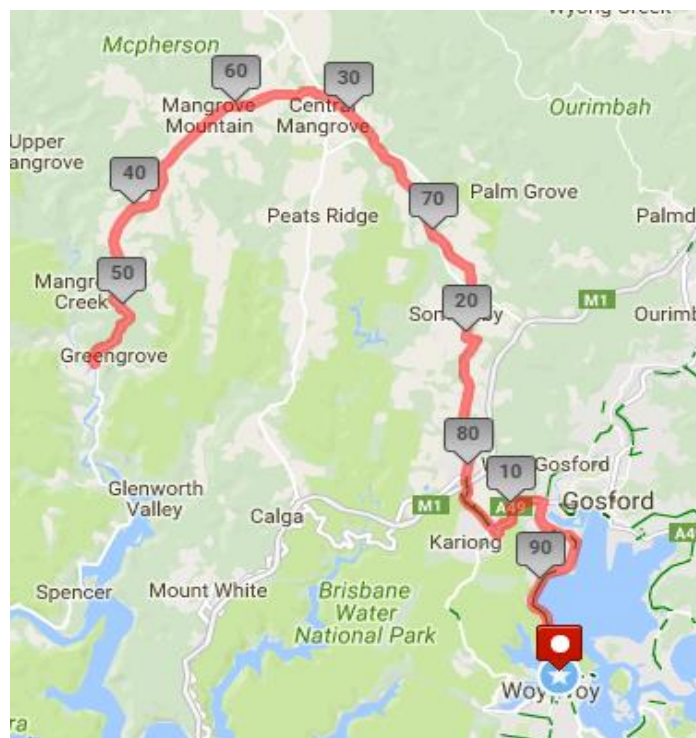


Woy Woy to Greengrove



Grade¹	Hard	Average Pace¹	23-25 kph
Ride Distance:	95 kms	Altitude Gain:	1,400 m
Ride Surface:	Road	Est. Duration²:	5 hrs
Ideal for:	Road bicycles	Child Suitable¹:	n/a
RidesAssist:	No		

Ride Summary:

A cruising paced ride through some of the hills and valleys of “country” Central Coast, riding from Woy Woy to Greengrove mainly along Wisemans Ferry Rd. This ride is designed for those who want to challenge themselves with some longer climbs (10+kms), although nothing too steep, whilst enjoying the countryside.

All on road, so you need to be comfortable cycling on the road with some fast passing traffic. Coffee at Kariong or West Gosford on the way back, so you need to bring plenty of water and some snacks.

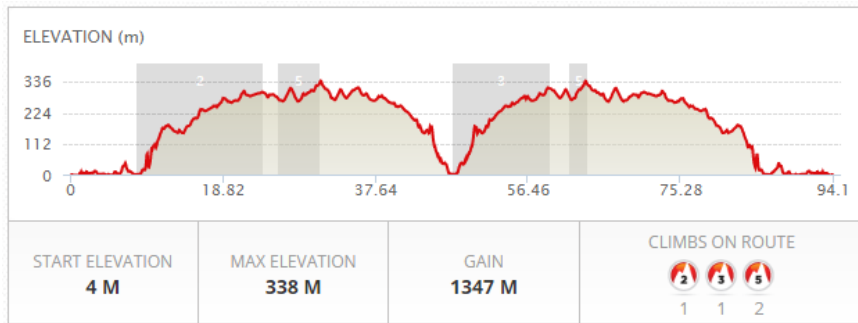
Opt in/out at Kariong. No public transport opt outs, so you need to be self-sufficient (or have some nice riding buddies or relatives).

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 regroups and may include a coffee stop if it is planned for mid ride.

Ride Details



Opt in points

Kariong, about 40mins after scheduled start time. Parking available at Mt Penang Parklands.

Opt out points

There are no train stations after leaving Woy Woy.

Water & Toilet Locations

Toilets available at Woy Woy train station, Kariong Shell servo, Mt Penang Gardens & Mangrove Mountain shops

Water available at Woy Woy station toilets, Kariong Shell servo, Mt Penang Gardens & Mangrove Mountain shops

Map Reference: <http://www.mapmyride.com/routes/view/1463327983>

Ride Leader Notes:

Cue Sheet – Loop de Brisbane Waters

Distance Marker	Direction	Street / Location	Hazards / notes
0km	Left	From Woy Woy station bus road into Brisbane Waters Drive	
5km	Right	At the roundabout to stay on Brisbane Water Drive	Point Clare rail overpass; watch for other vehicles entering roundabout
8.5km	Left	Central Coast Highway	Road shoulder narrow in parts up Kariong hill; fast passing traffic
11.5km	Straight	Traffic lights at Woy Woy Rd	Continue past the Shell service station
12km	Stop	Regroup at bus stop just after Curringa Rd. Opt-in point.	Watch for buses and pedestrians; REGROUP
12.5km	Straight	Merge into the traffic lane due to pedestrian island in shoulder at Kangoo Rd	Take care merging, OR Consider crossing at the Kangoo Rd traffic lights onto the shared path if fast moving traffic around.
13km	Right	Wisemans Ferry Rd	Traffic lights; take extra care when changing into the right hand turn lane
19.5km	Left	Wisemans Ferry Rd	
19.8km	Right	Wisemans Ferry Rd	
21.7km	Straight	Wisemans Ferry Rd	Cross over Peats Ridge Rd
31km	REGROUP Then straight	Wisemans Ferry Rd	Stop sign; cross over George Downes Drv REGROUP point just before stop sign
47.2km	Turn around	Wisemans Ferry Rd	At the bottom of the hill at cnr Mangrove Creek Rd
58.7km	REGROUP then straight	Cnr Warratah Rd at Mangrove Mountain shops	
59.8km	Veer right	Wisemans Ferry Rd	
63.3km	Straight	Wisemans Ferry Rd	Stop sigh; cross over George Downes Drv
66km	Straight	Wisemans Ferry Rd	Cross over Peats Ridge Rd
72.5km	Straight	Wisemans Ferry Rd	Cross over Peats Ridge Rd
81km	Veer left	Onto shared path off Wisemans Ferry Rd	
81.1km	Left	Continue along shared path on Central Coast Hwy	Watch for pedestrians and oncoming cyclists
81.6km	Straight	Cross traffic lights to continue along Central Coast Hwy	Watch for cars entering on the left from Kangoo Rd
82.5km	REGROUP	Just before the corner of the Avenue, or If coffee at Mt Penang then go left into The Avenue to Mt Penang Parklands	
82.5km	Continue	Central Coast Hwy	Take the left lane in a tight bunch formation, all the way down to just before Brisbane Waters Drv
85.2km	Move to Right Lane	When safe, move to the right lane	Watch for fast traffic behind!
	OR Keep in	If having coffee at West Gosford,	

Central Coast Bicycle User Group



Distance Marker	Direction	Street / Location	Hazards / notes
	left lane	continue along CC Hwy, then left onto Yallambee Rd to Jimmy Gs	
85.5km	Right	Brisbane Waters Drive	
87.3km	Straight	No road shoulder – take lane	Watch for traffic from rear
88.8km	Left	Brisbane Waters Drive	Left at roundabout over train line at Point Clare
94km	Stop	Cnr The Boulevard	End of ride