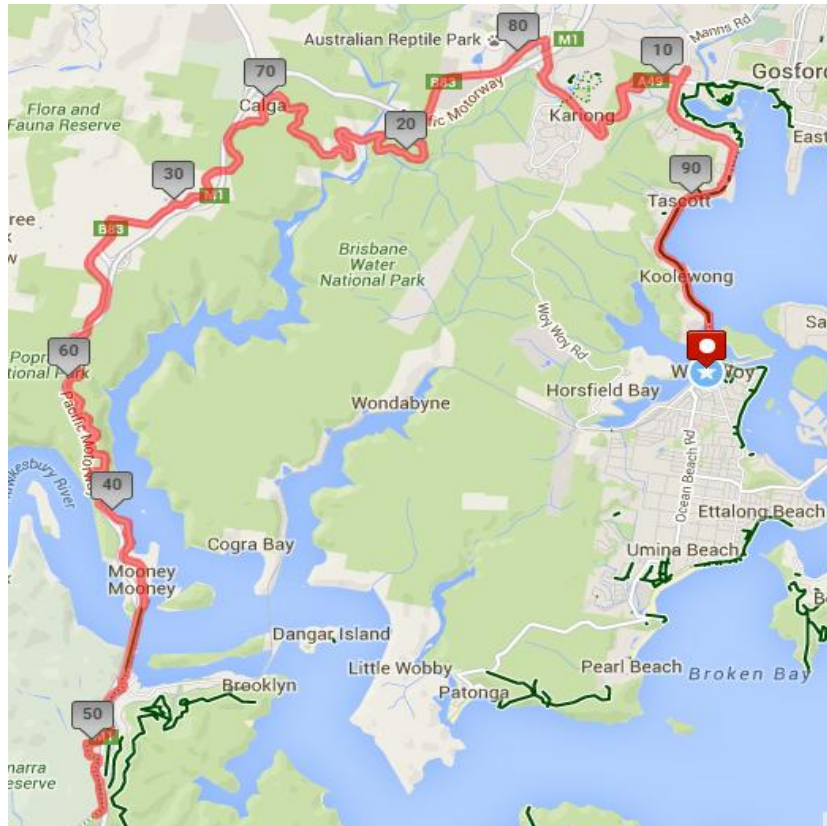


Woy Woy to PiTS Ride



| | | | |
|---------------------------|--------------------|------------------------------------|-----------|
| Ride Distance: | 95 kms | Altitude Gain: | 1,900 m |
| Grade¹: | Medium-Hard | Average Pace¹: | 21-23 kph |
| Ride Surface: | Road | Est. Duration²: | 5.5 hrs |
| Ideal for: | Road bikes | Child Suitable¹: | n/a |

Ride Summary:

A moderate paced ride from Woy Woy to Pie in the Sky cafe Cowan and back, through the picturesque Brisbane Water National Park and over the Hawkesbury River.

Designed for more experienced riders, we mostly utilise the old Pacific Hwy and include 5 longish climbs (Kariong, Mooney-Calga, PiTS, Mt.White and Mooney-Somersby) - nothing too steep, but you'll certainly know you've been up a few hills by the time you get home!

Coffee at The Estuary cafe alongside the beautiful Hawkesbury River just after the half way point, or at Pie in the Sky cafe if you can't wait and need a good pie!

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

¹ Refer to the Rides Grading and Ride Requirements details at www.ccbug.org.au.

² Estimated Duration includes regroups and the coffee stop if it is mid ride.



Ride Details

Opt in points

- Central Coast Hwy Kariong, near the bus stop just after Curringa Rd
- Pie in the Sky cafe Cowan

Please let the ride leader know the day before the ride that you intend to opt in at one of these locations.

Opt out points

After about:

- 44kms "take a left" and about 3kms to Hawkesbury River train station (after 2 hills)
- 51kms "take a right" and about 3kms to Hawkesbury River train station (after 3 hills)

You can opt out wherever you like, but please let the ride leader know BEFORE you leave the ride!

Map Reference: <http://www.mapmyride.com/routes/view/1091821918>

Cue Sheet – Woy Woy to Pie in the Sky

| Distance Marker | Direction | Street / Location | Hazards / notes |
|-----------------|-----------|--|---|
| 0km | Left | From Woy Woy train station onto Brisbane Water Drive | Some traffic in shopping area |
| 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 | |
| 12km | Stop | Regroup at bus stop just after Currunga Rd. Opt-in point. | Watch for buses and pedestrians. |
| 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 |
| 13.5km | Left | Pacific Highway | |
| 26km | Left | Pacific Highway | At Calga |
| 26.5km | Left | Pacific Highway | |
| 47 km | U-turn | Stop at the Pie in the Sky cafe at the top of the hill and turn around. Regroup point! | Watch for motor cycles |
| 51.5km | Right | Kangaroo Point entry | Don't turn into Brooklyn Rd!! |
| 52 km | Stop | At the Estuary Restaurant | Coffee stop |
| 52 km | Right | Pacific Hwy | Use the cycle path on western side of old bridge; watch for uneven surface at entry point to path. |
| 71 km | Right | Pacific Highway | At Calga |
| 71.5 km | Right | Pacific Highway | |
| 82.5 km | Right | Wisemans Ferry Rd | Roundabout |
| 83 km | Left | Central Coast Highway – onto shared path | Watch for overgrowth on path |
| 83.5 km | Straight | Cross the traffic lights at Kangoo Rd to continue on Central Coast Hwy road shoulder / marked bicycle lane | Stop for the lights! |
| 84 km | Stop | Regroup just before The Avenue | Watch for cars using the slip lane |
| 84 km | Straight | Central Coast Hwy through the traffic lights – take the lane! | stay grouped together for the downhill to West Gosford; take the left lane and stick together! |
| 88 km | Right | Brisbane Water Drive | Take extra care when changing to the right lane! Keep together |
| 95km | Stop | At Woy Woy near the fountain | |