

## May 2023

### Sunday 7/5/2023 Umina for Coffee

40kms, Grade 4 Easy. Start- Gosford Lions Park 9am

Bike path to Woy Woy, then backstreets to Umina Surf Club for coffee (LT)

Leader - Jenny

### Sunday 14/5/2023 The Entrance for Coffee

Distance: 30km, Grade: 3 Easy Start- Centennial Park Wyong 9am

Ride along cycleway to the Entrance for coffee and cycle back the same way. (LT)

Leader - Glenn **MOTHER'S DAY**

### Sunday 21/5/2023 Lakes Beach for coffee

Distance 47kms Grade 5 Medium Start Centennial Park Wyong 9am

Ride to Gorokan, Canton Beach then Lakes Beach for coffee. Return via Budgewoi, Charmhaven, Gorokan then along Wahroonga Rd, Orchid Way and Johns Rd to Pollock Ave into Wyong.

Leader - Paul

### Sunday 28/5/2023 Hidden Valley

**Distance** 40km Medium grade 4 Start- Centennial Park Wyong 9am

Ride from Wyong to Ourimbah Creek Rd then a beautiful ride out to Hidden Valley. Coffee at the nurse before returning to Wyong

Leader – Andrew

## June 2023

### Sunday 4/6/2023 Tuggerah Lake Circuit

48kms, Medium, Start- Centennial Park Wyong 9am

From Wyong we cycle to Chittaway then to The Entrance for coffee then along Wilfred Barrett Drive to Canton Beach, Toukley, Gorokan and back to Wyong (T)

Leader - Danny

### Sunday 11/6/2023 Shelley Beach for Coffee

Distance 40km Grade 4 Medium

Start Wyong Centennial Park 9am

Cycle through back streets of Tumby Umbi and Bateau Bay for coffee at Shelley Beach Surf Club. Home by similar route.

Leader - Glenn (LT)

### Sunday 18/6/23 Palmdale Circuit

Distance 50kms, Grade 5 Medium Start Gosford Lions Park 9am

Ride to Ourimbah, Chittaway, Tuggerah and back to the pie shop for lunch. Then back to Gosford.

Leader - Jenny

### Sunday 25/6/23 Brisbane Water Circuit

Distance 48km Grade 5 Medium. Start Gosford Lions Park 9am

Cycleway to Woy Woy then over the Rip Bridge to Empire Bay and Kincumber. Home via Saratoga and on-road bike lanes at Green Point and East Gosford. A couple of steep pinches. (SH,T)

Leader -Roy

## July 2023

### Sunday 2/7/2023 Watagan Wander

Distance 45kms, Grade 5. Medium Start 915am Morisset Station

Cycle along Martinsville Valley, return same way to Coorabong for coffee/lunch. Discover the new estate Watagan Park, proceed to Dora Creek, and return to Morisset station.

Train - Gosford 8.39am, Tuggerah 8.53am, Morisset 9.11am

Leader – Sue and Steve

### Sunday 9/7/2023 Coffee at Jilliby.

Distance 45kms Grade 5-6 Start Centennial Park Wyong 9am

Ride out along Jilliby road, slight climb to Lemontree (bring snacks) then return to Narelle Anderson's place for coffee and cake

Leader – Michelle

### Sunday 16/7/2023 Newcastle Loop

Distance 55kms. Grade 5 Medium. Start Belmont end of Fernleigh Track 9am

Cycle the Fernleigh Track from Belmont. Back roads and bike path to Bar Beach, follow the coast over Shepherds Hill to Newcastle foreshore then wind our way back to Belmont via the Fernleigh Track. (T.S.H)

If you want to do a shorter ride you can start at Broadmeadow Station, Please let the leader know in advance

Leader – Glenn

### Sunday 23/7/2023 Norah Head

Distance 40kms Grade 4. Medium Start Centennial Park Wyong 9am

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

Leader - Danny

### Sunday 30/7/2023 Sights of Sydney

Distance 35kms, Grade 4 .Medium Start 9am Central Station (Country side)

Cycle from Central station to the Opera House, Circular Quay, Cahill expressway lookout then along the fore-shores of Sydney, Darling Harbour to Balmain east. Then ferry to Milson's Point. Lunch at Kirribilli then ride across the Harbour Bridge and back to Central

Trains – Wyong 6.49am, Gosford 7.06am

Leader - Paul

## August 2023

### Sunday 6/8/2023 The Entrance for Breakfast

Distance 35kms. Grade Easy Start **7am** Centennial Park Wyong

Easy ride to The Entrance along cycleway for a breakfast of bacon and egg rolls put on by the club. Return the same way.

### NOTE EARLY START TIME

Leader – Jenny

### Sunday 13/8/2023 Ride Budgewoi Lake

Distance 50kms, Grade 5. Medium Start Centennial Park Wyong 9am

Cycle through backstreets of Wyong to Gorokan then Noraville, Budgewoi. Cycle beside the lake to North la=Lakes for lunch then return to Wyong via the wet-lands (T,L)

Leader – Michelle

### 18<sup>th</sup> -20<sup>th</sup> / 8/2023 Away ride to Kiama

Details to follow

Leader - Paul

### Sunday 27/8/2023 Newcastle Flyer

Distance 68kms Grade 8 Hard Start 9am Centennial Park Wyong

Ride via Gorokan, Budgewoi then Pacific Hwy to Swansea for coffee/lunch then to Belmont along the Fernleigh Track to Broadmeadow Station for the train home.

Leader - Paul

## Thursday rides

**Umina for coffee easy 9:00 am at Lions Park Gosford (Mason's Pde) or 9:15 Adcock 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%
S: Some hills steeper than 7%	

### FOR INFORMATION, PLEASE CONTACT

President Jenny Callaghan  
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Vice-President Glenn Harrison Ph 0431301219

Secretary Sue H  
Treasurer Steve H  
Committee Narelle A  
Josephine L

### 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.