



U3A Melbourne City
Let's Do Cycling
Favourite cycling routes

April 2024

Version 1.5

What's new

All routes are also now available on the Komoot service. See the individual links in the text for details. There are also minor changes to coffee stops.

Note: All the BikeMap website URLs have changed due to an update in the BikeMap service. The new URLs provide more information and better tools so please update your records if you have bookmarked any of them.

12 April 2024

Acknowledgements

This booklet is based on various routes researched and ridden by the U3A Melbourne City **Let's Do Cycling Thursday** group, and as such I need to profusely thank the group's various ride leaders over the years who introduced us to these trails in the first place. Where I know the source of the routes, I have noted this on the relevant page; but some routes are well-known ones that have no single source that I know of. However, if I have missed anyone, please let me know!

Also, please note that I may have fiddled with the original routes, so any errors would be entirely mine.

And finally, thanks to our fellow cyclists, with whom it has been a pleasure to explore Melbourne's many excellent bike paths.

Lan Wang

The maps used here were made using BikeMap.net. This publication is made available under a Creative Commons Attribution 4.0 International licence (CC BY 4.0). You may copy, distribute and adapt the material but you must provide credit to Lan Wang as the creator.

Preface

This booklet describes cycling routes ridden by U3A Melbourne City's Let's Do Cycling groups. The aim is to go on interesting rides that are mostly on well-made off-road paths and quiet roads, are not too difficult in terms of length and elevation, and have excellent coffee stops along the way.

Each route has a basic description of each ride, a map of the route, the elevation profile, variations where available, coffee stop suggestions, and any other notes of interest. Where necessary, alternative route options are marked with a red dotted line.

The rides are roughly organised by region: [north of the city](#), [south/east of the city](#), and [south/west of the city](#). Each route is numbered for ease of reference and match the numbering in the [BikeMap](#) listing.

Many rides commence from Federation Square, as that is a central spot that allows riders to join the group from all over Melbourne. Rides usually start around 9:30 am to avoid rush hour. Some riders join at a more convenient spot along the route, depending on where they live. Other routes require riders to meet at a train station, so the train information provided reflects the morning schedule. All rides are taken at the rider's own risk.

All maps included in this booklet are also available in detail at [Bikemap](#) and on [Komoot](#) (see individual links in the text). You will need to sign up for a (free) BikeMap/Komoot account. By viewing these maps in any web browser or in the BikeMap/Komoot app on your phone you can examine tricky parts of the routes and use it to navigate manually during a ride.

This collection is designed to be updated as and when new routes are developed, altered or removed. Some rides can be mixed and matched to create more variations. It is not meant to be comprehensive, and corrections and additions are welcome.

Enjoy!

See all the route maps in detail at:
<https://www.bikemap.net/en/c/336838> OR
<https://www.komoot.com>

Contents

The North

1. Federation Square to Maribyrnong Loop	9
2. Federation Square to Pascoe Vale Loop	11
3. Federation Square to Pentridge Loop	13
4. Fawkner to Federation Square	15
5. Federation Square to Abbotsford Convent Loop	17
6. Federation Square to Fairfield Loop	19
7. Keon Park to Federation Square	21
8. Federation Square to Reservoir Loop	23
9. Mernda to Federation Square	25
10. Craigieburn to Federation Square	27
11. Merri Creek to Moonee Ponds Creek	29
12. Merri Creek to Darebin Creek	31
13. Eltham to Federation Square	33
14. Capital City Trail Loop	35
15. Jacana to Craigieburn Loop	37
16. Sunshine to Footscray via Brimbank Park	39

The South/East

17. Federation Square to Mordialloc	43
18. Mount Waverley to Federation Square	45
19. Federation Square to Ashburton Loop	47
20. Anniversary Trail Circuit	49
21. Blackburn to Federation Square	51
22. Nunawading to Federation Square	53
23. Caulfield to Federation Square	55
24. Hughesdale to Mordialloc	57
25. Bayswater to Dandenong	59
26. Mordialloc to Carrum Loop	61

The South/West

27. Federation Square to Fishermans Bend Loop	65
28. Newport/Altona to Sanctuary Lakes Loop	67
29. Federation Square to Williamstown Loop	69
30. Hoppers Crossing to Federation Square	71

Suggested coffee stops	72
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The North

Federation Square to Maribyrnong Loop

This is an easy flat route but requires you to negotiate the extensive roadworks around Footscray Road in order to get to the Maribyrnong River.

When you get to Raleigh Road in Maribyrnong, take the underpass and continue along Chifley Drive, which is a quiet road, but watch out for traffic. This takes you along the western bank of the river. Cross the river at the Afton Street pedestrian bridge and turn right to follow the path back along the eastern bank to get to Poyntons Nursery. The Boathouse, a little further along the river bank, is also a good option.

After coffee, turn left from Poyntons to continue along the eastern bank of the river. At Raleigh Road, turn right to cross the river, riding along the footpath, and make a sharp right turn to go downhill and under the bridge to get back on the Maribyrnong River trail.

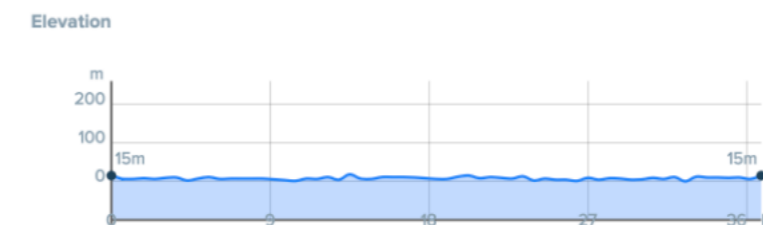
If you'd rather not ride back the way you came, you can ride up the long hill that is Holmes Road to catch the train at Moonee Ponds station, about 2 km to the east. You can also catch the train from Footscray station, closer to the city.

Variation

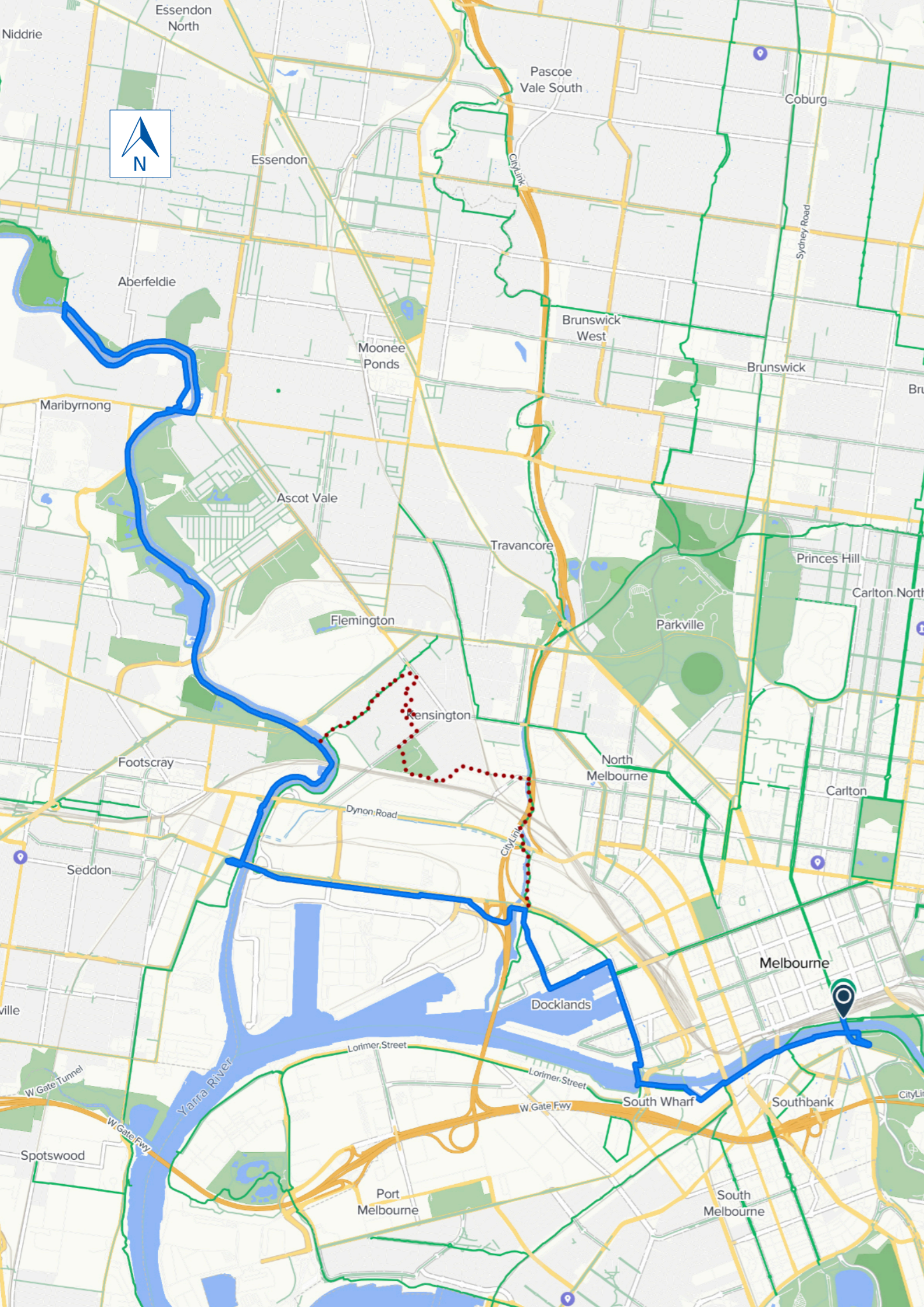
You could try a different return route. Just after you pass the Flemington Race Course, cross the Stockbridge to the left and take the Stockman's Trail up to the Women's Peace Park at Coopers Lane. From there, wind around Epsom Rd, Westbourne Rd, Belmont Rd, Bayswater Rd, Bangalore St, Cairncross Lane, Kensington Rd, through JJ Holland Park, on to Childers St, Tennyson St and Arden St, which takes you to the Moonee Ponds Creek Trail and back into the city. Note that on Arden St, you'll need to negotiate some steep steps down from the railway bridge, but there is a gutter for your bike to help you.

Variation source: Mike Sparkes

Distance	37 km round trip
Total elevation	95 m up / 95 m down
Terrain	Mostly flat, paved, off-road paths
Coffee stop	Poyntons Nursery or The Boathouse, Maribyrnong
Opt-out point(s)	Moonee Ponds and Footscray stations



See the route in detail: <https://web.bikemap.net/r/9211438> OR <https://tinyurl.com/komoot-u3a1>



Federation Square to Pascoe Vale Loop

This ride is not difficult, but is perhaps not quite as attractive as some of the other trails due to the Moonee Ponds Creek being concreted up for much of its length. The path undulates slightly and climbs gradually on the way to Pascoe Vale but then of course descends on the return trip.

The route passes through Southbank and up through Docklands (as for the first part of the [Maribyrnong Creek Trail](#)), then crosses Footscray Road and onto the Moonee Ponds Creek Trail.

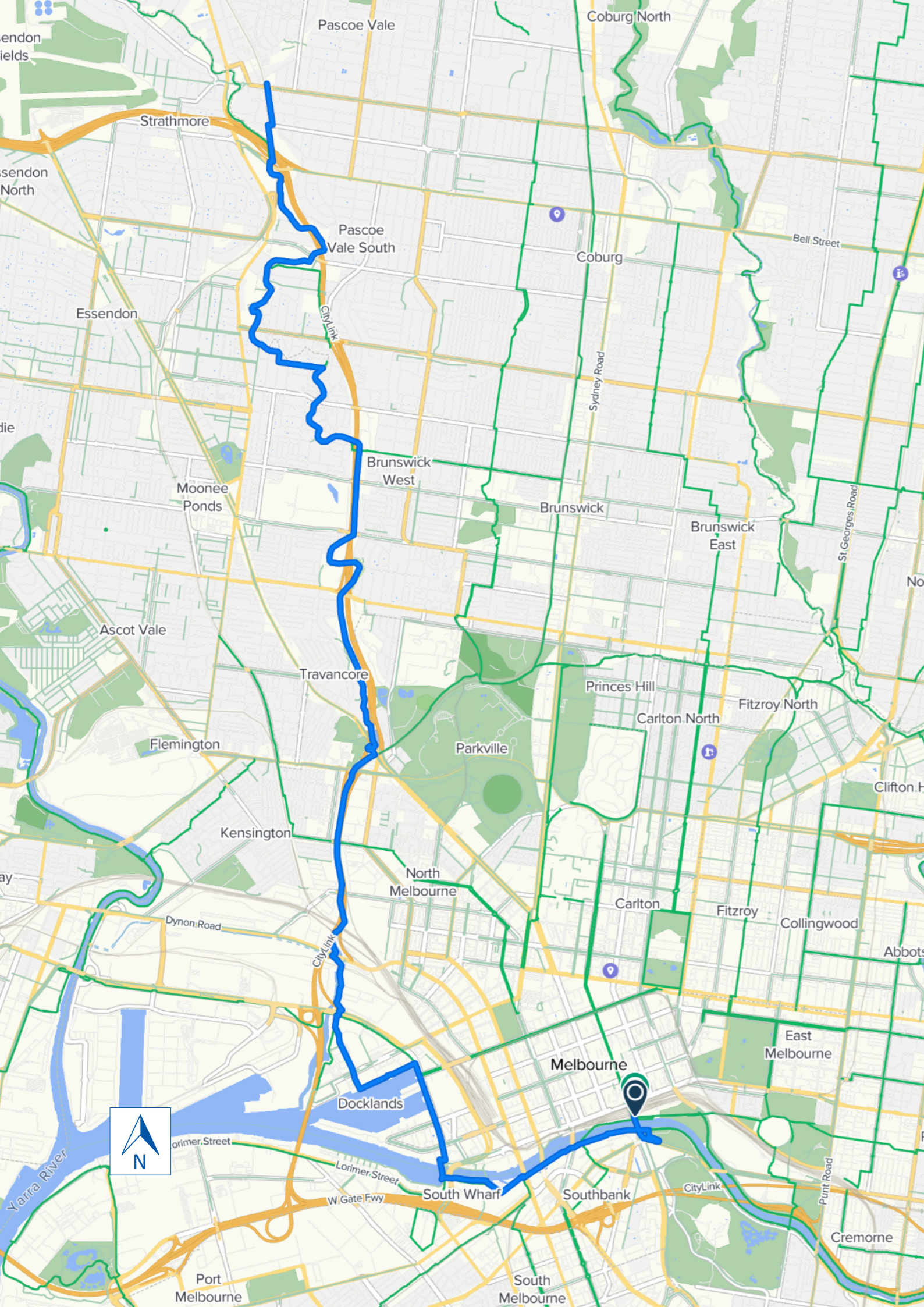
Continue on along this trail until you pass under the Bell Street/CityLink junction (near the Kelvin Thomson Park). Keep an eye out for the blue sign for Kernan Street on the left of the path pointing to the cycle/pedestrian bridge that crosses the creek to the right; it's easy to miss. Turn onto the bridge, then left onto the path on the other side, which then leads to Kernan Street. At the end of Kernan Street, where it joins Hayes Parade, turn right to cross the railway tracks, then left up Burgundy Street. Cross Gaffney Street (careful as it can get very busy) to get to Pepperstone Café, on the right, on Gaffney Street.

After coffee, go back the same way or hop on the train at Pascoe Vale station (across from the café).

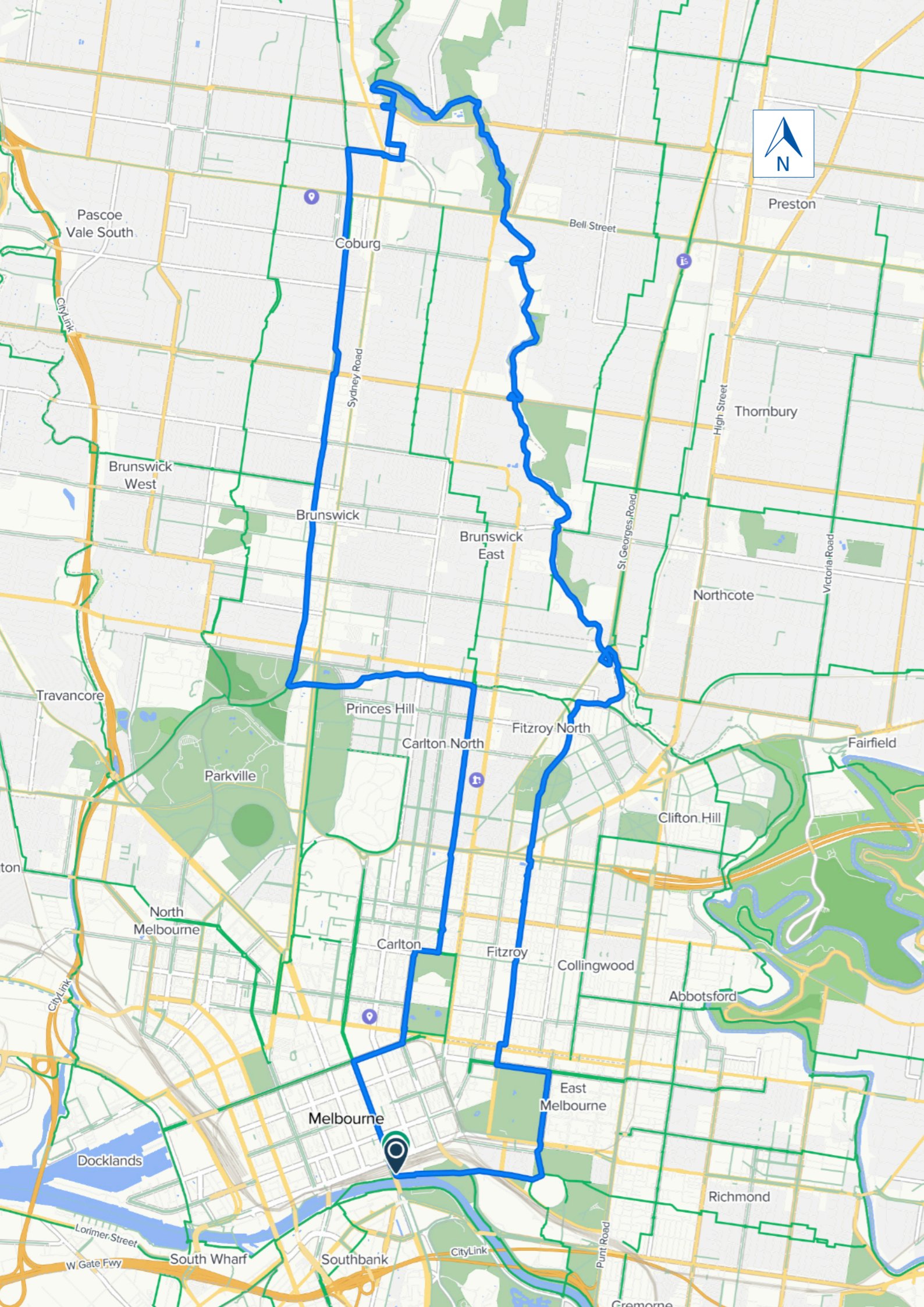
Distance	35 km round trip
Total elevation	91 m up / 91 m down
Terrain	Mostly flat, paved, mostly off-road paths and some quiet roads
Coffee stop	Pepperstone Café or Ferrovia Café (under renovation), Pascoe Vale
Opt-out point(s)	Pascoe Vale, Flemington Bridge and Macauley stations



See the route in detail: <https://web.bikemap.net/r/9211415> OR <https://tinyurl.com/komoot-u3a2>



Federation Square to Pentridge Loop



This route follows the lovely Merri Creek Trail to the redeveloped old Pentridge Prison in Coburg.

