

## September 2018

### Sunday 2 Sep Umina Surf club for a coffee

Distance 45 km Grade 4 Start 9am Gosford  
Contact: Paul.

Bike path ride along to Woy Woy, following the water down to Umina Beach for coffee at the surf club beside the beach. Then home through the quiet streets of Umina picking up the bike path at Woy Woy for the return to Gosford. (TL)

### Sunday 9 Sep Soldiers Beach via Budgewoi

Distance: 54km Grade 5 Start 9am Wyong  
contact Andrew .

Ride through back streets of Wyong to Gorokan then around to Blue Haven and bike paths to Budgewoi onto Nora Head for lunch, return via Canton Beach back to Wyong. (TL)

### Sunday 16 Sep Four Lakes & a Train

Distance: 55km Grade 5 Start: 9.15am Morisset  
contact . Danny

Morisset then Rutley's Road, Doyalson to Budgewoi for coffee, Wilfred Barrett Drive, The Entrance riding the Tuggerah Lake cycleway back to Wyong  
**Catch ; 8.37 Gosford; 8.51 Tuggerah; 8.54 Wyong. Arive 9.09 Morisset.**

### Monday 23 Sep Lunch at peats ridge.

Distance 57 grade 7 start 9am Wyong  
Contact. Paul

Ride to Ourimbah uphill section on freeway onto Peats Ridge Rd for coffe / lunch at Corrugated café. Then return to Dogtrap Rd to Ourimbah, then back to Chittaway then Wyong. (TSH)

### Sunday 30 Sep Tuggerah Lakes Circuit

Distance 58km Grade 5 Start 9am Wyong  
Contact: Roy

From Wyong we ride to Chittaway, then anticlockwise around the lake via cycleway to The Entrance for coffee, then up Wilfred Barrett Drive to Canton Beach, Toukley, Gorokan back to Wyong. (LT)

## October 2018

### Sunday 7 Oct Explore Newcastle Cycle-ways

Distance 55 km Grade 5 Start 8.45am Boardmeadow  
Contact: Paul

Meet East em side of Boardmeadow station

Explore the cycleways up Newcastle start Boardmeadow ride the Fernleigh track to Belmont across to Speers Point cycleway, Glendale, cycleway to Wallsend back to Hamilton and Train home. (LTH)

**Train Gosford-7.17 Tuggerah-7.34 Wyong-7.38 arrives Boardmeadow 8.40**

### Sunday 14 Oct. Norah Head for Coffee

Distance 40km Grade 5 Start 9am Wyong  
Contact: Danny

A delightful ride along the water to Gorokan then on to Toukley, Canton Beach (bike path), and Norah Head for coffee. Home by the same route. (LT)

## Spring Cycle Event NO TRAINS

### Saturday 21 Oct. Yarramalong for Coffee

Distance: 40km Grade: 4 Start: 9am Wyong  
Contact: Michelle

Quiet and peaceful ride through scenic farmlands to Yarramalong and then relaxing over coffee and cake before Return the same way. Mostly level riding. (ST)

### Sunday 28 Oct Hidden Valley

Distance: 55km Grade: 5 Start 9.am Gosford  
Contact: Michelle

Quiet back roads to narara then Ourimbah then a peaceful ride through magical farmlands up Ourimbah Creek rd to Hidden Valley nestled in the foothills of the mountains. Return via Palmdale & foots Rd for Coffee at Ourimbah Nursery return Gosford same rout.(LT) (LT)

## No Trains Gosford to Wyong

## November 2018

### Sunday 4 Nov All The Rivers Run

Distance 40km Grade 4 Start 9am Wyong  
Contact: Danny

Picturesque ride exploring the rivers around Wyong. Lovely level ride with

## AGM and BBQ lunch at Hall. City to the Gong Cycle Event

### Sunday 11 Nov. Pearl Beach for a swim

Distance 45km Grade 5 start 9am Gosford  
Contact: Roy

Scenic ride on cycleways and flat, quiet roads through Woy Woy and Umina with a gentle climb over Mt Ettalong ( or walk around the lower track cliff face ) to Pearl Beach for a swim & coffee then home via quite back streets of Umina. (TL)

### Sunday 18 Nov Crackneck Cooee

Distance 50km Grade 4 Start 9am Wyong  
Contact Sue

Cycle round Tuggerah Lake to The Entrance, then steep climb to Crackneck Point for fabulous coastal views After coffee return by interesting route. (LTH)

