Go Loopy
100km, 200km, 300km, 400km & 600km Audax Rides
Saturday 22 April 2017

Five clockwise routes of increasing size from Waitara in Sydney's north, taking in the Southern Highlands, the river flats around Penrith, the Central Coast and the Kuring-gai Chase National Park. The longer you ride the loopier you get!

The routes have been tweaked this year to avoid the ongoing roadworks on Narellan Rd and the two longest rides now follow the same route all the way to Penrith.

Organiser Contact Details:
Howard Dove & Rebecca Morton
3/88 Sherbrook Rd, Hornsby 2077
Mob: 0403 215027 (Howard)
0425 370089 (Rebecca)
Email: ramhkd@yahoo.com.au

Entry Fees: Audax or Cycling Australia members $6 (please bring your membership card). Non-members $16 (includes a $10 temporary membership surcharge).

Support Fee: There is a $130 support fee for the 600km riders. This includes:

- accommodation in Richmond
- bag drop and return
- dinner on Saturday night
- breakfast on Sunday morning

Registration: Online entry is available at:

https://www.audax.org.au/portal/index.php/component/eventbooking/nsw/433-go-loopy-2017

Entries for the 600km distance are limited by availability of accommodation in Richmond and will be closed at 10:00pm on 18 April, or when sold out. All other ride entries close at 4:00pm on Friday 21 April 2017.

Start Time: **All rides start at 6:00am sharp**. Please **arrive by 5:40am** for admin, light check and bag drop for the 600km riders.

Start Location: WAITARA - Tower 1, 41-45 Waitara Ave (opposite Waitara Oval)

Please assemble near the letterboxes for registration.

There are usually plenty of places to park your car in Waitara Avenue and there are no parking restrictions, so 600km riders can leave their cars over the weekend without fear of a ticket. **Note that you need to park "rear to kerb" on the oval side of the road**.

Waitara Avenue is not accessible by car from Edgeworth David Rd.

Waitara Station is at the top of Waitara Ave (about 300m from the start) and Hornsby Station is only about 1km away.

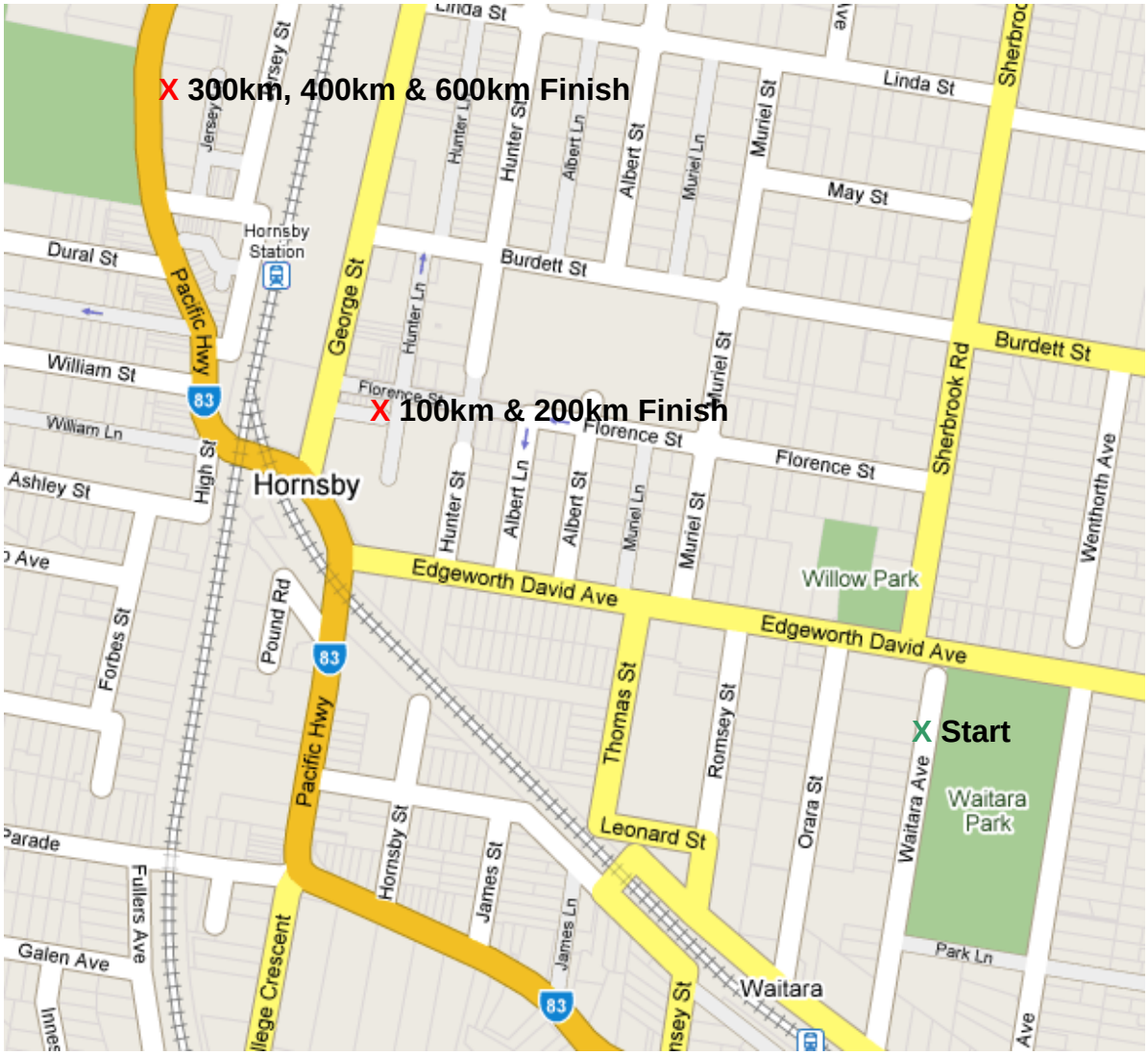
Finish Locations: 100km & 200km - HORNSBY - Olive Bar & Grill, Florence St

