

## MAY 2025

### Sunday 4 May. Umina Beach for a coffee

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

Bike path ride along to Woy Woy, following the water down to Umina Beach for coffee at the surf club. Then home through the quiet streets of Umina for the return to Gosford. (TL)

### Sunday 11 May LakesBeach via Budgewoi

Distance 50km Grade 5 Start 9am Wyong  
Leader - **Greg.**

Cycle through the back streets to Gorokan then Charmhaven, cycleway around Budgewoi Lake and on to Lakes Beach for coffee. Then return to Wyong via Canton Beach. & new cycleway. (LTL)

### Sunday 18 May. Norah Head for Coffee

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

Ride to Gorokan then on to back streets of Toukley, and then onto Norah Head for coffee. Then return to Canton Beach back to Wyong. (LT)

### Sunday 25 May. No Swans at Swansea.

Distance 55km. Grade 6. Start 9.00 Broadmeadow  
Contact **Paul.**

Ride the Fernliegh Track to Swansea, short loop around waters edge to Lunch stop then return same rout back to Broadmeadow station. H.L.T.

**Trains: Gos:7.14. Tug: 733. Wyn: 7.36.**

**B/M: Arrives 8.37.**

**We can ride to Mac's for a Coffee before we start. Otherwise drive to Broadmeadow.**

## JUNE 2025

### Sunday 1- 2 - 3 June.

### **Away ride to Scone**

### **Details TBA**

### **Michelle**

### Sunday 8 June. Brisbane Water Circuit.

Distance: 48m Grade: 5 Start: 9am Gosford  
Contact: **John H.**

**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 15 June. Tuggerah Lakes Circuit

Distance 48km Grade 5 Start 9am Wyong  
Contact: **Greg,**

From Wyong we ride clockwise around the lake Tuggerah to The entrance for coffee joining the new Cycleway on WBD. Return via long Jetty making our way back to Wyong.(T.L)

### Sunday 22 June. Hidden Valley

Distance: 50km Grade: 5 Start 9am Wyong  
Contact: **Duncan.**

Ride to Tuggerah and Footh Rd Ourimbah, then a peaceful ride up to Hidden Valley. Return for Lunch at Ourinarah Pie shop .Then Return via Enterprise Dr, to Chittaway, back to Wyong ( LT)

### Sunday 29 June. Sydney Ride

Distance 47 grade 5-6 start 9am  
Wyong

Contact. **Sue & Steve**  
**Details TBA.**

## JULY 2025

### Sunday 6 July. Fassifern to Newcastle

Distabce 45km Grade 5 Start 9.30am Fassifern station (Eastern side)

Contact **Paul**

From Fassifern station we ride to the start of the wallsend cycleway following cycleways into Newcastle Forshores and the Breakwall. Returning via back roads to Broadmeadow station for the train home Or to Fassifern.(L.T.H.)

**Trains Gos: 8.40. tug: 8.54. Wyn: 8.57.**  
**FF: 9.27**

**Or Drive & park at station.**

### Sunday 13 July. Ettalong Markets

Distance 40km Grade 4 Start 9am Gosford  
Leader: **Colin F.**

Ride cycleways to Woy Woy then Ettalong Markets for coffee and some shopping check out what the markets have to offer then return Via back streets to Gosford. (LT)

### Sunday 20 July. Ride Around Morpeth

Distance ? km Grade 5- Start 9am Morpeth  
Contact: **Michelle**

**Meeting place and Rout to be advised**

### Sunday 27 July. Sydney ride

Contact **Sue & Sreve**  
**Details TBA.**

## AUGUST 2025

### **Sunday 3 August Power On too Impact**

Distance 42km Grade 5 Start 9am Gosford

Contact: **John H.**

Bike path ride along to Woy Woy, over the Rip Bridge to Empire Bay Impact nursery for coffee under the trees then back to Woy Woy and cycleway home.(T.L.S.)

### **Sunday 10 August. Coffee at Jilliby.**

Distance 45km. Grade 5 Start 9.am Wyong

Contact. **Narelle.**

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.)

### **Sunday 17 August. Rutley's Run**

Distance:42km Grade 5 **Start:9.30am Morisset**

contact . **Colin F.**

Morisset then Rutley's Road, down to old hwy then Doyalson, Charmhaven for coffee, Toukley then new cyclesway back to Wyong (T.H)

**Trains. Gos. 8.44, Tugg. 9.03, Wyong 9.06, Morris. 9.21.**

### **Sunday 24 August. Toowoona Bay for Coffee**

Distance 40 km Grade 5 Start 9am Wyong

Contact: **Glenn H.**

We ride along the dedicated bike path to Tuggerah then shared paths to Long Jetty and on to The Entrance then to Toowoona Bay for coffee before returning same way back

### **Sunday 31 August. The Entrance**

Distance 45km Grade 5 start 9am Wyong

Leader: **Jenny**

Ride the cycleway to The Entrance for coffee then on to Toowoona Bay return by Tunbi then cycleway back to Wyong. (L.T)

## Thursday rides

**Umina Beach Surf Club for coffee**

**A slow relaxed social ride**

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

**9:15 RSL Yallambee Ave opposite new Bunnings.**

**Any age 18+.**

## THE LAST THURSDAY EVERY MONTH Entrance for coffee

**Start Tuggerah Sports field Parking**

**9.00 am**

**We ride from Tuggerah to picking up The Entrance cycleway for coffee at Toowoona Bay Surf Club then return to Tuggerah.**

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.

### FOR INFORMATION, PLEASE CONTACT

President	Jenny Callaghan0414346356
Vice-President	Glenn H.
Secretary	Sue H
Treasurer	Steve H.
Committee	Narelle A Josephine L.



**Central Coast Touring Cycle Club Inc.**

**www.cctcc.org.au**

# Ride Calendar

## May - August 2025

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 on Thursday and Sundays the Thursdays ride is suitable for less experienced riders. Sundays ride are longer suited for the more experienced rider,

**Membership currently costs \$20.**

**Visitors and guests are asked to contact the President before joining a ride.**

**All riders must be over 18 years of age**

**Gosford Start: Lion's Park, Gosford waterfront, near Gosford Sailing Club.**

**Wyong Start: Wyong Bowling Club Car park, near Wyong River bridge.**