great Sydney stories and is a perfect way to get the family riding together...



1 LIVVI'S PLACE

Billed as Australia's first all-abilities playground when it opened in 2009 (just edging out Sydney Park in St Peters), this innovative space was awarded best playground in 2010. The fabulous equipment, including a mini rock climbing triangle, spider-man nets, rocking rides and swings; was designed to create a level playing field for children of all abilities. *Timbrell Park, Five Dock*

2 CAFÉ BONES

Café Bones is the ultimate destination for dogs and their two-legged 'pets'. Home to the 'puppycino', and with a great menu for dogs and humans alike, this is the perfect spot for spoiling your furry friend. And yourself. *Canal Rsv Leichardt (02 9402 9272)*

3 KING GEORGE PARK CONSTELLATION PLAYSPACE

This new playground is a treat for older kids with its rope pyramid, massive slides, 20m cable ride and plenty of equipment to swing and spin on. *Byrnes St, Rozelle*

4 BICYCLE GARAGE

This ambient bike shop specialises in hybrids but also stocks mountain bikes and kids models. There's great Belaroma coffee available eat-in or takeaway and banana breads and muffins make for great energy food whether you're en route to the city or doing the full Bay Run loop. *215 Lilyfield Rd, Lilyfield (02 9818 3303)*

5 ROBSON PARK

Haberfield was Sydney's "garden suburb" in the early 20th century and the Bay Run showcases its well-kept

parks, tree-lined streets and fine Federation-era houses with well-kept gardens. And with parks like Robson – a sprawling 4.1 hectares of playgrounds, picnic areas and open space by the water – it's little wonder the entire suburb is heritage-listed.

6 UTS HABERFIELD CLUB

Formerly home to the Haberfield Rowing Club – breeding ground for Olympic medallists and world champions – this club now boasts a restaurant on-site (Rowers Retreat) and eclectic entertainment such as trivia nights, poker competitions and wine and cheese evenings on the first Friday of the month. *Dobroyd Pde, Haberfield (02 9797 9523)*

7 RODD PARK

A beautiful bayside park great for cooling your heels on the Bay Run.



RIDING WITH KIDS

Exercise and fresh air are important ingredients for an active childhood. As a parent one of the best things you can do to encourage your children to be active is to ride with them.

Why not take your child riding with you when they are too young to ride on their own (using a child seat or trailer) and instill in them the joys of bike riding and fresh air?

Once your child is old enough to ride on their own, there are numerous great rides that can be enjoyed by the whole family.

KIDS AND FOOTPATHS

The best way to ensure your child rides safely is to ride with them regularly. In NSW, children under the age of 12 are legally allowed to ride on footpaths. The good news is that an adult can also legally ride on any footpath when accompanying a child under 12.

Named for the 1800s pioneering Rodd family (many neighbouring streets are named for their progeny), "The Point" (as locals know it) looks out to Rodd Island, which from 1888-90 was used as a laboratory by scientists sent to Sydney by Louis Pasteur (the microbiologist who created the first vaccine for rabies and anthrax) to investigate how to control Australia's out-of-control rabbit plague. It was subsequently used as a quarantine station, US Army training depot and, ever since, a pleasure-ground for the families of Balmain and Rozelle.

8 HAWTHORNE CANAL

This curio of olde Sydney stretches from Iron Cove to Marion Street and was originally a natural waterway dubbed Long Cove Creek. Cleared of mangroves in 1890 it briefly hosted a ferry from Leichardt to Drummoyne with a wharf and footbridge on Barton Street. It was gazetted in 1974.



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