

September 2022

Watch out the Magpie swooping season starts

Sunday 4 Sep Light Horse Loop

Distance 50km Grade 5 Start Bella Vista Station 9am.

Contact **Steve & Sue**

Train to Epping, change at Epping & take Metro to Bella Vista. Meet at Stage Door cafe at Bella Vista station. Ride 3kms from station to McKells Cafe, 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.

Train Wyong 7.05; Tuggerah 7.07; Gosford 7.27; Woywoy 7.38;
Arive Epping 8.31; change for Metro 13min to Bella Vista.

Fathers Day

Sunday 11 Sep Soldies Beach - Norah Head for Coffee

Distance 42km Grade 5 Start 9am Wyong

Contact: **Michelle**

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 18 Sep Hidden Valley

Distance: 50km Grade: 5 Start 9am Gosford

Contact: **Glenn**

back roads to narara then Ourimbah then ride through farmlands up Ourimbah Creek to Hidden Valley nestled in the foothills. Return for Coffee at Ourimbah Nursery return same rout.(LT)

Sunday 25 Sep Tuggerah Lakes Circuit

Distance 48km Grade 5 Start 9am Wyong

Contact: **Michelle**

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.

October 2022

Sunday 2 Oct Umina Surf club for a coffee

Distance 45 km Grade 4 Start 9am Gosford

Contact: **Jenny**

Bike path ride to Woy Woy, following the water down to Umina Beach for coffee at the surf club. Then home through the quiet streets of Umina picking up the bike path at Woy Woy return to Gosford. (TL)

Long Weekend

Sunday 9 Oct Bound for Botany Bay

Distance 48 Grade 5 Start 9am Strathfield Station

Contact **Sue & Steve**

Meet eastern side at Strathfield plaza time for coffe before we leave. Ride Cooks River cycleway to Brighton Le Sands for Coffee/lunch and return same way (T.L)

Train Wyong 7.05; Tuggerah 7.07; Gosford 7.27; Woywoy 7.38;
Arive Strathfield 8.46am.

Saturday 16 Oct. Lakes Beach via Budgewoi

Distance: 50km 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)

Sunday 23 Oct Hidden Valley Via Palmdale

Distance: 45km Grade: 5 Start: 9am Wyong

Contact: **Roy**

ride to Tuggerah, Foots rd, up Ourimbah Creek to Hidden Valley, . Return to Ourimbah Nursery for coffee/ lunch then Enterprise drive return to Wyong (LT)

Sunday 30 Oct Budgewoi Lake Return Minnesota Rd

Distance 47 grade 6 start 9am Wyong

Contact. **Danny**

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

November 2022

Sunday 6 November All The Rivers Run

Distance 30km Grade 4 Start 9am Wyong

Contact: **Danny**

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

AGM and BBQ lunch at Hall.

Sunday 13 Nov. the Entrance for coffee

Distance 45km Grade 5 start 9am Wyong

Contact: **Narelle**

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)

Sunday 20 Nov Brisbane Water – Circuit

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

Contact: **Andrew**

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 (T.L.H.)

Sunday 27 Nov The Entrance for Brekky

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

Contact: **Andrew**

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

Note Early start

December 2022

Sunday 4 December Umina Surf club for a s Swim
Distance 40 km Grade 4 Start 9am Gosford
Contact: **Glenn**
Woy Woy, to Umina Beach for swim . Return to bike path at Woy Woy for the return to Gosford. (TL).

Saturday 10 December CCTC

Christmas Party Long Jetty

Sunday 11 December Palmdale Circuit
Distance: 50km Grade: 5 Start: 9am Gosford
Leader: **Andrew**
Ride to Ourimbah, or meet at shell servo for shorter ride then ride to Chittaway, Tuggerah back to Orimbah via Palmdale for coffee at Nursary. Then back to Gosford . (TL).

Inform leader if meeting up at shell servo.

Sunday 18 December Soldiers Beach
Distance: 54km Grade 5 Start 9am Wyong
contact **NO LEADER** .

Ride through back streets of Wyong to Gorokan then onto Norah Head for coffee/lunch, return via Canton Beach back to Wyong. (TL)

Dont have a leader for this day

Sunday 24 December
NO RIDE Due to Christmas Hollidays & not enough Leaders

Sunday 31 December
NO RIDE Due to Christmas Hollidays & not enough leaders

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 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	Narelle	
	Josephine	



Central Coast Touring Cycle Club Inc.

www.cctcc.org.au

Ride Calendar

September-December 2022

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.**