

JUNE 2021

JULY -2021

AUG 2021

Sunday 13 June 2021. Brisbane Water Circuit.

Distance: 48m Grade: 5 Start: 9am Gosford
Contact: **Glenn**

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)Coffee at Jilliby.

Sunday 20 June. Crackneck Cooee

Distance: 50km Grade 6-7 Start 9am Wyong
Leader: **Steve and Sue**

Cycle round Tuggerah Lake (southern shore) to The Entrance, then a steep climb to Crackneck Lookout for fabulous coastal views, after coffee at Jennys place then return via scenic back roads to Wyong. (T.SH).

Sunday 27 June. Norah Head for Coffee

Distance 40km Grade 5 Start 9am Wyong
Contact: **Michelle**

A delightful ride along the water to Gorokan then on to Toukley, Canton Beach (bike path), and Norah Head for coffee. Then return to Wyong. (LT)

Sunday 4 July. Fassifern to Newcastle

Distance 55km Grade 6-7 **Start 8.30am** Fassifern Contact: **Paul**

Start Fassifern station, then cycleways to Lake Macquarie, around the water's edge through parks and reserves to Fernleigh Track, and along the coast with sea views to Nobbys beach. A pleasant ride. Train home from Newcastle. (HU.T)

Train- Gosf. 7.21, Tugg. 7.39, Wyong 7.42. Fassifern 8.16

Sunday 11 July. Wheely Western

Distance 60 Grade 5-6 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 7.05 train from Wyong; 7.08 Tuggerah; 7.27 Gosford; 7.38 Woy Woy. Strathfield 8.46.

Sunday 18 July. Brooklyn Bridges

Distance: 55km Grade: 7 Start: 9am Gosford

Contact: **Roy**

Ride from Gosford, up Kariong Hill then along scenic Old Pacific Highway for a rest at Mount White then down to Brooklyn. Coffee at Brooklyn before catching train home. (ST)

Sunday 25 July. Tuggerah 2 Lakes Circuit

Distance 58km Grade 5-6 Start 9am Wyong

Contact: **Danny**

See the beauty of Tuggerah Lakes from all sides on this

interesting and varied ride. From Wyong we ride to Gorokan, North Lakes, Cycle way to Budgewoi, Coffee at Lakes Beach, WBD to the Entrance then return to Wyong (TL)

Sunday 1 August Toowoan Bay for Coffee

Distance 35 km Grade 4 Start 9am Wyong

Contact: **Anne**

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

WEEKEND AWAY RIDE

7. 8 9.

Wollongong, Lake illawarra, Kiama.

Info to follow

Sunday 15 August. Yarramalong for Coffee.

Distance: 48km Grade: 5-6 Start: **9am** Wyong

Contact: **Andrew**

ride through scenic farmlands with Alpacas & horse farms to Yarramalong to relax over coffee and cake before Return via McPherson Rd to Wyong (ST)

Sunday 22 August. Rutley's Run

Distance: 50km Grade 5-6 **Start: 9.15am** Morisset

contact . **Paul**

Morisset then Rutley's Road, Lake Munmorah Cycleway to Budgewoi for coffee, Canton Beach , Toukley back to Wyong station. (T.H)

Trains. Gos. 8.39, Tugg. 8.53, Wyong 8.56, Morris. 9.12.

Sunday 29 August. Coffee at Jilliby.

Distance 45km. Grade 5-6 Start 9am Wyong

Contact. **MICHELLE.**

Ride out along Jilliby Rd slight climbing to Lemon Tree (bring snacks) then return for coffee & cake at Narelle Anderson place and Shear the sheep then return to Wyong. (T.H.)

FOR INFORMATION, PLEASE CONTACT

President	Paul Murray	0404559064
Vice-President	Glenn H.	
Secretary	Sue H	
Treasurer	Steve H.	
Committee	Narelle A	
	Josephine L.	

Thursday rides

Umina for coffee

A slow relaxed social ride

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

9:15 RSL Yallabee Ave opposite new Bunnings.

Any age 18+.

THE LAST THURSDAY EVERY MONTH Entrance for coffee

Start Tuggerah opposite 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.U: Slight hills / Undulates
S.H: Steep hills 4 % plus	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.