

MAY 2019

Sunday 5 May Pearl Beach Pedal
Distance 45km Grade 5 Start 9am Gosford

Contact: Glenn

Scenic ride on cycleways and flat, quiet roads through Woy Woy and Umina with a gentle climb over Mt Ettalong (Or walk the lower track) to Pearl Beach for swim & coffee then home via back streets of Umina. (TL)

Sunday 12 May Yarralong for Coffee
Distance: 40km Grade: 4 Start: 9am Wyong

Contact: Michelle

Quiet and peaceful ride through scenic farmlands to Yarralong and then relaxing over coffee and cake before Return the same way.. (ST)

Sunday 19 May Black Beards Cave
Distance 55km Grade 5 Start 9Am Broadmeadow
Contact: Paul

Ride the Fernleigh track to Belmont then around Blacksmith to Swansea and through to Caves Beach for coffee & lunch then return through Pelican and back over the Fernleigh track to Broadmeadow. (th)

Sunday 26 May 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.)

JUNE 2019

Saturday 1st - Sunday 2 June Maitland Randonnee
Distance 90km Grade 5 Start 10am Newcastle
Contact Paul
Ride to Raymond Terrace for the night then Sunday we head to Maitland then train home. (th)

Sunday 9 June Hidden Valley
Distance: 50km Grade: 5 Start 9am Gosford
Contact: Paul

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. Return to Ourimbah via Foots Road. Nursery for lunch. Bring snack (LT)

**LONG W/END
NO TRAINS**

Sunday 16 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 bring some snacks as a late coffee stop. (TL)
Catch 7.05 train from Wyong; 7.08 Tuggerah; 7.27 Gosford; 7.38 Woy Woy. Arives 8.46.

Sunday 23 June 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)

Sunday 30 June Ride "The Shire"
Distance: 45km Grade 4 Start: 10.am Sutherland
Contact: IAN S
Kangaroo Point and Sylvania Waters Then on to Kumell and the fascinating Captain Cook's landing place on Botany Bay for lunch in the park, before finishing at Cronulla and train (IHT).
**Train Wyong- 6.49 Tgerah- 6.50 Gosford 7.05.
Arives Central 8.29 go to Platform 25 for Sutherland.
Catch either the 8.52 or 9.02 train to Sutherland.
You can either Train it or drive to sutherland.**

JULY 2019

Sunday 7 July Tuggerah Lakes Circuit
Distance 53km Grade 5 Start 9am Wyong
Contact: Michelle
See the beauty of Tuggerah Lake from all sides on this interesting and varied ride. From Wyong we ride clockwise around the lake via cycleway down Wilfred Barrett Drive to the Entrance, and Long Jetty for BBQ then return to Wyong. (LT)

BBQ during ride if weather permitted

Sunday 14 July Cooranbong Coffee Caper
Distance 50km Grade 5 Start 9.1 5am 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, 8.39; Tug, 8.53; Wyong, 8.56;
Arrives Morisset, 9.12.**

Saturday 21 July Norah Head for Coffee
Distance 40km Grade 5 Start 9am Wyong
Contact: Roy
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 28 July Brisbane Water Circuit
Distance: 45km 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)

AUGUST 2019

Sunday 4 August

Umina Surf club for a coffee

Distance 45 km Grade 4 Start 9am Gosford

Contact: Anne.

Bike path ride along to Woy Woy, following the water down to Umina 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 11 August Lakes beach for coffee

Distance 47km Grade 5 start 9am Wyong

Contact: Roy

Ride to Gorokan, Canton Beach then onto Lakes Beach for coffee. Return via Budgewoi, charmhaven, Gorokan then down Wahroonga Rd, Orchid Way, and Johns Rd to Pollock Ave into Wyong. (TL)

Sunday 18 August Four Lakes & a Train

Distance: 55km Grade 5 Start: 9.15am Morisset

contact . Anne

Morisset then Rutley's Road, Doyalson to Budgewoi for coffee, Wilfred Barrett Drive, The Entrance riding the Tuggerah Lake cycleway back to Wyong

Catch ; 8.39 Gosford; - 8.53 Tuggerah; - 8.56 Wyong.

Arrive 9.12 Morisset.

Sunday 25 August Explore Newcastle Cycle-ways

Distance 55 km Grade 5 Start 8.45am Broadmeadow

Contact: Paul

Meet East em side of Broadmeadow station

Explore the cycleways up Newcastle start Broadmeadow ride the Femleigh track to Belmont across to Speers Point cycleway, Glendale, cycleway to Wallsend back to Brordmeaow and Train home. (LTH)

Train Gosford-7.21: - Tuggerah-7.39: - Wyong-7.42 arrives Broadmeadow 8.40

Thursday rides

Umina for coffee

A slow relaxed social ride

9.00 am at Lions Park Gosford (Mason's Pde) or

9.20am 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	Glenn H	
Secretary	Sue H	
Treasurer	Steve	
Committee	Josephine	
	Michelle	



Central Coast Touring Cycle Club Inc.

www.cctcc.org.au

Ride Calendar

May - August 2019

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.