The route first heads out to the MCG, around Fitzroy Gardens, and up quiet Napier Street. It crosses Alexandra Parade near the Fitzroy Pool and meanders through the Edinburgh Gardens towards Park Street to meet up with the Merri Creek Trail. At the Coburg end, it's nice to ride along the northern edge of Coburg Lake before crossing the river and heading to Pentridge. The Boot Factory there is welcoming (bike racks outside), and you order and pay separately.

After coffee, head west along O'Hea Street, which leads to the recently re-developed Upfield Cycle Path. You can, of course, catch the train back to town from any of the stops along the way. The path takes you right down to the left turn into the Capital City Trail, near the zoo. From there, turn right into Canning Street, right at Carlton Street and left into Rathdowne, and into the city.

Variations

Riders can also ride back to town via Merri Creek. You can avoid having to ride around the lake again by exiting Pentridge via Whatmore Drive and onto Murray Road. There is no dedicated path along Murray Road, so you will need to cross at the lights near the corner of Stockade Avenue and ride a short distance east on the footpath before turning left onto the bike path just before Newlands Road. This brings you back to the Merri Creek Trail.

This route can also be ridden one-way by taking the train to Coburg or Batman station and getting on to the Merri Creek Trail from Coburg Lake, then joining up to the Main Yarra Trail at Dights Falls and on to Federation Square (c. 27 km). You can break for coffee at Abbotsford Convent or Collingwood Children's Farm (see [Abbotsford Convent ride](#)). This variation has the advantage of being slightly downhill.

Distance	28 km round trip
Total elevation	117 m up / 117 m down
Terrain	Paved, mainly off-road paths; c. 5 km on quiet roads
Coffee stop	The Boot Factory, Pentridge
Opt-out point(s)	Several stations along the Upfield Cycle Path



See the route in detail: <https://web.bikemap.net/r/9383029> OR <https://tinyurl.com/komoot-u3a3>

Ride source: Lan Wang

Fawkner to Federation Square

This mostly downhill route starts with a brief trip around Fawkner Cemetery, then crosses over to the northern part of the Merri Creek Trail, which takes you into the city.

Catch the Upfield train from Flinders Street to Fawkner station (leaves every 10–20 min.; takes c. 30 min.). Head north out of the station on the Upfield Bike Path and very shortly you'll see the cemetery entrance on the left. Feel free to ride around the cemetery as you please, then head back to the entrance and continue northwards on the Upfield Bike Path. At Box Forest Road, cross Sydney Road and turn right then left to get onto Murray Road. At William Street, do a dog-leg left then right to get onto Roma Street, which then becomes Victory Street. At McBryde Street, turn right then left into Hare Street. This will take you to the Merri Creek Trail.

Follow the trail all the way down to Coburg Lake and stop at Pentridge for a coffee break. After coffee, you could opt out at Coburg station (see [Pentridge ride](#)), or get back onto the Merri Creek Trail and follow it in until you get to the Capital City Trail. Turn right at this point and continue cycling until you reach Canning Street. Turn left onto Canning, which will take you all the way into the city.

Variation

After coffee, you could also return to the city via the Upfield Bike Path (see [Pentridge ride](#)), which makes the route about 3 km shorter.

Distance	25 km round trip
Total elevation	124 m up / 187 m down
Terrain	Paved, mainly off-road paths
Coffee stop	The Boot Factory, Pentridge
Opt-out point(s)	Coburg station



See the route in detail: <https://web.bikemap.net/r/13616684> OR <https://tinyurl.com/komoot-u3a4>

Ride source: Lan Wang

Federation Square to Abbotsford Convent Loop

This is another easy ride that mostly follows the Main Yarra Trail, along the banks of the Yarra from the city to Abbotsford Convent. There are a couple of short steep-ish sections, but the route is otherwise mostly flat.

It is generally nicer to ride along the southern bank of the Yarra, which is prettier than the northern bank. Cross at MacRobertson Bridge at Burnley. Follow the Main Yarra Trail until you cross Collins Bridge at Yarra Bend Park. From here, ride along Gipps Street and turn right into Nicholson Street. Turn right into Marine Parade, left into Paterson, right into Yarra Street, left into Clarke and right into Heliers. The convent is then on the right.

There are two coffee shops at the convent, Cam's and the Abbotsford Bakery. Both are good, with the former better for outdoor seating and the latter for indoor. There are plenty of bike racks outside Cam's. The bakery is in a courtyard with no racks but some spots for securing bikes. Riders also have the option of stopping at the Collingwood Children's Farm next door, which also has a nice outdoor café (The Farm Cafe).

Return the way you came, with the option to continue under MacRobertson Bridge and return along the northern bank of the Yarra, just for variety.

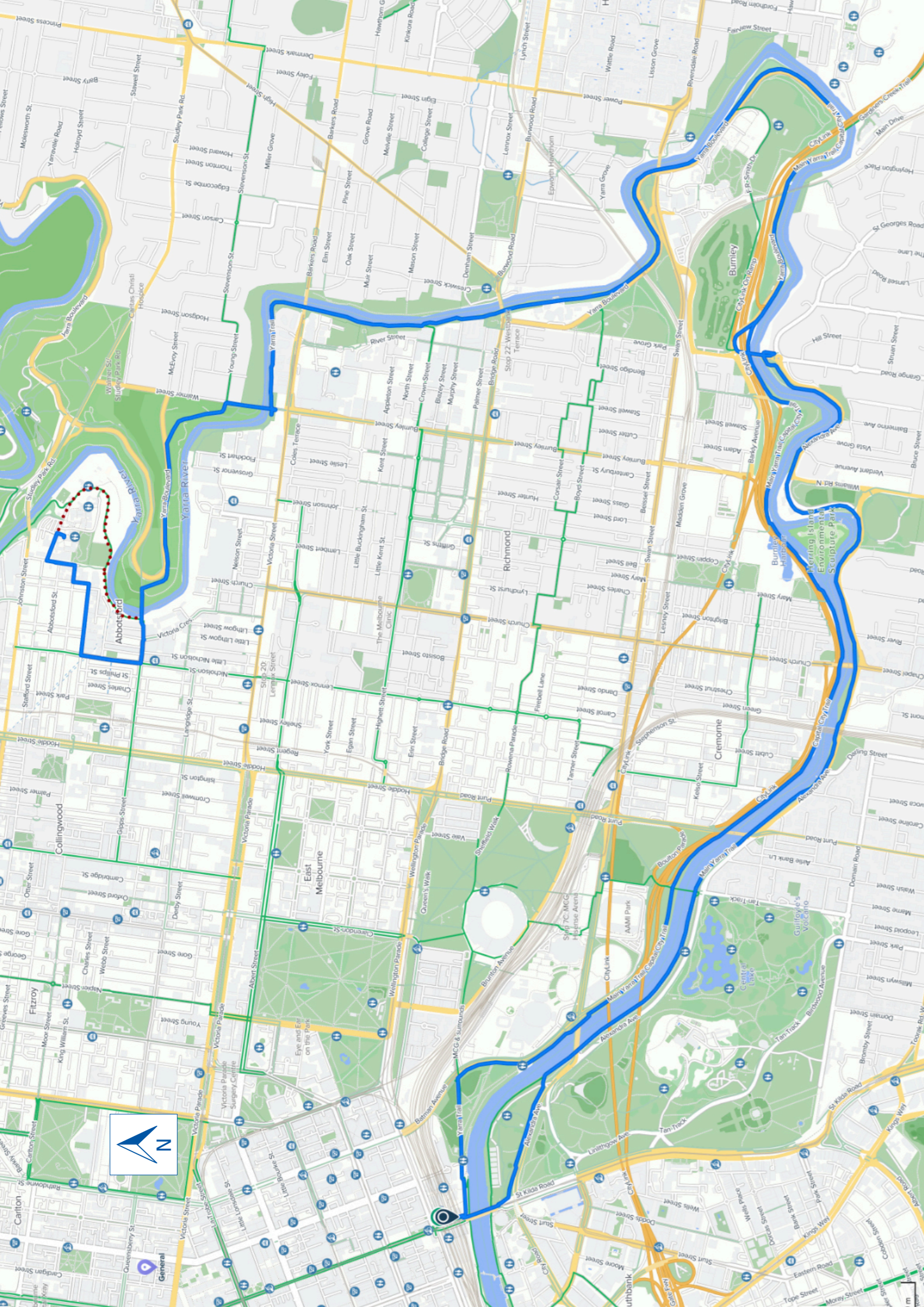
Variations

It is possible to continue riding along the Main Yarra Trail from Collins Bridge to the convent, and thus avoid the roads completely; however, this involves having to manage two flights of stairs where Collins Bridge meets Gipps Street, which can be difficult, especially if riders have heavy bikes. There are plans to finally replace the steps with a ramp, but this will be a year or two away.

Distance	27 km round trip
Total elevation	84 m up / 84 m down
Terrain	Flat, paved; quiet roads for short section near convent
Coffee stop	Cam's or the Bakery, Abbotsford Convent; The Farm Cafe, Collingwood Children's Farm
Opt-out point(s)	Collingwood station, c. 1.5 km from the convent



See the route in detail: <https://web.bikemap.net/r/9211398> OR <https://tinyurl.com/komoot-u3a5>



Federation Square to Fairfield Loop

This ride is a slightly challenging ride that initially follows the Main Yarra Trail, along the banks of the Yarra from the city to Fairfield. There are a couple of short steep sections, and some short sections of quiet roads and on-road bike paths.

Follow the Main Yarra Trail, as for the [Abbotsford Convent ride](#), but at the convent, keep going along St Heliers Street and turn left on to the trail, before you reach Collingwood Children's Farm. This rejoins the Main Yarra Trail and takes you past Dight's Falls. At that point, take the path to the right, which crosses Merri Creek, and follow it up until you get to Fairfield Park.

At this point, cross the park and enter Park Crescent, then turn left into Station Street. You can either ride straight up Station Street, though that can be quite busy, or do a dog-leg and ride up Gillies Street instead, as that is much quieter. Coffee would then be at Bean Counter Cafe. You can also try Fifteen Pounds Café or the Fairfield Park Boathouse.

After coffee, riders head west along Wingrove Street, which turns into Clarke Street. Turn left into Clarke Street and then right into South Crescent, which follows the train line until it hits Westgarth Street. Turn right into Westgarth and ride along there until you join the Merri Creek Trail where the road becomes Merri Parade. Near Union Street, make a sharp turn along the trail, which will then take you to the Capital City Trail, which runs parallel to Park Street. From there, turn left into Canning Street, right at Carlton Street and left into Rathdowne, and into the city. Alternatively, you can catch the train from Fairfield station.

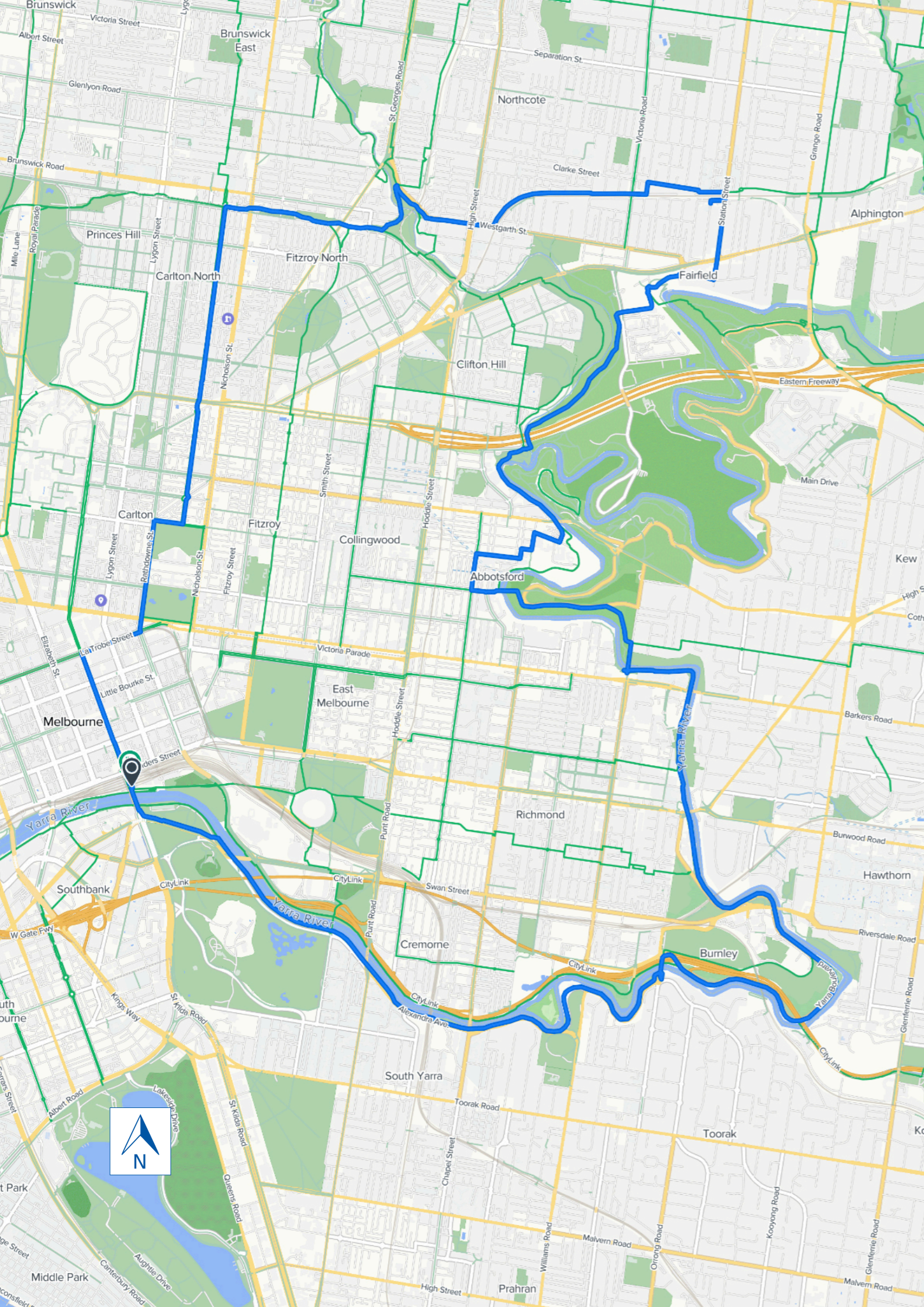
Variation

It is also possible to simply return the way you came, which is a bit longer (c. 34 km).

Distance	27 km round trip
Total elevation	150 m up / 150 m down
Terrain	Paved off-road paths mostly; some quiet roads and on-road bike paths near the convent and from Fairfield to the city
Coffee stop	Bean Counter Cafe, Fifteen Pounds Café or Fairfield Park Boathouse & Tea Gardens
Opt-out point(s)	Fairfield station



See the route in detail: <https://web.bikemap.net/r/9435094> OR <https://tinyurl.com/komoot-u3a6>



Keon Park to Federation Square

This is an easy downhill route that mostly follows the Darebin Creek Trail.

Catch the Mernda train from Flinders Street station to Keon Park station (leaves every 6–10 mins; takes c. 40 mins). From the station, get onto the footpath along the eastern side of High Street and head north. Cross the street at the crossing near Austarc Avenue. The footpath will take you under the Western Ring Road and immediately after you will see a path to the left that will take you to a sharp left-hand turn onto the Western Ring Road Path.

At about the 3.5 km mark, the path splits. Take the left-hand path, which is the Darebin Creek Trail. It is then a simple matter to follow the trail all the way down to Alphington. You have the option to break for coffee at Artiga Specialty Coffee in Thornbury, which is right on the trail (at c. 18.5 km mark).

Or, continue on to Darebin Parklands, where the path splits again. This is where you get off the trail and head directly south to get to Wingrove Street. Turn right at Wingrove and at the first roundabout turn right again to have coffee at the Alphington Food Store.

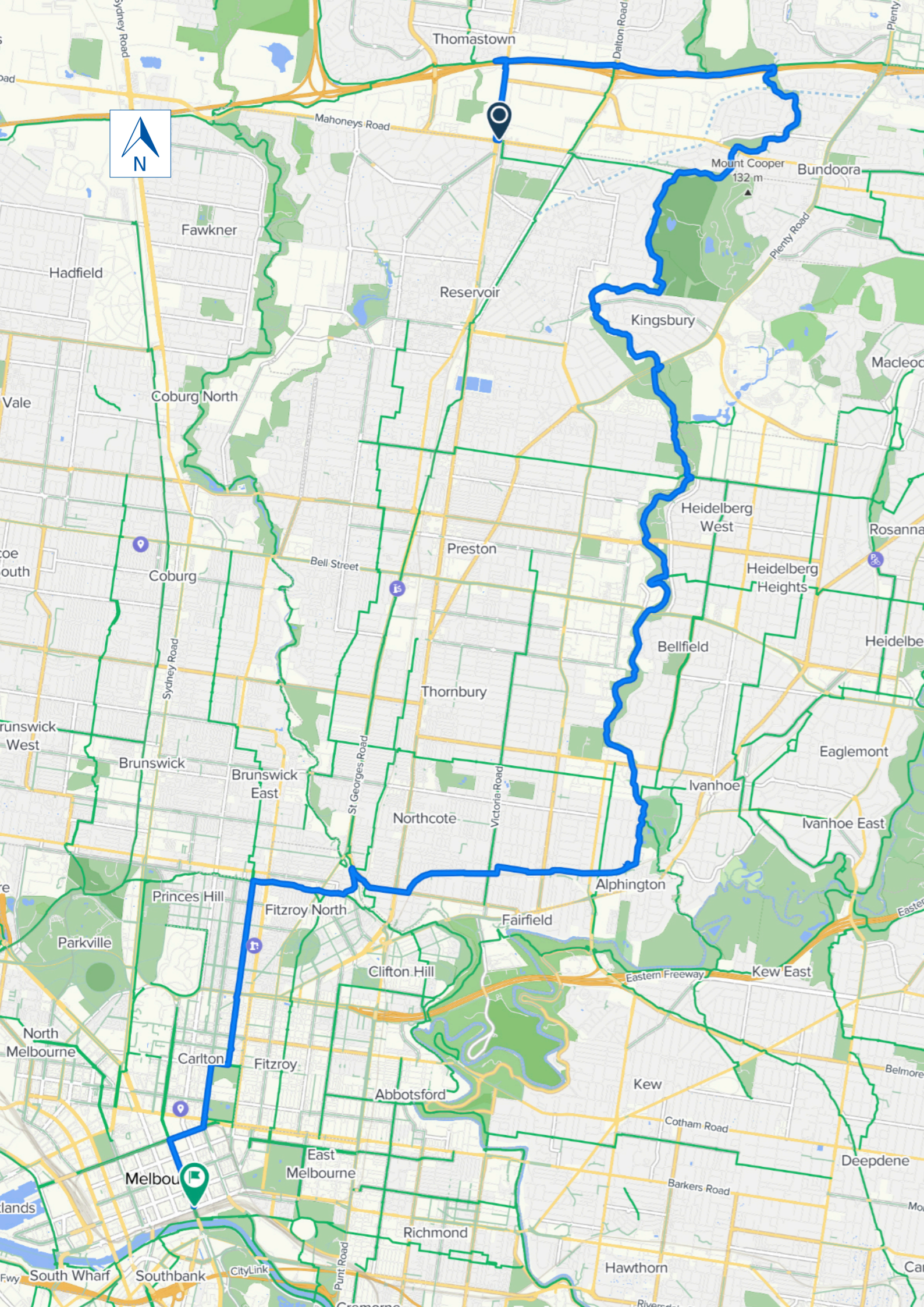
After coffee, riders continue west along Wingrove Street to ride back via Canning Street (see [Fairfield ride](#)). Alternatively, you can catch the train from Alphington or Fairfield stations.

