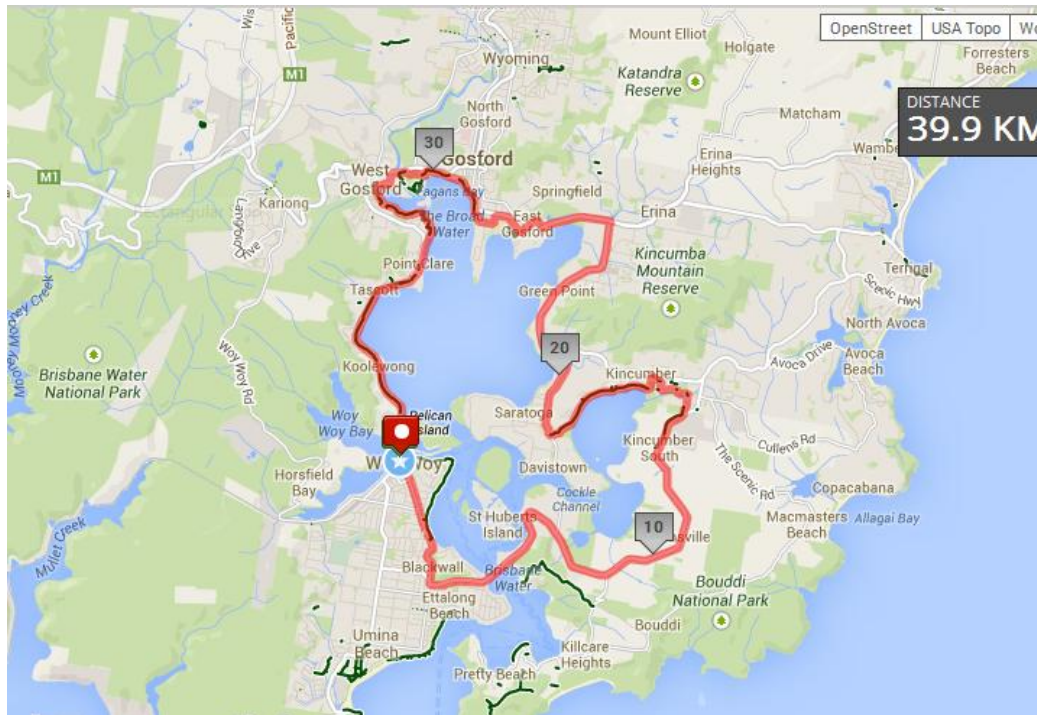


Loop de Brisbane Waters Ride



Ride Distance:	40 kms	Altitude Gain:	370 m
Grade¹:	Medium	Average Pace¹:	21-23 kph
Ride Surface:	Road & Path	Est. Duration²:	2.5 hrs
Ideal for:	Road / Hybrid bicycles	Child Suitable¹:	15+

Ride Summary:

A cruising paced ride around Brisbane Waters, starting and ending at Woy Woy station. This ride is perfect for those stepping up from easier rides, like the CCBUG Woy Woy to Gosford Boomerang ride or other easy and easy-medium graded rides.

Mostly on road shoulders and shared paths, with some normal traffic roads, so you need to be comfortable cycling on the road with some passing traffic. Ride pace will be slower on the shared path sections, picking up on the road sections. A few very short hills.

Coffee at Woy Woy upon completion, or somewhere else if a better option is suggested. Opt-out possible at Gosford waterfront (about 1km to Gosford station) for a shorter ride.

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

¹ Refer to Rides Grading and Ride Requirements at www.ccbug.org.au for more information.

² Estimated duration includes regroupings and may include the coffee stop if it is planned for mid ride.

Ride Details – Loop de Brisbane Waters

Opt in points

None.

Opt out points

There are no train stations on the route until we get to Gosford (about 1km from the route) which is after having completed about 30kms.

You can turn around at any point and retrace the route, but please let the ride leader know BEFORE you leave the ride!

Water & Toilet Locations

Woy Woy train station near bus interchange beside the lift (if open)

Public toilets in Kitchener Park Ettalong (about 50m off route on Maitland Bay Drv)

Public toilets in Albany St Point Frederick (about 300m off route along Albany St)

Public toilets in Kibble Park Gosford (about 500m off route along Mann St)

Public toilets in Koolewong Foreshore Reserve

Watering station on shared path in Lions Park near Gosford Pool

Watering station on shared path near Gosford Pool carpark

Watering station on shared path at Koolewong Foreshore Reserve

Map Reference: <http://www.mapmyride.com/routes/view/582464944>

Ride Leader Notes:

