

January 2024

Sunday 7/01/2024 Umina for coffee

Distance 40kms Grade 4 – Easy (LT) Start- Lions Park Gosford **8am**

Cycleway to Woy Woy then quiet back roads to Umina Surf Club for Coffee. Return similar way.

Leader – Narelle

Sunday 14/01/2024 – Soldiers Beach for coffee

Distance 42km, Grade 5. Medium (LT) Start **8am** Wyong Bowling Club carpark

A delightful ride along the water to Gorokan then on to Toukley, Canton Beach then Soldiers Beach for coffee. Return the same way.

.Leader- Jenny

Sunday 21/2/2024 - Light Horse Loop

Distance 45km Grade 5 Medium (LT)

Meet - **9am** Bella Vista Metro Station then short cycle to Norwest for coffee. Join M7 cycleway then Western Sydney Parklands to Light Horse interchange. Return to Rooty Hill for coffee /food then back to Bella Vista Metro Station.

Leader – Sue and Steve

Train – Wyong 7.05, Tuggerah 7.08, Gosford 7.27, Woy Woy 7.38, Epping 8.31. Metro from Epping takes 15 minutes (regular trains but no timetable)

Sunday 28/01/2024 - Warnies for coffee

Distance 40km Grade 4 Medium. Start 8am Wyong Bowling Club carpark. (LT)

Follow the Wyong river to the bike path, through back streets of Hamlyn Terrace, Gorokan, Mataram Ridge and on to coffee at Warnervale. Return via Minnesota road.

Leader Glenn

February 2024

Sunday 4/02/2024 – Norah Head for Coffee

Distance - 40km Grade 5 Medium. Start Wyong Bowling club carpark 8am

Cycle along the water to Gorokan then on to Toukley, Canton beach (cycleway) and Norah Head. Return the same way. (LT)

Leader – Michelle

Sunday 11/2/2024 – Hidden Valley

Distance 50km Grade 5 Medium Start 8am Lions Park Gosford.

Back roads to Narara then Ourimbah. Then a peaceful ride out to Hidden Valley. Return to nursery for morning tea via Palmdale and Footts Rd. Then cycle back to Gosford. (LT)

Leader – Greg

Sunday-18/2/2024 Explore Newcastle Cycleways

Distance 55km Grade 5 Medium. Start Broadmeadow station (LTH)

Meet **9am** east side of Broadmeadow station. Cycle the Fernleigh track to Belmont, then across to Speers Point cycleway, then Glendale to Wallsend cycleway back to Broadmeadow and train home.

Leader – Paul

Trains Gosford 7.21, Tuggerah 7.39, Wyong 7.42 arrives Broadmeadow 8.42

Sunday 25/2/2024 - Power on to Impact

Distance 42km Grade 4. Start Gosford Lions Park 9am.

Cycleway to Woy Woy then over the Rip Bridge to Empire Bay for Morning tea at Impact Nursery. Cycle back to Woy Woy and cycleway home.

Leader -Roy (LTH)

March 2024

Sunday 3/3/2024 – 3 Peaks of Olympic Park

Distance 50km. Grade 5 (LT)

Meet **9am** Strathfield Station for coffee at Chef's Palette. We cycle to Meadowbank Wharf to join the Parramatta Valley cycleway the over Silverwater bridge to Olympic Park. After tour of Olympic Park coffee/food at Newington then return to Strathfield Station. Leaders Sue and Steve.

Sunday 10/03/2024 - Brisbane Water Circuit

Distance 45 km. Grade 5 Medium Start Gosford Lions Park 9am

Cycle to Woy Woy and beyond via dedicated cycleways, then to Empire Bay and Kincumber. Cycleway to Davistown for coffee. Then on road bike lane on Avoca Drive and cycle back to Gosford. A few steep pinches.

Leader – Colin (LTH)

Sunday 17/03/2024 – Budgewoi Lake

Distance 50km Grade 5. Start Wyong Bowling Club Carpark 9am

Cycle through the back streets of Wyong to Gorokan then clock wise around Budgewoi Lake. Lakes Beach for coffee then return to Wyong via Canton Beach.

Leader – Danny (LT)

Sunday 24/03/2024 - Gosford Tuggerah Loop

48kms, Medium, Grade 5 Start- Gosford Lions Park 9am.

Cycle to Ourimbah via Narara, then along Enterprise Drive to Tuggerah. Down through Kangy Angy to Heatherbrae pie shop for lunch. Then return to Gosford

Leader -Jenny (LT)

Sunday 31/03/2024 - The Entrance for coffee

Distance 35kms Grade 4. Start Wyong Bowling Club carpark 9am Cycle along dedicated cyclepath to Tuggerah then shared path to The Entrance for morning tea. Return similar way

Leader – Glenn

Easter Sunday

April 2024

April 7th 8th 9th

Away Ride- Jervis Bay Jaunt

Details to follow/ Leader Glenn

Sunday 14/04/2024 – Toowoon Bay

Distance 40kms, Grade 4 (LT)

Start- Wyong bowling Club carpark 9am

Cycle along dedicated cyclepath from Wyong to Tuggerah then shared path to The Entrance then on to Toowoon Bay for coffee. Return the same way

Leader – Colin

Sunday 21/04/2024 – Tuggerah Lake Circuit

Distance 48kms Grade 5 (LT)

Start Wyong Bowling Club carpark

From Wyong we cycle to Chittaway then anti clockwise around Tuggerah Lake . Coffee at The Entrance then along Wilfred Barrett Drive to Canton Beach, Toukley, Gorokan and back to Wyong.

Leader – Andrew

Sunday 28/04/2024 – Newcastle Flyer

Distance 68kms Grade 8. Start Wyong Bowling Club carpark.

Cycle via Gorokan and Budgewoi to Pacific Hwy. Cycle the Hwy to Swansea for lunch then on to Belmont and along the Fernleigh track to Broadmeadow station for the train home.

Leader - Greg

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.

Thursday rides

Note- Rides start at 8am summer months.

Umina for coffee easy 9:00 am at Lions Park Gosford (Mason's Pde) or 9:15 Adcock Park - age 18+. Except for;

THE LAST THURSDAY EVERY MONTH The Entrance for coffee

Start Car park on opposite side of 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%