300km, 400km & 600km - HORNSBY - Hornsby Police Station, Pacific Hwy

Lighting: All rides start before dawn, therefore **Audax lighting rules do apply for ALL ride distances**. Lighting rules can be viewed on the Audax website (follow the links below). There will be an inspection prior to commencing the ride.

Lighting - http://audax.org.au/public/images/stories/Documents/lightingrequirements.pdf

Reflective Vest - http://audax.org.au/public/images/stories/Documents/reflectivegarments.pdf



Route Directions: 100km p 4
200km pp 5-6
300km pp 7-8
400km pp 9-10
600km pp 11-13

Please print the route directions and bring them with you. If you can't get to a printer, let us know and we will print a copy for you.

Route Maps:
The routes are mapped on Ride with GPS https://ridewithgps.com/events/32573-2017-go-loopy

Control Locations:

100km:	Windsor - 41km (closes 8:44am)
	Arcadia - 75km (closes 11:00am)
	Hornsby - 103km (closes 12:52pm)
200km:	Camden - 81km (closes 11:24am)
	Windsor - 160km (closes 4:40pm)
	Hornsby - 200km (closes 7:30pm)
300km:	Camden - 81km (closes 11:44am)
	Hill Top - 142km (closes 3:28pm)
	Penrith - 227km (closes 9:08pm)
	Hornsby - 300km (closes 2:00am 23/04/2017)

400km:	Camden - 81km (closes 11:24am) Robertson - 171km (closes 5:24pm) Mittagong - 231km (closes 9:24pm) Penrith - 331km (closes 4:04am 23/04/2017) Hornsby - 401km (closes 9:00am 23/04/2017)
600km	Camden - 81km (closes 11:24am) Robertson - 171km (closes 5:24pm) Mittagong - 231km (closes 9:24pm) Richmond - 350km (closes 5:20am 23/04/2017) Wisemans Ferry - 431km (closes 10:44am 23/04/2017) Wyong - 517km (closes 4:28pm 23/04/2017) Hornsby - 601km (closes 10:00pm 23/04/2017)

Food/water: Except for the 600km distance, this ride is unsupported however food and water is readily available along the route and at the control locations. Public toilets are available at the control locations.

Dinner and breakfast will be provided for the 600km riders. All other controls are unsupported. **Please advise the organisers of any dietary requirements ASAP. If advised after 9:00pm on Wednesday 19 April we can't guarantee that we'll be able to meet your needs.**

Luggage: We will have one volunteer providing support and luggage transport - Bec Morton. Bring your clearly labeled bag to the ride start. You will only have access to your bag at the overnight stop, so please ensure you have everything you need with you at the beginning of both days. Your bag can be collected from Bec at 3/88 Sherbrook Rd, Hornsby when you finish the ride.

Cancellation: **Should you have to cancel at the last minute, please send one of us a text message <u>before</u> the ride start.** Our mobile numbers are at the top of this document. The full entry fee will be refunded to you if you cancel any time prior to the ride start. Support fees will be refunded at the discretion of the organisers.