Distance	32 km
Total elevation	60 m up / 150 m down
Terrain	Downhill, paved off-road paths; short sections on quiet roads
Coffee stop	Alphington Food Store; Artiga Specialty Coffee, Thornbury
Opt-out point(s)	Alphington or Fairfield station



See the route in detail: <https://web.bikemap.net/r/10190066> OR <https://tinyurl.com/komoot-u3a7>

Ride source: Anne Irwin



Federation Square to Reservoir Loop

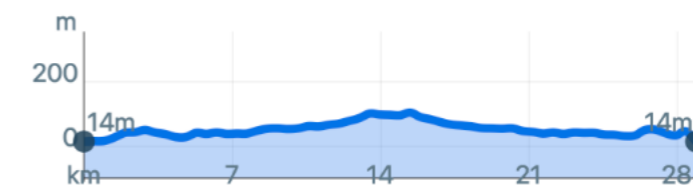
This is a really urban route that mainly follows the St George's Road tram and then the Mernda train line to Reservoir. It's mostly flat and is quite easy, but there are numerous road crossings involved, which can make the trip a little slow.

Start off by heading out to the MCG and up along Napier Street and through the Edinburgh Gardens to get to the Merri Creek Trail (see the [Pentridge ride](#)). At St George's Road, cross over to the left-hand side of the road and then cross again to get to the St George's Road Trail that runs down the centre, following the tram line.

Follow this all the way up until you get to Oakover Road. Turn right into Oakover and then turn left at Railway Place, where the new bike path under the elevated train line lies. Follow the trail until you get to the complicated intersection at Broadway/Edwardes Street. Turn left into Edwardes Street and stop for coffee at Clayton and Me.

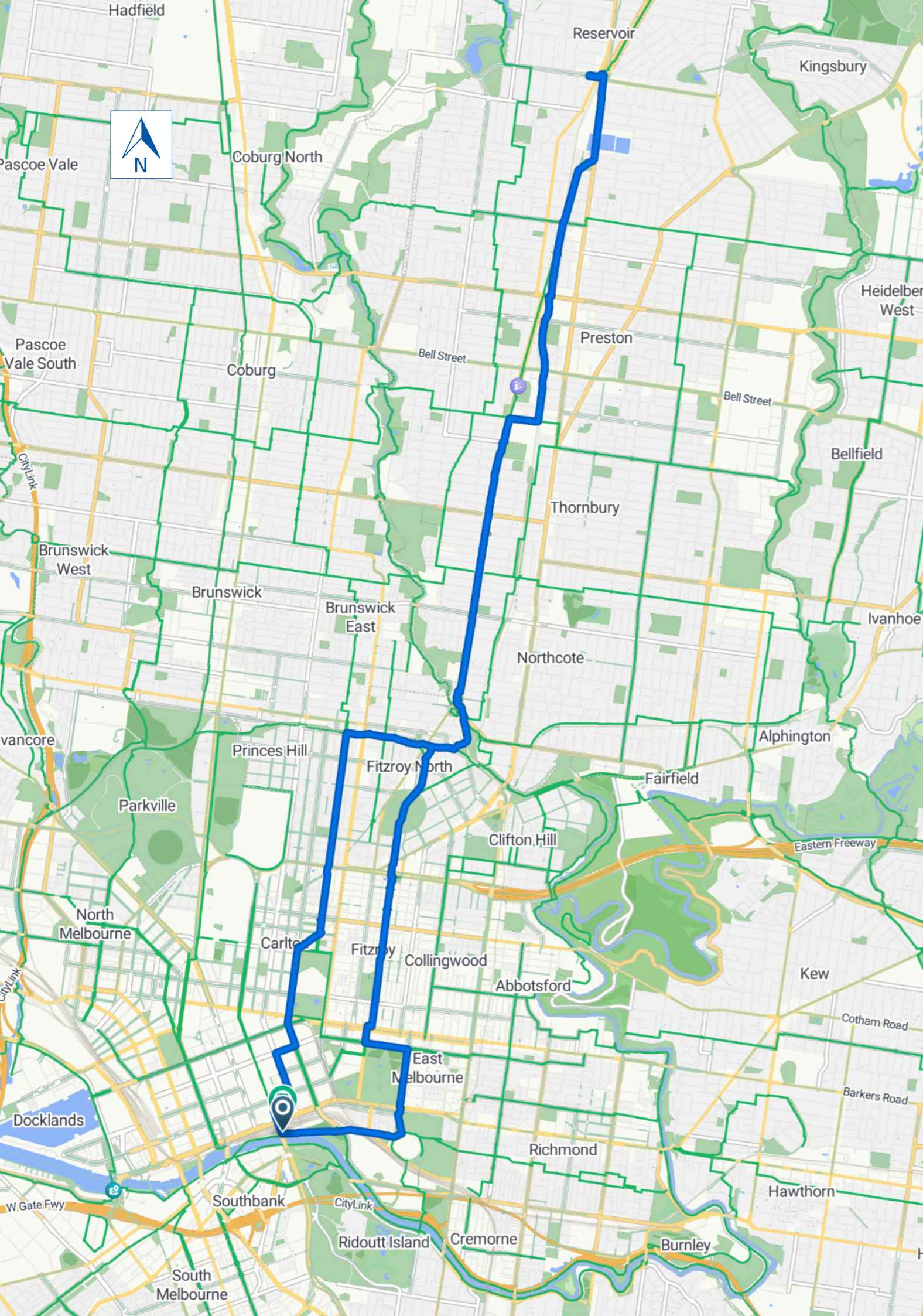
After coffee, return the way you came, but it is often better to return via Canning Street to get to Federation Square. There are numerous train stations along the way for those who want to opt out.

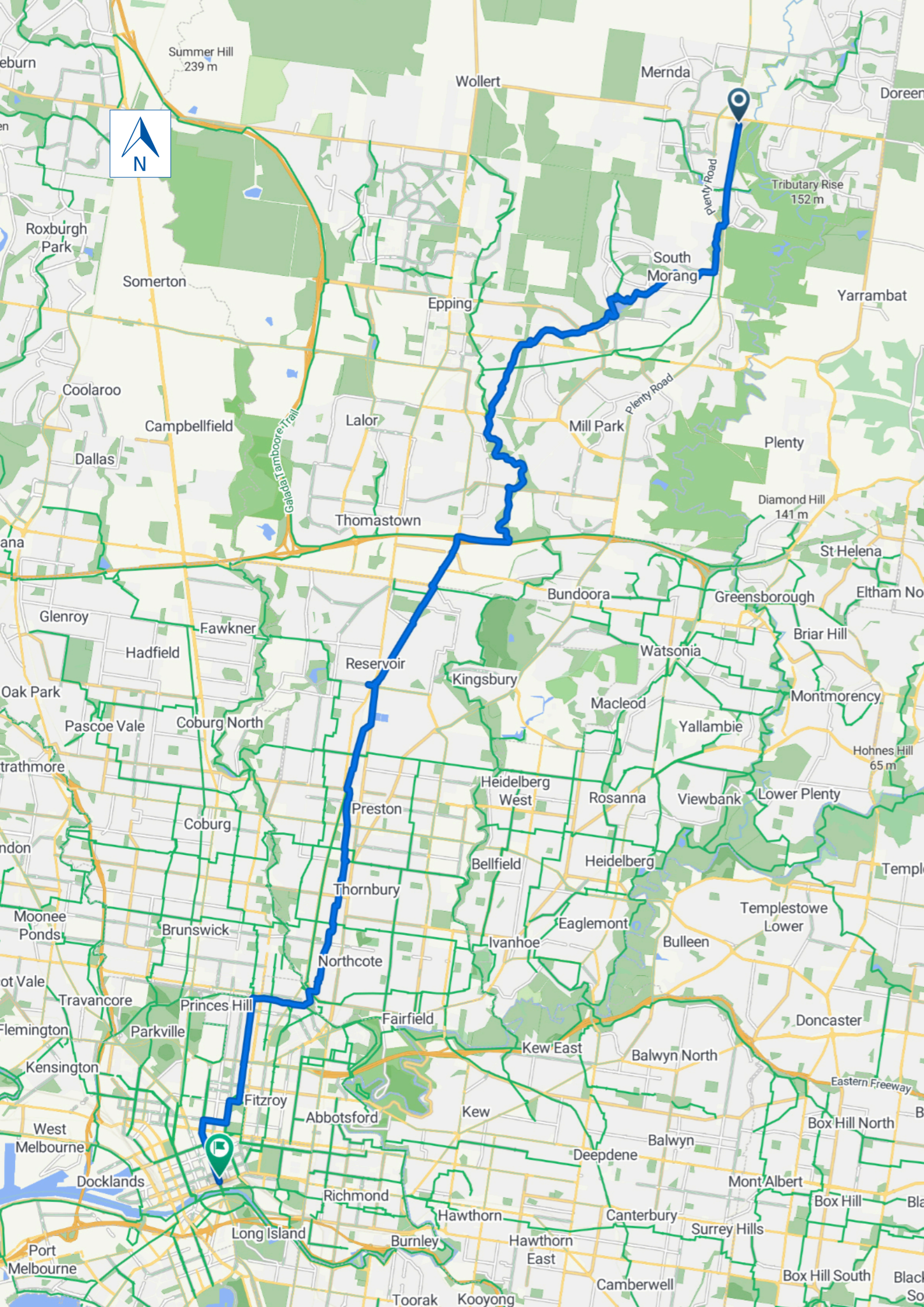
Distance	29 km
Total elevation	160 m up / 160 m down
Terrain	Mostly flat, paved off-road paths; short sections on quiet roads
Coffee stop	Clayton and Me, Reservoir
Opt-out point(s)	Several stations along the Mernda line



See the route in detail: <https://web.bikemap.net/r/12748657> OR <https://tinyurl.com/komoot-u3a8>

Ride source: Mei Regan





Mernda to Federation Square

This route follows a number of major trails (South Morang–Mernda, Henderson’s Creek, Darebin Creek and St George’s Road) from Mernda station to the city. It is a nice downhill route, so easy.

Catch the train from Flinders Street station (Mernda line; leaves every c. 10 min; takes c. 1 hour) to Mernda (end of the line). Take the South Morang–Mernda Trail south, turning right at The Lakes Boulevard to get on to the Henderson Creek Trail. This becomes Darebin Creek Trail when you cross Childs Road. At the Western Ring Road (c. 16 km), turn right to follow the M80 Trail for about a kilometre, then turn left to get onto the St George’s Road Trail. From this point onwards, you can opt out at any of several stations along the Mernda line.

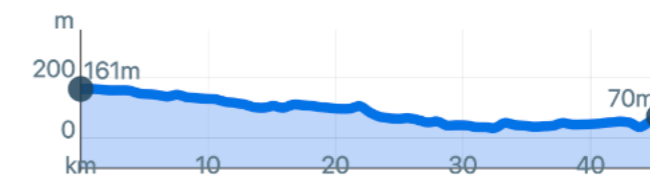
At the intersection of Broadway/Edwardes St (c. 21 km), stop for coffee at Clayton and Me. After coffee, head back down the St George’s Road Trail. At Murray Road, turn left to get onto the South Morang Line Shimmy, which will take you under the skyrail track. This follows the train line more or less until you get to Merri Parade. From here, you can ride back into town via Canning Street.

Variation

You could also continue to ride along the entire St George’s Road trail, as for [the Reservoir ride](#), rather than turning into the South Morang Line Shimmy.

You can do this ride in reverse, although it will be a bit uphill all the way. Ride from Federation Square and catch the train back from Mernda (leaves every c. 20 mins; takes c. 50 mins).

Distance	36 km
Total elevation	60 m up / 190 m down
Terrain	Mostly paved off-road paths; short sections on quiet roads
Coffee stop	Clayton and Me, Reservoir
Opt-out point(s)	Several stations along the Mernda line



See the route in detail: <https://web.bikemap.net/r/13787487> OR <https://tinyurl.com/komoot-u3a9>

Ride source: Steve Milton

Craigieburn to Federation Square

This is a relatively easy route as it is mostly downhill. Catch the train from Flinders Street station to Craigieburn station (every 20 mins; takes c. 45 mins). From there, head northwest along Benston Street until you reach Craigieburn Road. Cross at the pedestrian crossing to the right, then turn right onto the footpath and left at the circle. The footpath joins the Malcolm Creek Trail; follow this for c. 750 m, then turn right to cross the creek, and right again to go back along the other side of the creek. The path turns north again alongside the Hume Highway, and you will need to cross at the lights at Grand Boulevard, which takes you onto the Galada Tamboore Pathway. Follow this pathway along the Craigieburn Bypass for about 15 km, until it reaches the Western Ring Road.

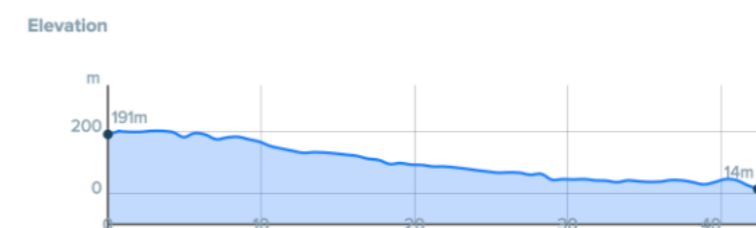
At this point, you must look out carefully for a sharp turn to the right, which takes you under the Western Ring Road and onto the Metropolitan Ring Road Path. After about 2 km, you will reach the Merri Creek Trail, at which point, turn left and follow the trail all the way down to the Capital City Trail turnoff (c. 15 km). Turn right onto the Capital City Trail and then right into Canning Street. At Carlton Street, turn right and then left into Rathdowne Street and into the city.

Unfortunately, there aren't any convenient stops along the Galada Tamboore Pathway, so you could either stop for a coffee before you start the ride, at Craigieburn Plaza (there are some so-so cafés at the Hamilton Street entrance), or have a later break in Coburg, at The Boot Factory, Pentridge.

Variation

After Pentridge, instead of continuing on the Merri Creek Trail, you could instead take the path along O'Hea Street, south of Pentridge, and turn left onto the Upfield Shared Path until you get to the Capital City Trail and into the city (see [the Pentridge ride](#)). This route option cuts about 3 km off from the total trip.

Distance	42 km
Total elevation	160 m up / 337 m down
Terrain	Downhill, paved off-road paths
Coffee stop	Craigieburn Plaza; The Boot Factory, Pentridge
Opt-out point(s)	Batman or Coburg station



See the route in detail: <https://web.bikemap.net/r/10185630> OR <https://tinyurl.com/komoot-u3a10>

Ride source: Steve Milton

Merri Creek to Moonee Ponds Creek

This route explores the northern ends of the Merri Creek and the Moonee Ponds Creek trails. Start the ride at Rushall station (Mernda line, every 15–20 mins; takes c. 22 mins from Flinders Street). Take the Capital City Trail west for c. 500 m and then turn right onto the Merri Creek Trail. Follow the trail as for the [Pentridge ride](#) until you get to Coburg Lake.

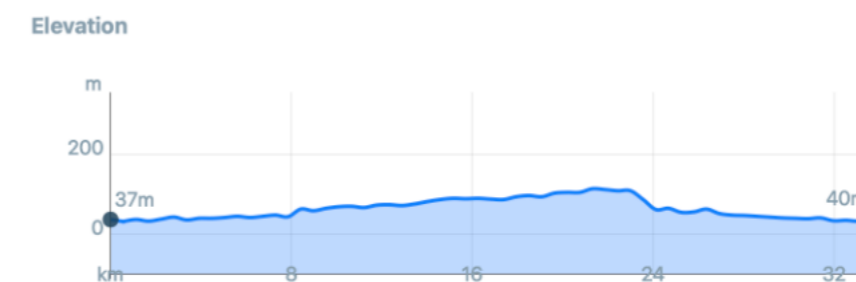
At Coburg Lake, you will cross the creek and then turn right, which will take you to the northern end of the Merri Creek Trail. Follow this north and it will run into the Western Ring Path. The cafés are a bit thin on the ground in this area, but you could detour at c. 12.5 km to Little Anderson Café in Fawkner or at c. 14 km to Brands Café in Campbellfield. Alternatively, if you can wait, you could grab a coffee in Pascoe Vale at Ferrovia or Pepperstone cafés (see [Pascoe Vale ride](#)).

After coffee in Fawkner, get back on the Merri Creek trail, which leads to the Western Ring Path. Head west. Shortly after Jacana station, cross the Ring Road via Langton Street, turn left at Eleanor Street to get back on to the continuation of the Western Ring Path. At the next two junctions, keep taking the path to the left, which will then take you south along the Moonee Ponds Creek Trail. Follow this until you pass Cross Keys Reserve in Essendon, at which point you will turn right off the path and onto Cameron Road. Turn right and the road becomes Bridge Street. Cross Pascoe Vale Road and into the Strathmore station car park to get to the station.

Variation

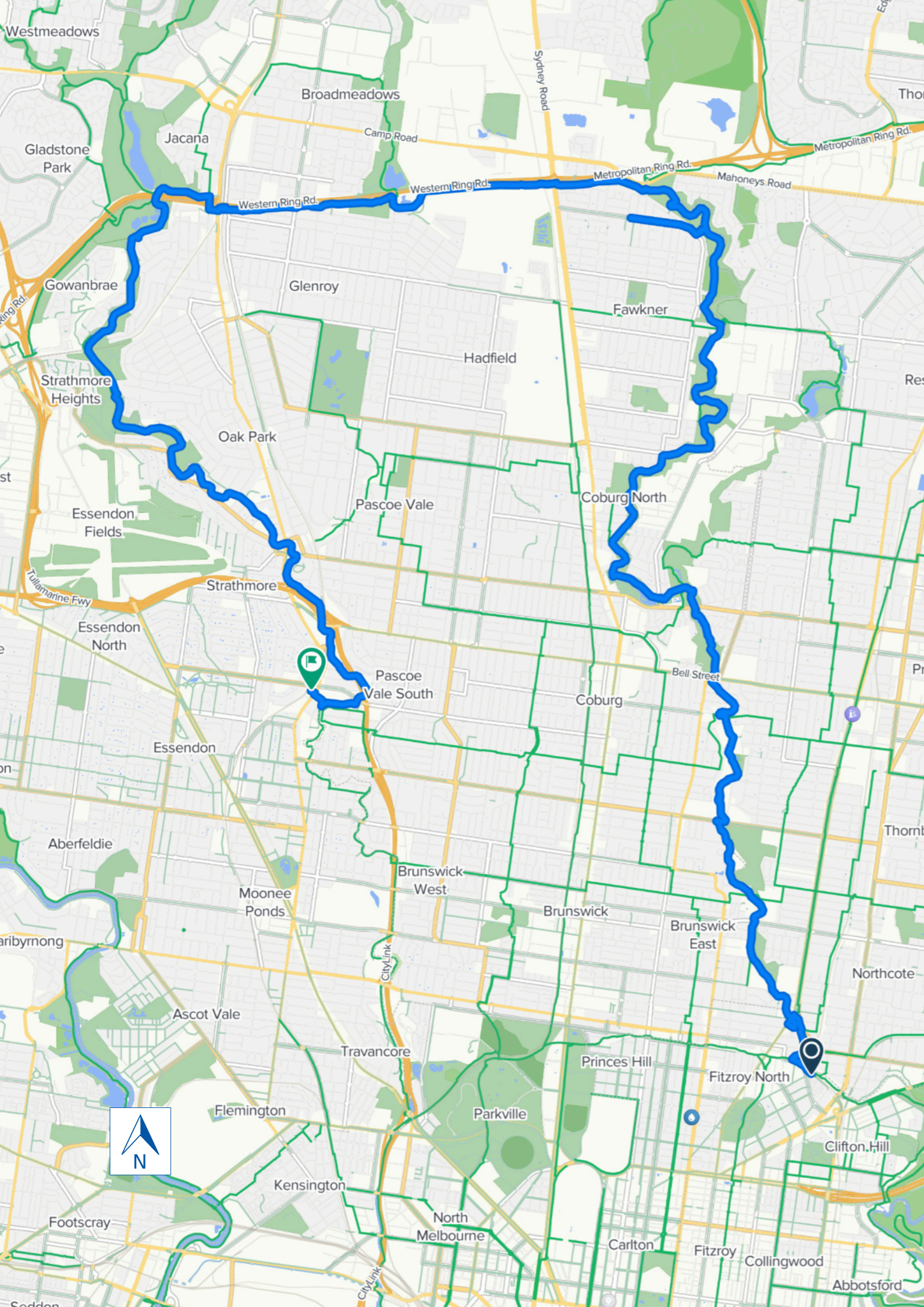
If you're feeling more energetic, you could start this ride at Federation Square and ride towards Coburg via the Upfield line, or end it Fed Square or both. See the [Pentridge](#) and [Pascoe Vale](#) ride pages for details.

