

2018 Port Macquarie Cycling Club Recreational Rides

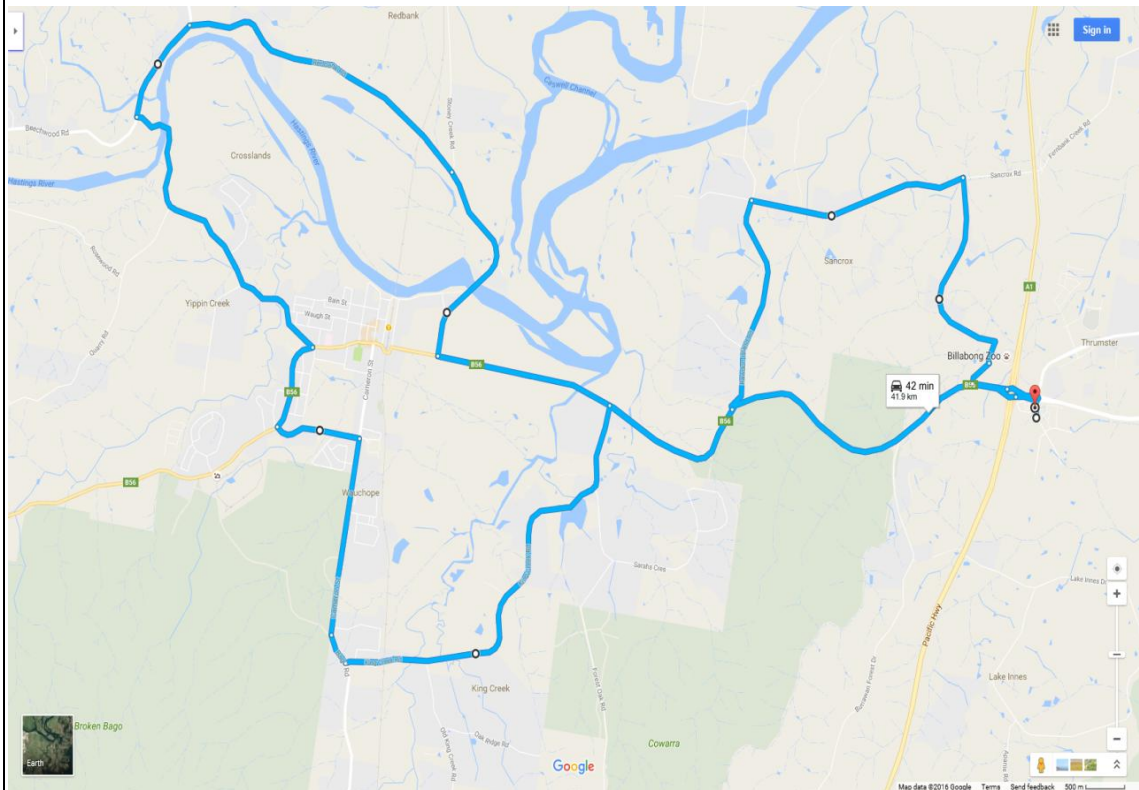
January

King Ck – Wauchope – Sancrox Loop Ride

Start & Finish	Sterling Green Café (corner Sovereign Drive & Gillman Way, Sovereign Hills (near Donut))
Turnaround	None
Type of Course	Loop
Length of Ride	42km (plus the ride to and from the start/finish if you want to)
Type of Terrain	Undulating to hilly but nothing too long/steep

Ride Description

From the Sterling Green Café (our sponsor Hastings Co-op run it), turn left at the “fish pot” sculpture roundabout (r’bout) into Oxley Hwy and continue towards Wauchope until you get to King Creek. Turn left into King Creek Rd and follow it to the T-intersection with Bago Rd. Turn right into Bago Rd and head towards Wauchope. When you get to Blackbutt Rd (in the residential area of Wauchope), turn left and ride along it until you get to the Oxley Hwy. Turn right into Oxley Hwy and ride east, back towards Wauchope CBD. Turns left into Beechwood Rd and then follow it down across the Hastings River. Just after the river, turn right at the T-intersection into Pembroke Rd. At the top of the hill, turn right into Redbank Rd and continue along it until you hit the Oxley Hwy. Turn left and head back towards the Donut. At the top of the climb in Oxley Hwy, turn left into Rawdon Island Rd. At the intersection with Sancrox Rd, turn right and continue along it until you get to Bushland Dr. Turn right into Bushland Dr and ride along it to Billabong Dr which takes you out to the Oxley Hwy. Turn left into the Oxley Hwy, travel straight through the Donut, turn right at the “fish pot” r’bout and pull up at the café ready for a feed and a cuppa. Oh, and a good yarn. *{Ride to and from the start/finish to add a few*

