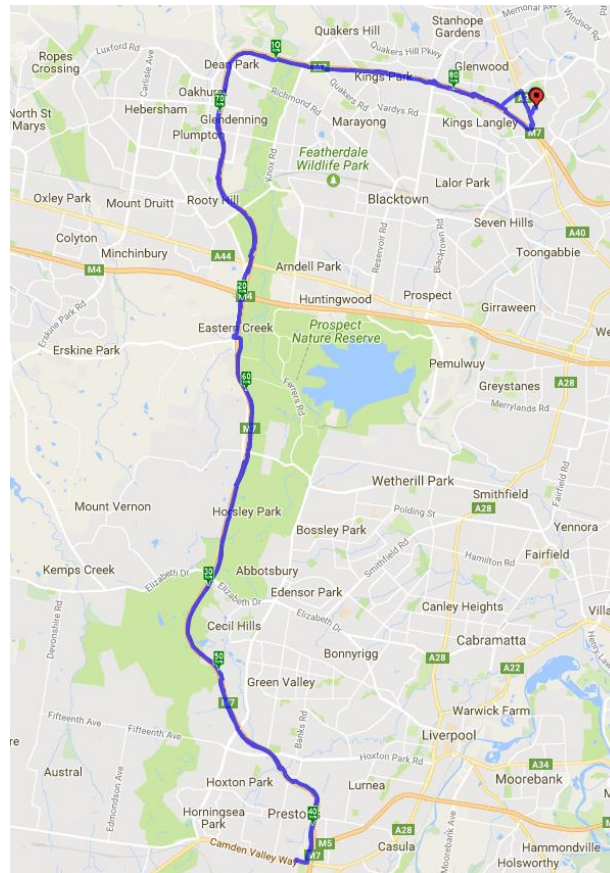


M7 Cycle Path (Bella Vista to Prestons Return)



Ride Distance:	80 kms	Altitude Gain:	900 m
Grade¹:	Medium-Hard	Average Pace¹:	24 – 26 kph
Ride Surface:	Shared Path	Est. Duration:	5 hrs
Ideal for:	Road / Hybrid Bikes	Child Suitable^{1&2}:	n/a
RidesAssist:	No		

Ride Summary:

A fast-ish paced ride along the M7 cycleway / shared path from Bella Vista to Prestons and back.

¹ Refer to the Rides Grading page at www.ccbug.org.au for more information.

² Refer to the Ride Requirements page at www.ccbug.org.au for more information.

For more information on this ride including when it is next scheduled, please refer to the CCBUG Rides Calendar at www.ccbug.org.au or checkout our events on Facebook www.facebook.com/CentralCoastBicycleUserGroup

Ride Details

Starting at the corner of Elizabeth MacArthur Drive & Norbrik Drive, Bella Vista, we are straight on to the cycleway. No traffic lights & no traffic apart from some other cyclists and the occasional pedestrian, but you still need to take care as the main path twists and turns around various parts of the M7.

We stop for a quick water refill just south of the M4 overpass section. Then it is past the (sometimes smelly) chook farm and head for Prestons. Coffee at the half-way mark at Prestons – it is only McCafe but it is the best we can do without straying far from the cycleway.

Cancelled if raining.

Opt in points

Anywhere along the cycleway, (please advise ride leader before)

Opt out points

There is a train station at Rooty Hill, which is about 15kms into the ride (or about 60kms if on the way back). It's right beside cycle path, but that will only get you to Seven Hills which is still about 3-4kms from Bella Vista (on a windy route – make sure you have your GPS map ready).

Water & Toilet Locations

Starting point
M4 overpass section
McDonalds Prestons

Map Reference:

Map details at: <http://www.mapmyride.com/routes/view/622964726>



Ride Leaders Personal Notes: