

September 2017

Sunday 3 September The Entrance for Coffee

Distance 30 km Grade 3 Start 9am Wyong

Contact: Andrew

We ride along the dedicated bike path to Tuggerah then shared paths to Long Jetty and on to The Entrance for coffee before returning same way. (L)

Sunday 10 September Norah Head for Coffee

Distance 40km Grade 4 Start 9am Wyong

Contact: Danny

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 17 September Wyong to Wyee

Distance 50km Grade 6 Start 9am Wyong

Contact: Michelle

Ride to Gorokan then Norville, Lake Munmorah to Highway. Coffee at Lake Munmorah shops then on to Wyee rd, Hue Hue rd and a short stint down Wyee Farms rd. Return to Wyee Station for train home or for the fit ride the full circuit (TH).

Trains from Wyee 13.22 then on the HR.

Sunday 24 September Struggle to Patonga

Distance 55 grade 7 start 9am Gosford

Contact: Andrew

We follow scenic cycleways and quiet roads through Woy Woy and Umina before a long gentle climb up Mt Ettalong. Then steep descent into Patonga for coffee before returning home (yes, up that descent!) via back streets of Umina. (TS)

NO TRAINS

October 2017

Sunday 1 October Tuggerah Lakes Circuit

Distance 53km Grade 5 Start 9am Wyong

Contact: Danny

From Wyong we ride to Chittaway, then anticlockwise around the lake via cycleway to The Entrance for coffee, then up Wilfred Barrett Drive to Canton Beach, Toukley, Gorokan **and return to Wyong.** (LT)

Sunday 8 October Brisbane Water – Circuit

Distance: 48km Grade: 5 Start: 9am Gosford

Contact: Glenn

We head for Woy Woy by dedicated cycleway, then Empire Bay and Davistown for coffee, followed by wide on-road bike lanes to Green Point, East Gosford and home. (OTPW)

Sunday 15 October Lakes Beach via Budgewoi

Distance: 56km Grade 5 Start 9am Wyong contact Roy

Ride through back streets of Wyong to Gorokan then around to Blue Haven and bike paths to Budgewoi onto Lakes Beach for lunch, return via Canton Beach back to Wyong. (TL)

External Event Spring Cycle (ride the bridge)

Saturday 21 Sunday 22 Away Ride (come to Kiama)

Distance: 100km Grade 7/6 Start: 10am Sutherland contact . Paul 0404559064

A delightful ride to Kiama over two days through the National Park with a view of the south coast, exploring the beauty of the south coast cyclways, beaches and parklands.(TLS)

For Details see the flyer

Sunday 29 October Summerland Toddle

Distance 63km Grade 6 Start 9am Wyong

Contact: John

Ride to Toukley, Budgewoi, Munmorah to Summerland Point for lunch & return. (TH)

NO TRAINS

November 2017

Sunday 5 November Hidden Valley

Distance: 50km Grade: 5 Start 9am Wyong

Contact: Roy

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. Short dirt road (good surface). Optional MTB stint beyond Hidden Valley. Return the same way. Bring food (no shop). (LT)

External event City to Gong

Saturday 12 November Pearl Beach Pedal

Distance 45km Grade 5 Start 9am Gosford

Contact: Anne

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

Subday 19 November All The Rivers Run

Distance 40km Grade 4 Start 9am Wyong

Contact: Ian

Picturesque ride exploring the rivers around Wyong. Lovely level ride with

AGM and BBQ lunch at Chittaway Hall.

Sunday 26 November Yarramalong for Coffee

Distance: 40km Grade: 4 Start: 9am Wyong

Contact: Michelle

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

December 2017

Sunday 3 December **Cooks Tour to Cronulla**
Distance 40km Grade 5 Start 9am Strathfield
Contact Sue & Steve

Train or drive to Strathfield. Meet at bus stop on south side of Strathfield Station. Ride dedicated cycleway to Botany Bay then cycleway and back roads to Cronulla for swim/lunch. Train return.

(T)
Trains wyong 7.34, tuggerah 7.37, gosford 7.51, arrives 8.57.

Saturday 9 December **CCTCC Christmas Party**
Long Jetty at the end of Archbold rd and toilets by the BBQ's Same as last year. Be there 11.30 start BBQ starts 12.

Sunday 10 December **Ocean beach for a swim**
Distance 40 km Grade 4 Start 9am Gosford Contact: Anne

Delightful bike path ride along the waterfront to Woy Woy, followed by back streets following the water down to Ocean Beach for coffee at the surf club beside the beach. Then home through the quiet streets of Umina before picking up the bike path at Woy Woy for the return to Gosford. (L)

Sunday 17 December **The Entrance for Brekky**
Distance: 45 km Grade 4 **Start 7am Picnic Pt.** Contact: Glenn

Meet at Picnic Point car park for a medium pace ride around Tuggerah Lake, finishing with breakfast at The Entrance. (LT) **Not early start time**

Sunday 24 December **Entrance for coffee**
Distance 35km Grade 3 Start **8am** Wyong
Contact ??????

Short ride before Christmas to Tuggerah then The Entrance for coffee & return. (L)

Sunday 31 December **No ride New Years Eve**

Thursday rides Woy Woy or Umina for coffee

A slow relaxed social ride
9:00 am at Lions Park Gosford (Mason's Pde) or
9:20 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	Simon	
Secretary	Sue H	
Treasurer	Steve	
Committee	Glenn	
	Josephine	



Central Coast Touring Cycle Club Inc.

www.cctcc.org.au

Ride Calendar

Sept - Dec 2017

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.**