

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.

Welcome to Maitland Randonée!

Newcastle to Raymond Terrace then Maitland.

Saturday 1st - Sunday 2nd - June 2019



What is a Randonée ? (pronounced *r on-don -' a y*)

A Randonée 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 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.

Try and group up in the cars and motels and share the cost (cheaper)

Parking: if heading to Newcastle by car best to park around houses and ride into Newcastle as there are only Parking meters in the city.

We're riding from Newcastle to Raymond Terrace then to Maitland Station then train back to Newcastle. What's the route?

Day 1 - 42 km

We'll start at Newcastle Ferry Wharf, catch the ferry across scenic Newcastle Harbour to Stockton, then up past the Air force base at Williamtown onto Medowie Rd to visit picturesque Medowie for coffee & lunch then onto Grahamstown Lake Cycleway that follows the lake and into bushland bike paths and back roads into Raymond Terrace. We stay overnight at Raymond Terrace.

Trains from the coast: Woy Woy – 7.28: Gosford – 7.36: Tuggerah – 7.50: Wyong – 7.54: Arrives Newcastle Interchange 9.03.

Time to ride to the wharf and enjoy a coffee before we jump on the 10am Ferry.

Day 2 - 50 km

On Sunday we start 8.30 -9.00 am. On Sunday we'll head along the Pacific Highway (good bike lane all the way) then turn west onto Italia road and stop at Wallaroo State Forest/National Park for a regroup. Slightly undulated roads. (No big hills!). Then head into Seaham for lunch & coffee.

With a short climb out of Seaham we head off towards the Paterson River and the historic town of Hinton, and Morpeth both old river ports from the early 1800's with wooden bridges from the early 1900's. Then it's a completely level ride into Maitland for the train Home or if you may want to have a bite to eat or a coffee before the train.

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 stop at Medowie on day 1 and Seaham on day 2.

We have done this ride before and it's not a hard ride and we do have a few gradual undulations.

Day 1 & day 2 both a grade 5.

What about, Accommodation, Meals and Transport?

Day 1 (42 km) Start 10.00am Newcastle ferry wharf. Suggest you drive and share with others and share the cost. Park cars around the houses out of the city centre as no parking restriction there and are quite safe. Parking meters line the roads in the city. If you catch a train from Gosford to Newcastle interchange and ride from there. Train times as listed. Don't forget to bring your opal card for the ferry and train home. Bring some snacks and water and your usual spare tubes and tools.

Accommodation Raymond Terrace

Colonial Terrace Motel 130 Adelaide st Raymond Terrace.

PH 02 4987 2244.

Queen = \$135: Twin = \$145: Family 1queen & 2 single = \$215.

Sleepy Hill Motor Inn 92 Adelaide St, Raymond Terrace.

PH0249872321

Queen = \$140. Twin = \$150. Family 1queen + 2 single = 190. All rooms include continental breakfast.

You need to book your own accommodation. Various configurations for 2, 3 or 4.