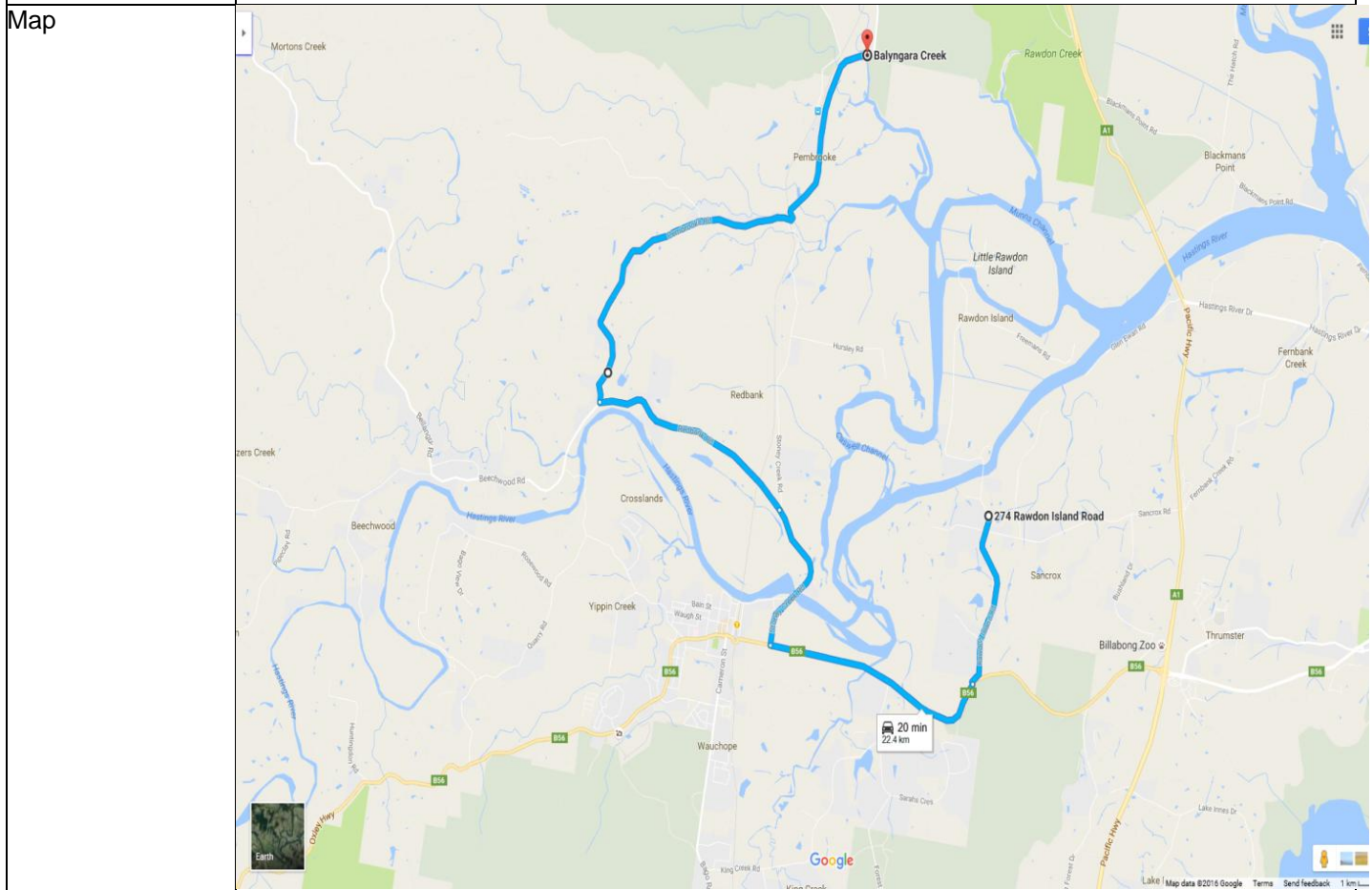


more k's if you're keen}.

February

Sancrox – Pembroke Ride

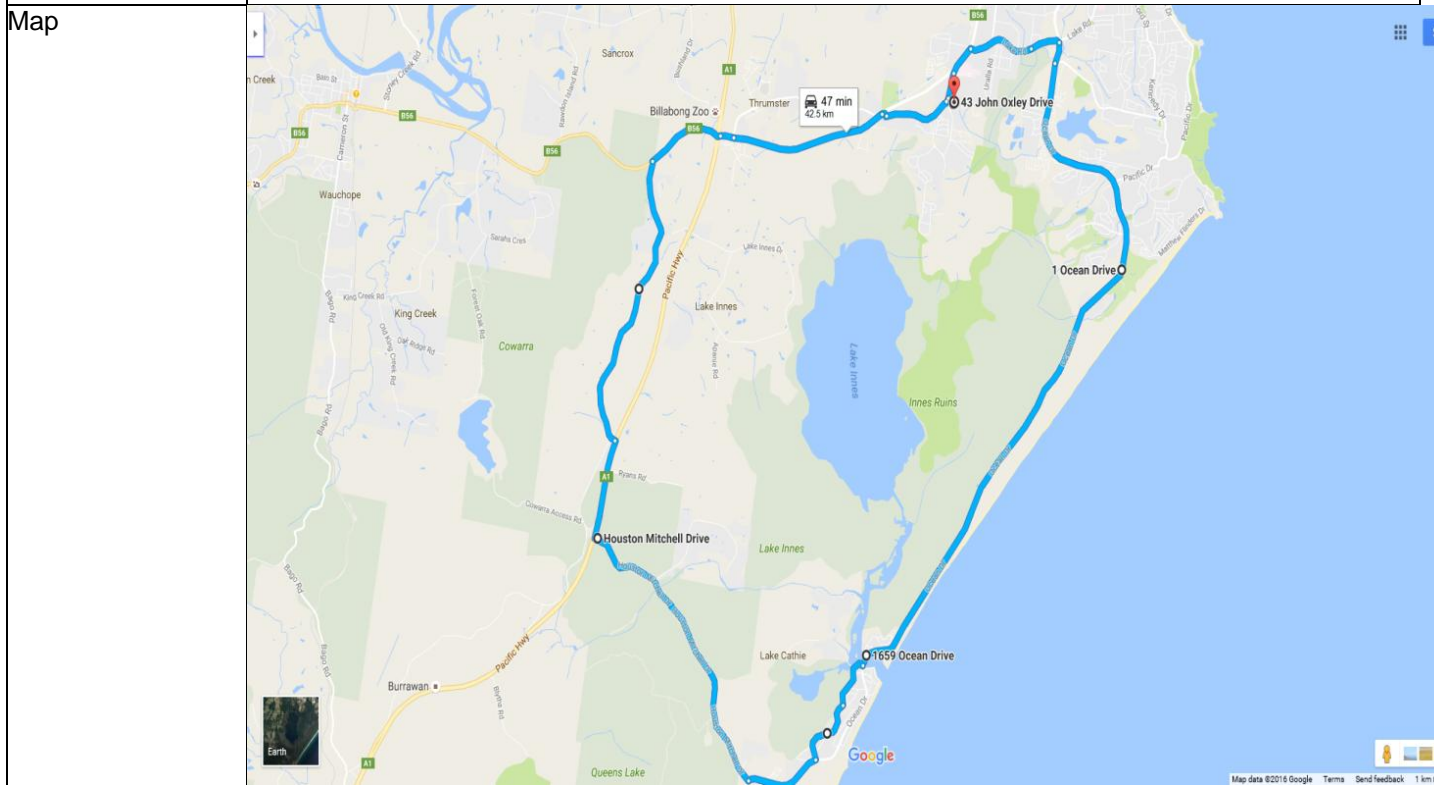
Start & Finish	Abundance Café & Nursery, 273 Rawdon Island Rd, Sancrox
Turnaround	Balyngara Bridge, Pembroke Rd, Pembroke
Type of Course	Out and back/loop
Length of Ride	44km (22km out and 22km back) (plus the ride to and from the start/finish if you want to)
Type of Terrain	Undulating with hilly and flat sections
Ride Description	Commencing from Abundance Café & Nursery, head south along Rawdon Island Rd until you reach the Oxley Hwy where you turn right. Travel west along the Oxley Hwy towards Wauchope and turn right into Stoney Creek Rd (on the flood plain just before Wauchope). Keep on this road which turns into Redbank Rd. At around the 13.5km mark, you reach a T-intersection with Pembroke Rd. Turn right and stay on Pembroke Rd until you reach the new bridge at Balyngara Creek. Turn around at this bridge and then retrace the route back to Abundance Café for a feed, a cuppa and a good yarn. Make sure you don't miss the left turn into Redbank Rd or else you'll end up in Beechwood. Moderate traffic is expected on the Oxley Hwy with less on the minor roads. <i>{Add some extra k's by riding out to and home from the start/finish point.}</i>



