

Take a Walk 200km & 300km Audax Rides Saturday 18 May 2019

Take a 200km Hike or a 300km Constitutional in the Northern Sydney, Central Coast and Hunter regions. Great training or qualifying rides for the 2019 PBP.

Organiser Contact Details:
Howard & Rebecca Dove
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).

Registration: Online entry is available at:

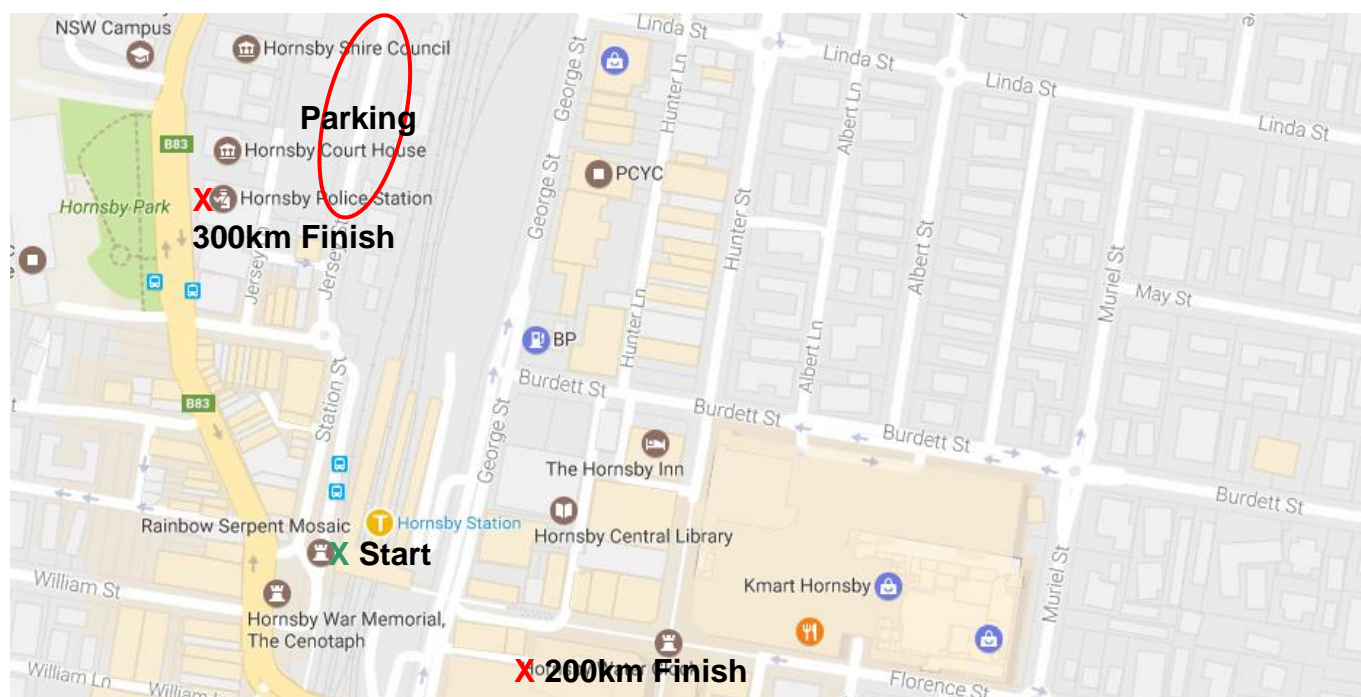
<https://www.audax.org.au/portal/rides/register-calendar/1293-take-a-walk-2019>

Entries close at 12:30pm on Friday 17 May 2019. Sorry, no entries on the day.

Start Time: The rides start at 6:00am sharp. Please **arrive by 5:50am** for admin. We are starting before sunrise, so please arrive appropriately dressed and lit to ride in the dark.

Start Location: HORNSBY - Railway Station, western side
Parking is available in Jersey St (north of the station) but you need to check restrictions as some spots are time limited.

Finish Locations: 200km - HORNSBY – Café Florence, Florence St
300km - HORNSBY - Hornsby Police Station, Pacific Hwy



Rider Safety: We want everyone to have a safe ride. Low light conditions can occur at any time of the day and the ride starts pre-dawn, so we expect you to be prepared and to take responsibility for your visibility on the road at all times.