Post Ride: Your brevet cards will be processed after the ride and then sent back to you. Therefore, when you have finished you can either:

- leave it at the counter at the Olive Bar and Grill
- drop it in our letterbox at 3/88 Sherbrook Rd Hornsby, or
- mail it to us: Howard Dove, 3/88 Sherbrook Rd, Hornsby 2077

The Little Loop - 100km Audax Ride		
Route instruction	**Int km**	**Tot km**
START: WAITARA, Tower 1, 41-45 Waitara Ave	0.0	0.0
L @ T Alexandria Pde	0.3	0.3
R @ lights Ingram Rd	0.5	0.8
L @ lights Pacific Hwy	0.4	1.2
SO Pennant Hills Rd (dir: Parramatta)	0.2	1.4
R Castle Hill Rd (dir: Castle Hill, Windsor)	7.0	8.4
L Old Northern Rd (dir: Castle Hill, Windsor)	3.8	12.2
R @ T Old Northern Rd (dir: Windsor)	1.5	13.7
L Showground Rd (dir: Windsor)	0.2	13.9
L @ T Windsor Rd (dir: Parramatta)	3.2	17.1
R Norwest Bvd (dir: Norwest Business Park)	0.8	17.9
R @ lights Old Windsor Rd bike path (on RHS of road, access via pedestrian crossing)	2.7	20.6
1st exit @ roundabout - George St	20.2	40.8
CHECKPOINT: WINDSOR	0.1	**40.9**
on leaving checkpoint return the way you came along George St		
3rd exit @ roundabout - Bridge St	0.1	41.0
L @ lights Pitt Town Rd (dir: Wisemans Ferry)	1.5	42.5
R Wolseley Rd (dir: Oakville)	0.9	43.4
L Old Stock Route Rd	1.6	45.0
veer right Scheyville Rd (dir: Scheyville, Maraylya)	1.9	46.9
L @ T Pitt Town Dural Rd (dir: Pitt Town)	5.3	52.2
SO Pebbly Hill Rd	0.2	52.4
L @ T Mitchell Park Rd	2.8	55.2
R Cattai Rd	0.7	55.9
R Halcrows Rd (power substation on corner)	1.7	57.6
veer left Cattai Ridge Rd (dir: Glenorie)	7.0	64.6
R @ T Old Northern Rd (dir: Castle Hill)	8.1	72.7
L Wylds Rd (dir: Hornsby) ***CAUTION: steep and rough descent***	0.8	***73.5***
L @ T Arcadia Rd (dir: Berowra Waters)	1.6	75.1
CHECKPOINT: ANDY'S (on left)	0.3	**75.4**
L on leaving checkpoint and follow signs to Berowra Waters		
cross river on car ferry and follow signs to Hornsby	10.1	85.5
R @ T Pacific Hwy (dir: Hornsby, Parramatta)	6.2	91.7
SO Jersey St Nth and follow signs to Hornsby, Parramatta, Sydney	8.8	100.5
L Florence St	2.1	102.6
FINISH: HORNSBY MALL - Olive Bar & Grill, Florence St (on right)	0.1	**102.7**

Ride Organisers are Howard Dove & Rebecca Morton
Ph: 0425 370089 (Rebecca) -- 0403 215027 (Howard)

