

September 2019

Sunday 1 Sep Umina Surf club for a coffee

Distance 45 km Grade 4 Start 9am Gosford
Contact: Paul.

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)

Fathers Day

Sunday 8 Sep Soldies Beach - Norah Head for Coffee

Distance 40km Grade 5 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 15 Sep Budgewoi Lake Return Minnesota Rd

Distance 57 grade 6 start 9am Wyong
Contact: Andrew

Ride to Gorokan Budgewoi, Charmhaven, Highway to Woongorrah Bike Paths, Minnesota Rd, Pollack Ave to Wyong. (TSH)

Sunday 22 Sep 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. Mostly level riding. (ST)

Watch out for the Magpies

Sunday 29 Sep Pearl Beach peddle

Distance 45km Grade 5 start 9am Gosford
Contact: Roy

Scenic ride on cycleways and flat, quiet roads through Woy Woy and Umina with a gentle climb over Mt Ettalong (or walk around the lower track cliff face) to Pearl Beach fFor coffee then home via quite back streets of Umina. (TL)

October 2019

Sunday 6 Oct Venture to the Entrance

Distance 45km Grade 5 start 9am Wyong
Contact: Paul

Scenic ride on cycleways and back roads as we work our way towards the Entrance. Around Palm Valley Rd, Hansens Rd, Tumbi Rd, Bateau Bay as we ride our way around to the Entrance. Return via cycleway. (TH)

Long Weekend

Sunday 13 Oct. Tuggerah Lakes Circuit

Distance 58km Grade 5 Start 9am Wyong
Contact: Glenn

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 back to Wyong. (LT)

Spring Cycle Event

Saturday 20 Oct. The Entrance for Brekky

Distance: 45 km Grade 5 Start 7am Picnic Pt.
Contact: Annie

Meet at Picnic Point car park for a medium pace ride around Tuggerah Lake, finishing with breakfast at The Entrance. (LT)

Early Start time

Sunday 27 Oct 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. A couple of steep pinches (OTPW)

No Trains

November 2019

Sunday 3 November Kicking on to Kurnell

Distance 60 km Grade 5 start 9am strathfield
Contact Sue

The Cooks River route with extension to Kurnell & ocean outlook: Meet at Strathfield Station south side . Ride Cooks River to Kurnell via Brighton Le Sands. Train return from Cronulla. (TL)

Train Wyong 7.05. Tuggerah 7.08. Gosford 7.27. Strathfield 8.46

Sunday 10 Nov. All The Rivers Run

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

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

AGM and BBQ lunch at Hall. City to the Gong Cycle Event

Sunday 17 Nov Sights of Sydney

Distance 30 k Grade 4 Start Central Country side at the turnstiles Contact Paul .

Ride from Central to The Circular Quay then along the foreshores of Sydney and darling harbour to Balmain east then ferry to Milsons Point Ride over the Harbour Bridge and Cahill express way to Macquarie's rd of the botanic gardens then on to Burk st on to central station and train home. (T.L)

Sunday 22-23-24 maybe 25 Nov

Weekend Away ride

Macksville 3-4 days ???

December 2019

Sunday 1 December Light Horse Loop
Distance 50km Grade 5 Start Bella Vista Metro Station
Time 9am. Contact Steve
Train to Epping, change at Epping & take Metro to Bella Vista.
Meet at Stage Door cafe (it will be closed) at Bella Vista station.
Cycle 3kms from station to McKells Cafe, Norwest Shopping
Centre for pre-ride coffee. Ride M7 cycle track to Parklands track
and on to Light Horse Interchange. Return to Rooty Hill for coffee
& food at 25kms. Then back to Bella Vista for journey home.

Saturday 9 December CCTC

Christmas Party Long Jetty

Sunday 8 December Lakes Beach via Budgewoi
Distance: 56km Grade 5 Start 9am Wyong
contact Danny

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)

Sunday 15 December Hidden Valley Via Palmdale

Distance: 50km Grade: 5 Start: 9am Wyong
Contact: Michelle
ride to Tuggerah, Foots rd, up Ourimbah Creek to Hidden
Valley, . Return to Ourimbah Nursery for lunch then Empire bay
drive return to Wyong (LT)

Sunday 22 December Pearl Beach for a swim

Distance 45km Grade 5 Start 9am Gosford
Contact: Roy
cycleways to Woy Woy and Umina with a gentle climb over Mt
Etalong to Pearl Beach for swim & coffee then home via back
streets of Umina. (TL)

Sunday 29 December Umina Surf club for a sSwim

Distance 40 km Grade 4 Start 9am Gosford
Contact: : ????
Woy Woy, to Umina Beach for swim . Return to bike path at Woy
Woy for the return to Gosford. (TL).

Thursday rides

Umina for coffee

A slow relaxed social ride

**9:00 am at Lions Park Gosford (Mason's
Pde) or
9:15 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 H	
Committee	Michelle Josephine	



Central Coast Touring Cycle Club Inc.

www.cctcc.org.au

Ride Calendar

September-December 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.**