

JANUARY 2025

Sunday 5th January Umina for coffee

Distance: 40km Grade: 4 Start: 8am Gosford

Bike path to Woy Woy then continue to Umina Surf Club for coffee. Then along quiet streets of Umina and ride back to Gosford. (LTL)

Leader - Narelle

Sunday 12th January Lakes Beach via Budgewoi

Distance 50km Grade 5 Start 8am Wyong

Cycle through the back streets of Wyong to Gorokan then clockwise around Budgewoi Lake and on to Lakes Beach for coffee. Then return to Wyong via Canton Beach. LTL

Leader - Colin

Sunday 19th January Pearl Beach Pedal

Distance 45kms Grade 5 Start 8am Gosford

Scenic ride on cycleways and flat quiet roads through Woy Woy and Umina then a climb over Mt Ettalong to Pearl Beach for coffee then home via the backstreets of Umina. LTH

Leader - Andrew

Sunday 26th January Norah Head for coffee

Distance 45km Grade 5 Start 8am Wyong

Cycle quiet roads to Gorokan then Toukley, Canton Beach and Norah head. Return the same way. LT

Leader - Jenny

FEBRUARY 2025

Sunday 2nd February 3 Peaks of Olympic Park

Distance: 50km Grade: 5

Meet at 9am Strathfield Station for coffee at Chefs Palette. We cycle to Meadowbank Wharf to join the Parramatta cycleway then over Silverwater bridge to Olympic Park. After a tour of Olympic Park coffee and food at Newington then return to Strathfield Station.

Leaders- Sue and Steve LT

Sunday 9th February Hidden Valley from Gosford

Distance: 50km Grade: 5 Start: 8am Gosford

Back roads to Narara then Ourimbah. Then a peaceful ride out to Hidden Valley. Return via Palmdale, stopping at the pie shop for lunch. Then cycle back to Gosford. LT

Leader – Paul

Sunday 16th February The Entrance for Breakfast

Distance:35km Grade: 4 **Start 7am** Wyong

An easy ride from Wyong to Long Jetty for a breakfast of bacon and egg rolls, tea/coffee put on by the club then cycle back to Wyong. LT

Leader - Jenny

Sunday 23rd February Brisbane Water Circuit

Distance 48km Grade 5 Start 8am Gosford

Cycle to Woy Woy then over the Rip Bridge to Empire Bay and Kincumber. Coffee at Davistown then home via Saratoga and on road bike lanes through Green Point and East Gosford. A few steep pinches. LTH

Leader - John

MARCH 2025

Sunday 2nd March Bella Vista Homebush Run

Distance 56km: Grade 6 Start Bella Vista station 9am

Almost all cycleways starting on the M7 cycleway travelling through suburbs, bush and along an old canal now cycleway enjoying delightful views of Prospect Reservoir, historical structures, open grassland and bush as well as industrial and residential areas. While mostly undulating there are a couple of short climbs. Arriving at Olympic Park for lunch then we descend on Olympic Boulevard for some sightseeing. Then train home. LTH

Leader – Greg

Sunday 9th March Empire Bay

Distance 42kms Grade 4. Start Gosford 8am

Cycle to Woy Woy then over the Rip Bridge to Empire Bay. Coffee at Empire D'Lite enjoying the view over Brisbane Water. Return via backstreets of Ettalong and Woy woy. LT

Leader – Glenn

Sunday 16th March Tuggerah 2 Lake Circuit

Distance 58kms Start Wyong 8am

From Wyong we ride to Gorokan, Panorama Ave, and cycleway to Budgewoi. Coffee at Lakes Beach. WBD new cycleway then return to Wyong LT

Leader – Glenn

Sunday 23rd March Warnies for Coffee

Distance 40kms Grade 5 Start 8am Wyong

Follow the Wyong River to the bike path then through back streets of Hamlyn Terrace, Gorokan, Mataram Ridge and on to Warnies for coffee. Return via Minnesota Rd LT

Leader – John

Sunday 30th March Light horse Loop

Distance 45kms Grade 5

Meet 9am at Bella Vista Metro Station then a short cycle to Norwest for coffee. Join the M7 cycleway then Western Sydney Parklands to Light Horse interchange. Return to Rooty Hill for coffee and food then return to Bella Vista Station. LT

Leaders- Sue and Steve

APRIL 2025

Sunday 6th April Away ride Maclean, Clarence Valley

Five Days cycling, -. More details to follow.

Leader - Paul

Sunday 13th April Shelley Beach for Coffee

Distance 40km Grade 4 Start 9am Wyong

Cycle through the back streets of Tumby Umbi and Bateau Bay to Shelley Beach Surf Club for coffee. Return via bike path. LT

Leader - Colin

Sunday 20th April Crackneck Cooee

Distance: 50km Grade: 5 Start: 9am Wyong

Cycle to The Entrance then on to Bateau Bay and a steep climb up to Crackneck lookout to enjoy the beautiful view. Return to Wyong after coffee at Bateau Bay. LTH

Leader - Glenn

Sunday 27th April Jilliby Loop via Lake Haven

Distance 42km Grade 5 Start 9am Wyong

Ride to Gorokan then out to Northlakes. After stopping for coffee we carry on to Bluehaven out to the Old Pacific Hwy and on towards Jilliby. After a few kms of gravel we hit Hue Hue Rd then some backroads and back onto Hue Hue Rd and back to Wyong.LT

Leader - Michelle

Sunday rides

Meet at Gosford -Lions Park Masons Parade or Wyong -Carpark adjacent to Wyong Bowling Club

Thursday rides

Meet at 8am (during daylight saving) at Lions Park Gosford (Mason's Pde) or 8:15am at Adcock Park. Any age 18+.

Last Thursday of the month the ride starts at Tuggerah sports field carpark.

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.