The Long Loop - 200km Audax Ride		
Route instruction	**Int km**	**Tot km**
START: WAITARA - Tower 1, 41-45 Waitara Ave	**0.0**	**0.0**
L @ T Alexandria Pde	0.3	0.3
R @ lights Ingram Rd	0.5	0.8
L @ lights Pacific Hwy	0.4	1.2
SO Pennant Hills Rd (dir: Parramatta)	0.2	1.4
R Castle Hill Rd (dir: Castle Hill, Windsor)	7.0	8.4
L Old Northern Rd (dir: Castle Hill, Windsor)	3.8	12.2
R @ T Old Northern Rd (dir: Windsor)	1.6	13.8
L Showground Rd (dir: Windsor)	0.1	13.9
L Windsor Rd (dir: Parramatta)	3.2	17.1
R Norwest Bvd (dir: Norwest Business Park)	0.8	17.9
join bike path on LHS immediately after crossing Greenhill Drive	3.1	21.0
R @ T M7 bike path and follow it to its end at Camden Valley Way	0.5	21.5
R at the end of the M7 path and follow bike path along Camden Valley Way	37.2	58.7
L off bike path onto Camden Valley Way	3.5	62.2
cross at pedestrian crossing to join the bike path	0.8	63.0
cross at pedestrian crossing to rejoin Camden Valley Way	13.2	76.2
CHECKPOINT: CAMDEN	4.5	**80.8**
on leaving checkpoint continue on Argyle St		
2nd exit @ roundabout Cawdor Rd	0.1	80.9
2nd exit @ roundabout Sheathers Ln	1.0	81.9
2nd exit @ roundabout Werombi Rd	2.0	83.8
R @ T Silverdale Rd	15.6	99.4
veer right Silverdale Rd (dir: Wallacia)	9.2	108.6
2nd exit @ roundabout Silverdale Rd (dir: Wallacia, Penrith)	3.8	112.5
2nd exit @ roundabout Park Rd (dir: Liverpool, Campbelltown)	3.2	115.6
L @ T The Northern Rd (dir: Penrith)	4.8	120.4
L High St (dir: Penrith City Centre)	14.5	134.9
SO High St	0.3	135.2
R Riley St (sign indicates all traffic should turn)	1.5	136.7
L Henry St	0.1	136.8
R Castlereagh Rd (dir: Richmond, St Marys, Mt Druitt)	0.6	137.4
R Cranebrook Rd (dir: Windsor, Richmond)	5.3	142.7
2nd exit @ roundabout The Northern Rd (dir: Windsor)	3.5	146.2
L Richmond Rd (dir: Windsor, Richmond)	7.7	153.9
2nd exit @ roundabout George St (dir: Windsor)	0.2	154.1
SO George St (dir: South Windsor Shops)	2.2	156.3
SO George St Mall (paved area)	2.9	159.2
CHECKPOINT: WINDSOR - George St Mall	0.3	**159.5**

on leaving checkpoint continue through Mall		
3rd exit at roundabout Bridge St (dir: Parramatta, Sydney)	0.1	159.6
L @ lights Pitt Town Rd (dir: Wisemans Ferry)	1.5	161.1
R Wolseley Rd (dir: Oakville)	1.0	162.1
L Old Stock Route Rd	1.6	163.7
road curves right to become Scheyville Rd (dir: Scheyville, Maraylya)	1.9	165.6
R Pitt Town Dural Rd (dir: Glenorie)	5.3	170.9
R @ T Old Northern Rd (dir: Castle Hill)	13.7	184.6
L Wylds Rd ***CAUTION: steep and rough descent***	**0.9**	***185.5***
R @ T Arcadia Rd (dir: Hornsby)	1.6	187.1
1st exit @ roundabout Galston Rd and follow signs to Hornsby	3.3	190.3
R @ T Peats Ferry Rd (dir: Hornsby, Pennant Hills)	10.3	200.6
L Bridge Rd (dir: Hornsby, Parramatta, Sydney)	0.7	201.3
R George St (dir: Hornsby, Parramatta, Sydney)	0.2	201.5
L @ lights Burdett St	0.5	202.0
R @ lights Hunter St and continue into Mall	0.1	202.2
FINISH: HORNSBY - Olive Bar & Grill, Florence St	0.2	**202.4**

Ride Organisers are Howard Dove & Rebecca Morton
Ph: 0425 370089 (Rebecca) -- 0403 215027 (Howard)