March

Loop Lake Innes Ride

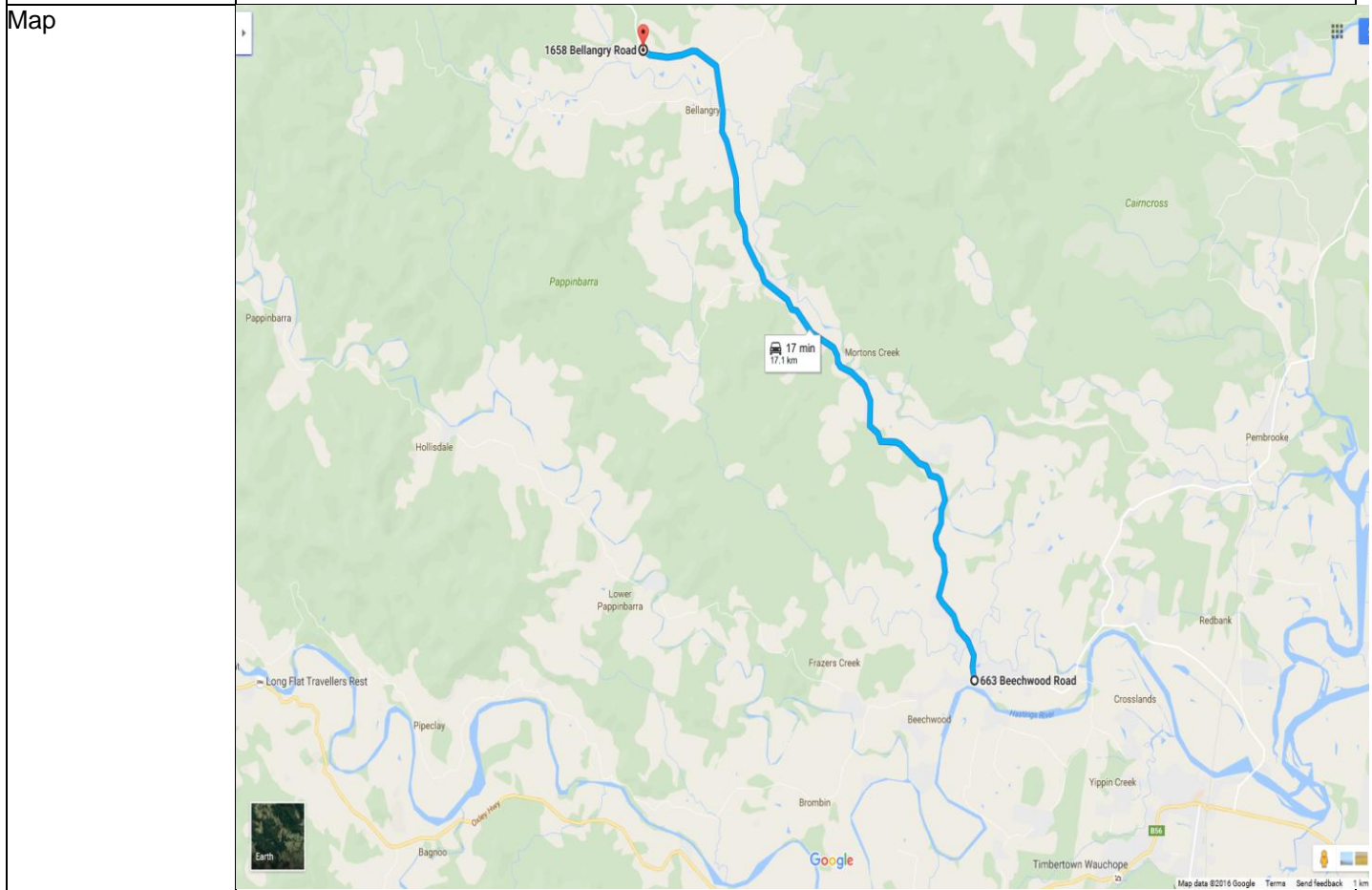
Start & Finish	Ruins Café at Lake Innes Village Shopping Centre (43 John Oxley Drive, Port Macquarie)
Turnaround	None
Type of Course	Loop
Length of Ride	43km (plus the ride to and from the start/finish if you want to)
Type of Terrain	Undulating to hilly but nothing too long/steep
Ride Description	When you leave the shopping centre area ride west along John Oxley Dr until you reach the roundabout (r'bout) with the "fish trap" sculpture. Turn right at this r'bout and head straight through the Donut heading towards Wauchope. 1.5km past the Donut, turn left into Burrawan Forest Dr. Continue on this road until you get to the Pacific Hwy. Turn right and travel south on the Hwy for just under 2km's then turn left into Houston Mitchell Dr (Ghost Rd). Continue on this road until you reach the large r'bout at Ocean Drive. Turn left into Ocean Drive and just before the Lake Cathie Medical Centre, turn left into Abel Tasman Dr. Follow it around and then turn into Tallong Dr until you get to the T-intersection at Ocean Dr where you'll turn left and head back toward PMQ. Once you hit PMQ, continue on Ocean Dr to the traffic lights at the Lake Rd intersection. Turn left into Lake Rd and ride to the r'bout at Oxley Hwy. Turn left then stay left at the next r'bout entering John Oxley Dr so that you end up back at the Lake Innes Village Shopping Centre and hence Ruins Café for a cuppa, a feed and a yarn. Moderate traffic is expected on the ride at times. <i>{Add some extra k's by riding out to and home from the start/finish point.}</i>



April

Beechwood - Bellangry Ride

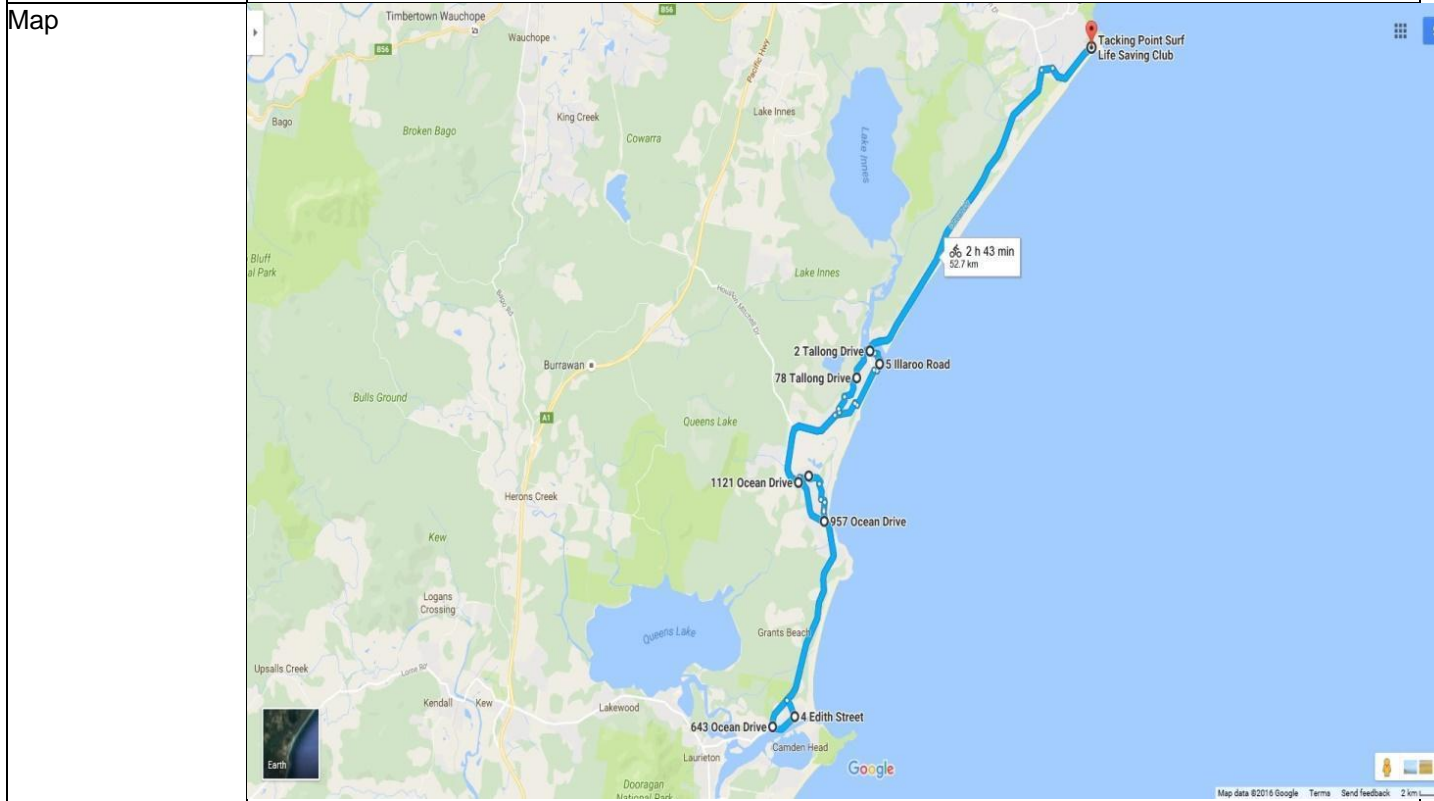
Start & Finish	Beechwood General Store & Café (663 Beechwood Rd, Beechwood)
Turnaround	End of seal near Goanna Rd (1739 Bellangry Road, Bellangry)
Type of Course	Out & back
Length of Ride	34km in total (17km out and 17km back)
Type of Terrain	Hilly and hardly any flat bits (hence the shorter length of ride)
Ride Description	Commencing from the Beechwood General Store & Café, go across the road and head north along Bellangry Rd. Enjoy the “undulating” (read this as hilly) ride along Bellangry Rd and the fantastic scenery until you reach the end of the bitumen seal just before Goanna Rd where you will turn around. Retrace your route back to Beechwood where we will arrive back at the General Store & Cafe and have a chat, a feed and a drink. Light to minimal traffic is expected. There are two timber bridges on the route. The first one, at about 7km, you could nearly bunny hop over but the second one (at about the 14k mark) you need to take more care on. It is longer and has running boards so take it easy on it or walk it. While the hills on this route are challenging, they are achievable by all abilities and the ride is easier on the way back. You can turn around at any stage to shorten the ride. <i>{If you want to add some k's then ride out to and home from the starting point.}</i>



