

JANUARY 2018

Sunday 7 January Davistown Duddle

Distance: 45km Grade: 4 Start: 9am Gosford

Contact: JOHN

Ride through to Woy Woy then a short ride around Woy Woy Catch the 10.45am Ferry to Davistown for coffee. Then a peaceful ride around to Saratoga then on to Green Point before returning along the cycleway to Gosford. Need ferry fare. \$3 consesion; \$4 Adut \$1 for bike. (LTH)

Sunday 14 January Crackneck - Cooee

Distance 50km Grade 5 Start 9am Wyong

Contact: STEVE & SUE

Cycle round Tuggerah Lake to The Entrance, then a steep climb to Crackneck lookout for fabulous coastal views, after coffee return via scenic back roads of Bateau Bay (TS)

Sunday 21 January Pearl Beach Pedal

Distance 45km Grade 5 start 9.am Gosford

Contact: ROY

Scenic ride on cycleways and flat, quiet roads through Woy Woy and Umina with a gentle climb over Mt Ettalong (rock fall blocks lower track) to Pearl Beach for winter coffee then home via quite back streets of Umina. (TL)

Sunday 28 January Soldiers Beach -Norah Head for Coffee

Distance 40km Grade 4 Start 9am Wyong

Contact: IAN

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)

FEBRUARY 2018

Sunday 4 February Wheely Western

Distance 60 Grade 5 Start Strathfield 9am Sth Side

Contact SUE & STEVE

Cycle via Meadowbank Wharf & Parramatta River to Parramatta. Return via Silverwater Bridge for tour of Olympic Park return to Strathfield(coffee stop at 35km) (TL)

Catch 7.07 train from Wyong; 7.10 Tuggerah; 7.28 Gosford; 7.40 Woy Woy.

Any coming down from Newcastle way ring Paul arang meet up Broardmeadow.

Sunday 11 February Budgewoi Lake

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

Contact DANNY

Ride through back streets of Wyong to Gorokan then Toukley around to Budgewoi or Lakes Beach (coffee) then bikepath to Blue Haven and highway, bike paths and back streets home to Wyong. (LT)

Sunday 18 February

16-17-18 Medium

Ride the Kemsey Shire

Weekend away

LEADER Paul

Sunday 25 February Brooklyn Bridges

Distance: 55km Grade: 6 Start: 9am Gosford

Contact: ANDREW

Ride from Gosford, up Kariong Hill then along scenic Old Pacific Highway for a rest at Mount White then down to Brooklyn. Coffee at Brooklyn before catching train home. (ST)

MARCH 2018

Sunday 4 March Hidden Valley

Distance: 50km Grade: 5 Start 9.am Gosford

Contact: GLENN

Quiet back roads to narara then Ourimbah then a peaceful ride through magical farmlands up Ourimbah Creek 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)

Sunday 11 March Ocean Beach for a coffee

Distance 40 km Grade 4 Start 9am Gosford

Contact: ANNE

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)

**LOOP THE LAKE - GEAR UP GIRL
EXTERNAL EVENTS**

Saturday 18 March Tuggerah Lakes Circuit

Distance 53km Grade 5 Start 9am Wyong

Contact: PAUL

See the beauty of Tuggerah Lake from all sides on this interesting and varied ride. 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 and return to Wyong. (LT)

Sunday 25 March Ride "The Shire"

Distance: 45km Grade 4 Start: 10.15am Sutherland

Contact: IAN S

Visit what is arguably the most expensive km of real estate in Sydney at Kangaroo Point and Sylvania Waters of "Sylvania Waters" fame. Then on to Kurnell and the fascinating Captain Cook's landing place on Botany Bay for lunch in the park, before finishing at Cronulla and train home.(TH) **Catch 7.07 Wyong; 7.10 Tuggerah; 7.28 Gosford 7.40 Woy Woy. Central 8.59. Platform 25.**

Catch 9.22 to Sutherland. Arives 9.58

External Event Bobbin Head Classic

April 2018

Sunday 1 April Four Lakes & a Train
Distance: 55km Grade 5 Start: 9.15am Morisset
contact . ANNE

Morisset then ride back via Rutley's Road and Doyalson to Budgewoi for coffee and food., Wilfred Barrett Drive and The Entrance before riding the Tuggerah Lake cycleway and quiet roads back to Wyong
Catch 8.29 Woy Woy; 8.38 Gosford; 8.51 Tuggerah; 8.54 Wyong. Arive 9.09 Morisset.

EASTER WEEK END

Monday 8 April Yarralong Extend to Brush Creek Rd.
Distance: 48km Grade: 5 Start: 9am Wyong
Contact: ROY
extention to ride through scenic farmlands to Bush Creek Rd then return to Yarralong to relax over coffee and cake **before Return the same way. Mostly level riding. (ST)**

Sunday 15 April Tuggerah 2 Lakes Circuit
Distance 58km Grade 5 Start 9am Wyong
Contact: DANNY
See the beauty of Tuggerah Lakes. From Wyong to Gorokan, Panorama Ave, Cycleway to Budgewoi, Coffee at Lakes Beach, WBD to the Entrance then return to Wyong (TL)

Sunday 22 April. Brisbane Water Circuit
Distance: 45km Grade: 5 Start: 9am Gosford
Contact: GLENN
On this ride we head for Woy Woy and beyond via dedicated cycleway, then Empire Bay, and bike paths to Kincumber and Davistown for coffee. Then down the bike lane on Avoca Road and return via bikepath and back roads to Gosford (TLH)

Sunday 29 April Chain Valley Bay
Distance 55km Grade 6 Start 9am Wyong
Contact: MICHELLE
We ride Wyong to Gorokan, Elizabeth Bay Drv, Carters Rd, Tall Timbers Rd, coffee at Munmorah Shops.
Doyalson then ride our way back to Wyong (TL)

External Event Century Callange

Thursday rides

Umina forcoffee

A slow relaxed social ride

**9:00 am at Lions Park Gosford (Mason's Pde) or
9:20 RSL Yallabee 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

Ride Calendar

January - April 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.