

## MAY 2026

### Sunday 3 May. Umina Beach for a coffee

Distance 48 km Grade 4 Start 9am Gosford  
Contact: **Paul**  
Bike path ride to Woy Woy, following the water down to Umina Beach for coffee at the surf club. Then home through the quiet back streets of back to Woy Woy for the return to Gosford. (TL)

### Sunday 10 May Explore Morisset Peninsula.

Distance 45km Grade 5 start 9am Morisset Stn  
Contact: **Jennifer**

Start Morisset Station and explore the Morisset Peninsula Park lands and views of Lake Macquarie. Mainly cycleways, quiet roads. Coffee & Lunch at Bonnels Bay shops. (T.L.S,U.)

**Trains: W/W,8.33, Gos; 8.40, Tug: 8.54: Wyon: 8.57, Morisset 9.12.**

### Sunday 17 May. Hidden Valley

Distance: 50km Grade: 5 Start 9am Wyong  
Contact: **Jenny**

Quiet back roads to Tuggerah and Ourimbah, then a peaceful ride through magical farmlands up to Hidden Valley. Return via Footh Rd Lunch at Ourimbah Pie shop Return via Enterprise Dr, to Chittaway, to Wyong (LT) **No Trains**

### Sunday 24 May.

#### **Brisbane Water Circuit.**

Distance: 48m Grade: 5 Start: 9am Gosford  
Contact: **ANY VOLUNTEERS OR SWAP WITH PAUL (UMINA BEACH)**

Head for Woy Woy via dedicated cycleway, then Empire Bay, and bike paths to Kincumber and Davistown for coffee. Then down the bike lane on Avoca Road and return via bikepath and to Gosford (TLH)

### Sunday 31 May. Sydney Ride TBA Contact Sue & Steve

## JUNE 2026

### Sunday 7 June. Sights of Sydney

Distance 42km. Grade 5. **Start 9am** Central  
Contact **Paul** .

Meet at Central food Market country terminal. Ride from Central to Centennial Park for coffee then onto Hyde Park, art Museum. Opera House, Circular Quay, Cahill express way lookout then along the foreshores of Sydney, darling harbour to Balmain east then ferry to Luna Park, Milsons Point. Ride over the Harbour Bridge and on to central station and train home. (T.L.H)

**Train. Wyon 7.09, Tugg 7.12, Gos 7.30, WW 7.41, Cent 9.00. for a coffee.**  
**Earlier train arrives 8.30.**

### Sunday 14 June. Budgewoi Lake

Distance 47 Grade 5 start 9am Wyong  
Contact. **Colin F**

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

## **WEEKEND AWAY RIDE** **Sun21- Mon22- Tue23 June** **Wollongong, Lake illawarra,** **Kiama.**

### **Info to follow**

### Sunday 28 June. Tuggerah Lakes Circuit

Distance 48km Grade 5 Start 8am Wyong  
Contact: **David**

See the beauty of Tuggerah Lake From Wyong we ride clockwise, pick up the new cycleway to Toukley around the lake via cycleway down to the Entrance, for Coffee & lunch then Long Jetty and return to Wyong. (LTS)

## JULY 2026

### Sunday 5 July. The Greenway

Distance 40 km Grade 5 Start 9.15am Milsons Pnt  
Contact **Paul**

Start Milsons Pnt Station ride over the bridge around Darling Hbr water front to Iron Cove down the Greenway to Cooks river Cycleway then onto Strathfield. Train Home. (T.L.)

**Trains: Wy 7.09, Tugg 7.12, Gos 7.30, WW 7.41, Horns 8.19, change Horns 8.26, Mils Pt 9.06.**

### Sunday 12 July. No Swans at Swansea.

Distance 55km. Grade 6. Start 9.00 Broadmeadow  
Contact **Colin F**

From Broadmeadow we Ride the Fernliegh Track to Swansea, short loop around waters edge to Lunch stop then return same route back to Broadmeadow station. H.L.T.

