

Ride Information – Tuggerah to Yarramalong

Contents

| | |
|---|---|
| Ride Flyer – Tuggerah to Yarramalong..... | 2 |
| Ride Details – Tuggerah to Yarramalong..... | 3 |
| Route Details..... | 3 |
| Climbs..... | 3 |
| Rider & Bike Details..... | 3 |
| Opt in points | 4 |
| Opt out points..... | 4 |
| Children..... | 4 |
| Water & Toilet Locations | 4 |
| Map Reference..... | 4 |
| Cue Sheet – Tuggerah to Yarramalong | 5 |

Notes:

This document should contain all required ride details so that other ride leaders can easily lead the ride. Any ride leader considering leading this ride should perform a ride reconnaissance and make any notes of importance, and potentially update this document if significant changes are noted.

The Ride Flyer should occupy 1 page so it can be printed separately for handouts, and include a map, ride summary and vital information, as well as reference to ccbug.net and the CCBUG FB page.

What to put on Facebook Event:

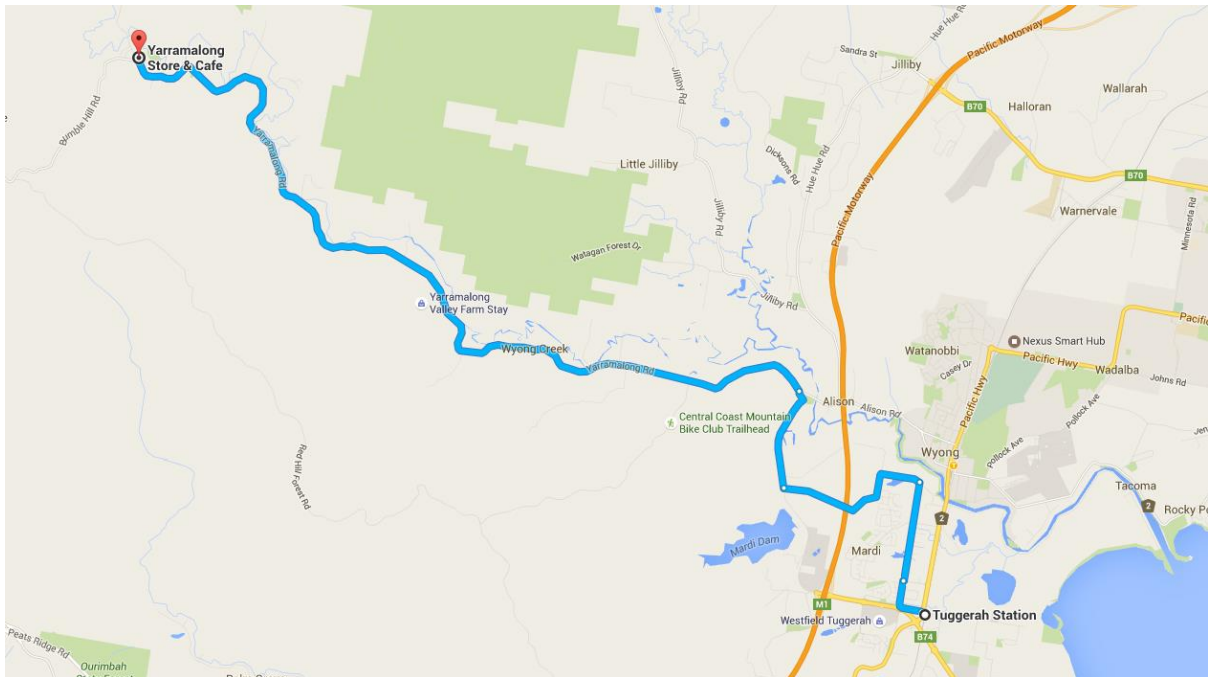
- Ride Name, Start Date & Time, Start Location
- Ride Distance, Altitude Gain, Ride Surface, Average Speed, Ideal For, Estimated Duration, Child suitability
- Link to www.ccbug.net/calendar

What to put on CCBUG.net Event:

As for Facebook, plus

- Ride Flyer info plus
- Opt In & Out Points
- Map reference/link
- Ride Leader name and contact number

Ride Flyer - Tuggerah to Yarramalong



Ride Distance: 45km

Ride Surface: Road

Ideal for: Road / Hybrid

Child Suitable²: 15+

Altitude Gain: 350m

Average Speed¹: 20-23 kph

Est. Duration: 2½ hrs

Ride Summary:

A moderate paced ride out through the Yarramalong Valley starting and ending at Tuggerah Station.