The Longer Loop - 300km Audax Ride		
Route instruction	**Int km**	**Tot km**
START: WAITARA - Tower 1, 41-45 Waitara Ave	0.0	0.0
L @ T Alexandria Pde	0.3	0.3
R @ lights Ingram Rd	0.5	0.8
L @ lights Pacific Hwy	0.4	1.2
SO Pennant Hills Rd (dir: Parramatta)	0.2	1.4
R Castle Hill Rd (dir: Castle Hill, Windsor)	7.0	8.4
L Old Northern Rd (dir: Castle Hill, Windsor)	3.8	12.2
R @ T Old Northern Rd (dir: Windsor)	1.6	13.8
L Showground Rd (dir: Windsor)	0.1	13.9
L Windsor Rd (dir: Parramatta)	3.2	17.1
R Norwest Bvd (dir: Norwest Business Park)	0.8	17.9
join bike path on LHS immediately after crossing Greenhill Drive	3.1	21.0
R @ T M7 bike path and follow it to its end at Camden Valley Way	0.5	21.5
R at the end of the M7 path and follow bike path along Camden Valley Way	37.2	58.7
L off bike path onto Camden Valley Way	3.5	62.2
cross at pedestrian crossing to join the bike path	0.8	63.0
cross at pedestrian crossing to rejoin Camden Valley Way	13.2	76.2
CHECKPOINT: CAMDEN	4.5	**80.8**
on leaving checkpoint continue on Argyle St		
2nd exit @ roundabout Cawdor Rd	0.2	80.9
1st exit @ roundabout to stay on Cawdor Rd	1.0	81.9
SO Old Razorback Rd	5.6	87.5
L @ Give Way sign Mt Hercules Rd	4.4	91.9
R @ T Remembrance Drwy	1.3	93.1
continue through Picton, Tahmoor and Bargo		
R Remembrance Drwy (dir: Yanderra, Yerrinbool)	26.6	119.7
continue through Yanderra and Yerrinbool		
SO through two roundabouts to cross over Hume Hwy	14.9	134.7
R Wilson Dr (dir: Hill Top)	1.8	136.5
L to cross railway bridge into Hill Top	5.3	141.7
CHECKPOINT: HILL TOP - Bakery/Cafe (on left)	0.3	**142.0**
on leaving checkpoint continue on West St		
R (dir: Balmoral)	0.3	142.3
L @ T Wilson Dr and continue through Balmoral and Buxton	0.1	142.4
THIRLMERE - 1st exit @ roundabout Oaks Rd	19.1	161.5
R Mowbray Park Rd	4.7	166.1
R @ T Barkers Lodge Rd (dir: The Oaks, Picton)	2.7	168.8
L Montpelier Dr (dir: The Oaks) and continue through The Oaks	0.3	169.1
dogleg R then L Silverdale Rd (dir: Warragamba, Penrith)	9.6	178.7
veer right Silverdale Rd (dir: Wallacia)	21.2	199.9
2nd exit @ roundabout Silverdale Rd (dir: Wallacia, Penrith)	3.8	203.7
WALLACIA - 2nd exit @ roundabout Park Rd (dir: Liverpool, Campelltown)	3.2	206.9
L @ T The Northern Rd (dir: Penrith)	4.8	211.7
L @ lights High St (dir: Penrith City Centre)	14.5	226.2
SO High St	0.3	226.5
CHECKPOINT: PENRITH	0.4	**226.8**

on leaving checkpoint continue on High St		
R Riley St (sign indicates all traffic should turn)	1.1	227.9
L Henry St	0.1	228.0
R Castlereagh Rd (dir: Richmond, St Marys, Mt Druitt)	0.6	228.6
R Cranebrook Rd (dir: Windsor, Richmond)	5.3	233.9
2nd exit @ roundabout The Northern Rd (dir: Windsor)	3.5	237.4
1st exit @ roundabout Richmond Rd (dir: Windsor, Richmond)	7.7	245.1
2nd exit @ roundabout George St (dir: Windsor)	0.3	245.3
SO George St (dir: South Windsor Shops)	2.2	247.6
SO George St Mall (paved area)	2.9	250.5
3rd exit at roundabout Bridge St (dir: Parramatta, Sydney)	0.4	250.8
L @ lights Pitt Town Rd (dir: Wisemans Ferry)	1.5	252.4
R Wolseley Rd (dir: Oakville)	1.0	253.3
L Old Stock Route Rd	1.6	254.9
veer right Scheyville Rd (dir: Scheyville, Maraylya)	1.9	256.8
L @ T Pitt Town Dural Rd (dir: Pitt Town)	5.3	262.1
SO Pebbly Hill Rd	0.1	262.3
L @ T Mitchell Park Rd	2.8	265.1
R Cattai Rd	0.7	265.8
R Halcrows Rd (power substation on corner)	1.7	267.5
veer left Cattai Ridge Rd	7.0	274.5
R @ T Old Northern Rd (dir: Castle Hill)	8.1	282.6
L Mid Dural Rd (dir: Galston, Hornsby)	3.1	285.7
1st exit @ roundabout Galston Rd (dir: Galston, Hornsby)	2.2	287.9
2nd exit @ roundabout Galston Rd (dir: Hornsby) and follow signs to Hornsby	0.4	288.4
R @ T Peats Ferry Rd (dir: Hornsby, Pennant Hills)	10.4	298.7
FINISH: HORNSBY - Hornsby Police Station, Pacific Hwy	1.3	**300.0**

Ride Organisers are Howard Dove & Rebecca Morton
Ph: 0425 370089 (Rebecca) -- 0403 215027 (Howard)

