

May 2024

Sunday 5/5/2024 Shelley Beach for coffee

Distance 35 kms Grade 4 Easy LTL

Start - Carpark adjacent to Wyong Bowling Club 9.00am

Cycle through the back streets of Tumbi Umbi and Bateau Bay to Shelley Beach Surf Club. Return via similar route.

Leader – Glenn

Sunday 12/5/2024 Palmdale Circuit

Start- Gosford Lions Park, 8.00am

Distance 50kms Grade 5 Medium LT

Ride to Ourimbah, then along Enterprise Drive to Chittaway then through Kangy Angy to the pie shop for lunch. Return to Gosford.

Leader – Colin

Sunday 19/5/2024 Warnies for coffee

Start – Carpark adjacent to Wyong Bowling Club 9.00am

Distance 40kms Grade 4 Medium LT

Follow the Wyong river to the bike path then through back streets of Hamlyn Terrace, Gorokan, Mataram Ridge on to Warnies café for coffee.

Return via Minnesota Road

Leader – Glenn

Sunday 26/5/2024 Brisbane Water Circuit

Distance 48kms Grade 5 Medium TH

Start Gosford Lions Park 9.00am

Cycleway to Woy Woy then over the Rip Bridge to Empire Bay and Kincumber. Coffee at Davistown then home via Saratoga and on road bike lanes at Green Point and East Gosford. A few steep pinches

Leader - John

June 2024

Sunday 2/6/2024 The Entrance for Coffee

Distance 30kms Grade 3 Easy L

Start Carpark adjacent to Wyong Bowling Club 9.00am

Ride along dedicated bike path to Tuggerah then shared path to The Entrance. Return the same way.

Leader – Narelle

Sunday 9/6/2024 Umina for Coffee.

Distance 40kms Grade 4 Easy LT

Start Gosford Lions Park, 9.00am

Shared path to Woy Woy then on to Umina Surf Club for Coffee. Return similar route.

Leader – Anne

Sunday 16/6/24 All The Rivers Run

Distance 35km Easy LT

Start Adjacent to Wyong Bowling Club carpark 9.00am

Level ride exploring the waterways around Wyong and Chittaway.

Leader Colin

Sunday 23/6/2024 Crackneck Cooee

Distance 50kms Grade 5 Medium LTH

Start - carpark adjacent to Wyong Bowling Club 9.00am

Cycle to the Entrance then on to Bateau Bay and a steep climb to Crackneck lookout to enjoy the view and hopefully see some whales. After coffee return to Wyong via back streets of Bateau Bay

Leaders – Sue and Steve

Sunday 30/6/2024 Newcastle Loop

Distance 55kms Grade 6 Medium LTH

Start Belmont end of Fernleigh Track, 9.00am

Cycle the Fernleigh Track from Belmont. Back roads and bike path to Bar Beach. Follow the coast with a long climb over Shepherds Hill to Newcastle foreshore then wind our way back to Belmont via the Fernleigh track. You can shorten the ride by starting at Broad-meadow Station (let the leader know)

Leader – Glenn

July 2024

Sunday 7/7/2024 Ride Budgewoi Lake

Distance 50kms Grade 5 Medium LTH

Start – Carpark next to Wyong Bowling Club 9.00am

Cycle through backstreets of Wyong to Gorokan then Noraville and Budgewoi. Cycle beside the lake to North Lakes for lunch then return to Wyong via the wetlands.

Leader – Michelle

Sunday 14/7/2024 Hidden Valley

Start Gosford Lions Park, 9.00am

Distance 45kms Grade 5 Medium

Bike path and roads to Ourimbah Creek Rd for a pleasant run out to Hidden Valley. Lunch at the pie shop then return to Gosford

Leader – Andrew

Sunday 21/7/2024 Lake Munmorah SRA

Distance 50 km Grade 5 Medium

Start Wyong Bowling Club carpark 9.00am

Back roads and bike path to Gorokan and Toukley. On to Budgewoi and through Munmorah State Recreation Area. Road and bike path back North Lakes for lunch and return via wetlands.

Leader – Glenn

Sunday 28/7/2024 Power on to Impact

Distance 42kms, Grade 4 Easy LT

Start Gosford Lions Park 9.00am.

Cycle path to Woy Woy then over Rip Bridge to Empire Bay for coffee under the trees then cycle back the same way.

Leader – Paul

August 2024

4/8/2024 Coffee at Jilliby

Distance 45kms Grade 5-6 Medium LT

Start Carpark adjacent to Wyong Bowling Club 9.00am

Ride out along Jilliby Road, then a climb Lemon-tree (bring snacks) Then on to Narelle Anderson's place for coffee and cake. Then cycle back to Wyong.

Leader – Michelle

Sunday 11/8/2024 Norah Head for coffee

Start- Carpark next to Wyong Bowling Club 9.00am

Distance 40kms Grade 4 Medium LT

Ride along the water to Gorokan then on to Toukley, Canton Beach and Norah Head. Home via the same route including the new cycleway.

Leader – Andrew

Sunday 18/8/2024 - Cooranbong coffee caper

Distance 50kms Grade 5 LT Medium

Start Morisset Station, 9.15am

Scenic ride from Morisset to Cooranbong for coffee, then on to Dora Creek before returning to Morisset.

Train – Woy Woy 830, Gosford 839, Tuggerah 853, Wyong 856. Arrives Morisset 912

Leader – Sue and Steve

25/8/2024 Away ride

TBA

Thursday rides

Note- Rides start at 8.00am summer months.

Umina for coffee easy 9:00 am at Lions Park Gosford (Mason's Pde) or 9:15 Adock Park - age 18+. Except for;

THE LAST THURSDAY EVERY MONTH The Entrance for coffee

Start Car park on opposite side of 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%

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.