

What to bring.

Well, not too much, obviously. You'll wear your riding gear, so the extra is casual cloths & sleepwear.

and something warm. The motel supplies bedding, towels, soap etc. and we're only going for two nights and we're buying meals. The following list gives a guidance: -

Wear as you ride.

Helmet

Cycling gloves

Cycling jersey (wear for two days -- rinse at night if you like)

Cycling knicks

Water bottles

Snacks for three days

For rain (it won't it?)

Rain jacket

After hours revelry

Something casual to change into after the ride.

Light crushable top

Light nightwear

Medications

Money

and finally

Toothbrush and toothpaste

Couple of bandaids

Toilet paper (in case you need a tree)

Camera (but watch the weight)

Breakfast if you don't want to buy, but available locally.

What to carry it in?

The easiest is a pannier on a pannier rack but not everyone has this. Failing that, a small backpack should carry everything. Weight is unlikely to exceed 2kg plus your backpack.

South Coast Randonée!

Thirrourl, Lake Illawarra to Kiama

18-19-20 August 2023

**What is a Randonnée ? (Pronounced *r on-don -' a y*)**

A Randonnée is a French word meaning a drive, a ride, a ramble, or a tour. Randoneering is a major European cycling activity, with dedicated maps detailing hundreds of long distance randonnées.

One of the most famous is the *Raid Pyrénéen* which traverses the length of the Pyrenees, 710 km with up to 28 passes, climbing from sea level to almost 2000 metres.

The hotel in Castelnaudary is dedicated to cyclists riding the coast-to-coast *Canal du Midi* in southern France.

Friday Morning

Train times to Thirroul.

Wyong – 7.49, Tug – 7.52, Gosf -8.07, WWoy8.15, Arrives Cent -9.30am.

Meeting up at the coffee shop Countryside Central station opposite the turnstiles.

Central Platform 25 – 10.10 Arrives Thirroul – 11.25

You can get an earlier train if you like and meet us at Central.

Day 1 Friday - 40 km Ride to Windang Caravan Park

We'll jump on the train to Central station with time for a quick coffee then change to the Illawarra line platform 25 for the train to Thirroul Railway Station 11.30am, Thirroul we enjoy a coffee and nice lunch at the surf club overlooking the local surf. This is where we join the south coast bicycle path that follows the coast, leading us along beaches and parklands into Wollongong, then we keep riding following the cycleway past Port Kembla steel works all the way to Illawarra where we camp for two nights at Windang tourist Park. There is a small AIG & takeaway shop or walk to the local club for a cheap meal.

Day 2 - 50km Saturday Ride Around Lake Illawarra

On Sunday we start at 9 am and head north to ride anti clockwise around the Lake. Joining the cycleway around the Lake we follow bike paths along the waterfront to Kooka Point where there is an observation tower for those that would like to check it out. Then we ride under the motor way to join the separated cycleway along the old Princes Hwy to Dapto for coffee and food. After we have some carbs in our belly we head back to the water's edge for our final leg. Leaving the water's edge, we join the hwy with a wide shoulder for 2km till we cross over the river then back on cycleways and back roads till the final section of cycleway and over the Illawarra Bridge back to camp.

Day 3 – 30km Sunday Ride to Kiama

Leave between 8-9am (camp office opens 8am) we cross the bridge to Lake Illawarra and join the bike path and back streets that follows the coast to Shellharbour where we stop for coffee and a snack, Sunday is not a hard day as we ride through parklands and water front as we follow the coast down south. After lunch we head on some back roads and then continue along the south coast

cycleway and quite back roads on to Kiama finishing at the Blow Hole where we can have lunch before we head back home by train.

How hard is the Ride?

Day1: will be **Grade 4**

Once we leave Thirroul its mostly flat riding along the beaches and park lands till, we reach Wollongong for some a snack and take in the views. From here we ride to Port Kembla then back on the coast where we pick up some back roads to Windang for 2 nights

Day 2: Is **Grade 5**

Mostly level bike path and quite back roads a few slight inclines. Most of the way it follows the water's edge and park lands. Lunch at Dapto then head back down to the water edge. There is a short 2km section on the Pacific Hwy with a good shoulder until we cross the river. Following the cycle rout on cycleways and back roads back to Illawarra Bridge to camp. This is a peaceful relaxing ride with nice scenery as much as anything else, so the pace will be easy with plenty of time for relaxation, sight-seeing, and punctures.

Day 3: is **Grade 4**

Today is a short ride to Kiama Again mostly level with a few inclines as we come towards Kiama. This follows mostly the coast through park lands where we can stop and take in the beautiful views off the coast and beaches. After lunch we ride through a new estate cycleway then head our way down towards Kiama Blow hole then lunch for those that aren't in a hurry to head home.

Train times back to Central

Kiama – 11.55 then every hour.

Don't forget your Opal card and maybe a bike lock.

**We will be having regular regrouping and when on busy roads stay single file.
Bring water and some snacks to nibble on during the ride.**

Accommodation! Book your own: Double up if possible!

Windang Tourist Park: ----- 02 42973166.

Lake side Inn: ----- 02 42032609. About 2km nth