

## MAY 2018

### Sunday 6 May. Ocean Beach for a coffee

Distance 40 km Grade 4 Start 9am Gosford  
Contact: ROY.

Bike path ride along to Woy Woy, following the water down to Ocean 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)

### Sunday 13 May Lakes Beach via Budgewoi

Distance: 56km Grade 5 Start 9am Wyong  
contact ANNE.

Ride through back streets of Wyong to Gorokan then around to Blue Haven and bike paths to Budgewoi onto Lakes Beach for lunch, return via Canton Beach back to Wyong. (TL)

### Sunday 20 May. Pearl Beach Pedal

Distance 45km Grade 5 start 9.am Gosford  
Contact: ANNE

Scenic ride on cycleways and flat, quiet roads through Woy Woy and Umina with a gentle climb over Mt Ettalong or take the easy option walk around the cliff face to Pearl Beach for winter coffee then home via quite back streets of Umina. (TL)

### Monday 27 May Yarramalong for Coffee.

Distance: 48km Grade: 5 Start: 9am Wyong  
Contact: MICHELLE

ride through scenic farmlands with Alpacas & horse farms to Yarramalong to relax over coffee and cake before Return the same way. (ST)

**NO TRAINS**

## JUNE 2018

### Sunday 3 June. Norah Head for Coffee

Distance 40km Grade 5 Start 9am Wyong  
Contact: IAN.

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 10 June. Hidden Valley

Distance: 50km Grade: 5 Start 9am Wyong  
Contact: Roy

Quiet back roads to Tuggerah and Ourimbah, then a peaceful ride through magical farmlands up Ourimbah Creek to Hidden Valley nestled in the foothills of the mountains. Hidden Valley. Return the same way. Coffee on return at Ourimbah Nursery. . (LT)

**NO TRAINS**

### Saturday 17 June. Tuggerah 2 Lakes Circuit

Distance 58km Grade 5 Start 9am Wyong  
Contact: PAUL

See the beauty of Tuggerah Lakes from all sides on this interesting and varied ride. From Wyong we ride to Gorokan, Panorama Ave, Cycle way to Budgewoi, Coffee at Lakes Beach, WBD to the Entrance then return to Wyong (TL)

### Sunday 24 June Wheely Western

Distance 60 Grade 5 Start Strathfield 9am Sth Side  
Contact SUE & STEVE

Cycle via Meadowbank Wharf & Parramatta River to Parramatta. Return via Silverwater Bridge for tour of Olympic Park return to Strathfield(coffee stop at 35km) (TL)

**Catch 7.07 train from Wyong; 7.10 Tuggerah; 7.28 Gosford; 7.40 Woy Woy.**

## JULY 2018

### Sunday 1 July. The Entrance for Coffee

Distance 30 km Grade 3 Start 9am Wyong  
Contact: GLENN

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

### Sunday 8 July. Cooranbong Coffee Caper

Distance 50km Grade 5 Start 9.15am Morisset Stn  
Contact SUE & STEVE

Visit the kangaroos as we ride through rolling farmlands before stopping at Cooranbong for coffee. Then on to Dora Creek before returning to Morisset. (LT) **Train Gosf, 8.37; Tug, 8.51; Wyong, 8.54; Arrives Morisset, 9.09.**

### Sunday 15 July. Coffee at Jilliby.

Distance 45km. Grade 6 Start 9.am Wyong  
Contact. MICHELLE.

Ride out along gilliby Rd slight climbing to Lemon Tree (bring snacks ) then return for coffee & cake at Narelle Anderson place before returning to Wyong. (T.H.)

### Sunday 22 July. Head back to UNI.

Distance 55 km Grade 5 Start 9am Broadmeadow  
Contact: Paul

Meet Eastern side of Broadmeadow station  
Explore the cycleways up Newcastle start Broadmeadow station ride the Fernleigh track to Belmont across to Speers Point cycleway, Glendale, cycleway to Wallsend through to Newcastle Uni to Broadmeadow station and Train home. (LTH)

**Train Gosford-7.17 – Tuggerah-7.34 - Wyong-7.38 arrives Broadmeadow -8.46**

### Sunday 29 July. Tuggerah Lakes Circuit

Distance 48km Grade 5 Start 9am Wyong  
Contact: IAN

Ride Tuggerah Lake. From Wyong we ride to Chittaway, then anticlockwise around the lake via cycleway to The Entrance for coffee, then up Wilfred Barrett around to Canton Beach, Toukley, returning to Wyong (T.L)

## AUGUST 2018

### Sunday 5 August. Ettalong Markets

Distance 40km Grade 4 Start 9am Gosford

Contact: GLENN

Ride cycleways to Woy Woy then Ettalong Markets for coffee and some shopping check out what the markets have to offer then ride around Umina back to Woy Woy and Gosford. (T.L)

### WEEKEND AWAY RIDE

10 – 11 – 12 – 13.

**Start TBA either Stockton or Dungog.  
Stroud – Bullahdelah – Hawks Nest –  
Stockton.**

**4 days ride carry you own gear.  
Overnight in Motels - Hotels**

### Sunday 19 August. Brisbane Water Circuit.

Distance: 48m Grade: 5 Start: 9am Gosford

Contact: ANDREW.

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)

### Sunday 26 April. Newcastle Flyer

Distance 68km Grade 8 Start **8.30am** Wyong

Contact: DANNY **early start time.**

Another classic. Ride via Gorokan, Budgewoi, Pacific Hwy, Swansea for coffee, then Belmont and Fernleigh Track arriving in Broadmeadow for train home. (TH)

## Thursday rides

Umina for coffee

A slow relaxed social ride

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

**9:15 RSL Yallambee Ave opp new Bunnings.  
Any age 18+.**

**THE LAST THURSDAY EVERY MONTH Entrance for coffee**

**Start 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%	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	Simon	
Secretary	Sue H	
Treasurer	Steve	
Committee	Glenn	
	Josephine	



Central Coast Touring Cycle Club Inc.

[www.cctcc.org.au](http://www.cctcc.org.au)

# Ride Calendar

## May - August 2018

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.**