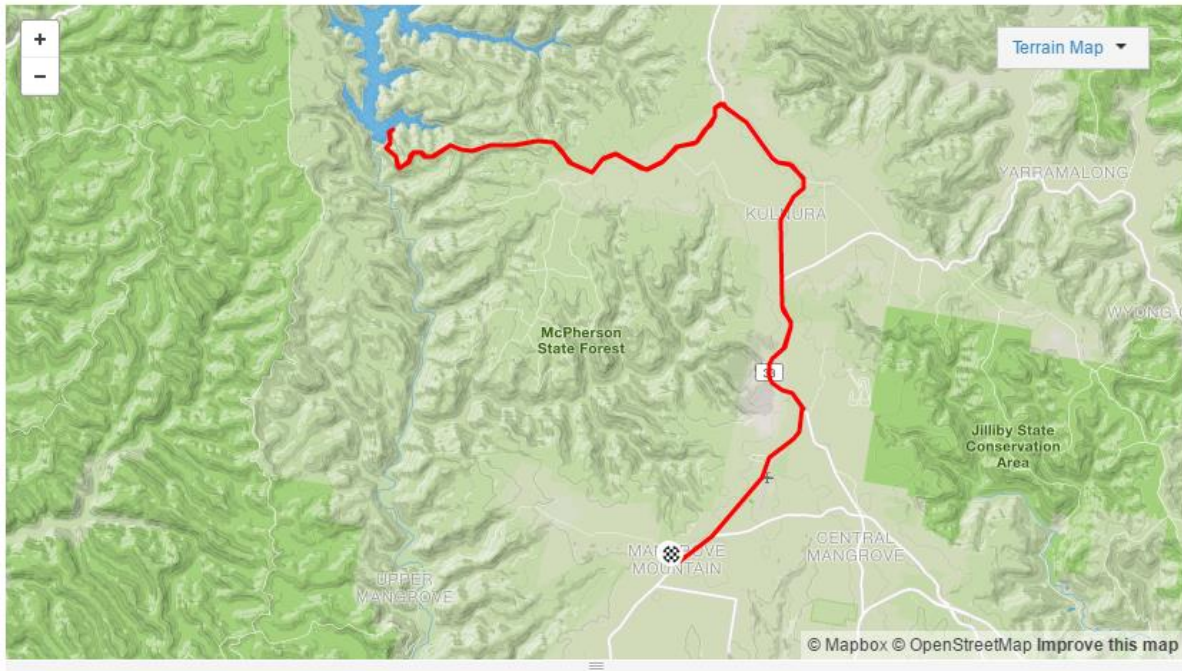


# Mangrove Mountain- Kulnura – Dam ride



<b>Ride Distance:</b>	<b>46.3 kms</b>	<b>Altitude Gain:</b>	<b>643 m</b>
<b>Grade<sup>1</sup>:</b>	6	<b>Average Pace<sup>1</sup>:</b>	18-22km/hr
<b>Ride Surface:</b>	Road	<b>Est. Duration:</b>	3 hrs
<b>Ideal for:</b>	Road or Hybrid	<b>Child Suitable<sup>1&amp;2</sup>:</b>	N/A
<b>RidesAssist:</b>	No		

<sup>1</sup> Refer to the Rides Grading page at [www.ccbug.org.au](http://www.ccbug.org.au) for more information.

<sup>2</sup> Refer to the Ride Requirements page at [www.ccbug.org.au](http://www.ccbug.org.au) for more information.

## Ride Summary:

This ride leaves from Mangrove Mountain Hall and winds through country rides through Kulnura and down to Mangrove Mountain Dam. There is about 6km of elevation coming up from the dam, and then rolling hills back to our starting point.

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

## Ride Details – Start at Mangrove Mountain Hall on Waratah Rd Mangrove Mountain

### Opt in points

Kulnura General Store

### Opt out points

Kulnura General Store

### Water & Toilet Locations

At starting point – toilets and water.  
Toilets and water – Kulnura – general store and Jerry's Café.  
Mid way at Dam – toilets and water.

### Map Reference:

<https://www.strava.com/routes/7802091>

### Ride Leaders Personal Notes:

## Cue Sheet -

Distance Marker	Direction	Street / Location	Hazards / notes
0	Meet	Mangrove Mtn Country Hall – Waratah Rd	
0.1	Left	Wisemans Ferry Rd	Traffic, narrow side
1.3	Left	Bloodtree Rd	
4.8	Left	George Downes Drive	Traffic, narrow side, pot holes
13.3	Left	Mangrove Dam Road	Traffic, narrow side
18.0	Proceed	Mangrove Dam Road	Sharp downhill segments
23.2	Turn around	Mangrove Dam Road	Uphill segments
33.1	Right	George Downes Drive	Traffic, narrow side
41.5	Right	Bloodtree Rd	Turn carefully across main road
45.1	Right	Wisemans Ferry Rd	Turn carefully across main road Traffic, narrow side
46.0	Right	Waratah Road	Turn carefully across main road