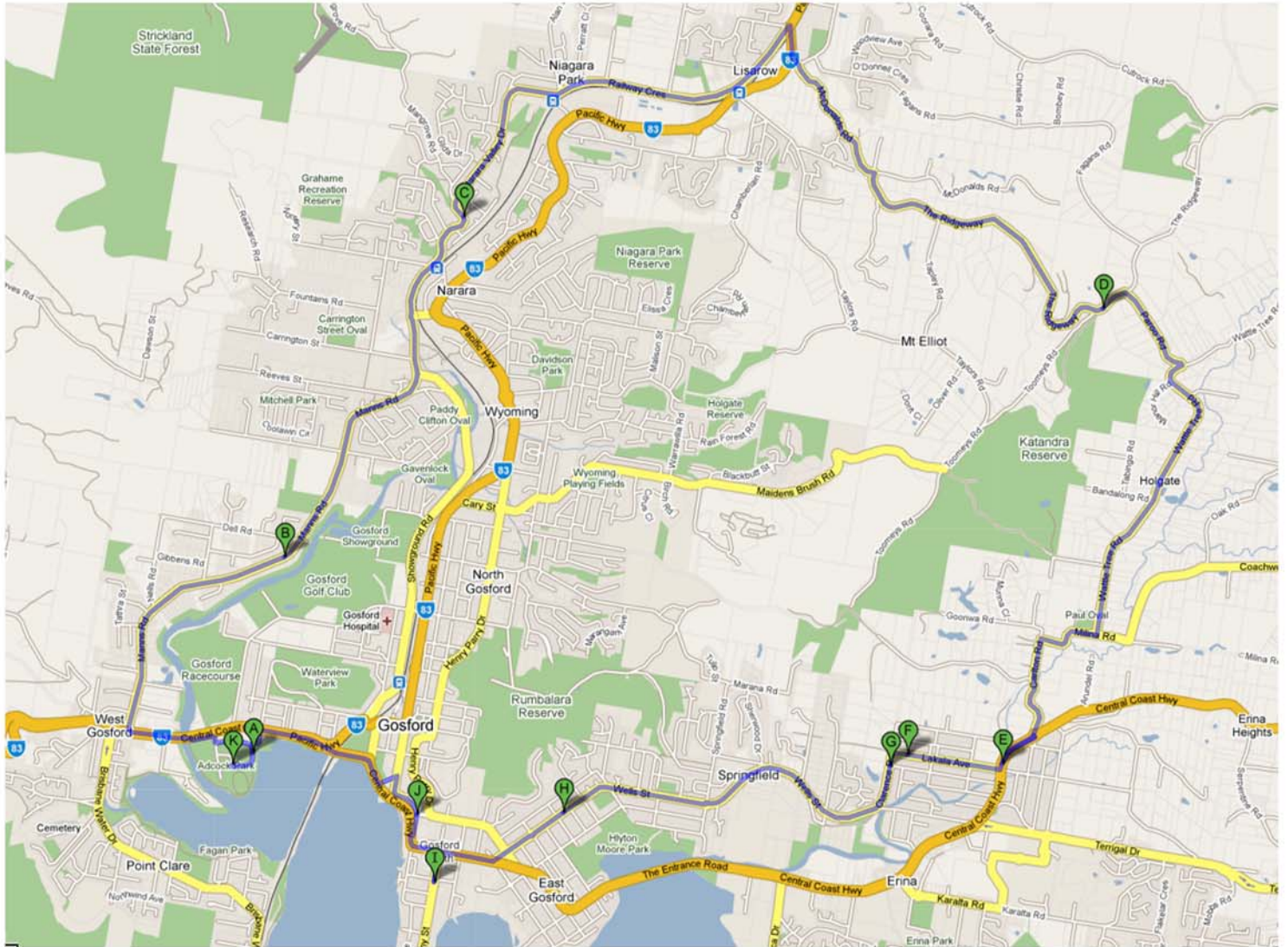


WEST - EAST GOSFORD VIA LISAROW & HOLGATE



28 km ride

Start in Adcock Park & make your way up to Manns rd via the shared path on left side of Central Coast Hwy. Ride all the way up Manns Rd, through roundabout where it turns into Narara Valley Dr. Continue up to Lisarow where you turn right onto the Pacific Hwy.

Turn left into McDonalds Rd, follow the road & turn right onto The Ridgeway. Continue along to Paroo Rd where you turn right into Wattle Tree Rd. At the end turn right again into Milina Rd & then left into Carlton Rd, which takes you out to the Central Coast Hwy.

Turn right - if you like, stay on the right footpath on the hwy as you're turning right again soon into Karwin Ave. Ride along Karwin & turn left into Gipp St, followed by a right turn into Digby which takes you out to Clarence Rd, leading down to Wells St.

Ride to the end of Wells St, cross York St & take the back streets via Duke St past Gosford pool & the waterfront. Home stretch over the bridge and back to Adcock Park to complete the scenic tour around Gosford :)

Rating



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