Cue Sheet – Loop de Brisbane Waters

Distance Marker	Direction	Street / Location	Hazards / notes
0km	Straight	From Woy Woy train station across the lights on to Blackwall Rd	Some traffic in shopping area; watch for parked car doors
200m	Straight	Across the roundabout to continue on Blackwall Rd	Watch for vehicular traffic at roundabout!
1.5km	Veer right	Follow the road around to the right which becomes Memorial Ave	Use marked shoulder
3km	Left	At the roundabout on to Maitland Bay Drv	Watch for vehicular traffic at roundabout!
4.3km	Straight	Use the narrow road shoulder on Rip Bridge	Watch out for water and debris on the shoulder! May need to take the lane – check for traffic first
4.5km	Straight	Road shoulder very narrow near pedestrian island – take the lane!	Watch for vehicular traffic before taking lane
5.2km	Straight	Across the roundabout at St.Huberts Island turnoff	Watch for vehicular traffic at roundabout!
5.3km	Straight	Along Empire Bay Drv	Steep downhill with narrow shoulder and some uneven service risers!
5.5km	Straight	Up the hill	Narrow shoulder! Watch for gravel & glass debris
6.7km	Stop	Regroup at the start of the slip lane to Greenfield Rd (Empire Bay turnoff)	
7km	Straight	Empire Bay Drv near Public Shool	Narrow road around pedestrian crossing/lights
9.5km	Straight	Along Empire Bay Drv, near Nerang Rd	Very rough and a bit narrow road shoulder
12.7km	Straight	Up the steep little hill	Narrow shoulder! May have tree debris. Check lane before merging.
13.5km	Veer left & stop	At John Hunter Drv onto shared path at Nautical Retirement Village, South Kincumber Short regroup	Watch for vehicles exiting/entering the village; watch for pedestrians near bus stop.
14km	Left	Following shared path and over bumpy bridge	Watch for pedestrians! Watch for bollards
14.2km	Right	Onto Hawke St	Bollards!
14.5km	Left	Onto shared path over Kincumber Ck	Watch for pedestrians! Watch for bollards May be some gravel exiting Hawke st
14.5km	Left	Onto shared path through Frost Reserve	Watch for pedestrians! Watch for bollards
15km	Straight	Onto Warrana Rd	Bollards
15.3km	Right	Onto Samantha Cres	Watch for vehicular traffic.
15.5km	Left	Onto shared path at corner	Watch for pedestrians!
15.75km	Left	Carrak Rd	Bollards Give way to vehicular traffic on right!
16km	Hard Right	Onto shared path	Watch for pedestrians! Watch for bollards
18.7km	Stop	Short regroup	Watch for vehicular traffic

Central Coast Bicycle User Group



Distance Marker	Direction	Street / Location	Hazards / notes
	then Right	Onto Davistown Rd	Bollards and gravel at end of path
18.8km	Right	At roundabout to continue on Davistown Rd	Watch for vehicular traffic May be narrow shoulder (parked cars)
19.2km	Straight	At roundabout to continue on Davistown Rd	Watch for vehicular traffic Short section without useable shoulder – merge carefully!
20.5km	Left	At roundabout on to Avoca Drv - shoulder	Watch for vehicular traffic
21km	Stop	Regroup near Elfin Hill Rd	
23.5km	Veer left	Onto shared path at Lakewood Ave (traffic lights)	Watch for pedestrians
24km	Veer right	Onto Avoca Drv shoulder after roundabout	Watch for vehicular traffic on right
24.5km	Veer left	Onto footpath, then cross Avoca Drv and then Central Coast Hwy at the pedestrian crossing/traffic lights	Dismount bikes (pedestrian crossing) Watch for pedestrians
24.6km	Left	Onto shared path on north side of CC Hwy	Watch for pedestrians; some narrow sections; some bumpy bits
26km	Right	Onto Russell St	Watch for vehicular traffic
26.2km	Left	Onto Adelaide St	
26.5km	Straight	Across CC Hwy at the traffic lights	
26.7km	Right	Onto Webb St	
27.2km	Left	Onto shared path beside Gosford East Public School	Watch for lip / rough transition to path; watch for pedestrians
27.3km	Left	Follow shared path beside CC Hwy	Watch for pedestrians; narrow path section; some gravel
27.4km	Left	Onto Frederick St	Watch for vehicular traffic
27.6km	Right	Onto Duke St	
27.8km	Right	Onto Masons Parade	
28km	Left	Onto shared path between Gosford Sailing club and Gosford Pool	
28.1km	Stop	At water filling station	Move bikes off path to allow other path users to proceed
28.2km	Straight	Across boat loading ramp	Watch for vehicular traffic; some loose gravel
29.4km	Straight	Across slip road, then continue along shared path up and over rail bridge	Watch for traffic; bollards
29.8km	Left	Across Pacific Hwy slip lane (to CC Hwy)	Watch for traffic on left; bollards
29.8km	Right	Onto shared path	
30.2km	Left	On shared path into Carawah Reserve	Watch for pedestrians and other cyclists in windy section
30.3km	Straight Then right	Over bridge and across road in Garnet Adcock Park	Watch for pedestrians; watch for vehicles; bollards
30.8km	Veer right	Onto shared path beside CC Hwy	
31.2km	Left	Onto Yallambee Ave shared path	Watch for pedestrians near traffic lights and near Gosford RSL; watch

Distance Marker	Direction	Street / Location	Hazards / notes
			for vehicles entering/exiting Gosford RSL
31.4km	Straight	Across Yallambee Ave to continue along the shared path	Watch for vehicles when crossing; bollard
31.7km	Left	Continue along shared path	Watch for pedestrians
33.6km	Left	Along shared path under train line	Watch for pedestrians when entering/exiting tunnel
33.7km	Right	Onto crappy old road in Goodaywang Reserve	Bollard; watch for vehicles, pedestrians and cyclists on road; badly pot-holed road
34km	Straight	Continue into Kurrawa Ave	Some bad pot-holes
37km	Straight	Continue into Brisbane Water Drv (alternate via shared path off Alukea Ave)	Watch for traffic on right; keep in left lane and then use on-road bicycle lane
40km	Stop	Regroup outside park beside Bayview Hotel Woy Woy (near the fountain)	