

5. The Female Orphan School

The Female Orphan School opened in 1801. Destitute girls were brought up the river in boats from the settlement at Sydney Cove, the institution on the top of the hill being their destination. The gravel section of the path here is part of the original road. You can still see the sandstone distance marker.

At the time there were an estimated 1,000 children living on the streets of Sydney and Parramatta. Many of them were the children of convict men and women, or of military or naval personnel. Most were hungry and had few or no clothes.

The Female Orphan School building was refurbished in 2004. It is now part of the Parramatta Campus, University of Western Sydney.

6. Vineyard Creek

The earliest grant in the Rydalmere area was in 1791. Orchards and vineyards were established around here. With the rise of the industrial revolution in the twentieth century, agriculture gave way to industrial development which is still evident today.



Blaxland Riverside Park and Newington Armory, Sydney Olympic Park

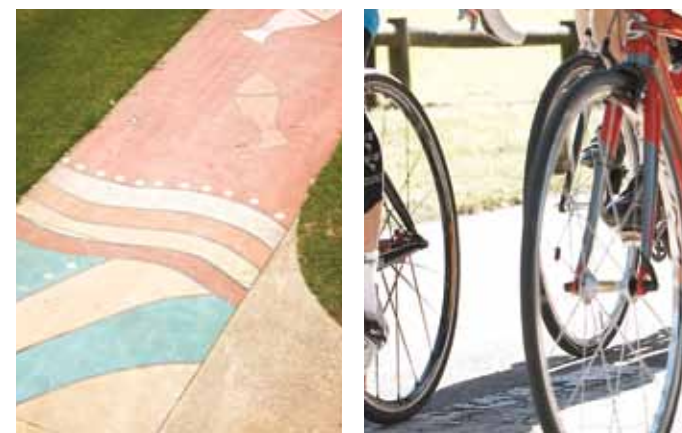
7. Silverwater Bridge

There are some excellent views from Silverwater Bridge.



Some tips for safe cycling

- Always wear an approved bike helmet. It is the law in NSW
- Wear bright clothing so you can easily be seen.
- Check that your bike's brakes are working, and that you have a bell or horn.
- Give clear hand signals to other road users when turning and stopping
- On all shared pathways, remember to ride on the left and give priority to pedestrians. Take care around children and walkers and dogs, they can be unpredictable
- Take extra care when crossing roads and at intersections. You might see drivers, but they may not have spotted you!
- Stay extra alert on sections of cycleways where there are bridges or where the route suddenly narrows.



Ride the river corridor that links Parramatta City Centre with Sydney Olympic Park!



Parramatta is a great place for cycling, with its open, grassy parklands, easy terrain, varied landscapes with scenic pockets and heritage sites.

If you feel like a good pedalling workout, a leisurely cycle, or an historical sightseeing ride, hop on your bike. Feeling hungry or need a drink, there are cafes awaiting you at Parramatta.

The river cycle trail is part of the Parramatta Valley Cycleway. It is approximately 7 km each way and runs between Parramatta City Centre, Blaxland Riverside Park & Newington Armory in Sydney Olympic Park.

The ride covers a variety of landscapes from lush green riverside off-road paths to suburban side streets, allowing sometimes surprising elements of this modern, multi-faceted city to be enjoyed.



The Parramatta River that runs alongside this cycleway was very significant for the local Darug people who lived along its banks for thousands of years. It provided abundant sources of food, including eels.

This route also traces the original journey that the colonial explorers took as they headed by boat westwards from the harbour looking for fertile land to grow much-needed crops.

The river was an important transport and communication route the town and industry grew around. It remains a defining feature of Parramatta.