Distance	34 km
Total elevation	110 m up / 100 m down
Terrain	Paved off-road paths
Coffee stop	Little Anderson Café, Fawkner; Brands Café, Campbellfield; Ferrovia or Pepperstone cafés, Pascoe Vale
Opt-out point(s)	Jacana, Pascoe Vale stations

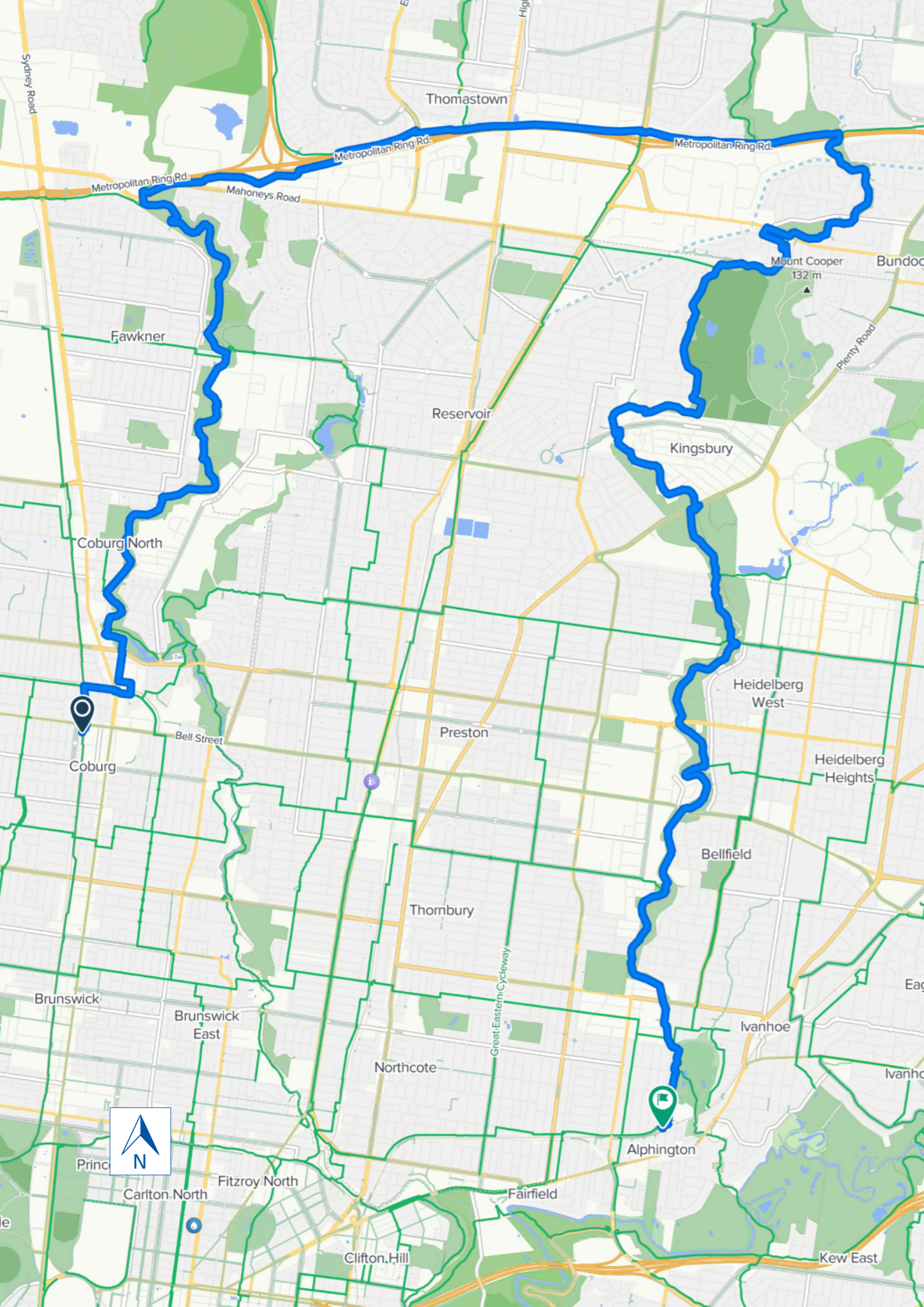


See the route in detail: <https://web.bikemap.net/r/11556217> OR <https://tinyurl.com/komoot-u3a11>

Ride source: Steve Milton



Merri Creek to Darebin Creek



This easy, pleasant route takes the northern part of Merri Creek trail to the Western Ring Road, and then turns east to come down the lovely Darebin Creek trail, ending at Alphington station.

Start the ride at Coburg station (Upfield line; every c. 20 min.; takes c. 24 min. from Flinders Street). Ride north along the Upfield Bike Path to O'Hea Street. Turn left and cross Sydney Road. It is safest to keep going on the southern side of Pentridge Boulevard and cross at the pedestrian crossing opposite the Boot Factory café. Ride through the shopping centre and get onto Champ Street, cross Murray Road and join the Merri Creek trail at Coburg Lake. Continue north along the Merri trail.

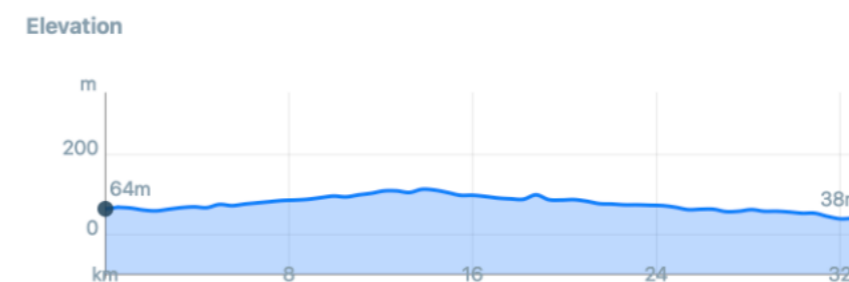
You could have a coffee break at Little Anderson Café in Fawkner at about the 7 km mark, although this is quite early on the route. If you can wait, you could have coffee in Thornbury, at Artiga Specialty Coffee along the Darebin Creek trail (at c. 30 km mark).

After coffee in Fawkner, get back on the Merri Creek trail, which leads north to the Western Ring Path. At this point, turn right to follow the Western Ring Road to the east. At about the 23 km mark, you'll see a path that drops down to the left and circles right under the Western Ring Road, leading on to the Darebin Creek trail. Follow this trail as for the [Keon Park route](#). Catch the train back from Alphington station.

Variation

You could make this ride longer by starting at Rushall station instead (see [Merri Creek to Moonee Ponds Creek](#) route), which would add c. 7 km, or riding back to Federation Square from Alphington (see [Keon Park](#) route; another c. 10 km), or both (total c. 50 km).

Distance	33 km
Total elevation	60 m up / 80 m down
Terrain	Mostly paved off-road paths
Coffee stop	Little Anderson Café, Fawkner; Artiga Specialty Coffee, Thornbury
Opt-out point(s)	Keon Park



See the route in detail: <https://web.bikemap.net/r/12355147> OR <https://tinyurl.com/komoot-u3a12>

Ride source: Steve Milton

Eltham to Federation Square

This is a beautiful ride that takes in sections of the Diamond Creek, Main Yarra and Darebin Creek trails. While it is mainly paved, there are several short sections of unpaved paths and some on-road riding on mostly quiet streets. There are also a few short steep-ish hills to negotiate.

Take the train from Flinders Street station to Eltham (Hurstbridge line; every 20 mins; takes c. 1 hr). From the station entrance, turn right down St Laurence Lane, which will join up with the Diamond Creek Trail. Follow this until it hits the Main Yarra Trail, at which point turn right to head south.

Follow the trail until just after the 19 km mark, and turn right (north) into the Darebin Creek Trail, which takes you to the Darebin Parklands. Just after the steep hill, turn left along the path that takes you to Yarana Road. Turn left again and you will reach Wingrove Street. Turn right to the next roundabout and stop at the Alphington Food Store for coffee.

After coffee, return via Canning Street (see [Fairfield ride](#)) or catch the train from Alphington or Fairfield stations.

Variation

It is possible to make a small detour to Heide Museum of Modern Art for an early lunch. When you get to The Greenery garden centre (at c. 13.5 km mark), get off the trail and left onto the Manningham Road W footpath, which will take you to the museum grounds, just 1 km away. After lunch, come back to the trail the same way and continue on to the city. This adds about 2 km to the trip.

Distance	33 km
Total elevation	150 m up / 160 m down
Terrain	Mostly flat, some short steep sections, paved and unpaved off-road paths
Coffee stop	Alphington Food Store
Opt-out point(s)	Alphington or Fairfield station



See the route in detail: <https://web.bikemap.net/r/9211388> OR <https://tinyurl.com/komoot-u3a13>

Capital City Trail Loop

This is a lovely ride that connects a series of trails that encircle inner city Melbourne. It does, however, include a few hills and long-ish gradual ascents (with corresponding descents, as it's a loop), so is not as easy as many of the other rides listed here.

Although the loop can be done in either direction, it is probably slightly better to go anti-clockwise, starting from Federation Square, heading east along the Yarra towards Richmond and [Abbotsford Convent](#).

After Dights Falls, the path crosses Merri Creek, and the route turns on to the Merri Creek Trail. Follow this until you get to Rushall Station, at which point you join up with the Inner Circle Rail Trail, which parallels Park Street across the top of Fitzroy, Carlton North and Princes Hill.

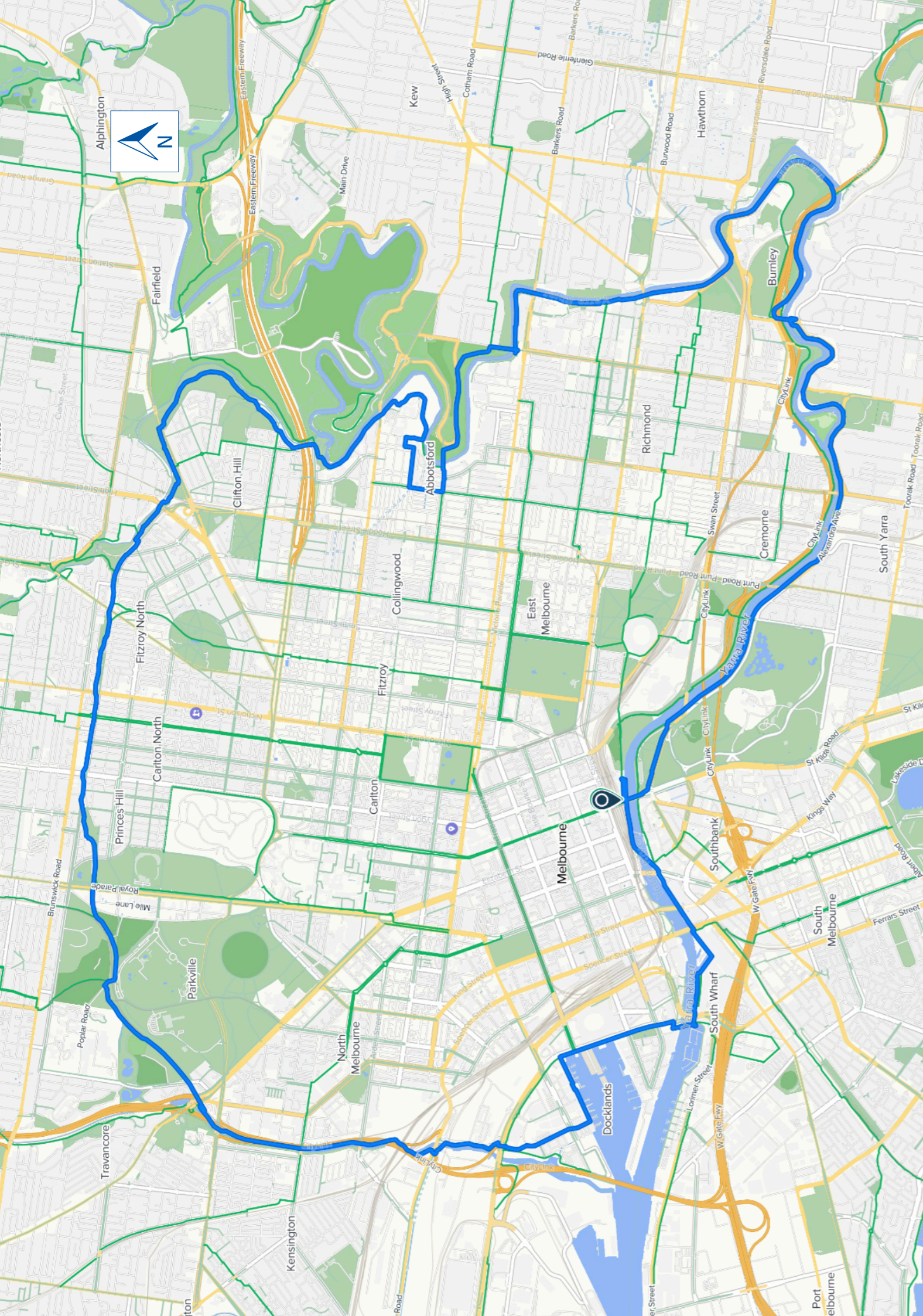
This then joins the Upfield Bike Path at Royal Park for a short distance until Flemington Bridge Station, at which point you descend to join the Moonee Ponds Creek Trail. This brings you down to Docklands and Southbank, and back to Federation Square (following the same route as the [Pascoe Vale ride](#)).

There are a few options for coffee stops, depending on which direction you take. Growers Espresso is just off the Capital City Trail and is probably the best choice when going anti-clockwise.

Distance	31 km loop
Total elevation	124 m up / 125 m down
Terrain	Flat, paved cycle paths; short sections of riding on quiet streets
Coffee stop	Growers Espresso, Brunswick East; Cam's or the Bakery, Abbotsford Convent
Opt-out point(s)	Collingwood, Clifton Hill, Royal Park, Flemington Bridge & Macaulay stations



See the route in detail: <https://web.bikemap.net/r/9200256> OR <https://tinyurl.com/komoot-u3a14>



Jacana to Craigieburn Loop

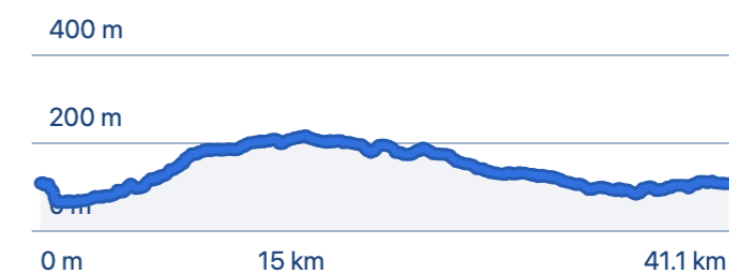
This is a more challenging route, due to its length and moderate elevation. It follows the Broadmeadows Valley Trail up to Craigieburn then turns down the Galada Tamboore Trail that runs along the Hume Freeway, and onto the M80 to return to Jacana. Although the loop can be done in either direction, it is probably slightly better to go clockwise, as it is easier to go down the steep incline to the west of Jacana station than up.

Catch the Craigieburn train from Flinders Street to Jacana station (departs every 5–10 min. before 10 am; takes 30 min.). At the station, take the western exit on to the M80 trail and ride west for c. 1 km, at which point turn right/north onto the Broadmeadows Valley Trail.

Follow this trail until you get to Axminster Drive (c. 14.5 km) where you can get onto the Aiken Creek Trail. You will then need to ride along Clovelly Drive, cross Craigieburn road to Cimperwood Drive and onto Pitman Street, which takes you briefly onto Malcolm Creek Trail. Just after the 17 km mark, cross the creek to the left and head up to Grand Boulevard, where you can stop for a coffee at the Grand Boulevard Cafe (within the local IGA).