The Longest Loop - 400km Audax Ride		
Route instruction	**Int km**	**Tot km**
START: WAITARA - Tower 1, 41-45 Waitara Ave	**0.0**	**0.0**
L @ T Alexandria Pde	0.3	0.3
R @ lights Ingram Rd	0.5	0.8
L @ lights Pacific Hwy	0.4	1.2
SO Pennant Hills Rd (dir: Parramatta)	0.2	1.4
R Castle Hill Rd (dir: Castle Hill, Windsor)	7.0	8.4
L Old Northern Rd (dir: Castle Hill, Windsor)	3.8	12.2
R @ T Old Northern Rd (dir: Windsor)	1.6	13.8
L Showground Rd (dir: Windsor)	0.1	13.9
L Windsor Rd (dir: Parramatta)	3.2	17.1
R Norwest Bvd (dir: Norwest Business Park)	0.8	17.9
join bike path on LHS immediately after crossing Greenhill Drive	3.1	21.0
R @ T M7 bike path and follow it to its end at Camden Valley Way	0.5	21.5
R at the end of the M7 path and follow bike path along Camden Valley Way	37.2	58.7
L off bike path onto Camden Valley Way	3.5	62.2
cross at pedestrian crossing to join the bike path	0.8	63.0
cross at pedestrian crossing to rejoin Camden Valley Way	13.2	76.2
CHECKPOINT: CAMDEN	4.6	**80.8**
on leaving checkpoint continue on Argyle St		
2nd exit @ roundabout Cawdor Rd	0.1	80.9
1st exit @ roundabout to stay on Cawdor Rd	1.0	81.9
SO Old Razorback Rd	5.6	87.5
L @ Give Way sign Mt Hercules Rd	4.4	91.9
R @ T Remembrance Drwy	1.2	93.1
continue through Picton, Tahmoor and Bargo		
R Remembrance Drwy (dir: Yanderra, Yerrinbool)	26.6	119.7
continue through Yanderra and Yerrinbool		
L Old South Rd	12.5	132.2
1st exit @ roundabout Range Rd	10.1	142.3
L @ T Tourist Rd	8.2	150.5
R @ T Illawarra Hwy	17.2	167.7
CHECKPOINT: ROBERTSON - Famous Pie Shop (on right)	3.2	**170.9**
on leaving checkpoint continue on Illawarra Hwy and through Robertson		
L Pearsons Ln	5.4	176.3
R Myra Vale Rd (dir: Fitzroy Falls)	5.0	181.3
R @ T Nowra Rd (dir: Moss Vale, Mittagong, Fitzroy Falls)	7.7	189.0
R @ T Yarrawa Rd	16.8	205.8
L @ T Argyle St	2.8	208.6
R Waite St (dir: Berrima)	0.2	208.8
R @ T Old Hume Hwy (dir: Berrima, Mittagong)	8.0	216.8
CHECKPOINT: MITTAGONG	14.2	**231.0**
on leaving checkpoint continue on Old Hume Hwy		
SO Hume Hwy on ramp	6.4	237.4
take Church Ave exit from Hume Hwy (dir: Colo Vale, Yerrinbool, Hill Top)	1.0	238.4
1st exit @ roundabout Church Ave (dir: Colo Vale, Hill Top)	0.3	238.7
R Wilson Dr (dir: Hill Top)	1.6	240.3
THIRLMERE - 1st exit @ roundabout Oaks Rd	24.9	265.2

R Mowbray Park Rd	4.7	269.9
R @ T Barkers Lodge Rd (dir: The Oaks, Picton)	2.7	272.6
L Montpelier Dr (dir: The Oaks) and continue through The Oaks	0.3	272.9
dogleg R then L Silverdale Rd (dir: Warragamba, Penrith)	9.5	282.4
veer right Silverdale Rd (dir: Wallacia)	21.2	303.6
2nd exit @ roundabout Silverdale Rd (dir: Wallacia, Penrith)	3.8	307.4
2nd exit @ roundabout Park Rd (dir: Liverpool, Campbelltown)	3.2	310.6
L @ T The Northern Rd (dir: Penrith)	4.8	315.4
L High St (dir: Penrith City Centre)	14.5	329.9
SO High St	0.3	330.2
CHECKPOINT: PENRITH	0.4	**330.6**
on leaving checkpoint continue on High St		
R Riley St (sign indicates all traffic should turn)	1.1	331.7
L Henry St	0.1	331.8
R Castlereagh Rd (dir: Richmond, St Marys, Mt Druitt)	0.6	332.4
R Cranebrook Rd (dir: Windsor, Richmond)	5.3	337.7
2nd exit @ roundabout The Northern Rd (dir: Windsor)	3.5	341.2
1st exit @ roundabout Richmond Rd (dir: Windsor, Richmond)	7.6	348.8
2nd exit @ roundabout George St (dir: Windsor)	0.3	349.1
SO George St (dir: South Windsor Shops)	2.2	351.3
SO George St Mall (paved area)	2.9	354.2
3rd exit at roundabout Bridge St (dir: Parramatta, Sydney)	0.4	354.6
L @ lights Pitt Town Rd (dir: Wisemans Ferry)	1.5	356.1
R Wolseley Rd (dir: Oakville)	1.0	357.1
L Old Stock Route Rd	1.6	358.7
veer right Scheyville Rd (dir: Scheyville, Maraylya)	1.9	360.6
L @ T Pitt Town Dural Rd (dir: Pitt Town)	5.3	365.9
SO Pebbly Hill Rd	0.1	366.0
L @ T Mitchell Park Rd	2.8	368.8
R Cattai Rd	0.7	369.5
R Halcrows Rd (power substation on corner)	1.7	371.2
veer left Cattai Ridge Rd	7.0	378.2
R @ T Old Northern Rd (dir: Castle Hill)	8.1	386.3
L Mid Dural Rd (dir: Galston, Hornsby)	3.2	389.5
1st exit @ roundabout Galston Rd (dir: Galston, Hornsby)	2.2	391.7
2nd exit @ roundabout Galston Rd (dir: Hornsby) and follow signs to Hornsby	0.4	392.1
R @ T Peats Ferry Rd (dir: Hornsby, Pennant Hills)	10.4	402.5
FINISH: HORNSBY - Police Station (on left)	1.1	**403.6**