May (Sunday May 20th)

Lighthouse Beach - North Haven Ride

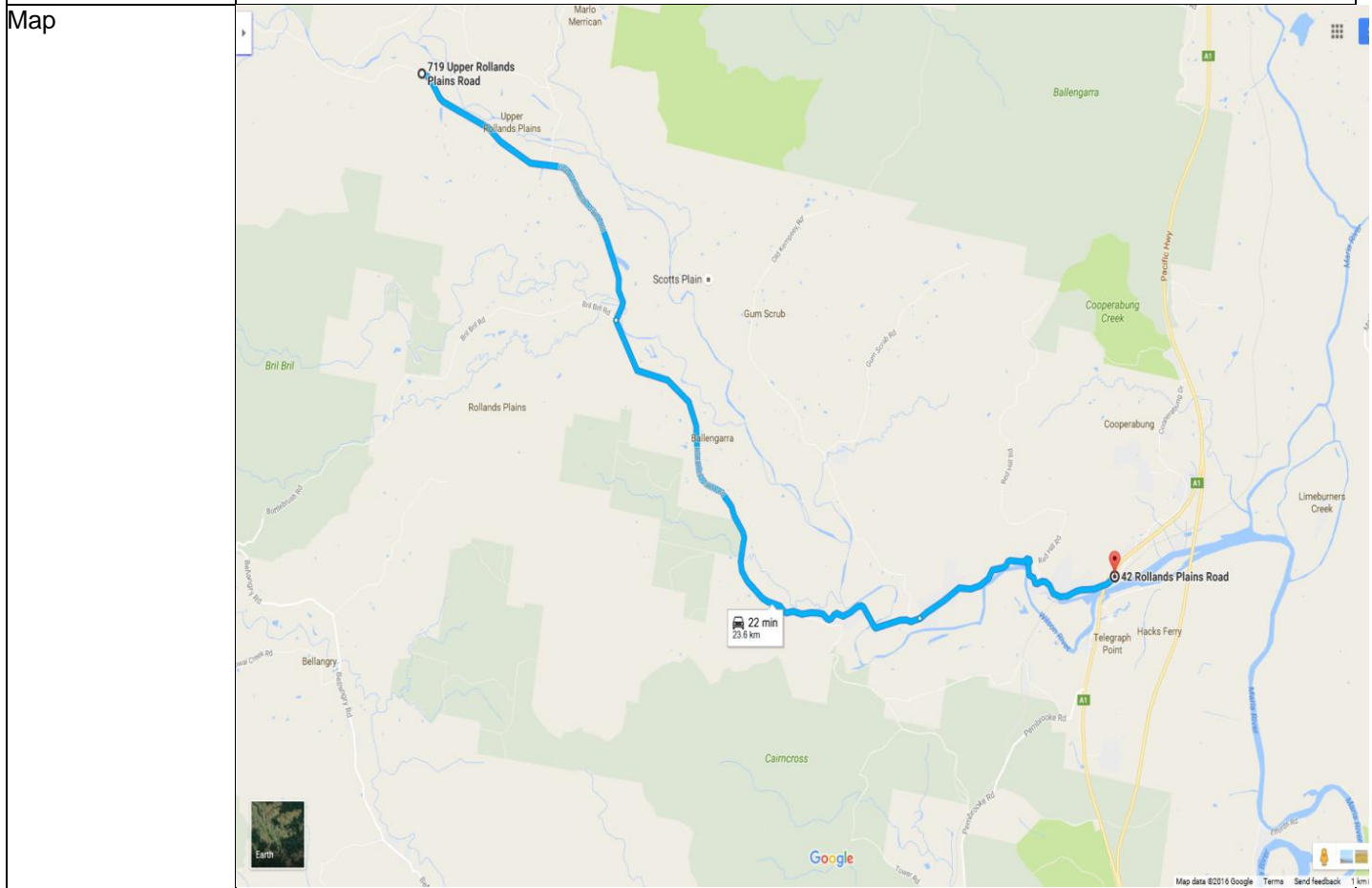
Start & Finish	Surfside Café at Lighthouse Beach (Matthew Flinders Drive, Port Macquarie)
Turnaround	The Parade, North Haven
Type of Course	Out & back (with a couple of deviations)
Length of Ride	53km (plus the ride to and from the start/finish if you want to)
Type of Terrain	Reasonably flat with hills around Bonnie Hills area
Ride Description	Ride south along Matthew Flinders Dr and continue to the roundabout (r'bout) at Ocean Dr. Turn left into Ocean Dr and continue to Lake Cathie. Immediately after the lake, turn left into Aqua Cres which turns into Illaroo Rd. Follow Illaroo Rd around and turn left into Chepana St then right at the T-intersection and up the hill to Ocean Dr. Turn left into Ocean Dr and continue to Bonnie Hills. Take the first left into Seawind Chase and then right at the r'bout into Rainbow Beach Dr, right into Jasper Ct and then at each T-intersection, left into Kendell Cr, left into Seaforth Circuit, left into Beach St and finally left into Ocean Dr near the Surf Club. Continue on Ocean Dr until the r'bout at North Haven and turn left into The Parade and then left into Edith St. At the T-intersection turn right into Ocean Dr and head back home towards Port. Ride through Bonnie Hills and just before the Lake Cathie Medical Centre, turn left into Abel Tasman Dr. Follow it around and then turn into Tallong Dr until you get to the T-intersection at Ocean Dr where you'll turn left and head back toward PMQ. Turn right at the Matthew Flinders Dr r'bout and follow the road around to the Surfside Café. Moderate traffic is expected and you can turn around at any stage to shorten the ride. Shops and amenities available on the route. <i>{Add some extra k's by riding to and home from the start/finish point.}</i>