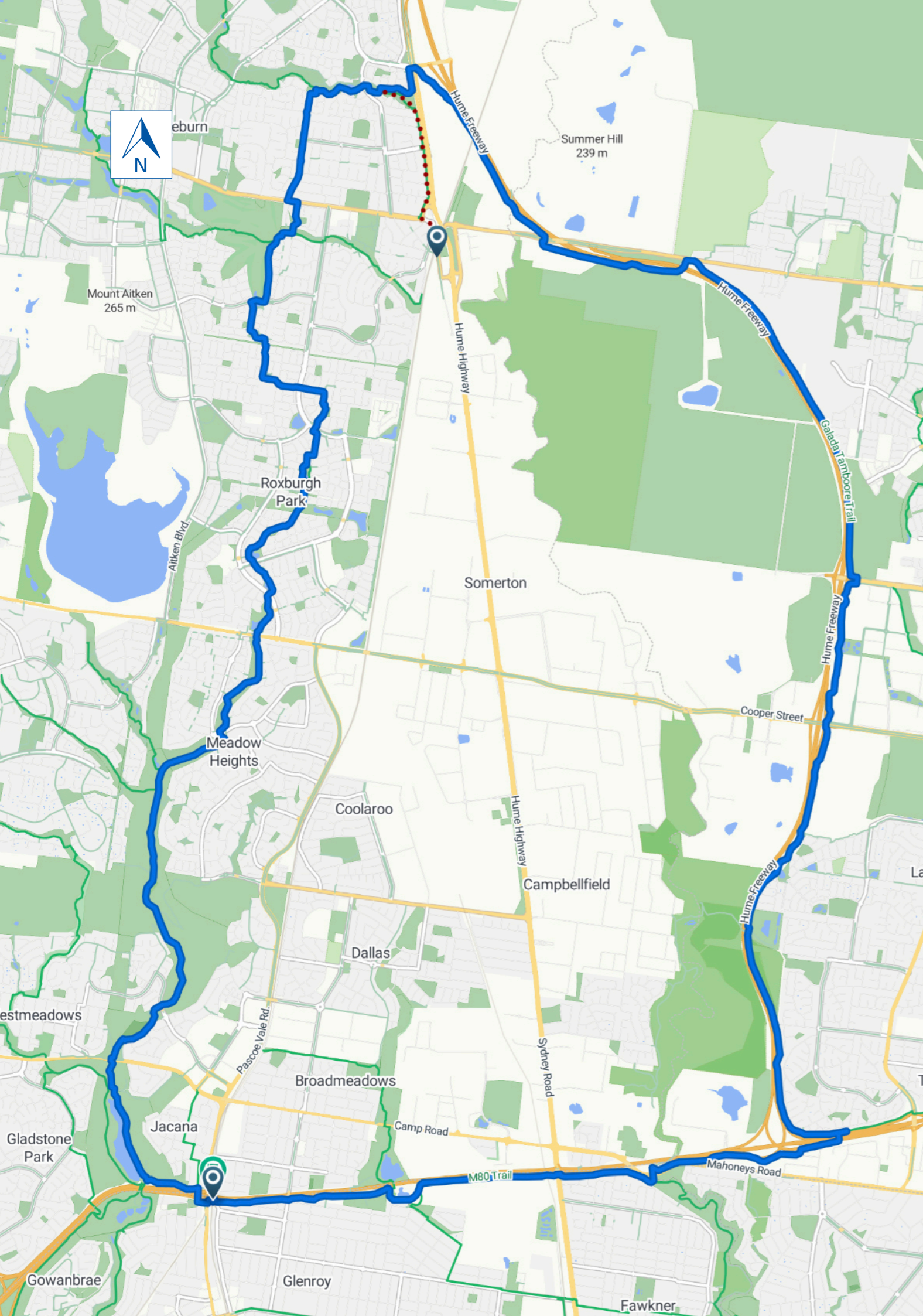
After coffee, you could backtrack to Malcolm Creek Trail and head down to Craigieburn station to catch the train back (c. 20 km), or join the Galada Tamboore Trail at the Hume Freeway and head down south for the return journey. Just after the 33 km mark, you will see a hairpin bend to the right that allows you cross the suspension bridge across the M80 and join the M80 Trail. This then brings you back to Jacana station.

Distance	41 km
Total elevation	200 m up / 200 m down
Terrain	Mostly paved off-road paths; some on-road riding
Coffee stop	Grand Boulevard Cafe, Craigieburn
Opt-out point(s)	Craigieburn station



See the route in detail: <https://web.bikemap.net/r/14089188> OR <https://tinyurl.com/komoot-u3a15>

Ride source: Mike Sparkes



Sunshine to Footscray via Brimbank Park

This route is perhaps the most difficult in this collection, but it does visit beautiful parks and trails that make the hills and not-so-pleasant bits worth it!

Catch the Sunbury line train from Flinders Street to Sunshine station (leaves every 6 min. before 10 am; takes 22 min.) At the station, take the western exit and turn right and then turn left at the circle onto City Place, left at Sun Crescent, right onto Durham Road, left onto Graham Street, and right onto Derby Road. Then do a dog-leg at Anderson Road to get onto the Kororoit Creek Trail.

Follow the Kororoit Creek Trail up to Ballarat Road, where it joins the Western Ring Road Trail. This will take you to Brimbank Park. Pause for a view of the park from on high, then turn left along the ridge before descending steeply into the park. Stop for coffee at Leaping Lizard Café.

After coffee, turn left to get onto the Maribyrnong River Trail, heading around the western edge of the park and continuing south along the river. This part of the Maribyrnong River Trail is mostly unpaved, and (at Oct 2023) is partially closed as it is still in bad repair following the 2022 floods and not recommended for road or e-bikes. At about the 29 km mark, there are more steep ascents to negotiate, but you are rewarded with beautiful views for your troubles.

The remainder of the route returns via the [southern end of the Maribyrnong River Trail](#). It is recommended that you ride to Footscray station and catch the train back, otherwise the ride becomes rather long.

Variation

You can also catch the train back from Moonee Ponds station (via Holmes Road), which is shorter, but involves a long steep-ish hill.

Distance	38 km
Total elevation	310 m up / 330 m down
Terrain	Mostly paved and unpaved off-road paths; some on-road riding
Coffee stop	Leaping Lizard Café, Brimbank Park
Opt-out point(s)	None to speak of

Elevation



See the route in detail: <https://web.bikemap.net/r/11336175> OR <https://tinyurl.com/komoot-u3a16>

Ride source: Lan Wang

The South/East

Federation Square to Mordialloc

This trip is very easy as it is basically flat. However, if you're unlucky and have a headwind (this can happen in either direction), it can get tough, as you are riding along the exposed beach.

The first part starts along Southbank and the Sandridge Rail Trail, and when you get to the bay, you turn left. From there the path follows the water's edge quite closely, along either dedicated or shared bike paths, right down to Mordialloc. The second half of the ride is slightly more undulating than the first half.

Along the way, stop at Our Little Ray of Sunshine in Station Street, Sandringham, for a coffee and cake.

From Mordialloc you can catch the Frankston line train back to the city.

Variations

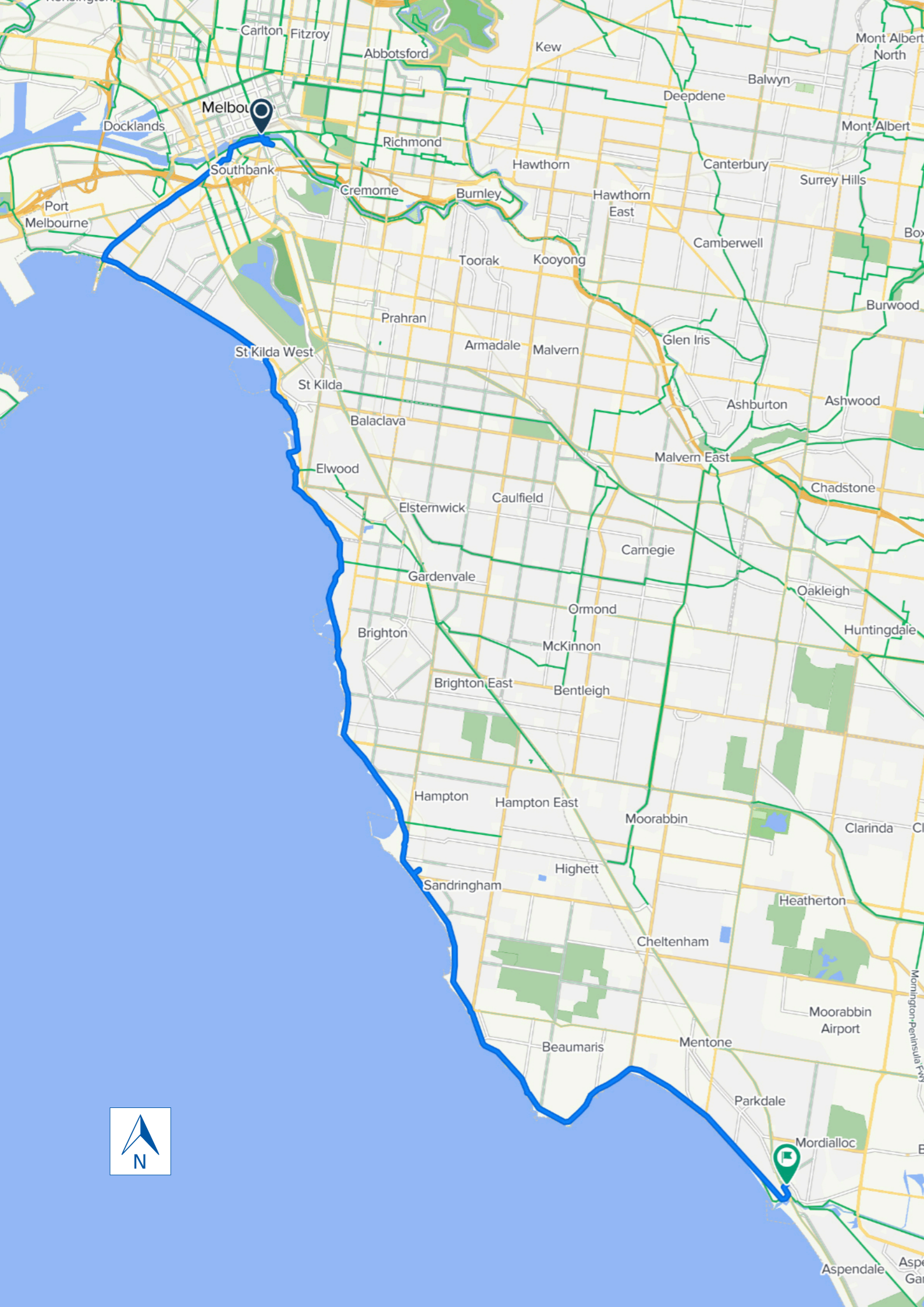
If you wish to avoid trains, you can ride out to The Baths Middle Brighton, have coffee and then ride back the same way. The Baths prefer the group to pay together, although you can usually persuade them to take individual payments if you do it together. An alternative spot nearby is the Royal Brighton Yacht Club.

Another option is to ride to Sandringham and have coffee at Our Little Ray of Sunshine, which is just outside Sandringham station, and catch the train back, or ride back for a bit of extra exercise.

Distance	c. 33 km one-way to Mordialloc; 15 km one-way to Brighton; c. 21 km one-way to Sandringham
Total elevation	89 m up / 98 m down
Terrain	Flat, paved, off-road paths
Coffee stop	Our Little Ray of Sunshine, Sandringham; The Baths Middle Brighton or Royal Brighton Yacht Club, Brighton
Opt-out point(s)	Several rail stations from St Kilda onwards



See the route in detail: <https://web.bikemap.net/r/9211482> OR <https://tinyurl.com/komoot-u3a17>



Mount Waverley to Federation Square

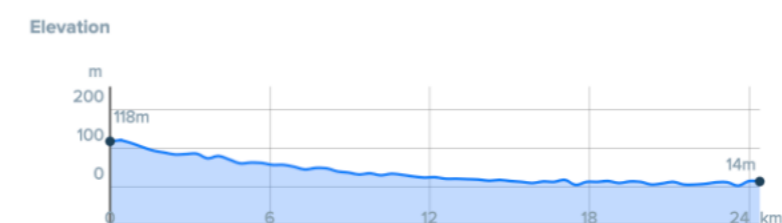
This is an easy downhill ride that takes in the Valley Loop Track and Scotchmans Creek Trail, with only a short section of riding on quiet roads.

Take the train to Mount Waverley (Glen Waverley line; leaves every 10–15 mins; takes 30 mins). From the station entrance, turn left and take the underpass to get to the Waverley Rail Trail. Turn left onto the path for a short distance and then take the right-hand path to get to Amber Grove. Amber Grove turns right and ends up at Waimarie Drive. Do a dog leg to cross the road and enter the Valley Loop Track. The first part of this track is unpaved and there may be some sections where the soil is loose, so take care. The track connects to Scotchmans Creek Trail, at which point, turn right to go southwest.

At East Malvern station head left through the carpark and cross busy Waverley Road at the lights, then turn right along the footpath to coffee at Jake and the Beans Talk.

After coffee return to East Malvern station the same way you came, and ride up onto the bridge to cross the railway line and freeway. Veer left onto the Gardiners Creek Trail, which takes you back in to the city via the Main Yarra Trail (see the [Ashburton ride](#)). Or you can catch the train back to town at East Malvern station.

Distance	24 km
Total elevation	30 m up / 130 m down
Terrain	Flat, paved, off-road paths; short sections of unpaved path
Coffee stop	Jake and the Beans Talk, East Malvern
Opt-out point(s)	East Malvern station



See the route in detail: <https://web.bikemap.net/r/9434844> OR <https://tinyurl.com/komoot-u3a18>

Ride source: Anne Irwin

Federation Square to Ashburton Loop

This is a lovely ride that takes in the Gardiners Creek and Anniversary trails. The first half on the way to Ashburton is flat but the second half involves a gradual ascent of about 40 m.

The route starts along the southern bank of the Main Yarra trail. At St Kevin's boatshed, take the path to the right onto the bridge to Gardiners Creek trail. Follow the trail for its entire length and it will become the Anniversary Trail near the Malvern Valley Golf Club. This stretch is the most challenging part as it is long and steady incline. When you reach High Street in Ashburton you'll be glad to stop for a coffee at Joe Frank café.

After coffee, continue north along the Anniversary Trail for about a kilometre, at which point you'll see the Ferndale Trail to your left. Ride along this lovely, mostly unpaved path until it hits Gardiners Creek Trail at Nettleton Park. Turn right at this point, which will take you back to the city. At MacRobertson Bridge, you can choose to return via the north bank of the Yarra.

Variations

You could choose to do the loop of Ferndale and Anniversary trails in the reverse direction to that described above.

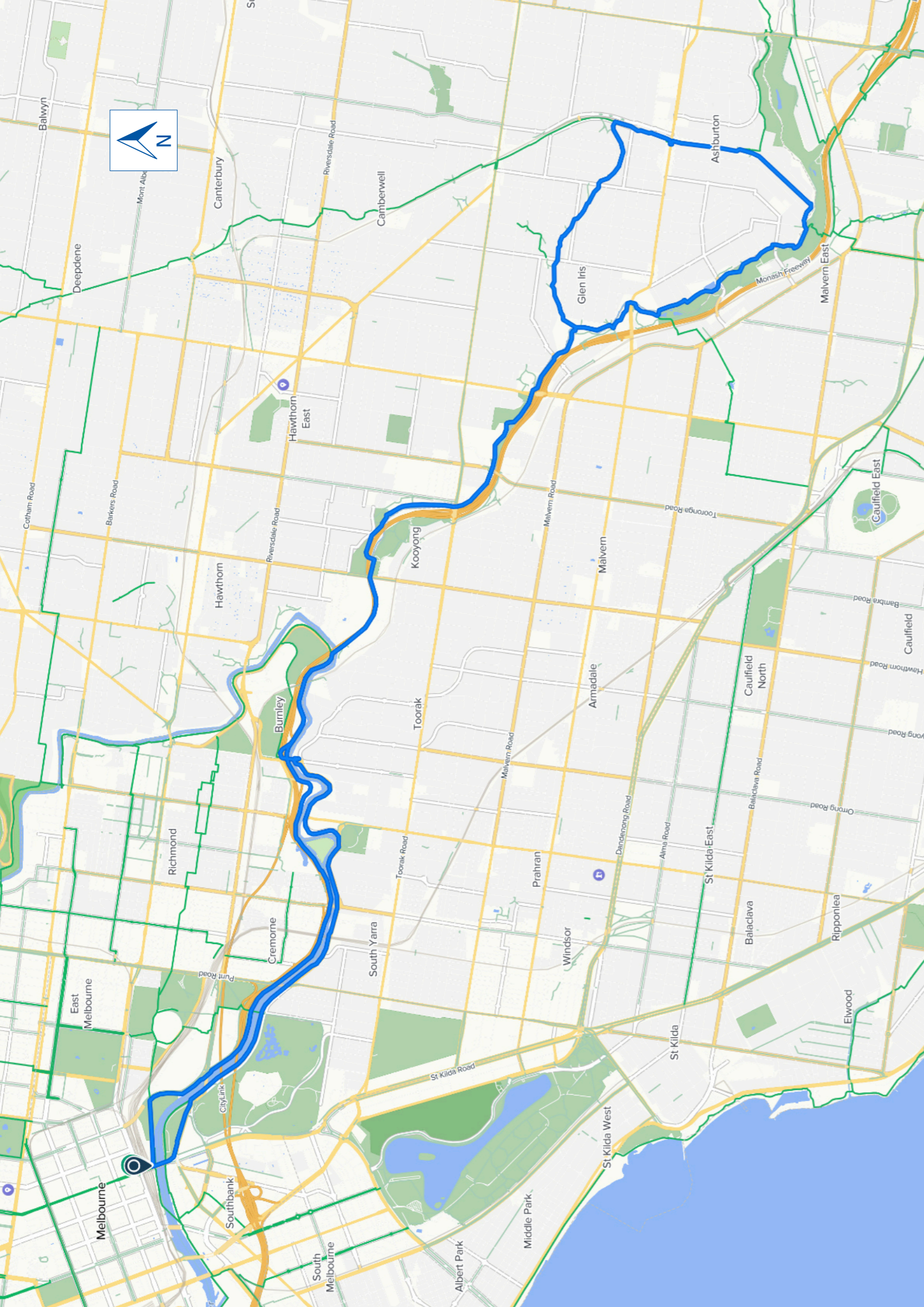
You can also avoid the long incline of the Anniversary Trail altogether by simply riding to Ashburton and back via Ferndale Trail, which makes the route a little shorter (c. 28 km). You can also choose not to go as far as Ashburton and stop for coffee at the Glen Iris Pantry at Ferndale Park and then retrace your steps (c. 24 km round trip).

