

September 2024

Sunday 1/9/2024 The Entrance

Distance 30kms Grade 3 Easy

Start carpark adjacent to Wyong Bowling Club 9am

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

Leader _ Colin L

Sunday 8/9/2024 Lakes Beach

Distance 47kms Grade 5 Medium

Start carpark adjacent to Wyong Bowling Club 9am

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

Leader_ Michelle LT

Sunday 15/9/2024 Brisbane Water Circuit

Distance 48kms Grade 5 Medium

Start Lions Park Gosford 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.

Leader – John LT

Sunday 22/9/2024 Jilliby Loop via Lake Haven

Distance 42kms Grade 5 Medium (300m elevation) Start carpark adjacent to Wyong Bowling Club 9am.

Ride to Gorokan then out to North Lakes. After stopping for coffee we carry on to Blue Haven out to the old Pacific Hwy and on towards Jilliby. Here we hit a few kilometres of gravel road then back on to Hue Hue Rd down towards Jilliby. We then turn off Hue Hue rd onto backroads then rejoin Hue Hue Rd further down taking us back to Wyong

Leader – Michelle LTU

Sunday 29/9/24 Morisset Eraring Explorer

Start Morisset station 9am Grade 4 Medium

Bike path and backstreets to Cooranbong before entering a water canal trail and back roads to Eraring Power station. Return via same route and lunch at Cooranbong.

Leader - Greg/Michelle LTU

October 2024

Sunday 6/10/2024 Norah Head

Distance 40kms Grade 4 Medium

Start carpark adjacent to Wyong Bowling Club 9am

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

Leader – Jenny (Daylight Saving) LT

Sunday 13/10/24 to Wednesday16/10/24

Away ride Canberra. 4 days riding

Flyer with details to follow.

Please register to join by email when flyer is sent out

Sunday 20/10/24 Bella Vista to Homebush via

Prospect

Distance 56 kms Grade 6 medium

Start Bella Vista Station 9am

Almost all cycleway starting on the M8 cycleway travelling through suburbs, bush and along an old canal now cycleway enjoying delightful views of Prospect Reservoir, historical structures, open grasslands and bush as well as industrial and residential areas. While mostly undulating there are a couple of short climbs. Arriving at Olympic Park for lunch then we descend on to Olympic Boulevard for some sightseeing. Then train home.

Leader – Greg LTU

Sunday 27/10/24 Budgewoi Lake

Distance 50 kms Grade 5 Medium

Start carpark adjacent to Wyong Bowling Club 9am.

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

Leader – Andrew LT

November 2024

Sunday 3/11/2024 Warnies for Coffee

Distance 40kms Grade 4

Start carpark adjacent to Wyong Bowling Club 9am

Follow the Wyong River to the bike path then through back streets of Hamlyn Terrace, Gorokan, Mataram Ridge and on to Warnies for coffee. Return via Minnesota Road.

Leader – John TL

Sunday 10/11/2024 Hidden Valley

Distance 45kms Grade 5 Medium

Start Gosford Lions Park 9am

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

Leader – Jenny TL

Sunday 17/11/2024 All The Rivers Run

Distance 30kms Grade 3 Easy

Start carpark adjacent to Wyong Bowling Club 9am

Level ride exploring the waterways around Wyong.

Leader – Paul TL

AGM and BBQ lunch at Woodbury Park Hall

Sunday 24/11/2024 Swansea

Distance 50kms Grade 5 medium

Start Broadmeadow Station 9am

Ride the Fernleigh Track to Belmont then the new bike path to Swansea. Lunch at Bakers Den then return to Broadmeadow station via the Fernleigh track

Leader – Glenn TL

December 2024

Sunday 1/12/2024 Umina for Coffee

Distance 40kms Grade 4 easy

Start Gosford Lions Park 8am

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

Leader – Narelle L

Sunday 8/12/2024 Lakes Beach

Distance 40kms Grade 5 medium

Start carpark adjacent to Wyong Bowling Club 8am

Ride to Gorokan then onto scenic Lakes Beach via cycleway. Return via Pollock Ave

Leader – Andrew LT

Sunday 15/12/2024 Gosford Tuggerah Loop

Distance 48kms Grade 5 Medium

Start Gosford lions Park 8am

Cycle to Ourimbah via Narara then along Enterprise Drive to Tuggerah through Kangy Angy to Heatherbrae pie shop for lunch then return to Gosford

Leader – Colin LT

Sunday 22/12/24 The Entrance via Tumbi

Distance 40kms Grade 4 Medium

Start carpark adjacent to Wyong Bowling club 8am

A round about way as we wind our way through back roads and cycleways towards the coast for coffee. Return to Wyong via cycleway.

Leader – Glenn LT

Thursday 26/12/24 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- Glenn L

NOTE 9am start

Note- No official ride on Sunday 29/12/2024.

Thursday rides

Note - Rides start at 8.00am during Daylight Saving Time.

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 Toowoon Bay for coffee

Start - Car park of Sports Centre in Lake Road 9.00 am (8.00am Summer Time). We will ride Tuggerah to The Entrance cycleway then Toowoon Bay 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.