June

Telegraph Point - Upper Rollands Plains Ride

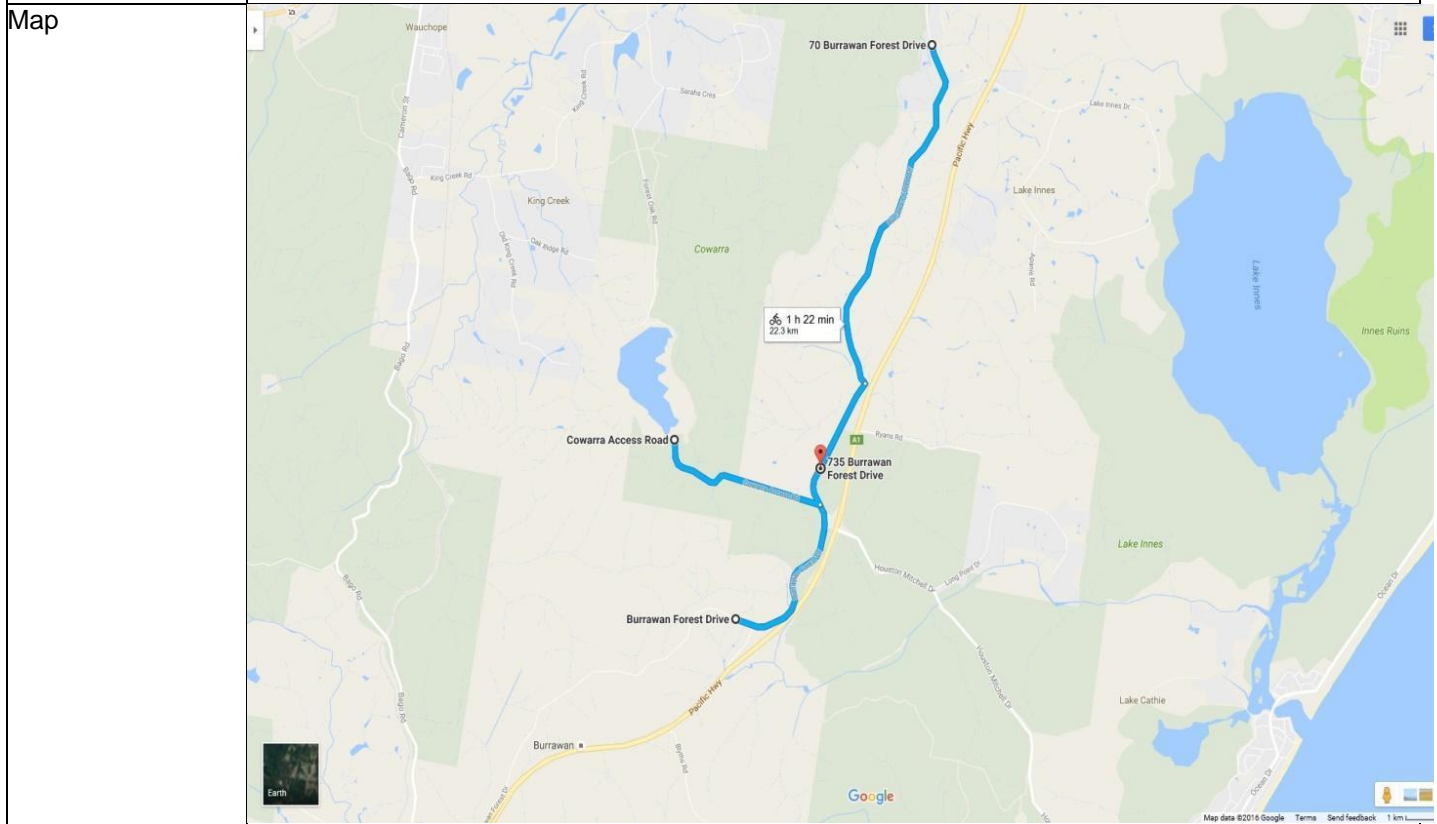
Start & Finish	Telegraph Point Hotel (60 Rollands Plains Rd, Telegraph Point – north side of the river)
Turnaround	Upper Rollands Plains School (719 Rollands Plains Rd, Upper Rollands Plains)
Type of Course	Out & back
Length of Ride	47km in total (23.5km out and 23.5km back)
Type of Terrain	Quite hilly but nothing too steep
Ride Description	An enjoyable ride up the Wilson River Valley, commencing at the Telegraph Point Pub (on the north side of the river). Ride west on Rollands Plains Rd, which you stay on the entire ride. At 8.5km you will ride past Reids Rd (on left) at an intersection and at 16.5km you arrive at a Recreation Reserve & Hall. Take the right hand fork into Upper Rollands Plain Rd and continue riding until you reach the school. Turn around and retrace the route back to Tele Point making sure to turn left at the Rollands Plains Rd/Reids Rd intersection (or else you'll end up in Wauchope), ending back up at the Pub. Light traffic is expected and you can turn around at any stage to shorten the ride. No shops or amenities on route. {If you want to add a KOM to the ride, have a go at the “very steep” climb on Red Hill Rd, just 2km from the end}