Distance	30 km round trip
Total elevation	94 m up / 94 m down
Terrain	Paved off-road paths; some un-paved paths
Coffee stop	Joe Frank, Ashburton; Glen Iris Pantry, Glen Iris
Opt-out point(s)	Ashburton station

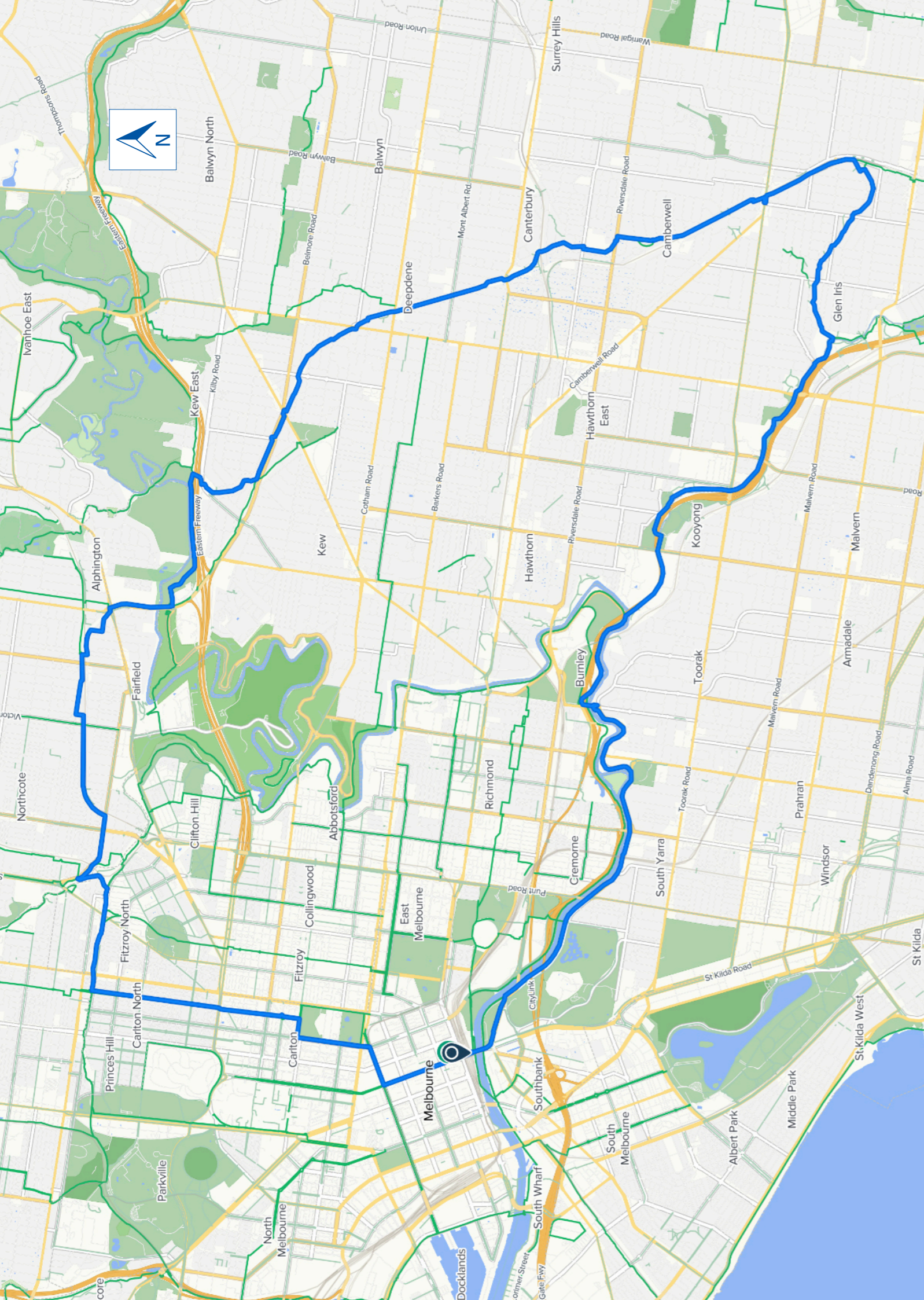


See the route in detail: <https://web.bikemap.net/r/9383340> OR <https://tinyurl.com/komoot-u3a19>

Ride source: Anne Irwin



Anniversary Trail Circuit



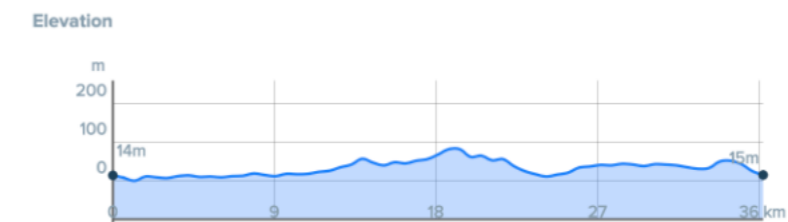
This route is a major extension of the [Ashburton ride](#) and is more challenging as it is longer and more undulating. Start the ride as you would for the easier route and get on to the Ferndale Trail at Nettleton Park.

Continue on the trail until you get to the railway line, where you turn left to ride along the northern part of the Anniversary Trail. Stop at Fordham's Milk Bar, across from Hartwell station, for coffee.

The Anniversary Trail continues northeast through lovely greenery, and takes you through Kew and under the Eastern Freeway, at which point it meets up with the Main Yarra Trail. Turn left onto the Main Yarra Trail until you get to the Chandler Highway, where you turn right to cross the Yarra to get to Fairfield. Cross Heidelberg Road then Grange Road, and take the back streets of Fairfield to Railway Parade.

From there continue on Wingrove/Clarke streets to South Crescent and the Capital City Trail, and down Canning Street to get back to the city (see [Fairfield ride](#)). Alternatively, you can catch the train back to the city from Alphington Station.

Distance	36 km round trip
Total elevation	155 m up / 155 m down
Terrain	Undulating, paved off-road paths; some unpaved paths and quiet roads
Coffee stop	Fordham's Milk Bar, Camberwell
Opt-out point(s)	Ashburton, Hartwell and Fairfield stations



See the route in detail: <https://web.bikemap.net/r/8677398> OR <https://tinyurl.com/komoot-u3a20>

Blackburn to Federation Square

This ride really should be done from Blackburn to the city due to the steep incline near Blackburn station. Once you get to the Koonung Creek Trail though, the rest of the ride is mostly flat.

Take the train from Flinders Street to Blackburn station (Belgrave/Lilydale lines; leaves every few mins; takes 25–30 mins). Unfortunately, to get to the Koonung trail from the station, you'll need to ride north along Station Street, Williams Road and Koonung Road, although fortunately these are relatively quiet streets and go downhill.

When you get to the Eastern Freeway, take the trail underpass to get to the main Koonung Creek Trail and turn left to head west. Follow the trail until you get to Burke Road (at about the 12 km mark) and turn right to take the underpass to join the Main Yarra Trail north of the Eastern Freeway.

At Kew, turn right onto the Chandler Highway. At Heidelberg Road, cross and turn right for a short distance and then turn left into Fulham Road up to Wingrove Street. Cross the train line and turn left to follow the railway line to Railway Place and Bean Counter Cafe for coffee.

After coffee, ride back to the city via Canning Street (see [Fairfield ride](#)) or catch the train back at Fairfield station.

Variation

A longer, more difficult variation is to catch the train to Heatherdale, three stations further along the train line. From there, you can join the Eastlink Trail, which then becomes the Koonung Creek Trail. Note that this addition is quite hilly, so is more challenging. It adds about 9 km to the route.

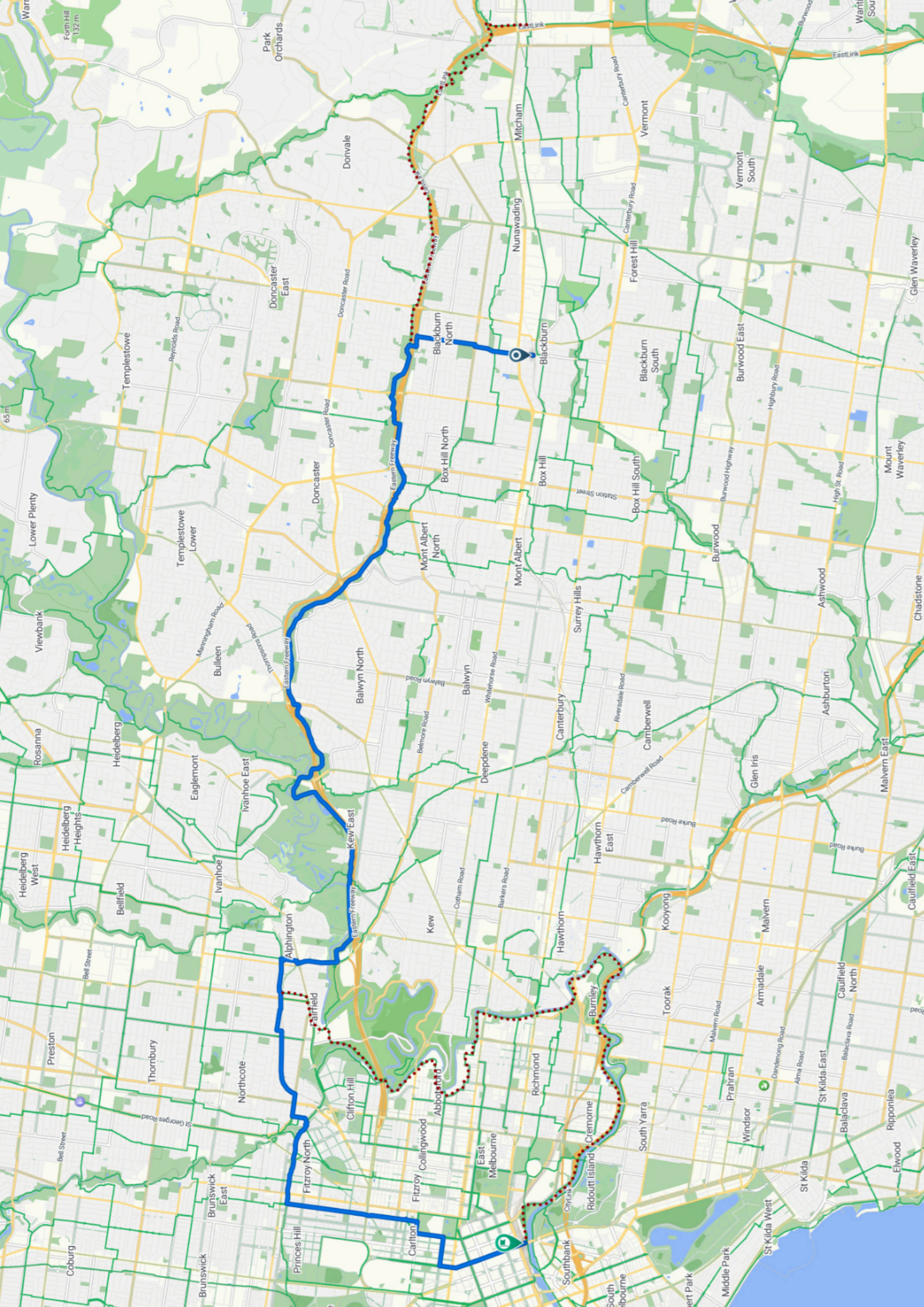
An alternative route for after coffee is to ride back via the Main Yarra Trail (see [Fairfield ride](#)), which will be longer (36 km all up).

Distance	28 km
Total elevation	110 m up / 200 m down
Terrain	Undulating, mostly downhill, paved and unpaved paths
Coffee stop	Bean Counter Cafe, Fairfield
Opt-out point(s)	Fairfield station



See the route in detail: <https://web.bikemap.net/r/9434936> OR <https://tinyurl.com/komoot-u3a21>

Ride source: Anne Irwin



Nunawading to Federation Square

This is a lovely ride that follows the Gardiners Creek Trail. Take the train from Flinders Street to Nunawading station (Belgrave/Lilydale lines; leaves every 15 mins; takes c. 30 mins). From the station ride back towards the city along the Box Hill to Ringwood trail on the south side of the railway line.

After about 1 km, turn right onto Oliver Avenue, then right onto Central Road and left onto Gwenda Avenue, which takes you through Blackburn Lake Sanctuary. Turn right at Lake Road and right at Alandale Road. Cross Blackburn Road at the lights to join Gardiners Creek Trail. Follow this trail right down until you get to the junction at Alamein station in Ashburton.

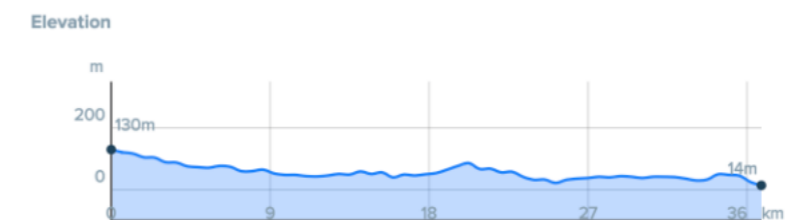
Here you turn left just before Alamein station and continue on the Gardiners Creek Trail to its intersection with the Main Yarra Trail to ride back into the city (as for the [Ashburton ride](#)). You can stop at Jake and the Beans Talk in East Malvern for coffee and can opt out at East Malvern station.

Variations

Once you get to the Alamein station junction, you could also turn right to go north along the Anniversary Trail. About 750 m after Ashburton station, turn left onto the Ferndale Trail. This will meet up again with the Gardiners Creek Trail, at which point you turn right to get back to the city via the Main Yarra Trail (as for the [Ashburton ride](#)). You can stop for coffee at Joe Frank in Ashburton or Glen Iris Pantry along the Ferndale Trail.

You can also choose at Alamein to turn right and continue along the Anniversary Trail all the way to Fairfield and back to the city (as for the [Anniversary Trail circuit](#)) although this will make the ride quite long, at 37 km. You can stop for coffee at Joe Frank in Ashburton or Fordham's Milk Bar in Camberwell. There are numerous opt-out points along the Anniversary Trail as it follows the rail line.

Distance	30 km
Total elevation	80 m up / 190 m down
Terrain	Undulating, mostly downhill, some steep-ish bits, paved and unpaved
Coffee stop	Jake and the Beans Talk, East Malvern
Opt-out point(s)	East Malvern station



See the route in detail: <https://web.bikemap.net/r/10185584> OR <https://tinyurl.com/komoot-u3a22>

Ride source: Anne Irwin

Caulfield to Federation Square

This easy route combines parts of the Djerring, Outer Circle and Gardiners Creek trails, including taking in the cycle path under the elevated Skyrail between Caulfield and Oakleigh railway stations.

Firstly take the train from Flinders to Caulfield station (Cranbourne, Pakenham and Frankston lines; leaves every few mins; takes 15 mins). Head south/east on Sir John Monash Drive, around the circle and on to Queens Avenue. Within a few metres, turn left onto the Djerring Trail, which follows the train line. At Hughesdale station, turn off to the left to get onto the Outer Circle Trail, a green belt that takes you to Dandenong Road (cross at the lights) and through the Urban Forest Reserve in East Malvern.

Near East Malvern station you can get your coffee at Jake and the Beans Talk. After coffee, cross the Monash Freeway using the overpass to join up with the Gardiners Creek Trail to ride back to the city (see the [Mount Waverley ride](#)). Alternatively you can catch the train back.

Variations

There are plenty of options for variation here as you can link up with trails associated with the [Hughesdale to Mordialloc](#) and the [Bayswater to Dandenong](#) rides or parts thereof. For example, you could simply ride from Caulfield station to Yarraman station and catch the train back from there (c. 17 km).

Or you could start further down the Djerring Trail and connect to the Eastlink Trail to the north.

Distance	20 km
Total elevation	20 m up / 60 m down
Terrain	Paved off-road paths
Coffee stop	Jake and the Beans Talk, East Malvern
Opt-out point(s)	Several stations along the Djerring Trail; East Malvern station



See the route in detail: <https://web.bikemap.net/r/9436153> OR <https://tinyurl.com/komoot-u3a23>

Ride source: Anne Irwin

Hughesdale to Mordialloc

This route follows the newly developed Djerring Trail and connects to the southern part of the Dandenong Creek Trail that takes you down to the bay. It follows the new Skyrail train line.

Take the train from Flinders Street to Hughesdale station (Pakenham line; leaves every few mins; takes 20 mins). Ride southeast along the Djerring Trail towards Yarraman station. Between Noble Park and Yarraman stations, you can stop for coffee at Little Bad Wolf or there are several cafés around Noble Park station.

After coffee, take a right turn to join the southern section of the Dandenong Creek Trail, which will take you along Eastlink and the Paterson River down to the bay near Pattersons Lakes. Note though that parts of this section can be rough, and muddy after rain.

Cross the Patterson River at Wells Road and ride along the western bank of the river. The Long Beach Trail is on the right and will take you to Mordialloc station where you can catch the train back to town.

Variation

You can easily shorten the length of this ride by catching the train to a station that is further down the line. For example, you could start from Clayton to cut the route down to 34 km.

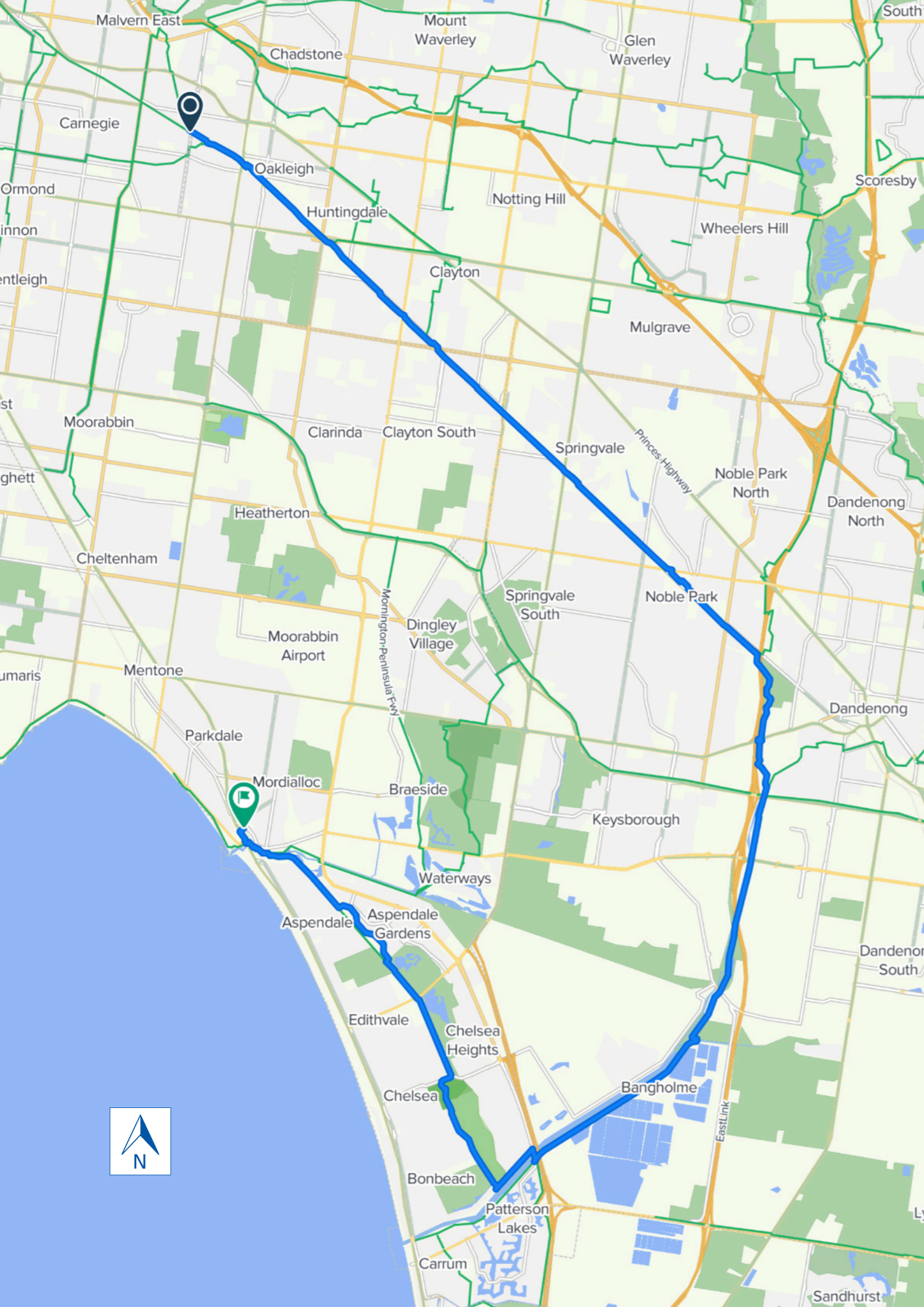
You can also mix and match this route with the [Caulfield](#) and the [Bayswater to Dandenong](#) rides.

Distance	39 km
Total elevation	30 m up / 75 m down
Terrain	Paved off-road paths; short section on roads
Coffee stop	Little Bad Wolf, Noble Park; several near Noble Park station
Opt-out point(s)	Several stations along the Djerring Trail



See the route in detail: <https://web.bikemap.net/r/9435681> OR <https://tinyurl.com/komoot-u3a24>

Ride source: Anne Irwin



Bayswater to Dandenong

This is a really beautiful route that mainly follows the Dandenong Creek and Eastlink trails. It takes up a larger chunk of the day because you need to catch trains both ways, but most of the ride is downhill.

Catch the train from Flinders Station to Bayswater (Belgrave line; every 10–20 mins; takes c. 40 mins). From there you can pick up the Ringwood-Belgrave Rail Trail which passes right through the station. After less than a kilometre, turn left into the Dandenong Creek Trail and continue along until you reach Koomba Park (at c. 8 km mark), at which point the trail splits into the Dandenong and Eastlink Trails. Take the Eastlink Trail (veer to the left), which will then run parallel to the Eastlink tollroad.

