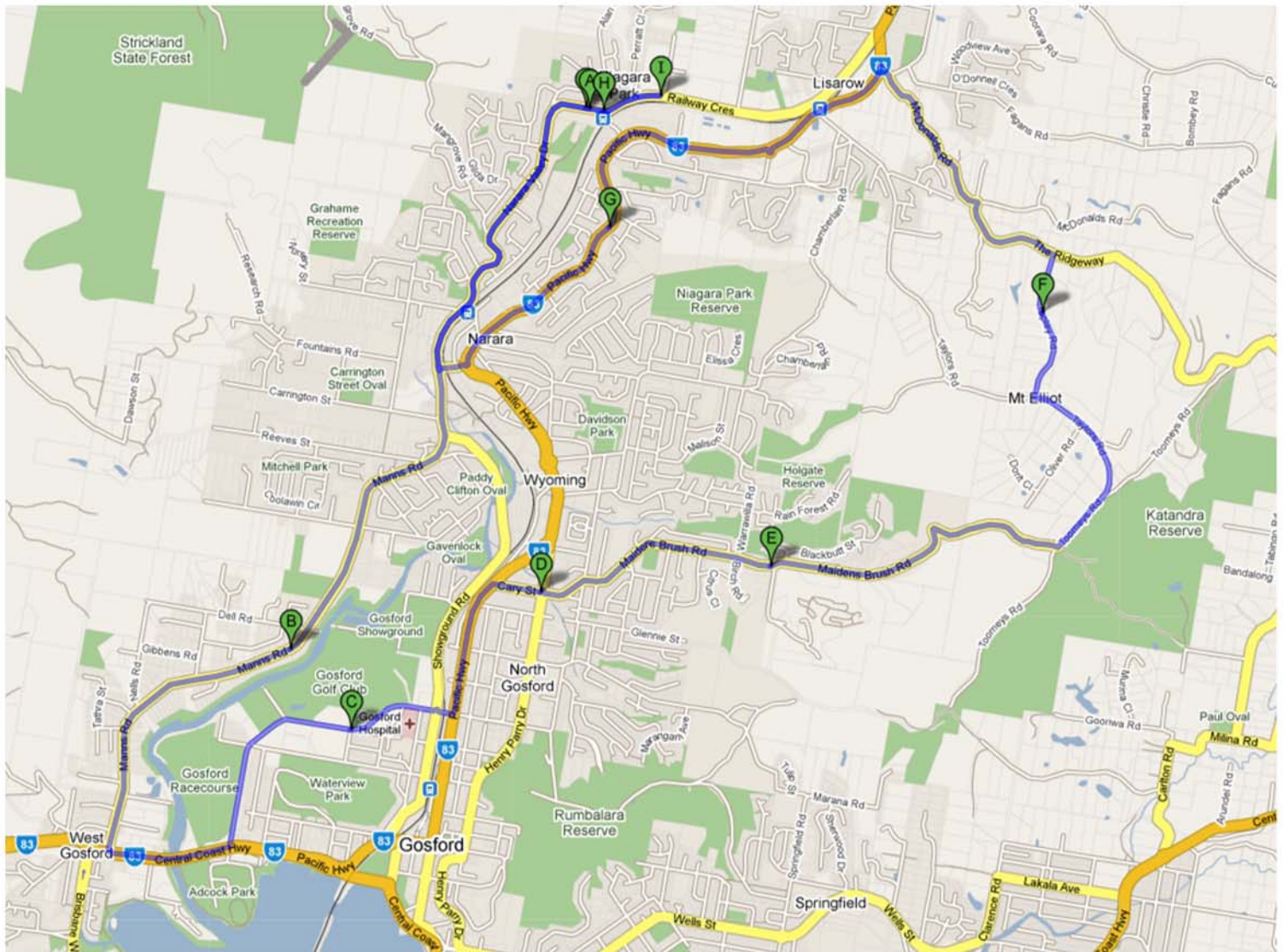


NIAGARA PARK - GOSFORD VIA KATANDRA RESERVE



27 km ride

Start at youth centre on Washington ave in Niagara Park. Ride up Narara Valley Dr towards West Gosford. Follow Manns Rd to the end, where you turn left & follow the Central Coast Hwy to Racecourse Rd where you turn left again. Cycle up past the racecourse & hospital, turn left at the Pacific Hwy which you follow through North Gosford.

Turn right into Cary St (shortly after this point is where things get hilly... :)) Veer left into Maidens Brush Rd & stay on this road right up through the steep and unsealed bush & bellbird section. It gets very steep in parts & there may be some bike pushing involved. Stay far to the left near corners and crests to avoid any cars.

Turn left into Toomeys Rd (sealed) & veer left into Taylors Rd. Turn right into Tapley Rd (very steep descent!) This takes you through Mt Elliott & up to The Ridgeway where you turn left to meet up with McDonalds Rd, which continues out to the Pacific Hwy. Turn left at the Pacific Hwy & follow down to the West Gosford roundabout (turn right) cross the railway & turn right again at the next roundabout which puts you back on Narara Valley Dr & the home stretch back to the youth centre:)

Rating



Scale: 1 bunny - light | 2 bunny - medium | hellbunny - hard