July

Clubhouse Ride

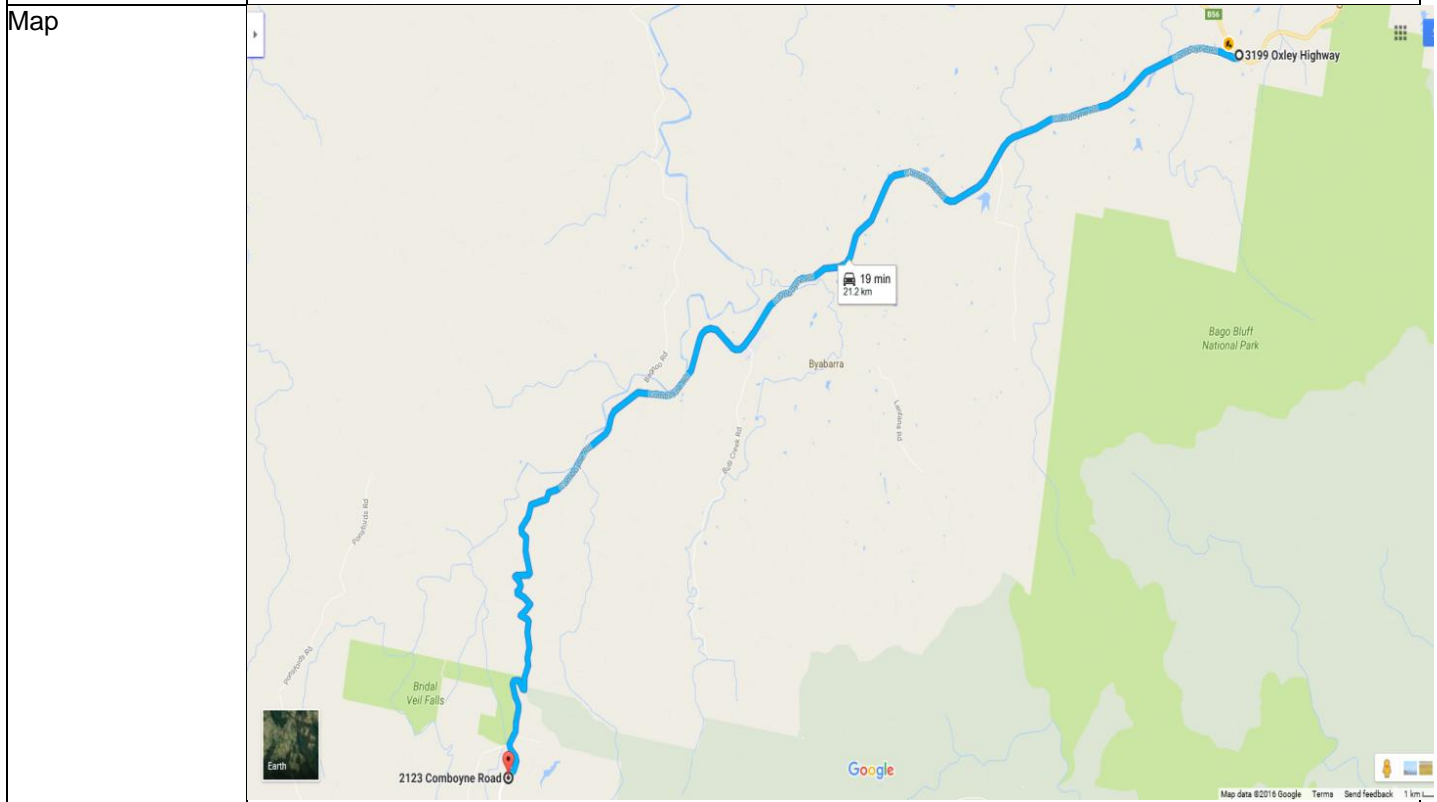
Start & Finish	Clubhouse (Burrawan Forest Drive)
Turnaround	None (pass Clubhouse on 3 occasions per lap)
Type of Course	2 laps of full championship race course
Length of Ride	45km in total (22.5km per lap)
Type of Terrain	Undulating to hilly but nothing too long/steep
Ride Description	The ride starts with a parade lap around the Crit Track and then out onto Burrawan Forest Drive where we head north and turn around at Birralee Drive which is just before Oxley Highway. Travel back past the Clubhouse and keep riding to the top of Sapling Hill where you pass Aintree Close and turn around at the end of the bitumen seal. Ride back to the Go-Cart Track and then turn left into what is known as the Dam Road. Ride up to the end of the road until you reach the dam gate and then turn around and head back towards the Clubhouse. The ride will then go on to do another lap. As we pass the Clubhouse a few times, there are opportunities to withdraw or have a rest. This ride gives everyone a chance to ride the full championship race course on a road with minimal traffic. Amenities are available at the Clubhouse. <i>{If you want to add some k's, ride out from Port or Wauchope}</i>



August

Comboyne Ride

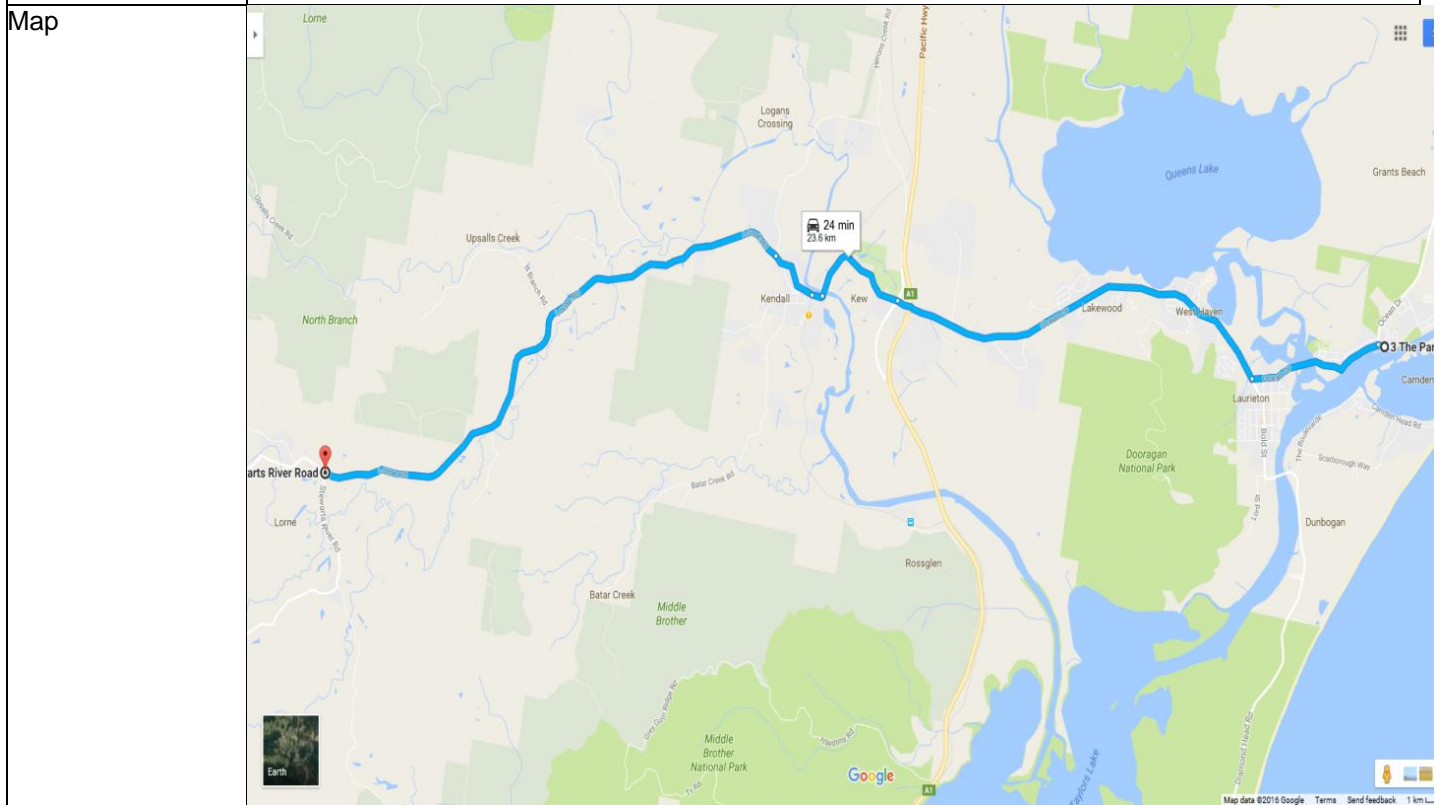
Start & Finish	Bus Stop at the Intersection of Oxley Hwy & Comboyne Road (8.5kms west of Timbertown)
Turnaround	Top of the Comboyne Hill (2123 Comboyne Road)
Type of Course	Out & back
Length of Ride	42km in total (21km out and 21km back)
Type of Terrain	Hilly with not too much flat stuff and one big climb up Comboyne Hill.
Ride Description	<p>A ride that takes in a major part of the ride that the pros do to Comboyne (including the big hill!). We are starting the ride at the Oxley Hwy/Comboyne Rd intersection to avoid riding along the tight and winding section of the Oxley Hwy from Wauchope. Ride along Comboyne Rd through Byabarra to the base of the Comboyne Hill. Have a crack at it. Pick the small chain ring and Granny gear and chug up the hill – the sense of accomplishment will be worth the effort as will the run back down it. We'll turn around at the top of the hill after getting our breath back. Retrace your route back to the Oxley Hwy. There are 4 timber bridges on Comboyne Rd where caution is advised and you can turn around at any stage to shorten the ride. When back at the start point, we'll then load the bikes onto the cars (or ride if you didn't drive) and head back to Curly's Café (243 High St (Oxley Hwy) opposite Timbertown, Wauchope) for a feed, cuppa and a yarn about how good it was to conquer "the hill". <i>{Ride out to the start to add more k's if you want to}</i>.</p>