The Club's safety recommendations can be viewed on the Audax Australia website (see link below).

https://www.audax.org.au/public/images/stories/Documents/National_Docs/Audax_Australia_Safety_Recommendations.pdf

Route Directions: 200km p 3 and 300km p 4

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 Map: The routes are mapped on Ride with GPS:

<https://ridewithgps.com/events/83094-take-a-walk>

Control Locations:

200km: Wyong - 79km (closes 11:16am)
Somersby - 123km (closes 2:12pm)
Arcadia - 188km (closes 6:32pm)
Hornsby - 203km (closes 7:30pm)

300km: Wyong - 79km (closes 11:16am)
Cessnock - 153km (closes 4:12pm)
*Kulnura - 226km (closes 9:04pm) OR *Peats Ridge - 237km (closes 9:48pm)
Hornsby - 306km (closes 2:00am Sun 19/05/2019)

**NOTE 300km riders: If Kulnura General Store is still open, use it as your checkpoint. If not, use either the service station or the Asian place in Peats Ridge as a checkpoint. There is no requirement to get your brevet signed at both.*

Food/water: 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.

Cancellation: **Should you have to cancel at the last minute, please send one of us a text message before 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.

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:

- hand it to either of us at the finish
- drop it in our letterbox at 3/88 Sherbrook Rd Hornsby, or
- mail it to us: Howard Dove, 3/88 Sherbrook Rd, Hornsby 2077

| Bumble Hill Hike - 200km Audax Ride | | |
|---|---------------|---------------|
| Route instruction | Int km | Tot km |
| START: HORNSBY - Railway Station | 0.0 | 0.0 |
| R @ lights Peats Ferry Rd | 0.1 | 0.1 |
| R Pacific Hwy (dir: Peats Ridge) | 41.4 | 41.5 |
| R Pacific Hwy (dir: Gosford) | 0.3 | 41.8 |
| 1st exit @ roundabout Wisemans Ferry Rd (dir: Somersby) | 10.5 | 52.3 |
| 3rd exit @ roundabout Gindurra Rd | 0.6 | 52.9 |
| curve R Debenham Rd CAUTION: steep and rough descent | 1.0 | 53.9 |
| L at bottom of hill Dyer Cres | 2.5 | 56.4 |
| L @ T Manns Rd | 0.2 | 56.6 |
| L @ T Pacific Hwy | 8.9 | 65.5 |
| OURIMBAH - 3rd exit @ roundabout Pacific Hwy (dir: Palmdale) | 3.9 | 69.4 |
| R @ lights into Wyong Station carpark | 9.3 | 78.7 |
| CHECKPOINT: WYONG - Cafe (on right) | 0.1 | 78.8 |
| on leaving checkpoint cross @ lights into Church St (station is behind you) | | |
| L Alison Rd | 0.4 | 79.2 |
| 1st exit @ roundabout Alison Rd | 0.5 | 79.7 |
| SO Yarramalong Rd (dir: Yarramalong) | 1.5 | 81.2 |
| YARRAMALONG - L Bumble Hill Rd | 16.3 | 97.5 |
| R Greta Rd | 5.2 | 102.7 |
| KULNURA - L @ T George Downes Dr | 2.2 | 104.9 |
| L Wisemans Ferry Rd (dir: Gosford) | 8.7 | 113.6 |
| CHECKPOINT: SOMERSBY - General Store (on right) | 9.4 | 123.0 |
| on leaving checkpoint continue on Wisemans Ferry Rd | | |
| 2nd exit @ roundabout Old Pacific Hwy (dir: Calga) | 7.6 | 130.6 |
| L Pacific Hwy (dir: Sydney) | 10.5 | 141.1 |
| L Pacific Hwy (dir: Brooklyn) | 0.2 | 141.3 |
| BEROWRA - R Berowra Waters Rd and follow signs to Berowra Waters | 30.2 | 171.5 |
| BEROWRA WATERS - cross river on car ferry | 6.0 | 177.5 |
| R Arcadia Rd (dir: Galston, Dural) | 8.5 | 186.0 |
| CHECKPOINT: ANDY'S TAKEAWAY (on right) | 1.8 | 187.8 |
| on leaving checkpoint continue on Arcadia Rd | | |
| GALSTON - 1st exit @ roundabout Galston Rd and follow signs to Hornsby | 3.5 | 191.3 |
| R @ T Peats Ferry Rd (dir: Hornsby) | 10.3 | 201.6 |
| L Bridge Rd and follow signs to Hornsby, Parramatta, Sydney | 0.7 | 202.3 |
| L Florence St | 0.9 | 203.2 |
| FINISH: HORNSBY – Café Florence, Florence St | 0.1 | 203.3 |