**Trains: W/W,7.03, Gos; 7.14, Tug: 7.33: Wyon: 7.36, B/Meadow: 8.41.**

### Sunday 19 July. Norah Head for Coffee

Distance 40km Grade 5 Start 9am Wyong  
Contact: **David**

Ride along the water to Gorokan then on to Toukley, Canton Beach (bike path), and Norah Head for coffee. Then return to Wyong. (LT)

### Sunday 26 July. Jilliby Loop via Lake Haven

Distance 42km Grade 5 Start 9am Wyong  
Contact **Michelle**

Ride to Gorokan then out to Northlakes. stopping for coffee we carry on to Bluehaven out to the Old Pacific Hwy and on towards Jilliby. After a few kms of gravel we hit Hue Hue Rd then some back roads and back onto Hue Hue Rd, back to Wyong. (TUS).

**AUGUST 2026**

**Sunday 2 August Tuggerah to Norah Head**

Distance 48 km Grade 5 Start 9am Tuggerah

Contact: **Andrew**

Ride Tuggerah back streets to Chittaway, cycle-way to The Entrance cycle-way to Norah Head for Coffee/Lunch. Return by WBD, Entrance, Chittaway cyclway, back to Tuggerah via Reliance Ave.(L.U)

**Sunday 9 August. Newcastle Cycle-ways**

Dist 55km Grade 5 Start 9am Broadmeadow

Contact: **John H**

Meet Eastern side of Broadmeadow station ride the Fernleigh track to Belmont across to Speers Point cycleway, Glendale, cycleway to Wallsend cycleway back to Brordmeaow. (LTH)

**Trains: W/W,7.03, Gos; 7.14, Tug: 7.33: Wyon: 7.36, B/Meadow: 8.41.**

**Sunday 16 August. Lakes Beach for Coffee**

Distance: 42km Grade 5 Start 9am Wyong

contact **Andrew**

Ride through back streets of Wyong cycle way and back roads to Gorokan then pick up Peel Street around to Lakes Beach for Coffee/lunch, return via Canton Beach back to Wyong. (TL)

**Sunday 23 August. Toowoona Bay for Coffee**

Distance 35 km Grade 4 Start 9am Wyong

Contact: **Narelle**

Ride along the bike paths to Tuggerah, Chittaway, Long Jetty, The Entrance then onto Toowoona Bay for coffee before returning to Wyong. (L) **No Trains**

**Sunday 30 August.. Tuggerah 2 Lakes Circuit**

Distance 58km Grade 7 Start 9am Wyong

Contact: **John H**

From Wyong we ride to Gorokan, North Lakes, Cycle way to Budgewoi, Coffee at Lakes Beach, WBD to the Entrance then Long Jetty, Chittaway return to Wyong (TL)

**Thursday rides Umina for coffee**

**Summer time Start 8am December to 4 April 06. Winter time Start 9am 5 April to end November**

**Thursday rides only.**

**Starts Lions Park Gosford (Mason's Pde) or 10min later @ Cycleway at Adcock Park.**

**THE First and LAST THURSDAY Every Month**

**Entrance for coffee**

**Start same times as above At**

**Tuggerah sports fields car park we will ride to Magenta and or Toowoona Bay for coffee and return.**

T: Some traffic	U: Includes unsealed roads
L: Generally level ride	S,U:: Slight hills / Undulates
S.H: Steep hills 4 % plus	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 Jenny C. 0414346356  
Vice-President Glenn H  
Secretary Sue H  
Treasurer Steve  
Committee Josephine & Narelle



**Central Coast Touring Cycle Club Inc.**

**www.cctcc.org.au**

**Ride Calendar**

**May - August 2026**

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 on Thursday and Sundays the Thursdays ride is suitable for less experienced riders. Sundays ride are longer suited for the more experienced rider,

**Membership currently costs \$25**

**Visitors and guests are asked to contact the President before joining a ride.**

**All riders must be over 18 years of age**

**Gosford Start: Lion's Park, Gosford waterfront, near Gosford Sailing Club.**

**Wyong Start: Wyong Bowling club Car Park, Panonia Rd near Wyong River bridge.**