

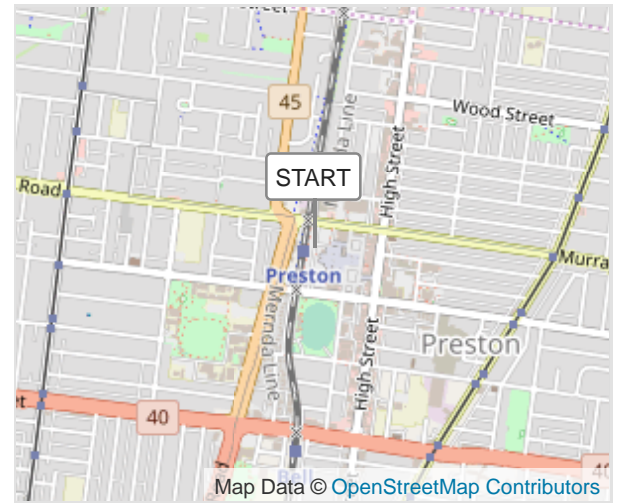


Keep Moving Ride 5: Preston - Rushall

ROUTE INFORMATION



LENGTH	5.787 miles
ASCENT	226 ft
DESCENT	321 ft
HILLS	↑ 37.9% ↓ 46.6% → 15.5%
TERRAIN	Mixed
START	LAT: -37.738769, LNG: 145.001023



NOTES

This ride starts at Preston Station and follows the Merri Creek Trail south to Rushall.

From the starting point at Preston Station an on-road bike route follows Cramer Rd westwards across Gilbert St and then via Eric and Meadow Sts to the Merri Creek Trail.

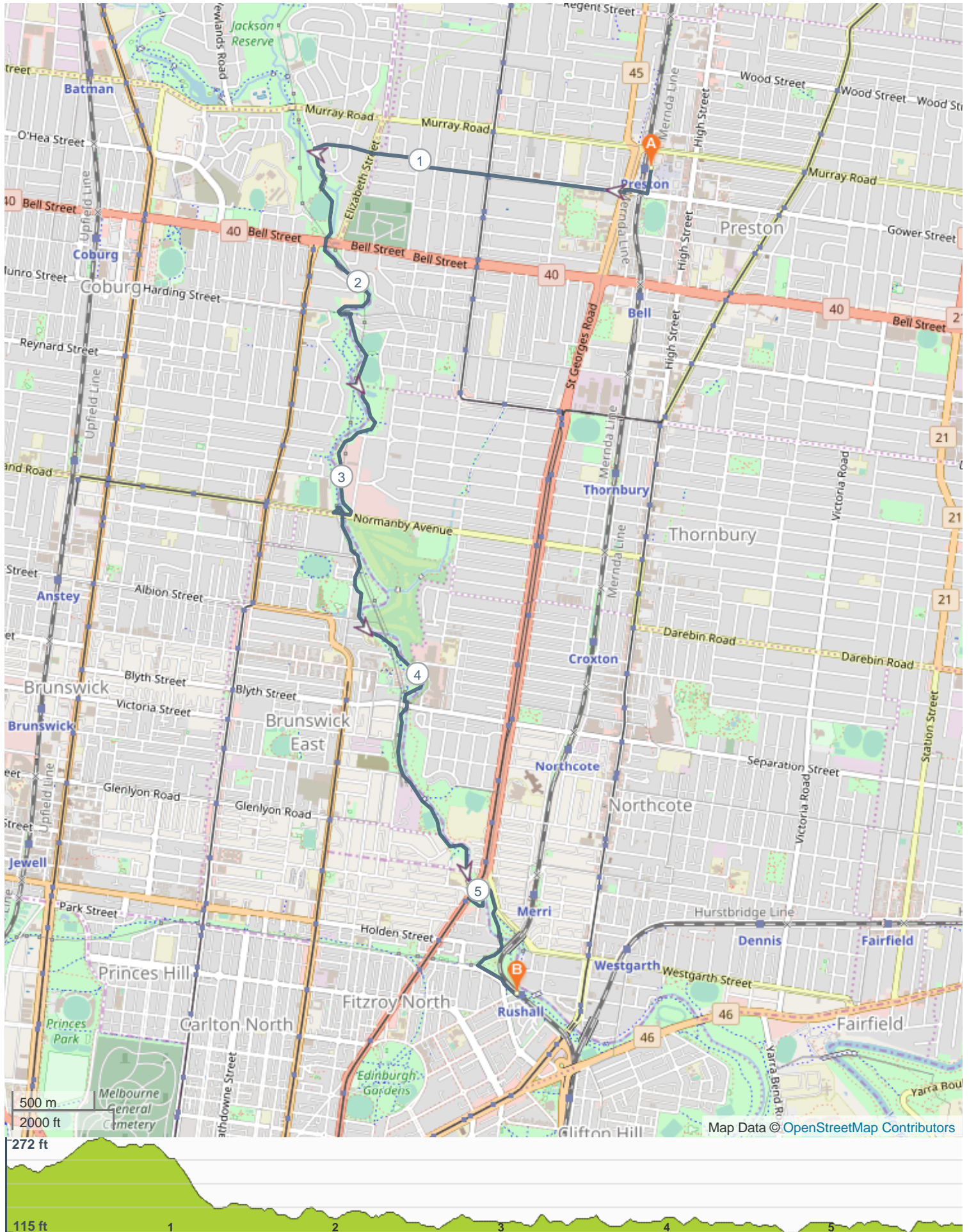
Follow the trail south until it meets the St Georges St bridge and then on to Rushall.

