

## September 2021

## October 2021

## November 2021

### Saturday 17 Oct. Tuggerah Lakes Circuit

Distance 58km      Grade 5      Start 9am Wyong

Leader: **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)

### Sunday 24 Oct Hidden Valley

Distance: 55km      Grade: 5      Start 9.am Gosford

Contact: **Glenn**

Ride 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 31 Oct Norah Head for Coffee

Distance 40km      Grade 5      Start 9am Wyong

Contact: **Michelle or Paul**

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 7 Nov

### All The Rivers Run

Distance 40km

Grade 4      Start 9am Wyong

Contact: **Danny**

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

### Sunday 14 Nov.

### Double Cycle way

Distance: 56km      Grade: 6      Start: 9am Wyong

Contact: **Andrew**

Tuggerah, cycleway to The Entrance. Then WBD to Lakes Beach for coffee and cycleway around IBudgewoi ake to Blue Haven before taking highway and back streets to Minnesota Rd and Wyong (LT)

### Sunday 21 Nov

### Soldiers Beach via Budgewoi

Distance: 54km

Grade 5

Start 9am      Wyong

contact . **Andrew**

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

### Sunday 28 Nov

### Short ride before the AGM

**AGM and BBQ lunch at Hall.**

**Sunday 5 December** Umina Beach for a Swim  
 Distance 45 km Grade 4 Start 9am Gosford  
 Contact: Roy

Bike path ride along to Woy Woy, following the water down to Umina Beach for coffee and swim 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)

**Saturday 11 December CCTC**  
**Christmas Party Long Jetty**

**Sunday 12 December** Lakes beach for coffee  
 Distance 47km Grade 5 start 9am Wyong  
 Contact: Michelle or Paul

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 19 December** The Entrance for Brekky  
 Distance: 45 km Grade 4 Start 7am Picnic Pt.

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

**Note early start time**

**Sunday 26 December** Boxing Day Bash

Distance 30km. Grade 5 9am Wyong  
 Contact Sue/Steve

Christmas spirit ride for coffee at the Entrance around the southern end of Tuggerah Lake. (T.L.)

**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 2021**

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.