

September 2020

Sunday 6 Sept Ettalong Markets

Distance 40km Grade 4 Start 9am Gosford

Leader: **Anne**

Ride cycleways to Woy Woy then Ettalong Markets for coffee and some shopping check out what the markets have to offer then return to Gosford. (LT)

Fathers Day

Sunday 13 Sept Budgewoi Lake

Distance: 50km Grade: 4 Start: 9am Wyong

Leader: **Paul**

Ride through back streets of Wyong to Gorokan then clock wise around Budgewoi Lake via Budgewoi Lakes beach coffee then home via canton beach, bike paths and back streets home to Wyong. (LT)

Sunday 20th Sept Palmdale Circuit

Distance: 50km Grade: 5 Start: 9am Gosford

Leader: **Paul**

Ride to Ourimbah, Chittaway, Tuggerah back to Ourimbah via Palmdale for coffee at Nursery. Then back to Gosford via West Gosford. (TL).

Sunday 27 Sept Tuggerah Lakes Circuit

Distance 58km Grade 5 Start 9am Wyong

Leader: **Andrew**

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)

October 2020

Sunday 4 Oct Umina Surf club for a coffee

Distance 45 km Grade 4 Start 9am Gosford

Leader: **Roy**

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)

NO TRAINS

Sunday 11 Oct. Hidden Valley

Distance: 50 km Grade: 5 Start: 9am Gosford

Leader: **Michelle**

Quiet back roads to narara then Ourimbah then a peaceful ride through magical farmlands up Ourimbah Creek rd to Hidden Valley nestled in the foothills of the mountains. Return via Palmdale & foots Rd for Coffee at Ourimbah Nursery return Gosford (LT)

Sunday 18 October Crackneck Cooee

Distance: 50km Grade 6 Start 9am Wyong

Leader: **Steve and Sue**

Cycle round Tuggerah Lake (southern shore) to The Entrance, then a steep climb to Crackneck Lookout for fabulous coastal views, after coffee return via scenic back roads to Wyong. (TS).

Sunday 25 Oct Budgewoi/Munmorah Lakes Circuit

Distance 55 km Grade 5 Start 9am Wyong

Leader: **Paul**

Scenic ride around two "top lakes" via Gorokan, Blue Haven, Budgewoi, Elizabeth Bay, Doyalson Nth for lunch, return by Doyalson, Minnesota Rd & Pollock Ave and home. (TLS)

November 2020

Sunday 1 November Yarramalong for Coffee

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

Contact: **Paul**

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

Sunday 8 Nov Back Roads to Bateau

Distance: 54 km Grade 5 Start 9am Wyong

Leader: **Steve and Sue**

Cycle to The Entrance along the south side of Tuggerah Lake, visit Magenta Shores, cycle on to coffee/lunch at Bateau Bay (park at corner of Parkside Avenue and Reserve Drive).

Then back roads through Bateau Bay to Wyong. (TL)

Sunday 15 Nov. Pearl Beach Pedal

Distance 45km Grade 5 Start 9am Gosford

Leader: **Roy**

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 coffee or swim then home via back streets of Umina. (TL)

Sunday 22 Nov Norah Head for Coffee

Distance 40km Grade 4 Start 9am Wyong

Leader: **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 29 Nov Power On too Impact

Distance 42km Grade 4 Start 9am Gosford

Leader: **Paul**

Bike path ride along to Woy Woy, over the Rip Bridge to Empire Bay for coffee under the trees then back to Woy Woy and cycleway home.(T.L.S.)

December 20

Sunday 6 December Lakes beach for coffee

Distance 47km Grade 5 start 9am Wyong

Leader: **Danny**

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 13 December The Entrance for Brekky

Distance: 45 km Grade 4 **Start 7am Picnic Pt.**

Leader: **Andrew**

Meet at Picnic Point car park for a medium pace ride

anti clockwise around Tuggerah Lake, finishing with breakfast at The Entrance. (LT)

Note early start time

Sunday 20 December Umina for a Swimm

Distance 45 km Grade 4 Start 9am Gosford

Leader: **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 27 December Norah Head for Coffee

Distance 40km Grade 4 Start 9am Wyong

Leader: **No offers Suppose its me agian**

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)

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 Car park on opposite side of 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 slight hills	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 2020

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.