Ride Organisers are Howard Dove & Rebecca Morton
Ph: 0425 370089 (Rebecca) -- 0403 215027 (Howard)

The Two Day Loop - 600km Audax Ride		
Route instruction	**Int km**	**Tot km**
START: WAITARA - Tower 1, 41-45 Waitara Ave	0.0	**0.0**
L @ T Alexandria Pde	0.3	0.3
R @ lights Ingram Rd	0.5	0.8
L @ lights Pacific Hwy	0.4	1.2
SO Pennant Hills Rd (dir: Parramatta)	0.2	1.4
R Castle Hill Rd (dir: Castle Hill, Windsor)	7.0	8.4
L Old Northern Rd (dir: Castle Hill, Windsor)	3.8	12.2
R @ T Old Northern Rd (dir: Windsor)	1.6	13.8
L Showground Rd (dir: Windsor)	0.1	13.9
L Windsor Rd (dir: Parramatta)	3.2	17.1
R Norwest Bvd (dir: Norwest Business Park)	0.8	17.9
join bike path on LHS immediately after crossing Greenhill Drive	3.1	21.0
R @ T M7 bike path and follow it to its end at Camden Valley Way	0.5	21.5
R at the end of the M7 path and follow bike path along Camden Valley Way	37.2	58.7
L off bike path onto Camden Valley Way	3.5	62.2
cross at pedestrian crossing to join the bike path	0.8	63.0
cross at pedestrian crossing to rejoin Camden Valley Way	13.2	76.2
CHECKPOINT: CAMDEN	4.6	**80.8**
on leaving checkpoint continue on Argyle St		
2nd exit @ roundabout Cawdor Rd	0.1	80.9
1st exit @ roundabout to stay on Cawdor Rd	1.0	81.9
SO Old Razorback Rd	5.6	87.5
L @ Give Way sign Mt Hercules Rd	4.4	91.9
R @ T Remembrance Drwy (no sign)	1.2	93.1
continue on Remembrance Drwy through Picton, Tahmoor & Bargo		
R Remembrance Drwy (dir: Yanderra, Yerrinbool)	26.6	119.7
continue on Remembrance Drwy through Yanderra & Yerrinbool		
L Old South Rd	12.5	132.2
1st exit @ roundabout Range Rd	10.1	142.3
L @ T Tourist Rd	8.1	150.5
R @ T Illawarra Hwy	17.3	167.7
CHECKPOINT: ROBERTSON PIE SHOP (on right)	3.1	**170.9**