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

| Cessnock Constitutional - 300km Audax Ride | | |
|---|---------------|---------------|
| Route instruction | Int km | Tot km |
| START: HORNSBY - Railway Station | 0.0 | 0.0 |
| R @ lights Peats Ferry Rd | 0.1 | 0.1 |
| R Pacific Hwy (dir: Peats Ridge) | 41.4 | 41.5 |
| R Pacific Hwy (dir: Gosford) | 0.3 | 41.8 |
| 1st exit @ roundabout Wisemans Ferry Rd (dir: Somersby) | 10.5 | 52.3 |
| 3rd exit @ roundabout Gindurra Rd | 0.6 | 52.9 |
| curve R Debenham Rd CAUTION: steep and rough descent | 1.0 | 53.9 |
| L at bottom of hill Dyer Cres | 2.5 | 56.4 |
| L @ T Manns Rd | 0.2 | 56.6 |
| L @ T Pacific Hwy | 8.9 | 65.5 |
| OURIMBAH - 3rd exit @ roundabout Pacific Hwy (dir: Palmdale) | 3.9 | 69.4 |
| R @ lights into Wyong Station carpark | 9.3 | 78.7 |
| CHECKPOINT: WYONG - Cafe (on right) | 0.1 | 78.8 |
| on leaving checkpoint cross @ lights into Church St (station is behind you) | | |
| L Alison Rd | 0.4 | 79.2 |
| 1st exit @ roundabout Alison Rd | 0.5 | 79.7 |
| R Hue Hue Rd (dir: Dooralong, Wyee) | 1.5 | 81.2 |
| L @ T Wyee Rd (dir: Toronto, Cessnock) | 15.2 | 96.4 |
| 2nd exit @ roundabout Freemans Dr (dir: Cooranbong) | 7.3 | 103.7 |
| 1st exit @ roundabout Freemans Dr (dir: Cessnock, Kurri Kurri) | 19.2 | 122.9 |
| L Sandy Creek Rd (dir: Quorrobolong) | 7.9 | 130.8 |
| CAUTION: plank bridge at bottom of descent | 4.7 | 135.5 |
| R Quorrobolong Rd (dir: Quorrobolong) | 7.6 | 143.1 |
| CHECKPOINT: CESSNOCK - any shop | 10.3 | 153.4 |
| on leaving checkpoint continue on Vincent St | | |
| L @ T Wollombi Rd (dir: Wollombi) | 0.4 | 153.8 |
| WOLLOMBI - L @ T (dir: Central Mangrove, St Albans) | 29.1 | 182.9 |
| CHECKPOINT: KULNURA - General Store (on left) | 42.7 | 225.6 |
| on leaving checkpoint continue south on George Downes Dr | | |
| R @ T Peats Ridge Rd (dir: Sydney) | 10.8 | 236.4 |
| CHECKPOINT: PEATS RIDGE (on left) | 0.5 | 236.9 |
| on leaving checkpoint return the way you came along Peats Ridge Rd | | |
| veer right Peats Ridge Rd (dir: Gosford, Newcastle) | 0.4 | 237.3 |
| take Somersby exit from Peats Ridge Rd | 8.5 | 245.8 |
| R Wisemans Ferry Rd (dir: Somersby) | 0.3 | 246.1 |
| 2nd exit @ roundabout Old Pacific Hwy (dir: Calga) | 7.8 | 253.9 |
| L Pacific Hwy (dir: Sydney) | 10.5 | 264.4 |
| L Pacific Hwy (dir: Brooklyn) | 0.2 | 264.6 |
| veer R Peats Ferry Rd (dir: Galston) | 39.1 | 303.7 |
| FINISH: HORNSBY - Police Station (on left) | 2.0 | 305.7 |

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