

## December 2023

### Sunday 3/12/2023 - Umina for Coffee

Distance 40kms Grade 4 – Easy

Start- Lions Park Gosford **8am**

Cycleway to Woy Woy then quiet back roads to Umina Surf Club for Coffee. Return similar way.

Leader – Narelle

### Sunday 10/12/2023 – Soldiers Beach

Distance 42kms , Grade 5

Start- Wyong bowling Club carpark **8am**

Ride through backstreets of Wyong to Gorokan then onto Norah Head for coffee/lunch. Return via Canton Beach back to Wyong.

Leader – Michelle

### Sunday 17/12/2023 – Palmdale circuit via Chittaway

Distance 45kms Grade 5

Start Gosford Lions Park **8am**

Ride back roads to Narara, cycleway to Lisarow then good on road bike lane to Ourimbah then turning off down Enterprise Drive and cycleway to Tuggerah then on to Palmdale then Ourimbah for lunch. Return to Gosford.

Leader – Jenny

**NOTE NO CHRISTMAS EVE RIDE**

## **Tuesday – 26/12/2023**

### **Boxing Day Bash**

Distance 30kms. Grade 3

Start Picnic Point Reserve **9am**

Cycle around Tuggerah Lake to Chittaway Point and return.

Coffee at The Entrance at the end of the ride.

Leader – Sue and Steve

**Note 9am start**

### Sunday 31/12/2023

#### **The Entrance via Tumby Umbi**

Distance 40kms Grade 5

Start Wyong Bowling Club carpark **8am**

A dizzy roundabout way as we wind our way through backroads and cycleways towards the coast for coffee. Return to Wyong along the cycleway.

Leader - Glenn

## **Thursday rides**

**Umina for coffee easy 8.00am (in summer) at Lions Park Gosford (Mason's Pde) or 8:15 (in summer) 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 8.00am (in summer) . 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.