

JANUARY 2019

Sunday 6 January Norah Head for Coffee

Distance 40km Grade 5 Start 9am Wyong

Contact: Michelle

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)

Sunday 13 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)

NO TRAINS

Sunday 20 January The Entrance for Brekky

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

Contact: Danny

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

Note early start time

Sunday 27 January Umina Surf club for a coffee

Distance 45 km Grade 4 Start 9am Gosford

Contact: Ian.

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)

LONG WEEKEND

FEBRUARY 2019

Sunday 3 February Hidden Valley

Distance: 50km Grade: 5 Start 9am Wyong

Contact: Roy

Quiet back roads to Tuggerah and Ourimbah, then a peaceful ride along Foots Road through magical farmlands up Ourimbah Creek to Hidden Valley nestled in the foothills of the mountains. Return to Ourimbah Nursery for lunch. Bring snack (LT)

Sunday 10 February Pearl Beach Pedal

Distance 45km Grade 5 Start 9am Gosford

Contact: Glenn

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

Sunday 17 February Yarramalong for Coffee

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

Contact: Andrew

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

Sunday 24 February Brisbane Water Circuit

Distance: 45km Grade: 5 Start: 9am Gosford

Contact: Roy

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)

MARCH 2019

Sunday 3 March Budgewoi Lake

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

Contact: Danny

Ride through back streets of Wyong to Gorokan then clock wise around Budgewoi Lake via Budgewoi Lakes beach coffee then home via canton beach, bike paths and back streets home to Wyong. (LT)

Sunday 10 March A Wisemans Delight

Distance 45 Grade 6 Start 9am Gosford

Contact Paul

Ride to Kariong along to Wisman Ferry Rd, down Dogtrap Rd, lunch at Ourimbah Nursery return home via Manns Rd. (TH)

NO TRAINS
Loop the Lake

Saturday 17 March Fassifern to Newcastle

Distance 55km Grade 6 Start 9.30am Fassifern

Contact: Paul 0404559064

Start Fassifern station, then cycleways to Lake Macquarie, around the water's edge through parks and reserves to Fernleigh Track, then to bar beach and along the coast with sea views onto Nobbys beach. Newcastle train home. A pleasant ride. Train from Newcastle. (HT)

Trains Gosf 8.39am, Tug 8.53, Wyong 8.56am, arrive 9.27am.

Sunday 24 to 28 March **WEEK AWAY UP NORTH**

Start Macksville ride to Uranga Stay 4 Nights, Rides to Coffs, Bellingen, Mylestrom, back to Macksville, Home

Sunday 31 March Bound For Botany Bay

Distance 50km Grade 5 Start Strathfield Station

Contact Sue & Steve South Side Start

Strathfield Stn, cycle along Cooks River to Botany Bay for coffee/lunch. Return same way.

(LT) **Catch train Wyong 7.05, Tugg; 7.08 Gosford; 7.27 Arrives Strathfield 8.46**

April 2019

Sunday 7 April

Wyong to Wyee

Distance 50km Grade 6 Start 9am Wyong

Contact: Michelle

Ride to Gorokan then Noraville, Lake Munmorah to Highway. Coffee at Lake Munmorah shops then on to Wyee rd, Hue Hue rd and a short stint down Wyee Farms rd. Return to Wyee Station for train home or for the fit ride the full circuit (TH).

Catch train back 13.39 then on the Hr

Sunday 14 April

The Entrance for Coffee

Distance 30 km Grade 3 Start 9am Wyong

Contact: Anne

We ride along the dedicated bike path to Tuggerah then shared paths to Long Jetty and on to The Entrance for (Lcoffee before returning same way.)

Sunday 21 April

Tuggerah 2 Lakes Circuit

Distance 58km Grade 6 Start 9am Wyong

Contact: Glenn

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)

EASTER WEEKEND

Sunday 28 April

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)

Thursday rides

Umina forcoffee

A slow relaxed social ride

8.00 am at Lions Park Gosford (Mason's Pde) or

8.20am RSL Yallambee Ave opp new Bunnings.

Any age 18+.

THE LAST THURSDAY EVERY MONTH Entrance for coffee

Start Tuggerah Bunnings car park 8.00 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	Glenn H	
Secretary	Sue H	
Treasurer	Steve	
Committee	Josephine	
	Michelle	



Central Coast Touring Cycle Club Inc.

www.cctcc.org.au

Ride Calendar

January - April 2019

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.