Mostly on normal traffic roads and on some road shoulders, so you will need to be comfortable cycling on the road with some passing traffic (60-80km/h).

Coffee / drinks break at Yarramalong Store & Café which is the half point.

For more information on this ride, including when it is next scheduled, please refer to the CCBUG Rides calendar at <http://ccbug.net/rides> , email us at ccbug100@gmail.com or find us on Facebook www.facebook.com/CentralCoastBicycleUserGroup

¹ This is the average cycling speed and excludes stops and re-groups. Please note the Estimated Duration which includes planned stops/regroups and coffee.

² All children must be accompanied by a responsible adult.

Ride Details – Tuggerah to Yarramalong

Route Details

Ride from Tuggerah to Yarramalong and return.

Starting at Tuggerah McDonalds, we head along Anzac Road and through the industrial area of Tuggerah along Gavenlock Road until we reach the semi-rural area of Mardi on McPherson Road.

Continuing along the very quiet backroad of McPherson Road, working our way towards our first short but steep climb up to Old Maitland Road where we turn right.

The ride continues down Old Maitland Road for approximately 2kms before we make a short stop at Woodbury Park for any riders wishing to opt in or out.

After a quick de-brief for any new riders that may have joined, we continue to Yarramalong via Wyong Creek along Yarramalong Road for approximately 16.5kms which is made up of rolling hills and open flat stretches of country road.

Once we get to the village of Yarramalong, we will stop for a coffee / drinks break (approximately 20-30 minutes) at the Yarramalong Store / Café.

After getting back in the saddle, the ride continues back along Yarramalong Road using the same roads we cycled out on.

Back on the bikes, we ride towards Woodbury Park and say farewell to anyone leaving us here.

Then it's a small stretch up Old Maitland Road towards McPherson Road where we turn left and head down towards the industrial area along Gavenlock Road and finally veering left into Anzac Road for the final stretch to Tuggerah McDonalds where the ride concludes.

Climbs

This ride is fairly flat, although there are a couple of short rolling hills along Yarramalong Road, plus a short steep climb (between 10%-11% grade - 200 metres in length) on the way out along McPherson Road just before reaching Old Maitland Road.

Rider & Bike Details

You need to be comfortable cycling on the road / road shoulder with some fast passing traffic. Ride pace will be at an average of 20-23 km/h.

This ride is suitable for road bikes, flat-bar road bikes or hybrid / urban bikes. As it is generally run at a moderate pace, you could also use a mountain bike if you were quite cycling fit and / or your mountain bike is fitted with road / slick tyres.

Opt in points

Woodbury Park – Cnr of Yarramalong & Old Maitland Road, Mardi

Yarramalong Store & Café – Yarramalong Road, Yarramalong

Opt out points

Same as Opt in points - You can turn around at any point and retrace the route, but please let the ride leader know BEFORE you leave the ride!

Children

This ride is suitable for children 15 years and over who have good cycling skills (e.g., can maintain a straight line in close proximity to other cyclists; promptly follows directions of adult or ride leader; is traffic aware). It is the associated adults' responsibility to directly manage and stay with the child at all times whilst cycling. The ride leader may exclude the child and adult if they deem it necessary for their own or other participants' safety.