September

North Haven - Lorne Ride

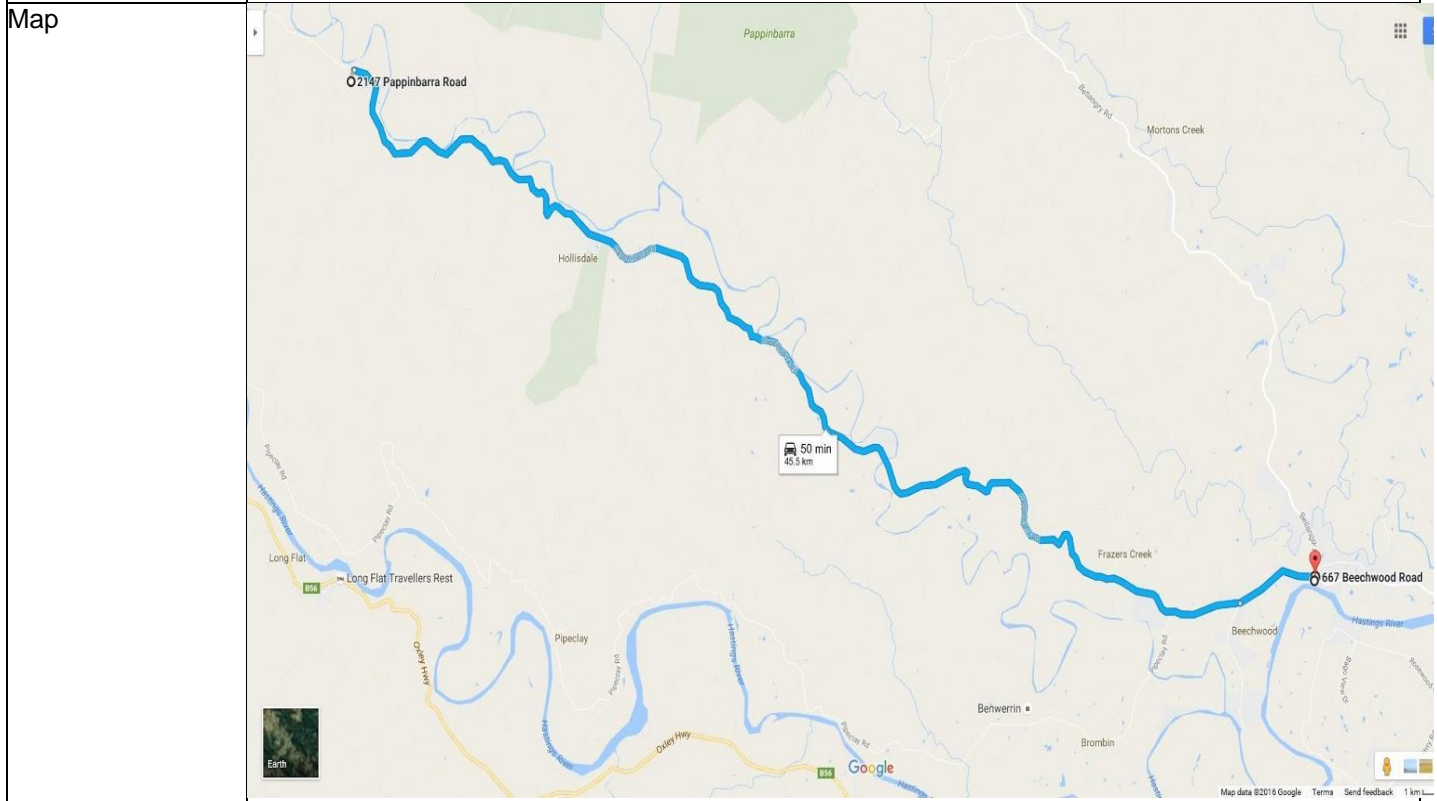
Start & Finish	The Appletree Soul Food Café (3 The Parade, North Haven)
Turnaround	Stewarts River Road Intersection with Lorne Rd, Lorne
Type of Course	Out & back
Length of Ride	47km in total (23.5km out and 23.5km back)
Type of Terrain	Undulating to hilly but nothing too steep
Ride Description	A picturesque ride through the Camden Haven and up into the Lorne Valley. Ride west along Ocean Dr to the T-intersection at Laurieton where you turn right and continue riding along Ocean Dr to Kew. Ride straight through Kew on the Laurieton-Comboyne Rd towards Kendall. Follow the main road through Kendall (Graham St) where it turns into Lorne Rd at the top of the hill. Stay on Lorne Rd until you reach the intersection of Stewarts River Rd where you turn around and then retrace the route back to North Haven for a feed, cuppa and a chat at the café. Moderate traffic is expected between Nth Haven & Kendall and you can turn around at any stage to shorten the ride. Shops and amenities available on part of the route (Kew & Kendall). <i>{If you want to add a KOM to the ride, have a go at Nth Brother on the way out or back – maybe even twice!}</i>



