

### What to bring.

Well, not too much, obviously. You'll wear your riding gear, so the extra is basically, sleepwear and something warm. The motel supplies bedding, towels, soap etc. and we're only going for two

days and we're buying meals. The following list gives some guidance:-

Wear as you ride

Helmet

Cycling gloves

Cycling jersey (wear for two days -- rinse at night if you like)

Cycling knicks

Water bottles

Snacks for two days

For rain (it won't will it?)

Rain jacket

Rain trousers

After hours revelry

Light jumper

Light crushable top

Tracksuit pants (or rain pants and/or thermal pants, -- warm and dry -- also compact)

Change of undies

Light nightwear

Medications

Money

and finally

Toothbrush and toothpaste

Couple of bandaids

Toilet paper (in case you need a tree)

Camera (but watch the weight)

Breakfast if you don't want to buy, but available locally

### What to carry it in?

The easiest is a pannier on a pannier rack but not everyone has this. Failing that, a small backpack should carry everything. Weight is unlikely to exceed 2kg plus your backpack. Bind everything up as small as possible -- volume is often a bigger problem than weight on a bike.

Water should go in dedicated bottle holders on your bike. Two if possible.

## Welcome to Explore the Kempsey Shire!

South West Rocks - Hat Head – Gladston - Crescent Heads  
Sunday 29-30-31-1st October-November 2023



### What is a Randonnée ? ( pronounced r on-don -' a y )

A Randonnée is a French word meaning a drive, a ride, a ramble or a tour. Randonneering is a major European cycling activity, with dedicated maps detailing hundreds of long distance randonnées.

One of the most famous in the *Raid Pyrénéen* which traverses the length of the Pyrenees, a distance of 710 km with up to 28 passes, climbing from sea level to almost 2000 metres.

The hotel in Castelnau is dedicated to cyclists riding the coast to coast *Canal du Midi* in southern France.

Compared with European standards, we are going to be quite modest. Our highest altitude will be 220m, and our distance only 115 km over two days. But the principle is the thing and the scenery along the Illawarra coast is magnificent. So here we go.

**We will be staying and starting the rides from South West Rocks and doing day rides from there, as there are accommodation issues at Crescent heads.**

### **Sunday – 29th**

**After arriving in South West Rocks by 11.30 - 12 ready to ride 12.30.**

Group at the **BOAT CHAIR** Parking behind the Surf Club.

You can buy some food at the kiosk as you drive into the parking.

We will do a short ride to **Smokey Cape light house** for a look around.

It's about a **22km** ride there and back. We get an incline as we turn onto Lighthouse Road until we reach the Light House with spectacular views up & down the coast. There after we will return to where we started.

We should be back around 3pm for you to book into your accommodation. Those that prefer not to ride you may want to relax and look around.

After you settle in your room you are free to do what you like.

We will have happy hour from 5 -6pm at the Surf club, and then off to dinner either there or where ever you prefer.

### **Monday; Day 2 - 55 km – Hat Head**

We start at 8.30 at the kiosk next to the Surf club and head off to Hat Head for lunch & coffee. There shouldn't be a lot of traffic only local and once we turn off S/W Rocks Rd it will be much quieter. Its flat most of the way only incline will be at S/W Rocks. Hat Head is a small village, not much there but you may want to go for a short walk or a look around before we return as you will have about 30-40 minutes after lunch before we head back.

### **Tuesday; Day 3- 45km – Gladston**

Today we can start at 9am (as a short ride) and ride to Gladston for lunch, starting at the same spot we head out again through the Rocks along S/W Rocks Road to Gladston. After some food and coffee if you like you can look around before we head back. Then we head over the bridge to the other side of the river and ride on a much quieter road to Jersey Ville then back into the Rock to finish.

Happy hour 5-6pm will be at the same place Surf club, and dinner wherever you wish.

### **Wednesday; day 4 – 53 – Crescent heads**

Final day we leave South West Rocks and drive to Gladston, park the cars and Group @ 8.30-9am then jump on our bikes and ride to Crescent heads for lunch then return. Should be back by 1.30. those that prefer can head off home or maybe some prefer to stay till the next day.

#### **How hard is the Ride?**

The Ride is very open and not much shelter from the wind or rain so hopefully it's in our favour. WE will have regular regrouping and drink stops with a coffee and lunch stops. If it's hot, then a nice swim at the end.

**Day1: Sunday;** we will drive to **South West Rocks** and meet at the **Boat Chair Parking** behind the **Surf Club**. We will do a short afternoon ride out to the **Smokey Cape Light house** for a look around then back to our start point.

All rides are mainly flat except for day one out to Smokey Cape Light House when we turn off onto Lighthouse road it inclines up to the Lighthouse Road surface is good; the busy roads have local traffic with a shoulder except for the farm roads they are narrow but quiet.

#### **What about Start times, Accommodation, Meals, and Transport?**

**Start times;** Sunday 12.30pm the rest can be discussed the night before the rides.

**Accommodation.** South West Rocks: Horseshoe Bay Coastal Holiday Park: cabins up to 6 people. 02 6566 6370. Seabreeze Beach Hotel: 02 6566 6205. Heritage Guest House: 02 6566 6625. Rock Pool: 02 6566 7755. (The Costa Rica is a bit far out but use if nothing else).

**You need to book your own accommodation Various configurations.**

**Meals:** will be at the surf club or discussed beforehand and happy hour will be at 5-6pm at surf club or Hotel?

**Transport;** will be by car or train. Keep in mind if by train you will have to ride to South West Rocks 50km or get a lift. Busses do go there you will need to check times and if bikes allowed.