Note that a more direct route is straight down the St Georges Rd bike path - but that may be less interesting. You could do a loop.

The St Georges Rd bike path also continues from Preston to Reservoir, so this ride could be combined with Keep Moving Rides 1, 2 and/or 4. As you get more confident there are lots of options.

Keep Moving Project - - - - - U3A Darebin Inc - - - - - www.u3adarebin.com.au

Keep Moving Ride 5: Preston - Rushall



ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.000		Start at Preston Station on the Preston Market side. Alternatively go straight to St Georges Rd/Cramer St junction.
2	0.000	➔	Turn sharp right onto Cramer St and head towards St Georges Rd bike path.
3	0.191	⬅	Cross St Georges St at the lights and continue to the end of Cramer Street
4	0.402		At roundabout, take the second exit and continue along Cramer Street
5	0.702	➔	Turn right into James Street and immediately left into Eric St.
6	1.002	➔	Turn left into Eric Street and continue to the crossing at Elizabeth St. Cross with care and continue along Meadow St to reach the Merri Ck Trail.
7	1.352	⬅	Turn left into Connolly Avenue and join the Merri Creek Trail. Head South (towards the left) and continue towards the city with the creek on your right.
8	1.508	↗	Turn right and cross the creek on the bridge. Pass the oval on your Right and go under the Bell St Bridge.
9	1.899	↖	Turn slight left on to the Merri Creek Trail and continue with the creek on your left.
10	2.222	⬅	Turn slight left on the Merri Creek Trail and cross the creek using the Harding St footbridge bridge (dismount).
11	2.275	↗	Turn sharp right (downhill) onto Merri Creek Trail.
12	2.438	➔	Turn right on the Merri Creek Trail. Continue south, keeping close to the creek.
13	2.711	↗	Keep right on the Merri Creek Trail and continue south, with the creek on your right.
14	2.747	↗	Keep right on the Merri Creek Trail. Stay on this side of the creek.
15	3.143	➔	Turn slight right on the Merri Creek Trail and then go up to the Moreland St Bridge. You will cross the creek on the bridge pavement. Then descend on the other side of the creek and go under the bridge to continue heading South with the creek now on your left.
16	3.631		You can ride around the Preston Velodrome on either side or do a few laps if you are keen. Maybe an experience for another day though.
17	3.888		Keep left on the Merri Creek Trail
18	4.104	↖	Turn right and pass under the Arthurton Rd Bridge.
19	4.758	↖	Keep left on the Merri Creek Trail
20	4.915		Stay man the left of the Merri Creek Trail and pass under the St Georges Rd Bridge. Ascend to the road. You may like to walk!
21	5.122	➔	Cross the bridge on the pavement, hen turn right to resume your journey on the Merri Creek Trail.
22	5.330		Turn right to descend and cross the creek again on the steel bridge.
23	5.593	⬅	Turn left onto Capital City Trail
24	5.769		You have arrived at Rushall Station.
25	5.786		Well Done!!!