October

Beechwood - Pappinbarra Ride

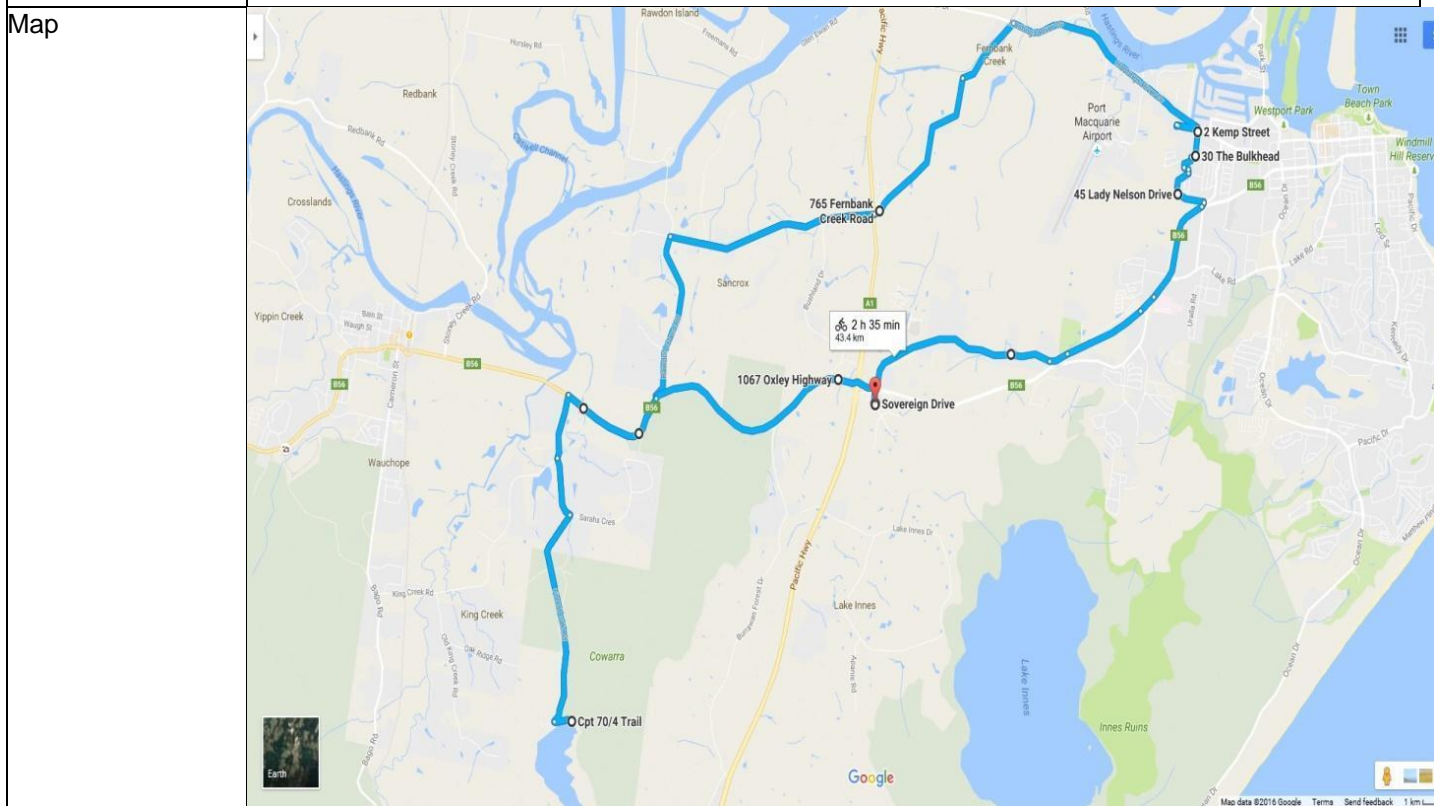
Start & Finish	Beechwood General Store & Café (663 Beechwood Rd, Beechwood)
Turnaround	End of bitumen seal (2147 Pappinbarra Rd, Pappinbarra)
Type of Course	Out & back
Length of Ride	48km in total (24km out and 24km back)
Type of Terrain	Quite hilly but nothing too steep
Ride Description	A beautiful ride up the Pappinbarra Valley. Start by riding west through the township of Beechwood on Beechwood Rd, which then turns into Pappinbarra Rd. Stay on Pappinbarra Rd until the end of the bitumen seal and then turn around and retrace the route. The run back into Beechwood is where the billy cart racing is held so it's predominantly downhill. Fantastic views, minimal traffic and you can turn around at any stage to shorten the ride. No shops or amenities on route. <i>{If you want to add some k's, ride out from Port or Wauchope}</i>



November

Donut – PMQ - Sancrox - Cowarra Dam Ride

Start & Finish	Sterling Green Café (corner Sovereign Drive & Gillman Way, Sovereign Hills (near Donut))
Turnaround	Cowarra Dam
Type of Course	Out and back/loop
Length of Ride	44km (plus the ride to and from the start/finish if you want to)
Type of Terrain	Undulating and flat sections
Ride Description	Commencing from Sterling Green Café (our sponsor Hastings Co-op run it) head straight across the “fish trap sculpture” roundabout (r’bout) into John Oxley Dr and continue along it until you get to the Oxley Hwy on-ramp. Take the on-ramp and cruise into town on the smooth AC surface of the Oxley Hwy. Continue on Oxley Hwy past Lake Rd and the Racecourse and turn left then left again at the Clifton Dr r’bout into Lady Nelson Dr, right into The Jib, left into The Boom, left into The Bulkhead and finally right into Kemp Street until you get to Hastings River Dr. Turn left into Hastings River Dr where you head west out of town. Turn left into Fernbank Creek Rd and ride until you get to the r’bout at Cassegrains Winery. Turn left and follow the new section of road (Frogs Rd) up and over the Pacific Hwy and back down to Sancrox Rd. Turn left at the r’bout and ride along Sancrox Rd to the intersection of Rawdon Island Rd, where you turn left and ride to Oxley Hwy. Turn Right into Oxley Hwy and proceed to King Creek Rd where you turn left and then veer left into Sarahs Cres a couple of k’s later. Turn right into Forest Oak Rd and proceed up to the Dam for the turnaround (and toilet stop – assuming the park gate is open!). Retrace your route back to the Oxley Hwy where you turn right and proceed straight back to the Donut. At the 2 nd r’bout (with the fish trap sculpture) turn right and return back to Sterling Green Café for a well-earned cuppa, feed and a yarn. <i>{Add some k’s to the ride if you want to by riding out to and home from the start/finish}.</i>



December

Port Urban Ride

Start & Finish	Start at Town Beach Lookout Car Park (on top of the hill in Stewart St, Port Macquarie) then Finish at Glasshouse Forecourt (Clarence St, Port Macquarie)
Turnaround	None
Type of Course	Loop
Length of Ride	43km (plus the ride to and home from the start/finish if you want to)
Type of Terrain	Undulating and flat sections
Ride Description	<p>Ride south along Pacific Dr, turning left into Lighthouse Rd. Turn right into Matthew Flinders Dr and continue to the roundabout (r'bout) at Ocean Dr. Turn right into Ocean Dr and continue to the lights at Lake Rd where you turn left and ride to the r'bout at Oxley Hwy. Turn left then stay left at the next r'bout entering John Oxley Dr so you go past Lake Innes Shopping Centre. Continue on John Oxley Dr until you get to the r'bout at Maccas where you turn left and ride back towards PMQ on the very smooth Oxley Hwy. Continue along Oxley Hwy past the racecourse and turn left at the Clifton Dr r'bout and then left again into Lady Nelson Dr. Turn right into The Jib and at the T-intersection, turn left into The Boom. At the next T-intersection turn left into The Bulkhead and then the next right into Kemp St. Turn left into Hastings River Dr and ride up to the r'bout at Aldi where we'll turn around and head back toward town. Turn left into Newport Island Rd (just after Settlers Inn) and then take the 2nd right into Bay St. Travel past Settlement City and turn left into Park St at the r'bout. Turn left into River Park Rd and then left into Commodore Cres for a loop. Turn left into River Park Rd and do a loop of it also. When back at Park St, turn left and ride out to the ferry and then turn for home. Travel back along Park St and turn left at the Buller St lights, left into Short St at the r'bout and then right into Clarence St where we'll find a café for refreshments in the Glasshouse Forecourt. It's then a ride home or back up to the carpark to load up the car. As this ride's a predominant town ride, watch out for crazy drivers, pedestrians, dogs and car doors. <i>{Add some k's to the ride if you want to by riding out to and home from the start/finish}.</i></p>