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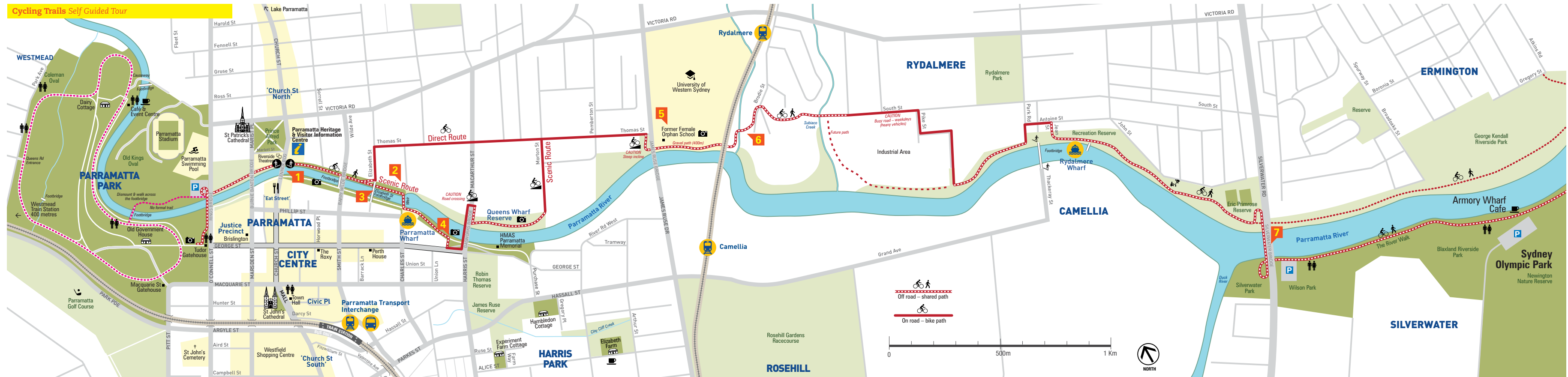
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Parramatta Park is a popular site for recreation for the people of Parramatta. It is also an important natural and historic place due to its Aboriginal and European history. From the 1790s until the late 1840s, Parramatta was the seat of colonial government. The first house was built here in 1791 for Governor Arthur Phillip and was home to successive governors. In Governor Macquarie's time the land surrounding Old Government House was exclusively the Governor's Domain and he built a fence to keep the common folk out.

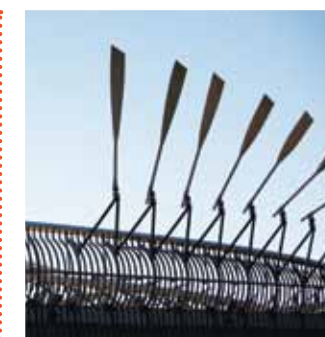
1. Lennox Bridge

The graceful, arched Lennox Bridge replaced an earlier wooden bridge that was subject to damage each time the river flooded. In 1834, the bridge was widened to cope with increased vehicular traffic.



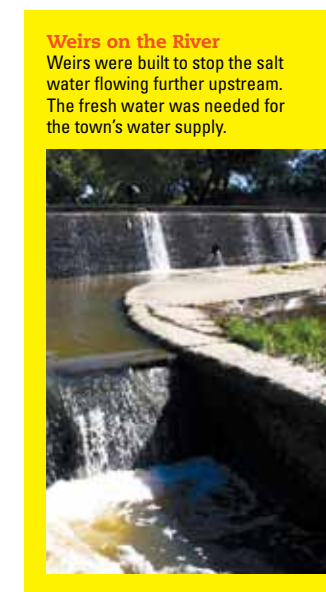
2. Riverside Artwork

The riverside artwork by Jamie Eastwood, 2000 captures the history of Parramatta from pre-colonial times to the present from an Indigenous perspective.



3. Wake

The large, sculptural work entitled Wake (Greg Stonehouse & Susan Milne, 2003) represents both the gliding movement of oars and the flight of birds. At night it is lit up, creating magical reflections on the river below.



Weirs on the River
Weirs were built to stop the salt water flowing further upstream. The fresh water was needed for the town's water supply.



4. Sentry Box

Sentry Box (Greg Stonehouse & Susan Milne, 2009) is a contemporary interpretation of life in Parramatta in the early 1800s. Standing 10 metres high, it tells of life in an era when hardships and strict military rule were the order of the day.