Water & Toilet Locations


Tuggerah McDonalds (near the start)

Yarramalong Store & Café (halfway point)

Map Reference:

<https://goo.gl/sGuld2>

Cue Sheet - Tuggerah to Yarramalong

| Distance Marker | Direction | Street / Location | Hazards / notes |
|-----------------|--|--|---|
| 0m | Start | Tuggerah McDonalds, Anzac Road, Tuggerah | Starting at Tuggerah McDonalds take care entering the traffic into Anzac Road. |
| 0-300m | Straight then veer right into Gavenlock Road | Anzac Road, Tuggerah | Watch for vehicles entering from the Pacific Highway and for vehicles entering and exiting the McDonalds and Hungry Jacks on the left as well as parked vehicles that maybe in the area. |
| 300m-2.4km | Straight with one roundabout and a left turn onto McPherson Road | Gavenlock Road, Tuggerah | <p>This area is an industrial estate and should be relatively traffic free on weekends, however there will be lots of parked vehicles during the week.</p> <p>There is one roundabout to ride through crossing Woodbury Park Drive on the left and Johnson Road on the right.</p> |
| 2.4km-5.2km | Straight and left & right curves, then a right turn onto Old Maitland Road | McPherson Road, Mardi | <p>This is a semi-rural road and should be relatively traffic free; care should still be taken looking out for pot holes and general debris.</p> <p>It is recommended that the group all turn right together onto Old Maitland Road.</p> |
| 5.2km-7km | Straight and then a left turn into Yarramalong Road | Old Maitland Road, Mardi | This is a semi-rural road and should be relatively traffic free; care should still be taken looking out for pot holes and general debris. |
| 7km-22.5km | <p>Straight</p> <p>Dismount at Yarramalong Store</p> | Yarramalong Road, Mardi to Yarramalong | <p>The road out to Yarramalong is windy in parts with a few rolling hills, and whilst narrow in parts the road is very open and cyclists are visible to other road users.</p> <p>There is a need to be on the lookout for pot holes and general debris especially after periods of heavy rain.</p> <p><i>Depending on carrier, there is limited mobile phone coverage along Yarramalong Road. There are however numerous farm houses and residences nearby to the road that could be used to make a call in the event of an emergency.</i></p> |
| 22.5km | STOP | Halfway Point Yarramalong Store & Café |  |

| Distance Marker | Direction | Street / Location | Hazards / notes |
|-----------------|---|---|---|
| 22.5km-38km | Straight Right turn into Old Maitland Road | Yarramalong Road, Yarramalong to Mardi | <p>The road out from Yarramalong is windy in parts with a few rolling hills, and whilst narrow in parts the road is very open and cyclists are visible to other road users.</p> <p>There is a need to be on the lookout for pot holes and general debris especially after periods of heavy rain.</p> <p><i>Depending on carrier, there is limited mobile phone coverage along Yarramalong Road. There are however numerous farm houses and residences nearby to the road that could be used to make a call in the event of an emergency.</i></p> |
| 38km-39.8km | Straight and then a left turn into McPherson Road | Old Maitland Road, Mardi | <p>This is a semi-rural road and should be relatively traffic free; care should still be taken looking out for pot holes and general debris.</p> |
| 39.8km-42.6km | Straight and left & right curves, then a right turn onto Gavenlock Road | McPherson Road, Mardi | <p>This is a semi-rural road and should be relatively traffic free; care should still be taken looking out for pot holes and general debris.</p> <p>Take care on the initial descent.</p> |
| 42.6km-44.7 | Straight with one roundabout and a left turn onto Anzac Road | Gavenlock Road, Tuggerah | <p>This area is an industrial estate and should be relatively traffic free on weekends, however there will be lots of parked vehicles during the week.</p> <p>There is one roundabout to ride through crossing Woodbury Park Drive on the right and Johnson Road on the left.</p> |
| 44.7km-45km | Straight heading towards Pacific Highway | Anzac Road, Tuggerah | <p>Watch for vehicles entering and exiting the McDonalds and Hungry Jacks on the right as well as parked vehicles that maybe in the area.</p> |
| 45km | End | Tuggerah McDonalds, Anzac Road, Tuggerah | |