## Sunday 23-24-25 Nov WEEKEND AWAY RIDE Jarvis Bay Jaunt

Distance 127km Grade 4-6 Start 1pm Bomaderry  
Contact Glenn

A pleasant 3 day ride exploring Jarvis Bay peaceful riding on cycleways and quite roads from Bomaderry to Huskisson crossing the creek by ferry for the night. Then of to Hymas beach on good bush track then to Sanctuary Point, St Georges Basin for lunch on the waters edge and return to Huskisson. Following day return to Bomaderry via a different rout past Nowra airport to finish the ride at Bomaderry then train home. (LTHU)

**Book your own accomodation.  
Flyer to follow.**

## December 2018

### **Sunday 2 December** Ocean Beach for a Swim

Distance 45 km Grade 4 Start 9am Gosford

Contact: Glenn

Bike path ride along to Woy Woy, following the water down to Ocean Beach for coffee at the surf club beside the beach. Then home through the quiet streets of Umina picking up the bike path at Woy Woy for the return to Gosford. (TL)

### **Saturday 8 December CCTC Christmas Party Long Jetty**

### **Sunday 9 December** Lakes beach for coffee

Distance 47km Grade 5 start 9am Wyong

Contact: Anne

Ride to Gorokan, Canton Beach then onto Lakes Beach for coffee. Return via Budgewoi, charmhaven, Gorokan then down Wahroonga Rd, Orchid Way, and Johns Rd to Pollock Ave into Wyong. (TL)

### **Sunday 16 December** The Entrance for Brekky

Distance: 45 km Grade 4 **Start 7am Picnic Pt.**

Contact: Andrew

Meet at Picnic Point car park for a medium pace ride around Tuggerah Lake, finishing with breakfast at The Entrance. (LT)

**Not early start time**

### **Sunday 23 December** Chitterway Run

Distance 45km. Grade 5 9am Gosford

Contact Paul

ride to Ourimbah, Chittaway, Tuggerah, back to Ourimbah Nursery lunch return to Gosford. (T.L.H.)

### **Boxing Day Ride** 26 December The Entrance

Contact Sue & Steve 30km. 9Am Start Wyong

### **Sunday 30 December**

**No Ride**

## Thursday rides

Umina for coffee

A slow relaxed social ride

**9:00 am at Lions Park Gosford (Mason's Pde) or**

**9:15 RSL Yallambee Ave opp new Bunnings.**

**Any age 18+.**

**THE LAST THURSDAY EVERY MONTH Entrance for coffee**

**Start Tuggerah Bunnings car park 9.00 am**

**we will ride Tuggerah to The Entrance cycleway for coffee and return.**

T: Some traffic	U: Includes unsealed roads
L: Generally level ride	H: Some hills steeper than 5%
S: Some hills steeper than 7%	M: Mountain bike required

### Notes for Riders

Please make sure you bring **helmet, water** and **snacks** on your ride, as well as **spare tube**. Some of our rides are in remote areas and help may not be close at hand if you get hungry, thirsty or have a flat.

### FOR INFORMATION, PLEASE CONTACT

President	Paul Murray	0404559064
Vice-President	Simon	
Secretary	Sue H	
Treasurer	Steve	
Committee	Glenn	
	Josephine	



Central Coast Touring Cycle Club Inc.

[www.cctcc.org.au](http://www.cctcc.org.au)

# Ride Calendar

## September-December 2018

The Central Coast Touring Cycle Club is a group of easy-going, sociable people who meet regularly to ride bicycles and share the benefits that such a healthy pastime brings. We are not a racing club. The pace is generally 18-20 km/h with stops along the way to regroup or take in the scenery. The rides are graded 1-10 and the 1st Sunday a month we try to have an easy paced Grade 3 (30-40 km) ride suitable for less experienced riders. At other times we have longer road rides, mountain bike rides or rides away.

Membership currently costs \$20 Please use this calendar to contact one of our leaders and join us on a ride.

**Visitors, guests and prospective members are asked to contact the ride leader before joining any ride.**

All riders must be over 18 years of age

**Gosford Start:** **Lion's Park, Gosford waterfront, near Gosford Sailing Club.**

**Wyong Start:** **Wyong River Park, near Wyong River bridge.**