

## January 2023

**Sunday 1/1/23**

**No Ride Happy New Year**

**Sunday 8/1/2023 Umina for Coffee**

40kms, Grade 4 Easy. Start Gosford Lions Park 9am

Bike path to Woy Woy, then backstreets to Umina Surf Club for coffee (LT)

Leader - Greg

**Sunday 15/1/2023 Budgewoi Lake Circuit**

Distance: 40km, Grade: 4 Medium Start Centennial Park Wyong 9am

Ride through back streets of Wyong to Gorokan then around Budgewoi Lake via Budgewoi (coffee) then cycleway to Blue Haven and highway, bike paths and backstreets to Wyong. (LT)

Leader - Glenn

**Sunday 22/1/2023 Hidden Valley** Distance 40km Grade: 4 Medium Start Gosford Lions Park 9am

Bike paths and road to Ourimbah Creek Road and a pleasant run out to Hidden Valley. Coffee at the nursery and return the same way. (T)

Leader - Andrew

**Sunday 29/1/2023 Lakes Beach For Coffee**

**Distance** 40km Medium grade 4 Start Centennial Park Wyong 9am

Ride through back streets to Gorokan, then onto scenic Lakes beach via cycleway. Return via Pollock Ave

Leader - Jenny

## February 2023

**Sunday 5/2/2023 The Entrance for Breakfast**

40kms Easy Start Centennial Park Wyong 7am

Easy ride around the Tuggerah lake foreshore to The Entrance. Return via backstreets (LT)

**Note 7am start**

Leader - Greg

**Sunday 12/2/23 Norah Head For Coffee**

Distance 40km Grade 4 Medium

Start Wyong Centennial Park 9am

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

Leader - Michelle (LT)

**Sunday 19/2/23 Brisbane Water Circuit**

Distance 40km Grade 4 Medium. Start Gosford Lions Park 9am

Cycleway to Woy Woy then over the Rip Bridge to Empire Bay and Kincumber for coffee. Home via Saratoga and on-road bike lanes at Green Point and East Gosford. A couple of steep pinches. (SH,T)

Leader -Roy

**Sunday 26/2/23 Soldiers Beach Via Budgewoi Grade 4 Medium 40km**

Start Centennial Park Wyong 9am

Back roads to Gorokan then The Corso to Charmhaven. Bike path to Budgewoi and take in the view at Soldiers beach. Return via backroads to Wyong.

Leader Paul (LT)

## March 2023

**Sunday 5/3/23 The Entrance for Coffee Easy**

Distance 30kms, Grade 3. Start Centennial Park Wyong 9am

We ride along dedicated bike path to Tuggerah then shared path to The Entrance for coffee. Return the same way. (L)

Leader – Paul

**Sunday 12/3/23 Yarramalong for Coffee. Medium**

Distance 40kms Grade 4. Start Centennial Park Wyong 9am

Quiet and peaceful ride to beautiful Yarramalong Valley for morning tea then return the same way. (ST)

Leader – Roy

**Sunday 19/3/23 Gosford Tuggerah Loop Medium**

Distance 48kms. Grade 5. Start Gosford Lions Park 9am

Cycle to Ourimbah via Narara then along Enterprise Drive to Tuggerah and through Kangy Angy to Heatherbrae pie shop for Lunch then return to Gosford the same way. (T,H)

Leader – Jenny

**NO TRAINS**

**Sunday 26/3/23 to 30/3/23**

**Away Ride - Capital Cycling in Canberra**

**In Sunday March 26 Out Thursday March 30**

All rides will start from and leaders will stay at Southside

CaravanPark

250 Canberra Ave Symonston ACT, 2609 Ph 0262806176

Email : southsidecanberra.com.au

More details to follow nearer the date

# April 2023

## **Sunday 2/4/2023 Tuggerah Lakes Circuit Medium**

Distance 48kms. Grade 5 Start 9am Centennial Park Wyong

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

Leader – Michelle

## **Sunday 9/4/2023 Pearl Beach Pedal Hard (Medium)**

Distance 45kms, Grade 5. Start 9am Lions Park Gosford

Cycleway to Woy Woy then flat quiet roads to Umina and a gentle climb over Mount Ettalong (or walk the lower track cliff face) to Pearl Beach for coffee then return via quiet roads and cycleway to Gosford. (T,L,SH)

Leader – Andrew **EASTER SUNDAY**

## **Sunday 16/4/2023 Chain Valley Bay Medium**

Distance 55kms. Grade 6. Start 9am Centennial Park Wyong

Cycle to Gorokan, Elizabeth Bay Drive, Carters Rd, bike path to Craysbrook Ave. Morning tea at Munmorah shops. Ride to Doyalson then return to Wyong (T,L)

Leader – Danny

## **Sunday 23/4/2023 Crackneck Cooee Medium**

Distance 50kms Grade 5. Start 9am Centennial Park Wyong

Cycle by Tuggerah Lake to the Entrance then to Bateau Bay and a steep climb up to Crackneck lookout to enjoy the beautiful coastal views. After Coffee return to Wyong via back streets of Bateau Bay. (T, SH)

Leader - Glenn

## **Sunday 30/4/2023 Caves Beach Via The Fernleigh Track**

Distance 52kms. Grade 5. Start 9am Medium

Start at Broadmeadow station, cycle the Fernleigh track then the new cycle way to Swansea. Lunch at caves beach then return the same way.

Leader – Greg

Trains – Woy Woy 702am change at Gosford

Gosford 721am, Wyong 742am

## **Thursday rides**

### **Umina for coffee**

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

**9:15 Adcock Park Any age 18+.**

**Thursday rides commence at 8am in summer.**

**THE LAST THURSDAY EVERY MONTH 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%
S: Some hills steeper than 7%	

### **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	Jenny Callaghan
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