on leaving checkpoint continue on Illawarra Hwy		
L Pearsons Ln	5.4	176.3
R Myra Vale Rd (dir: Fitzroy Falls)	5.0	181.3
R @ T Nowra Rd (dir: Moss Vale, Mittagong, Fitzroy Falls)	7.7	189.0
R @ T Yarrawa Rd	16.8	205.8
L @ T Argyle St	2.8	208.6
R Waite St (dir: Berrima)	0.2	208.8
R @ T Old Hume Hwy (dir: Berrima, Mittagong)	8.0	216.8
CHECKPOINT: MITTAGONG	14.2	**231.0**
on leaving checkpoint continue on Old Hume Hwy		
SO Hume Hwy on ramp	6.4	237.4
take Church Ave exit from Hume Hwy (dir: Colo Vale, Yerrinbool, Hill Top)	1.0	238.4
1st exit @ roundabout Church Ave (dir: Colo Vale, Hill Top)	0.3	238.7
R Wilson Dr (dir: Hill Top)	1.6	240.3
THIRLMERE - 1st exit @ roundabout Oaks Rd	24.9	265.2
R Mowbray Park Rd	4.7	269.9
R @ T Barkers Lodge Rd (dir: The Oaks, Picton)	2.7	272.6
L Montpelier Dr (dir: The Oaks) and continue through The Oaks	0.3	272.9
dogleg R then L Silverdale Rd (dir: Warragamba, Penrith)	9.5	282.4
veer right Silverdale Rd (dir: Wallacia)	21.2	303.6
2nd exit @ roundabout Silverdale Rd (dir: Wallacia, Penrith)	3.8	307.4
2nd exit @ roundabout Park Rd (dir: Liverpool, Campbelltown)	3.2	310.6
L @ T The Northern Rd (dir: Penrith)	4.8	315.4
L High St (dir: Penrith City Centre)	14.5	329.9
SO High St	0.3	330.2
R Riley St (sign indicates all traffic should turn)	1.5	331.7
L Henry St	0.1	331.8
R Castlereagh Rd (dir: Richmond, St Marys, Mt Druitt)	0.6	332.4
R Cranebrook Rd (dir: Windsor, Richmond)	5.3	337.7
1st exit @ roundabout Londonderry Rd (dir: Richmond)	3.5	341.2
R Vine Dr	8.9	350.1
CHECKPOINT: RICHMOND - Western Sydney Uni Village	0.5	**350.6**

on leaving checkpoint return the way you came along Vine Dr		
R Londonderry Rd	0.4	351.0
R Lennox St (dir: Blacktown)	1.5	352.5
L Bourke St	0.4	352.9
R @ lights Windsor St (after crossing railway line)	0.4	353.3
L Macquarie St (dir: Singleton)	5.3	358.6
R @ T Windsor Rd (dir: Parramatta, Sydney)	1.2	359.8
L @ lights Pitt Town Rd (dir: Wisemans Ferry)	1.4	361.2
PITT TOWN - follow signs to Wisemans Ferry	4.8	366.0
L Sackville Ferry Rd (dir: Sackville, Lower Portland)	18.2	384.2
cross river on car ferry	10.0	394.2
R West Portland Rd (dir: Lower Portland, Kurrajong)	0.7	394.9
R towards Lower Portland Ferry	12.9	407.8
cross river on car ferry	0.2	408.0
L River Rd	0.3	408.3
L @ T Old Northern Rd (dir: Gosford)	22.7	431.0
CHECKPOINT: WISEMANS FERRY - Greengrocer IGA (on right)	0.1	**431.1**
on leaving checkpoint continue down the hill		
cross river on car ferry then R Wisemans Ferry Rd (dir: Gosford)	0.6	431.7
L Bloodtree Rd (dir: Kulnura, Yarramalong)	49.9	481.6
L Bloodtree Rd (dir: Kulnura, Yarramalong)	0.2	481.8
L @ T George Downes Dr (dir: Kulnura, Yarramalong)	3.5	485.3
KULNURA - R Greta Rd	5.8	491.1
L @ T Greta Rd (dir: Wyong)	2.2	493.3
CAUTION: steep descent and rough road down Bumble Hill	1.9	***495.2***
R @ T Yarramalong Rd	3.2	498.4
2nd exit @ roundabout Anzac Ave	17.8	516.2
3rd exit @ roundabout Hely St	0.5	516.7
R @ T Alison Rd	0.3	517.0
CHECKPOINT: WYONG - Wyong Shopping Plaza (on right)	0.0	**517.0**
on leaving checkpoint continue on Alison Rd		
L Margaret St	0.2	517.2
R @ lights Pacific Hwy	0.4	517.6
2nd exit @ multi-lane roundabout (dir: Kangy Angy)	2.7	520.3
1st exit @ roundabout Pacific Hwy (dir: Ourimbah, Gosford)	6.6	526.9
R @ lights Dog Trap Rd	1.0	527.9
R @ T Wisemans Ferry Rd	9.8	537.7
L Peats Ridge Rd (dir: Peats Ridge, Sydney)	5.4	543.1
PEATS RIDGE	2.9	546.0
R Pacific Hwy (dir: Sydney, Brooklyn)	14.1	560.1
L Pacific Hwy (dir: Brooklyn)	0.2	560.3
R Peats Ferry Rd (dir: Galston)	39.1	599.4
FINISH: HORNSBY - Police Station (on left)	2.0	**601.4**