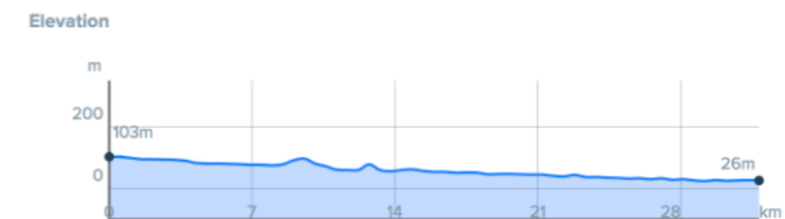
Just after passing the State Basketball Centre on the right, turn right onto Blind Creek Trail, which takes you off the Eastlink Trail and rejoins the Dandenong Creek Trail.

At about the 15 km mark, you will get to Jells Park where you can stop for a coffee (at the time of writing the old café was being renovated but there is a temporary coffee cart).

After lunch, continue south along the Dandenong Creek Trail for the rest of the way until you get to Dandenong Park. There, the trail veers off to the left, but riders should go straight on towards Dandenong Valley Highway.

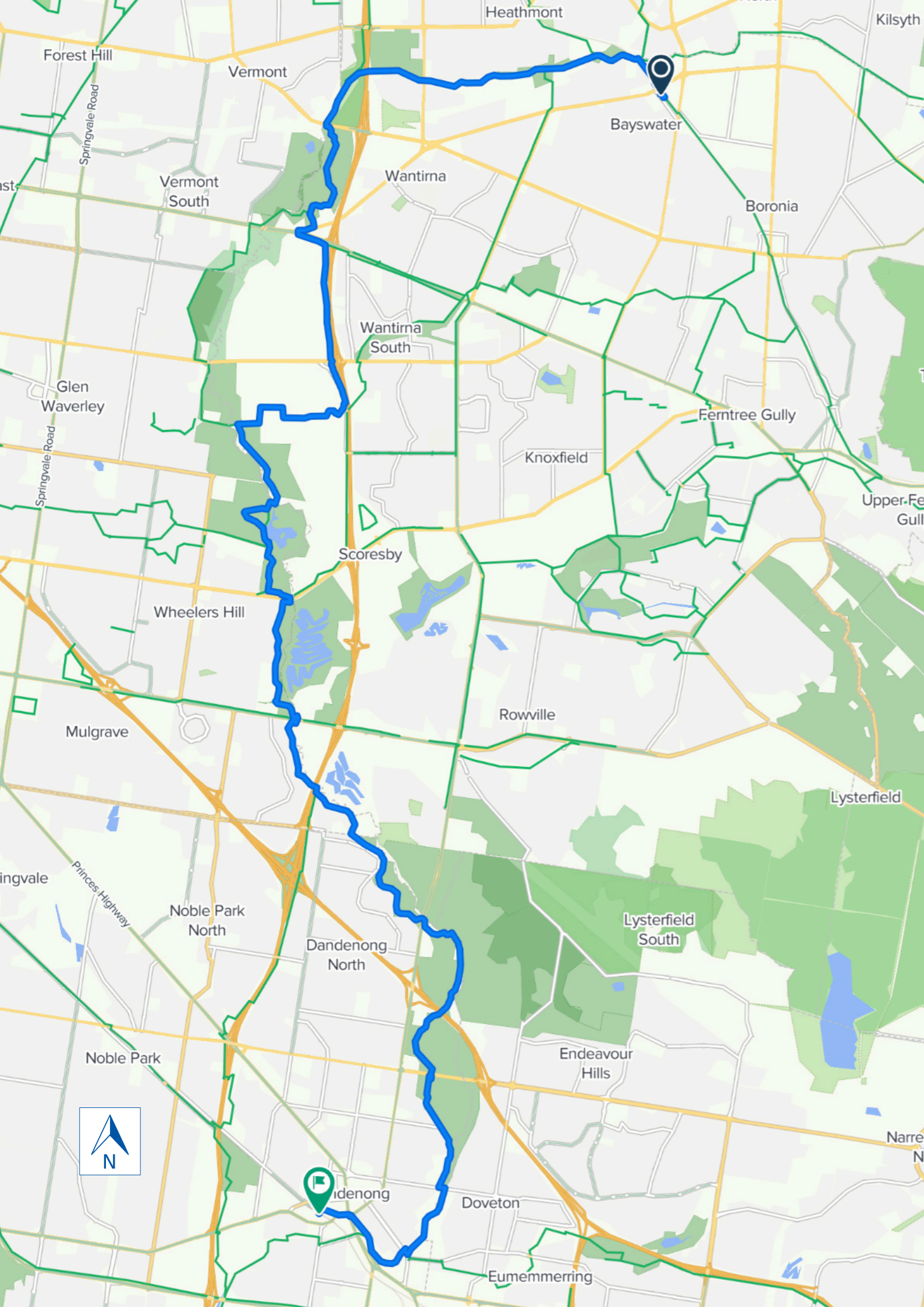
Unfortunately, from here, you will have to ride a short distance on the footpath along the busy road and onto Foster Street, which is quieter. Dandenong Station will then be on your left.

Distance	32 km
Total elevation	55 m up / 134 m down
Terrain	Flat, paved off-road paths; short sections of footpaths/on-road riding
Coffee stop	Jells Park coffee cart
Opt-out point(s)	None!



See the route in detail: <https://web.bikemap.net/r/9383527> OR <https://tinyurl.com/komoot-u3a25>

Ride source: Anne Irwin



Mordialloc to Carrum Loop

This route passes by some lovely reserves and wetland areas. It is flat as a pancake, so your only challenge will be the compacted gravel for much of its length and any wind.

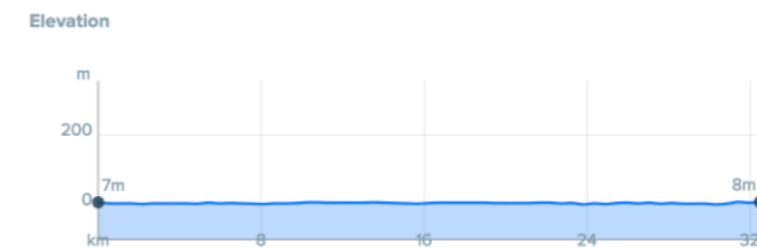
Catch the train from Flinders Station to Mordialloc (Frankston line; every 5–10 mins; takes c. 45 mins). From the station, turn left to pick up the Longbeach Trail, which follows the edge of the Edithvale Wetlands. The whole length of this 8 km path is compacted gravel, mostly in good condition.

The path ends at Patterson River. Turn left and follow the river until you get to Wells Road. At this point, cross the river, then turn under Wells Road to get onto the Peninsula Link Trail. This is a paved route that follows the Mornington Peninsula Freeway but is protected from the traffic by a high wall. Once you cross Kananook Creek, you enter the Seaford Wetlands. Continue straight to the end of the wetlands area, onto the Seaford Wetlands Trail. This turns right along the bottom of the greenery and then turns back up the other side of the wetlands. Follow this trail all the way back to the Patterson River.

At the river, turn left and follow the river for a short distance until you get to the bay, at which point you'll be able to turn left and onto the footpath of the Nepean Highway. Take a break at Beach Bar @ Carrum (there is bike parking on the right-hand side and rear of the café). At this point you will have ridden c. 22 km.

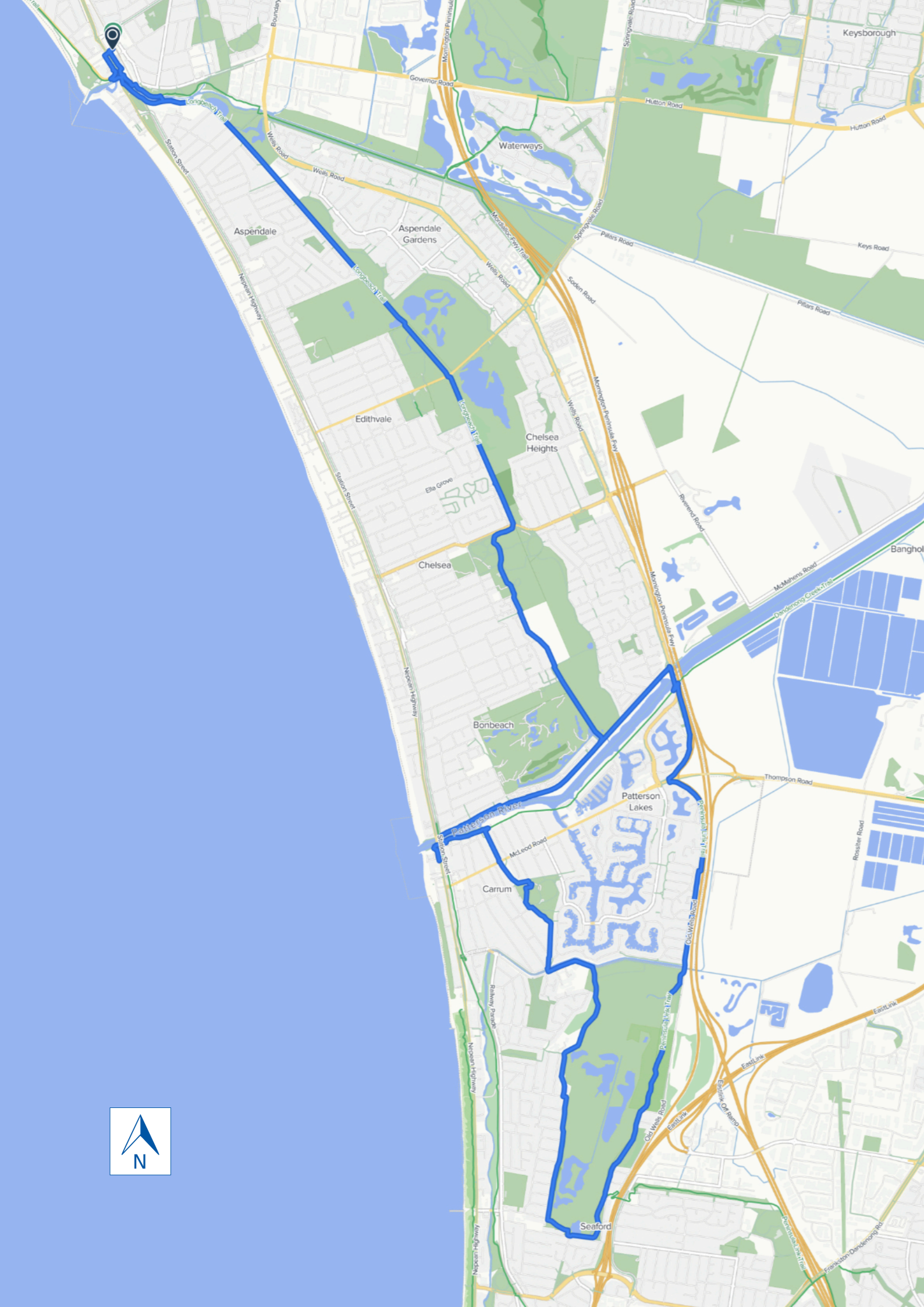
After coffee, you can catch the train back from Carrum station or you can cross Patterson River at the Nepean Highway, turn right and ride back up the other side of the river and along the Longbeach Trail to Mordialloc to catch the train from there.

Distance	32 km
Total elevation	1 m up / 1 m down
Terrain	Flat, half compacted gravel, half paved paths
Coffee stop	Beach Bar @ Carrum
Opt-out point(s)	Carrum station, other stations along the Frankston line



See the route in detail: <https://web.bikemap.net/r/12353070> OR <https://tinyurl.com/komoot-u3a26>

Ride source: Mei Regan



The South/West

Federation Square to Fishermans Bend Loop

This is an easy ride that follows the Port Melbourne Sandridge Rail Trail to the bay and on to the lovely Westgate Park. If you're lucky, you might see the lake there turn a bright pink due to algal bloom. The path through the park is mostly well-made gravel or compacted dirt, although rain can cause rutting. Otherwise the route is paved and flat.

Pier 35, at the time of writing, offers toasted sandwiches and coffee/tea for just \$6! From there you can watch the boats working away in the Yarra. There are no bike racks, but it is in an isolated area, with little chance of theft. Alternatively, across the road is Bonnie & Duke, which also has a water view, from the large upstairs dining room.

After coffee, you can ride back the way you came, which is generally more scenic and a bit longer (c. 20 km round trip), but you can also continue riding east, along the poorly maintained footpath on Lorimer Street and onto the pleasant River Esplanade, which leads to Southbank.

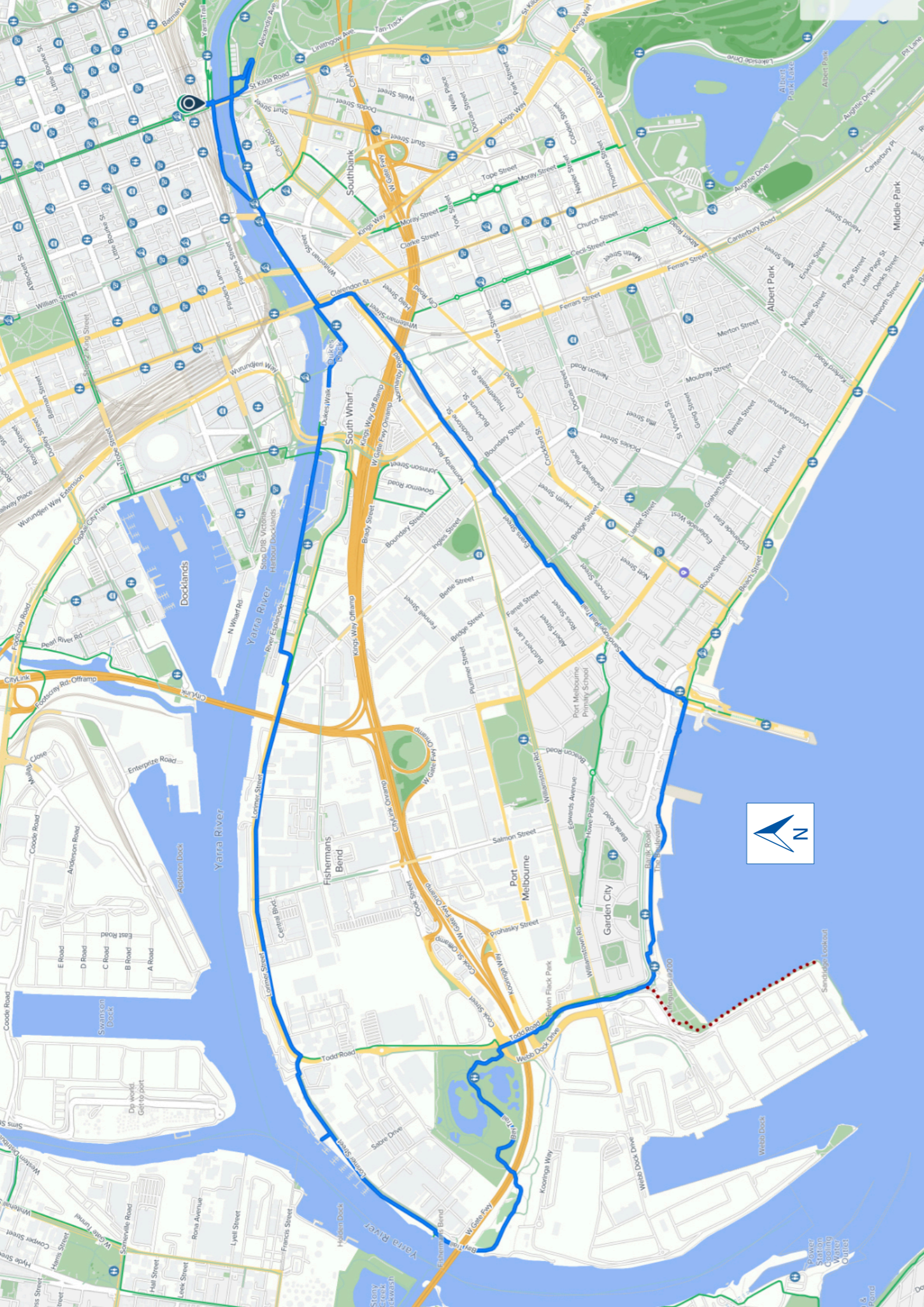
Variations

On the way to or from Westgate Park, you can divert up Dockside Road to the Sandridge Lookout. This gives you a lovely view of the Port Melbourne and Station Pier.

Distance	16 km round trip
Total elevation	116 m up / 116 m down
Terrain	Flat, mostly paved off-road paths; unpaved paths in Westgate park
Coffee stop	Pier 35 or Bonnie & Duke, Fishermans Bend
Opt-out point(s)	Light rail stops bet. Southbank and Port Melbourne (folding bikes only)



See the route in detail: <https://web.bikemap.net/r/9089740> OR <https://tinyurl.com/komoot-u3a27>



Newport/Altona to Sanctuary Lakes Loop

This route is very flat, so is easy unless there is a headwind. Catch the Werribee or Williamstown train to Newport (leaves every few mins, takes c. 20 mins). From Newport station, ride towards the beach where you turn right and ride along the foreshore, through Williamstown and Altona.

When you get to the edge of Sanctuary Lakes, take the footpath along Sanctuary Lakes Boulevard and turn left to get to the Sanctuary Lakes Shopping Centre for coffee at The Coffeologist Cafe.

After coffee, ride back to Sanctuary Lakes Boulevard and turn left and continue along the footpath until you reach Rockefeller Way. Turn left here to get onto Half Moon Terrace, which takes you to the Skeleton Creek Trail. Stay on this track for just over a kilometre until you reach the intersection with the Bay Trail. Turn left into that track to head back the way you came. Don't miss this turnoff otherwise you'll end up back in Sanctuary Lakes! Continue riding along the Bay Trail until you get to the Altona shops and turn left into Pier Street to Altona station.

Variations

For a more leisurely ride, catch the train from the city to Altona (leaves every 20 mins, takes 30 mins) and ride to and from Sanctuary Lakes (about 22 km).

You can also ride around Cherry Lake instead of heading to Sanctuary Lakes, and return the way you came to Newport Station and get the train back to the city from there; about 30 km all up.

