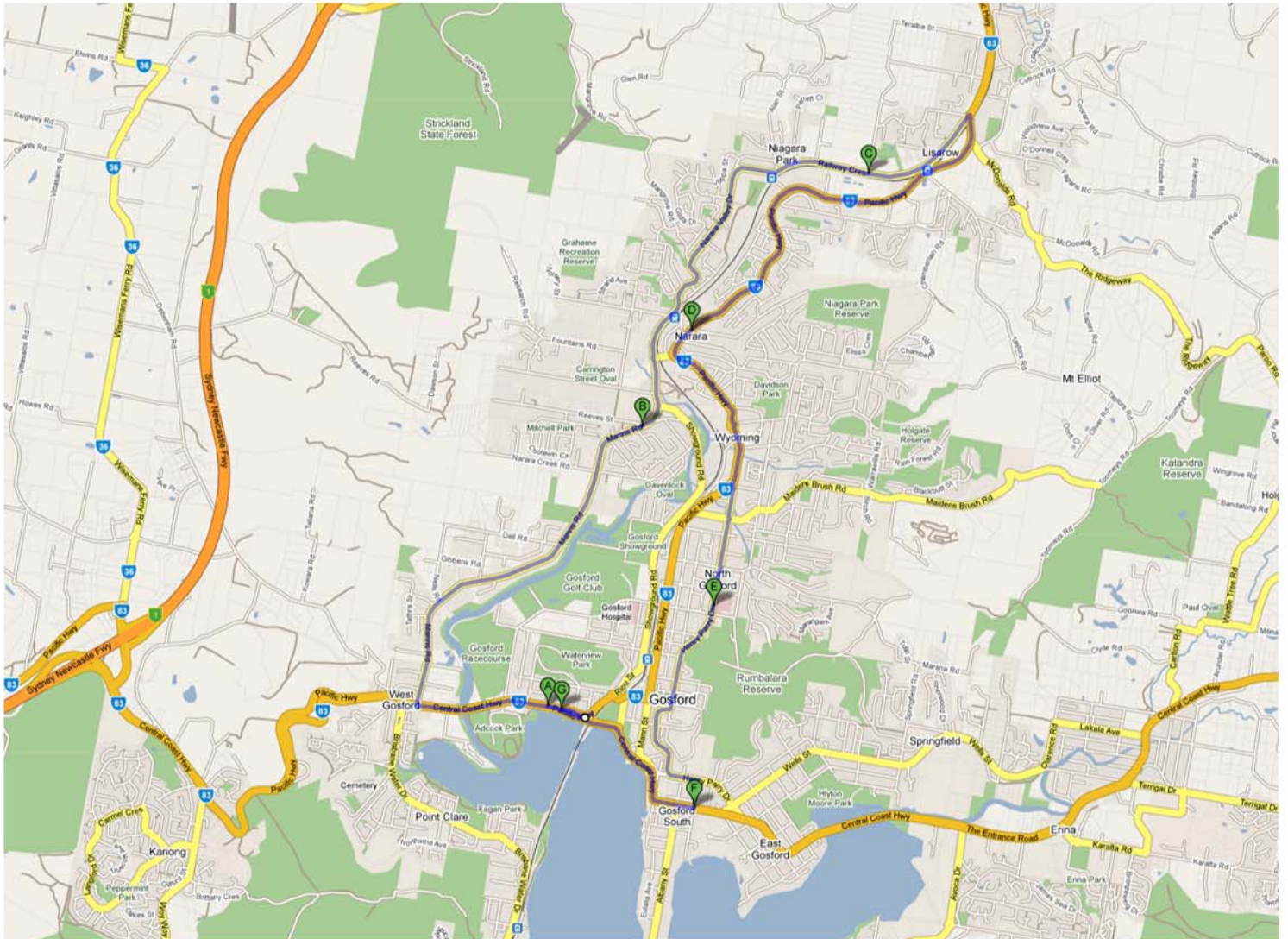


WEST GOSFORD - LISAROW LOOP



West Gosford Lisarow loop 23 km

Start at Adcock park & follow the shared pathway across the bridge on the Central Coast Hwy. Cross safely at the second set of lights turning right into Manns Rd. Follow the road all the way up to Lisarow (the road becomes Narara Valley Dr after the roundabout at Wyoming).

Turn right onto the Pacific Hwy at Lisarow, take care where shoulder is narrow, & follow the road through to the big roundabout where you veer onto Henry Parry drive. A few big hills to conquer, then through central Gosford & up towards East Gosford. Cross York street and follow the back streets down past the pool, & onto the waterfront taking you over the bridge and back to the finish in Adcock park

Rating



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

