

RIDE CHEAT SHEET



A guide to regular DHBC road rides

Day	Name	Start Time	Est. Finish	Start Point	Notes	Post Ride Coffee
Tuesday	Eastern Hills	5:30am /5:45am	7:30am	The Square /Redfern Station	Faster Hills	St Jude Cafe, Redfern
Wednesday	Tour of Maroubra (ToM)	5:35am /5:50am	7:30am	Redfern Station /CP Horse Gates	28's pace, drop ride	St Jude Cafe, Redfern
	La Perouse (Lapa)	6am	7:30am	The Square	28's pace, no-drop ride	
Thursday	Eastern Hills	5:30am /5:45am	7:30am	The Square /Redfern Station		St Jude Cafe, Redfern
	Women's LaPa	5:30am	7:30am	The Square	1st and 3rd Thursdays of the month	
Friday	Mosman Alps	5:15am /5:35am	7:15am	The Square /Pymont Bridge	Lots of climbing	Bay Ten Espresso, Lavender Bay
	Friday LaPa	5:30am /5:45am	7:30am	The Square /Redfern Station	28's pace, drop ride	St Jude Cafe, Redfern
Saturday	Eastern Hills	6am /6:15am	8:30am	The Square /Redfern Station	Often two or three bunches	Eatz on Abercrombie, Redfern
	25's LaPa	6am /6:15am	8:30am		No-drop ride	Post Cafe, Marrickville
	Saturday Slowies	6:30am /7am	8:30am	The Square /CP Horse Gates	Ideal first ride, Centennial Park return	
Sunday	Waterfall	6:30am	9:30/10:30am	The Square	3-4 bunches, with a 25's no-drop ride	Post Cafe, Marrickville
	Kurnell	6:30am	9:30am		1st Sunday of the month, 25's pace, no-drop	
	Akuna Bay	6am /6:15am	Approx. 11am	The Square /Wattle St	2nd Sunday of the month, 28's pace, long climbs	
	Royal National Park (RNP)	6am	Approx. 11am	The Square	Last Sunday of the month, 28's pace, long climbs	

The Square = Alex Trevallion Plaza, Silver Street, Marrickville

Redfern Station = Corner of Lawson and Little Eveleigh St

Pymont Bridge = Pymont Bridge Hotel side

CP Horse Gates = Robertson Road Gates, Cook Road, Centennial Park

Wattle St = Corner of Wattle Pl and Wattle St, Ultimo



As of September 2025

For information on start locations, routes and ride details, head to: www.dhbc.org.au/road-rides



WEEKLY RIDE CALENDAR

Regular DHBC road rides

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Eastern Hills 5:30am	Tour of Maroubra 5:35am	Eastern Hills 5:30am	Mosman Alps 5:15am	Eastern Hills 6am	Waterfall 6:30am
		Lapa 6am	Women's Lapa 6am (1st and 3rd Thursdays of the month)	Friday LaPa 5:30am	25's Lapa 6am	Kurnell 6:30am (1st Sunday of the month)
					Saturday Slowies 6:30am	Akuna Bay 6am (2nd Sunday of the month)
						Royal National Park 6am (Last Sunday of the month)