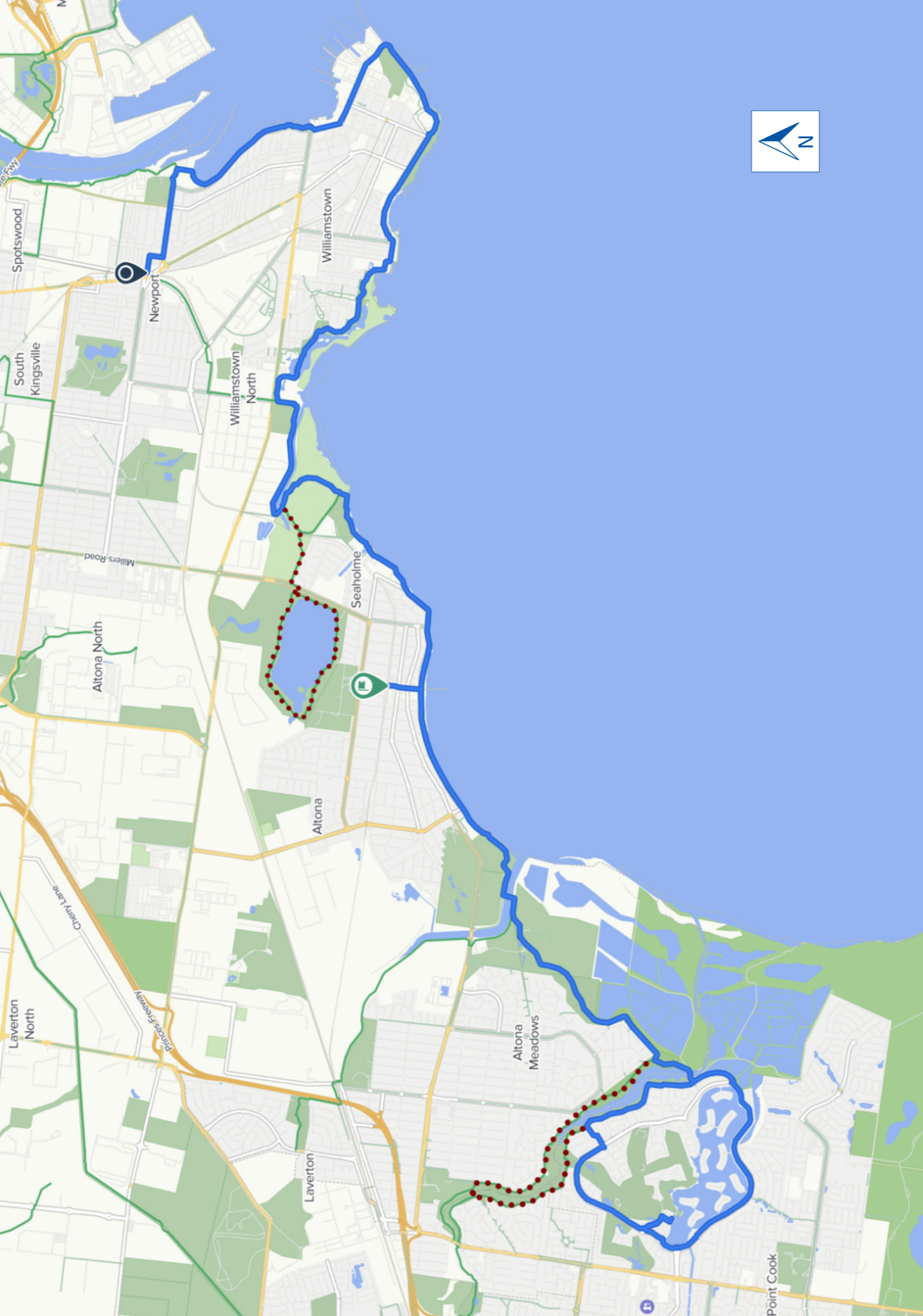
Another variation is to turn left at Skeleton Creek Trail, ride for about 1 km then cross the creek to return on the other side.

Distance	36 km
Total elevation	20 m up / 30 m down
Terrain	Flat, paved off-road paths; short sections of on-road riding
Train(s)	Flinders to Newport (Werribee or Williamstown lines) – 20 minutes; Altona to Flinders (Werribee line) – 30 minutes
Coffee stop	The Coffeologist Cafe, Sanctuary Lakes Shopping Centre
Opt-out point(s)	Altona station; Williamstown Beach



See the route in detail: <https://web.bikemap.net/r/9211471> OR <https://tinyurl.com/komoot-u3a28>

Ride source: Jan Norman



Federation Square to Williamstown Loop

This ride is easy in terms of flatness, but Footscray Road and the sections going through Seddon and Yarraville can be a little unpleasant if the traffic is particularly bad. Once you are in Spotswood though, the ride offers lovely waterfront views.

Start along Southbank and on through Docklands. From there, turn on to Footscray Road. After crossing the Maribyrnong River, turn left down Moreland Street then turn right at Somerville Road and then left on Hyde Street. Make sure you obey the traffic lights at the crossings as there are many trucks along this section, and they may have difficulty spotting bikes.

Hyde Street will take you under the Westgate Bridge and back on to the southern end of the Maribyrnong River Trail, which then turns into the Bay Trail. From there, follow the trail to Williamstown and on to round Point Gelibrand. You will reach Williamstown Beach shortly after.

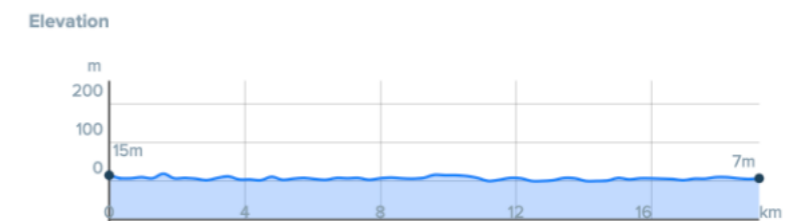
Coffee can be taken at Fifi's By the Beach (or The Kiosk, although this only has outdoor seating). After coffee, you can return the way you came or catch the train back to the city from several stations, such as Williamstown or Yarraville.

Note: This route will become much more pleasant, indeed possibly spectacular, once the Westgate Tunnel Project is complete, as riders will then ride along a new "Veloway" above Footscray Road.

Variation

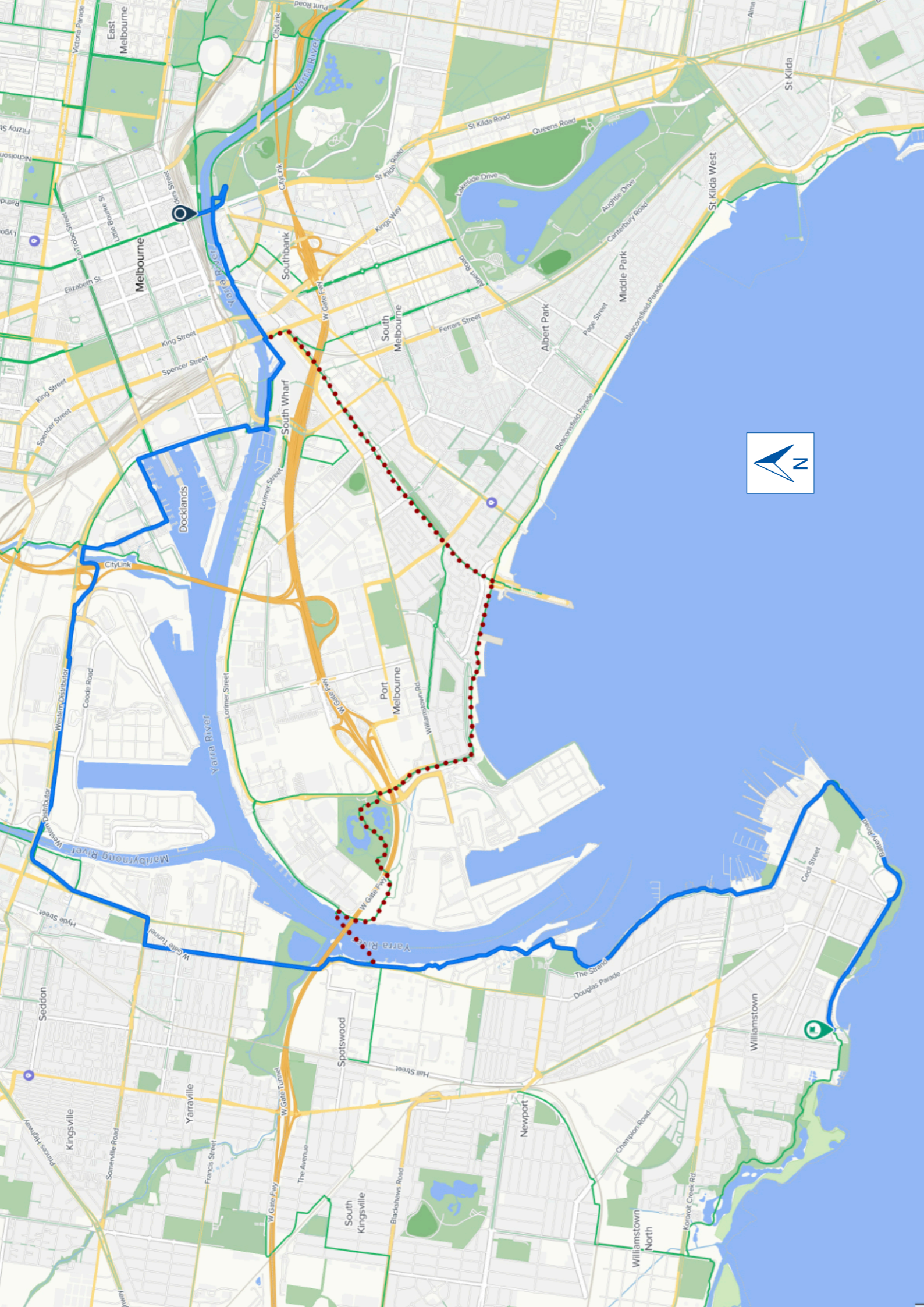
You could also ride to [Fishermens Bend](#) and catching the [Westgate Punt Ferry Service](#) at 179 Lorimer Street, across the Yarra to Spotswood Jetty (\$2 per person). On weekdays the service is limited but you may be able to book the service by calling 0419 999 458. On weekends you can just turn up.

Distance	19 km
Total elevation	82 m up / 92 m down
Terrain	Flat, paved, off-road paths
Coffee stop	Fifi's By the Beach or The Kiosk by d'Asporto, Williamstown Beach
Opt-out point(s)	Williamstown or Yarraville station (among others)



See the route in detail: <https://web.bikemap.net/r/9383153> OR <https://tinyurl.com/komoot-u3a29>

Ride source: Jan Norman



Hoppers Crossing to Federation Square

This route is for the slightly more adventurous at heart. It is an occasionally undulating route that follows the Federation and Kororoit Creek trails, but winds its way through some industrial areas.

Catch the Werribee train from Flinders Station to Hoppers Crossing (leaves every 20 mins; takes 35 mins). At Hoppers Crossing, turn left to get on to the Federation Trail. This takes you all the way past Laverton North. There are few coffee stops along this route, but you could try Carl's Jr Williams Landing at the BP petrol station near the corner of Sayers Road and Palmers Road.

After coffee, about 300 m after you cross Little Boundary Road, be prepared to turn left onto the Kororoit Creek Trail. This trail takes you north to Sunshine. Make sure that at Buckingham Reserve you take the left turn to continue north (don't cross the bridge to the right). At Glengala Road, turn right and cross Anderson Road into Durham Road. Then turn left into Watt Street and ride through the car park to get to Sunshine railway station. Continue southwest on the Sunshine–Footscray Trail, which takes you through Footscray and onto the Maribyrnong Trail.

Turn right onto the Maribyrnong Trail, which will take you to Footscray Road. Ride back to Federation Square as for the [Maribyrnong Trail ride](#).

Variation

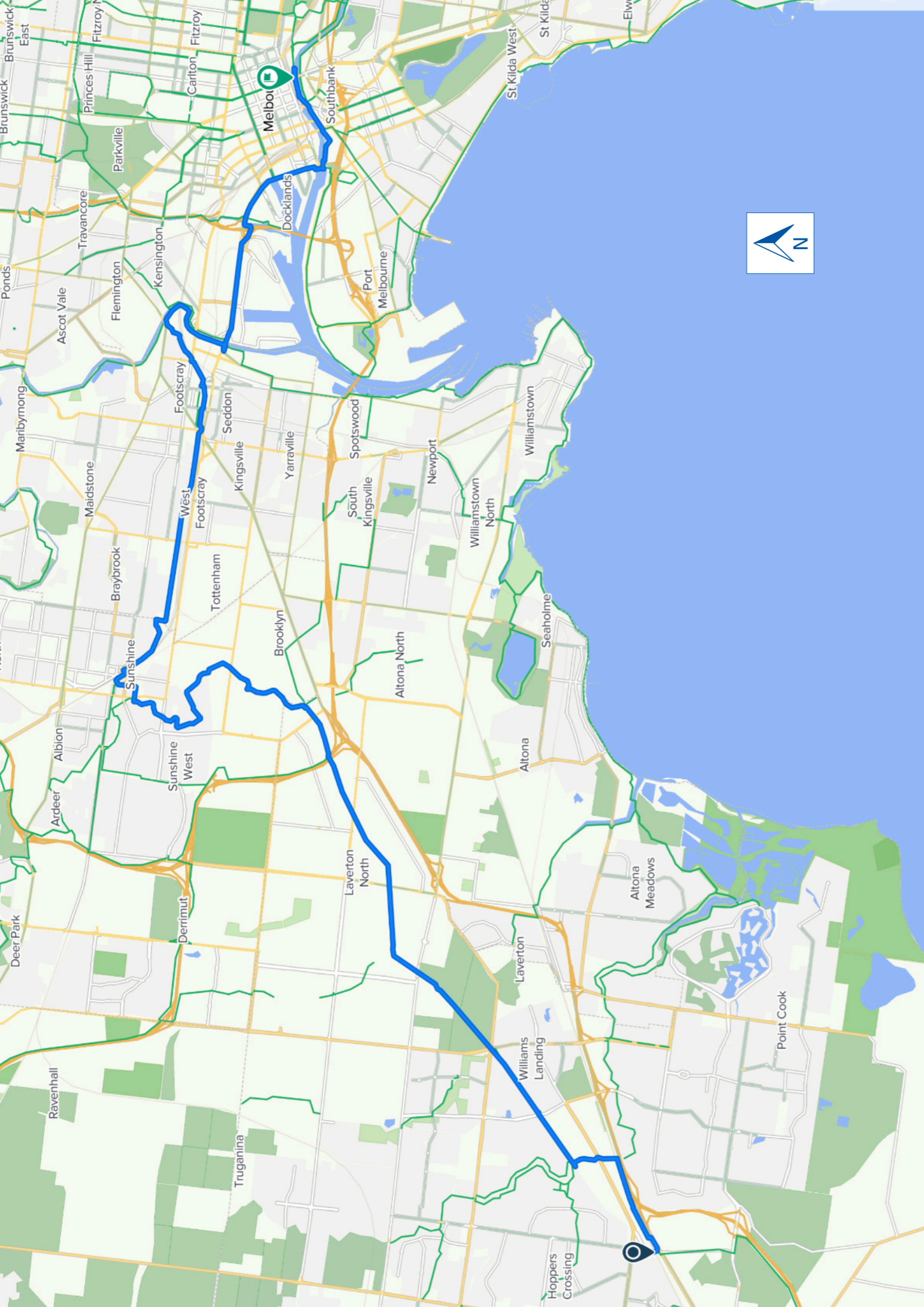
You can also just catch the train back at Sunshine, which makes the ride significantly shorter (c. 21 km).

Distance	39 km
Total elevation	70 m up / 80 m down
Terrain	Mostly flat, paved, off-road paths; some on-road riding
Coffee stop	Carl's Jr Williams Landing
Opt-out point(s)	Sunshine or Footscray station (among others)



See the route in detail: <https://web.bikemap.net/r/10204557> OR <https://tinyurl.com/komoot-u3a30>

Ride source: Steve Milton



Suggested coffee stops

Note: Businesses come and go quickly. Please check availability before you ride.

692 Café (NB)

692 Old Calder Hwy, Keilor

Alphington Foodstore (O/CO)

52 Wingrove St, Alphington

Tel: +61 3 9942 1494

Artiga Specialty Coffee (CO)

Unit 65/327 Mansfield St, Thornbury

Tel: +61 3 9973 5070

The Baths Middle Brighton (O)

251 Esplanade, Brighton

Tel: +61 3 9539 7000

Beach Bar @ Carrum (CO/NB)

611 Nepean Hwy, Carrum

Tel: +61 3 9772 8665

Bean Counter Cafe (CO)

15 Railway Pl, Fairfield

Tel: +61 3 9482 1170

The Boathouse (O)

7 The Blvd, Moonee Ponds

Tel: +61 3 9375 2456

Bonnie & Duke Cafe and Grocer (O/NB)

262 Lorimer St, Port Melbourne

Tel: +61 3 8671 0909

The Boot Factory (O/NB)

1/19 Pentridge Blvd, Coburg

Tel: +61 3 9354 4369

Brands Café

Unit 3/1497-1501 Sydney Rd,

Campbellfield

Tel: +61 3 93594884

Cams Kiosk

1 St Heliers St, Abbotsford

Tel: +61 3 9415 8022

Carl's Jr Williams Landing (NB)

73 Sayers Rd, Williams Landing

Tel: +61 3 7036 4103

Clayton and Me (C/NB)

12 Edwardes St, Reservoir

Tel: +61 3 9462 0032

The Coffeologist Cafe (NB)

Shop 75/300 Point Cook Rd, Point

Cook (Sanctuary Lakes Shopping

Centre)

Convent Bakery (O)

1 St Heliers St, Abbotsford

Tel: +61 3 9419 9426

Fairfield Boathouse & Tea Gardens (O/NB)

Fairfield Park Dr, Fairfield

Tel: +61 3 9486 1501

The Farm Cafe (CO)

Children's Farm, 18 St Heliers St,

Abbotsford

Tel: +61 3 9415 6581

Ferrovia (CO)

8 Railway Parade, Pascoe Vale

Tel: +61 3 9379 7377

Fifi's By the Beach (O)

81 Esplanade, Williamstown

Tel: 0404 157 571

Fifteen Pounds Cafe (CO)

21-23 Railway Pl, Fairfield

Tel: +61 3 9482 4481

Fordham's Milk Bar (O)

116/118 Fordham Ave, Camberwell

Tel: +61 3 7036 6810

Glen Iris Pantry (CO)

106 Glen Iris Rd, Glen Iris

Tel: +61 3 9889 7092

Grand Boulevard Cafe

27-29 Princes Cct, Craigieburn

Tel: +61 3 9333 8966

Growers Espresso (O)

332/334 St Georges Rd, Fitzroy

North

Tel: +61 3 9486 1886

Jake and the Beans Talk (CO)

510 Waverley Rd, Malvern East

Tel: +61 3 9571 6661

Joe Frank (O)

246 High St, Ashburton

Tel: +61 3 9193 0169

The Kiosk by d'Asporto (O/NB)

99 Esplanade, Williamstown

Tel: +61 3 9397 6839

Leaping Lizard Café (O/NB)

Keilor Park Dr, Keilor East

Little Anderson Café

93 Anderson Rd, Fawkner

Little Bad Wolf

234 Railway Parade, Noble Park

Tel: +61 3 9793 6670

Our Little Ray of Sunshine (O/NB)

50 Station St, Sandringham

Tel: +61 3 9521 8074

Park Street Dining (O)

815 Nicholson St, Carlton North

Tel: +61 3 9380 5499

Pepperstone Café (CO)

438 Gaffney St, Pascoe Vale

Tel: +61 3 7012 6526

Pier 35 Bar & Grill (O/NB)

263-329 Lorimer St, Port Melbourne

Tel: +61 3 9646 0606

Poyntons Nursery (CO/NB)

98 Vida St, Essendon

Tel: +61 3 9337 8111

Royal Brighton Yacht Club

253 Esplanade, Brighton

Tel: +61 3 9592 3092

Sweet Lulus (CO)

676 Old Calder Hwy, Keilor

Tel: +61 3 9336 2022

Tick Tok (CO)

181 Nelson Pl, Williamstown

Tel: +61 3 9397 5152

O = uncovered/umbrella outdoor seating / **CO** = covered outdoor seating / **NB** = booking not necessary/possible
These cafés can seat a group of about a dozen and will split bills. It's best to book, if necessary/possible.