

### 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 rainpants 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. !

## Away Ride to Maclean Exploring the Clarence Valley

Maclean – Iluka – Yamba – Brooms Head –

Woodford Island - Lawrence & Ulmarra.

Sunday 6<sup>th</sup> - Saturday 12<sup>th</sup> APRIL 2025 = 5 riding days



### Note

The last ride is Friday a short ride, so those that would like to leave on Friday avo can do so.

### 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.

Randoneering 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 Castelnaudary is dedicated to cyclists riding the coast to coast *Canal du Midi* in southern France. Compared with European standards, we are going to be very modest. Our highest altitude will be 220m.

## Drive carefully

Try and group up in the cars and motels and share the cost (cheaper)  
Keep to the speed limit and watch out for speed cameras on the way up and back.

## THE RIDES?

### Day 1- Monday – ride Around Woodford Island.48 km

**9am start** - We head off on a piecfull ride around Woodford Island with a coffee stop at one of the oldest Pubs in the Clarence Vally the Brushgrove Hotel built in 1868. then continuing on around by the river back to Maclean to our motels. The roads are quite and peaceful and follows the river and cane fields.

### Day 2 – Tuesday - Maclean to Yamba ferry to Iluka 60km

**Early start 7.45 am. To make the 9.30am ferry.** We leave Maclean heading along some back roads to join up with Yamba Rd further along, then onto to Yamba for a ferry ride over to Iluka ferry wharf. here we can have some coffee & some food if requied or buy some to take along with us. we then follow Iluka rd over the new highway back onto some back roads through the cane fields. there is a shop along the way we can stop at but not sure how much food thay have. there after we head back to Maclean.

### Day 3- Wednesday - Maclean to Brooms Head 50km

**9am start** - We head off to Brooms head for lunch back under the Pacific Hwy on to a bike path that runs a few km out of town we then jump back on the road watching out for kangaroos and emu's as we ride along, its not a real busy road as there is one road in and one road out. When there we can have **one & half hours** lunch and coffee then you can do what you like look around, swim, walk around the beach and rocks or maybe ride to the lookout on the headland. After which we head back the same way to our motels.

### Day 4 – Thursday Maclean to Ulmarra - 62km.

**8am start** - Follow the river around Woodford Island to the old highway, follow the old highway, has a good shoulder & has some local traffic to Ulmarra for lunch Unfortunately they have closed the the ulmarra ferry over the river so we will return the same way.

### Day 5 – Friday – Maclean over the river to Lawrence. 40Km

**8am Start** - Short ride on last day with the car ferry over to Lawrence bring some nibbles or buy something at the Lawrence general store, for our stop at at the park before we turn onto a small road along the river back to Lawrence for coffee then back over the river to Maclean. Short ride in case anyone would like to getaway on the Friday after ride.

### 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 on our trips. Probably good idea to bring a snack or two along on the rides & plenty water. If it's hot then a nice swim at the end.

Most of the ride is mainly flat country farm roads it undulates around Maclean a bit of a steep pinch coming back into Maclean on our way back from Brooms head. There's some slight undulation then for the rest its flat riding till we get to Iluka road undulates a bit for a few km but only slight.

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

**Most of you will obviously drive by car. Closest station is about 50kls**

**Start times will be around 8am or 9am**

**Book your own accommodation Early.** (see below for Hotels, cabins,motels).

All Meals are handy to each accommodation and shops nearby in case you need to buy essentials or food. If you want to cook stuff then id suggest you enquire at the place you stay about cooking facilities and utensils.

### Accommodation:

**Maclean river Caravan Park - 0266 452 987. 2-4 berth cabins.**

**Waterview Motel - 0266 452 494. 2-3-4 berths.**

**Club Maclean motel. 0266452253. 2-3-4 berths.**

**Maclean Hotel - 0266 452 412. 2-3-4 berths.**