Terrigal loop of pain



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| --- | --- | --- | --- |
| Ride Distance: | 50kms | Altitude Gain: | 1,077m |
| Grade[[1]](#footnote-1): | Hard | **Average Pace1:** | 23-25 km |
| Ride Surface: | Road | **Est. Duration1:** | 2.0 – 2.5 hrs |
| Ideal for: | Road Bikes | **Child Suitable**1**:** | n/a |
| RidesAssist: | Experienced (Booking required) |  |

**Ride Summary**:

A Medium to Hard grade ride leaving from the popular ritzy beachside area of Terrigal, passing through Avoca, Copacabana then up to Killcare via Scenic Road, down Wards hill and back to Terrigal via Scenic Highway. The ride starts and ends at the Terrigal Surf Club carpark. This ride is perfect for those wanting to strengthen their hill climbing or training for an event.

All on roads and road shoulders, with some busy traffic roads, so you need to be comfortable cycling on the road with some passing traffic. Ride pace will be slower climbing, so short regroups are arranged for the top of each climb.

Coffee will be at the Terrigal Surf Café upon completion. We will skip Wards hill if wet.

**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](http://www.facebook.com/CentralCoastBicycleUserGroup)

**Ride Details –**

You need to be comfortable cycling on the road/road shoulder with some fast passing traffic. The pace will be fast (30km/h + on the flat) however in sections the ride pace will reduce for conditions such as climbing hills.

This ride is suitable for road bikes only.

There are a couple of sections of the ride which require cyclists to ride as a group, take over a road lane to more safely turn right, therefore you need to be comfortable to stay with the pack and to look over your right shoulder to make sure the road is clear behind you before moving out on to the road for the turn.

If we find wet roads we will skip Wards Hill and return via The Scenic Rd to Kincumber.

## Opt in points

The ride will start at Terrigal Surf Club carpark. There are no other opt in points for this ride.

## Opt out points

There are no train stations on the route, however there are bus stops along the way which would take you to Gosford (if the bus driver lets you on with your bike).

You can turn around at any point and retrace the route, but please let the ride leader or sweep know BEFORE you leave the ride!

Water & Toilet Locations

Water can be filled at The Surf Café prior to starting the ride and at Marie Byles Lookout.

Toilets are located at Terrigal Surf Club and Maitland Bay Beach carpark. If you need to go, please let the ride leader know (discretely).

Map Reference:

<https://www.mapmyride.com/routes/view/2183614249>

**Ride Leaders Personal Notes:**

# Cue Sheet –

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| --- | --- | --- | --- | --- |
| **Distance Marker** | **Distance in KM** | **Direction** | **Street / Location** | **Hazards / notes** |
| 0.0 |  | Start | Commence at Terrigal SLSC Carpark  | Terrigal Drive, cnr Painters Lane |
| 0.0 |  | Left | Scenic Highway | Ride through main street of Terrigal, Speed humps then hill climb, narrow shoulder |
| 2000m | 2.0 | Stop | Scenic Highway | Regroup |
| 0.0 | 2.0 | Right | Barnhill Road | Watch for cars when moving out onto road |
| 300m | 2.3 | Straight | Barnhill Road | Single car filter chicane |
| 200m | 2.5 | Left | Whiting Avenue | Steep downhill for 100m |
| 400m | 2.9 | Left | Barnhill Road |  |
| 100m | 3.0 | Stop | Terrigal Drive | Give way to traffic |
| 100m | 3.1 | Straight | Terrigal Drive | Straight through roundabout |
| 800m | 3.9 | Straight | Terrigal Drive | Straight through roundabout |
| 500m | 4.4 | Left | Charles Kay Drive | Steep climb |
| 1100m | 5.5 | Right | Scenic Highway | Turn right at roundabout |
| 100m | 5.6 | Stop | Scenic Highway | Regroup |
| 2600m | 8.2 | Left | Avoca Drive | Turn left at roundabout |
| 2100m | 10.3 | Right | Cape Three Points Road | Right at roundabout, claim hill |
| 1400m | 11.7 | Stop | Cape Three Points Road | Regroup at water tower |
| 900m | 12.6 | Left | Chico Street | Steep decent |
| 400m | 13.0 | Left | Del Mar drive | Steep decent |
| 900m | 13.9 | Left | Del Rio Drive |  |
| 100m | 14.0 | Left | Segura Street |  |
| 300m | 14.3 | Left | Oceano Street | Climb hill |
| 1200m | 15.5 | Right | Del Monte Place | Descend hill |
| 1500m | 17.0 | Straight | Del Monte Place | Through roundabout |
| 100m | 17.1 | Straight | Del Monte Place | Through roundabout |
| 300m | 17.4 | Right | Pampas Avenue | Climb Hill |
| 1000m | 18.4 | Left | Cullens Road | Good road surface, narrow shoulder |
| 4000m | 22.4 | Left | The Scenic Road | Turn left at roundabout |
| 100m | 22.5 | Straight | The Scenic Road | Slow pace, bunch up riders (sweep – all on) |
| 4500m | 27.0 | Straight | The Scenic Road | Hill climb, rough surface, narrow |
| 4800m | 31.8 | Stop | Marie Byles Lookout | Regroup and fill water from tape. There is bush for nature calls |
| 1500m | 33.3 | Right | Wards Hill Road |  |
| 1100m | 34.4 | Straight | Wards Hill Road | Steep decent 20% plus |
| 300m | 34.7 | Straight | Wards Hill Road | Steep left hairpin 15kmph |
| 100m | 34.8 | Straight | Wards Hill Road | Steep right hairpin 25kmph |
| 700m | 35.5 | Stop | Empire Bay Drive | Regroup before intersection, give way to traffic |
| 0.0m | 35.5 | Right | Empire Bay Drive | Main road, good shoulder, cycle lane |
| 5700m | 41.2 | Straight | Empire Bay Drive | Straight through at roundabout |
| 400m | 41.6 | Right | Avoca Drive | Take right lane, turn right at roundabout, watch for traffic |
| 1900m | 43.5 | Straight | Scenic Highway | Straight through at roundabout |
| 2800m | 46.3 | Straight | Scenic Highway | Straight through at roundabout |
| 2800m | 49.1 | Left | Kurrawyba Avenue | Watch, pedestrian crossing |
| 100m | 49.2 | Right | Church Street | Pedestrian crossing |
| 100m | 49.3 | Right | Campbell Crescent | Pedestrian crossing |
| 100m | 49.4 | Left | Terrigal Drive | Traffic, pedestrians |
| 100m | 49.5 | Right | Terrigal Surf Club Carpark | Turn right into surf club carpark |
| YAY!! |  |  | End of ride – head for cafe |  |
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1. Refer to the [www.ccbug.org.au](http://www.ccbug.org.au) for more information. [↑](#footnote-ref-1)