

Tour De Illawarra

The Illawarra Bicycle Users
Group's
Guide to cycling in
the Illawarra



Compiled by Werner Steyer
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Introduction

This cycling guide and associated maps have been produced by the Illawarra Bicycle Users Group incorporated (iBUG) to promote cycling in the Illawarra.

The ride guides and associated maps are intended to assist cyclists in planning self-guided outings in the Illawarra area. All persons using this guide accept sole responsibility for any losses or injuries incurred as a result of misinterpretations or errors within this guide

Cyclist and users of this Guide are responsible for their own actions and no warranty or liability is implied.

Should you require any further information, find any errors or have suggestions for additional rides please contact us at contactus@ibug.org.au

Updated ride information is available from the iBUG website at www.ibug.org.au

As the conditions may change due to road and cycleway alteration by Councils and the RMS and weather conditions cyclists must be prepared to change their plans and riding style to suit the conditions encountered.

As the Illawarra is a narrow coastal strip, sandwiched between the Pacific Ocean and the Illawarra Escarpment, many of the rides are described as one way rides and riders need to retrace the route for the return journey. Alternately people can utilize trains to reach the start of rides or for the return trip, please remember to check that trains are running, as buses used during periods of track work don't have provision for bicycles. Please note Dunmore station is no longer in use as it has been replaced by Shellharbour Junction Station, the pedestrian crossing is however still in use

Many of the rides described can be linked to make longer rides to match your riding needs.

Visitors to the area, with limited time, may wish to enjoy the best of the Illawarra's cycling facilities and scenery by catching a train to either Kiama or Thirroul and riding the coastal route in one direction. Riders should consult the weather forecast and plan to use the wind to their advantage.

The maps associated with the various rides are intended to depict the rides and location on shared path and cycling lanes. In addition to the iBUG maps riders should carry an area map, such as the *free* Wollongong and Shellharbour Cycling Map, to aid in navigation and find streets not shown on the iBUG maps. Maps are free from local tourism offices

Distances shown in ride descriptions, (*7.3 km*), are approximate distances from the start of the ride.

The start and finish of rides are generally located in parks, where there is space to park cars. Many of the rides also start and finish near railway stations to give cyclist the option of using trains to join the rides.

Safety:

Know and follow the Rules:

All riders must have an understanding of the road rules pertaining to cycling; see the RTA web site at

www.rta.nsw.gov.au/rulesregulations/index.html for further information.

Wear a Helmet:

Cyclists must wear an approved helmet while riding, including riding on Shared Use Paths and cycleways.

Be Safe be Seen:

Wear bright coloured clothing so others can see you and a rear flashing light

Share the Path:

Follow the Shared Use Path etiquette and make our paths a joy for all to share



Use 000 in Emergencies *If using a mobile phone try 112 if your phone has no reception (this is the international emergency number and will be relayed by any phone carrier visit http://en.wikipedia.org/wiki/Emergency_telephone_number for more information)*

Police Stations

Only Wollongong and Oak Flats stations are maned 24/7 other stations have limited hours of operation.

The Illawarra Police command has been relocated to the new station adjacent to Oak Flats Railway Station

Note: the old Warilla Police Station is no longer in use and is unattended.

Helensburgh	4294 1013
Scarborough	4267 2044
Austinmer	4267 1088
Bulli	4283 0200
Wollongong	4226 7899 maned 24/7
Port Kembla	4276 5199
Dapto	4262 9499
Oak Flats	4232 5599 maned 24/7
Albion Park	4256 1044
Kiama	4232 1444
Gerringong	4234 2600

Help make cycling safer for all by report cycling hazards

To report urgent hazards please ring the local councils and the RMS, and provide a copy to iBUG at contact@ibug.org.au

RMS (RTA)	131700
Wollongong Council	4221 6111
Shellharbour Council	4227 7111

Non urgent hazards and improvement suggestions should be reported to the Illawarra Bicycle Users Group at contactus@ibug.org.au so they can bring them to the attention of the relevant council

Spares and repairs

While there are a number of cycle stores in the district they are not all open on weekends and cyclist should carry spare tubes, puncher repair kits and tools on all rides.

In addition to the cycling speciality store some of the department stores and sports stores also carry a limited supply of cycle parts such as tyres, tubes and basic parts and as they have longer trading hours they may help in an emergency when the cycle stores are closed.

Local Bicycle Shops

Avantiplus	Wollongong	4231 6323
Illawarra Cycles & Sports	Corrimal	4284 3434
Kiama Cycles & Sports	Kiama	4232 3005
Simple Cycles	Shellharbour City	4297 2278
Simple Cycles	Wollongong	4229 7888
Spearman Cycles	Wollongong	4229 2317
Steel City Cycle Works	Thirroul	4267 1747
Wilson's Bike Hub	Albion Park Rail	4256 1948
Wilson's Bike Hub	Dapto	4261 5444
Wilson's Bike Hub	Warrawong	4274 4534
Wilson's Bike Hub	Wollongong	4228 7366

Ride Grading:

Easy: Rides indicated as easy are rides which predominately use Shares Use Path and back streets and have few long steep hills unless stated in the ride descriptions. The rides are suitable for people of average fitness and limited cycling experience. Be prepared to walk on steep hills.

Moderate: These rides could have sections of heavy road traffic, some steep hills and are more suited to riders with experience at riding on roads as they have a greater interaction with general road users

Hard: These rides will be predominately on roads with section of multi-lane fast moving traffic and with long steep hills to negotiate.

Extreme: Riders can expect numerous long steep hill roads with heavy fast moving traffic and the rides are suitable only to people used to riding under those conditions

Who is iBUG?

iBUG is the Illawarra Bicycle User Group incorporated. We are local people who enjoy cycling and our BUG is affiliated with Bicycle NSW, the peak advocacy body for cycling in NSW.

Members vary in cycling skills, age, fitness level, motivation for cycling and style of bikes. We ride for a variety of reasons; fun, exercise, sport, leisure, commuting and touring. iBUG is also involved in cycle advocacy: lobbying for improvements to cycling facilities, the environment and safety. We liaise with Wollongong and Shellharbour Councils, write submissions and are happy to work with others in the local area on cycling issues. Our advocacy is supported and affirmed by Bicycle NSW, meaning our work locally, can also help make change across the entire State.

Why join iBUG?

By joining iBUG you help build a strong voice for cycling in the Illawarra. The bigger our membership list the greater our voice on behalf of cycling. Membership also means you will be kept informed of any developments in cycling at the local, state, national and international levels. Become a member and ensures you have a voice. See membership information on our website www.ibug.org.au or contact us at contactus@ibug.org.au for more information. To have an even bigger voice, you can also join Bicycle NSW and be counted in campaigns to create a better environment for cycling across the State. Bicycle NSW membership offers bike rider insurance, provides training for our experiences Ride Leaders and ensures the Illawarra is on the map for tomorrow's cycling future. Visit www.bicyclensw.org.au for details.

Overview and Short Descriptions

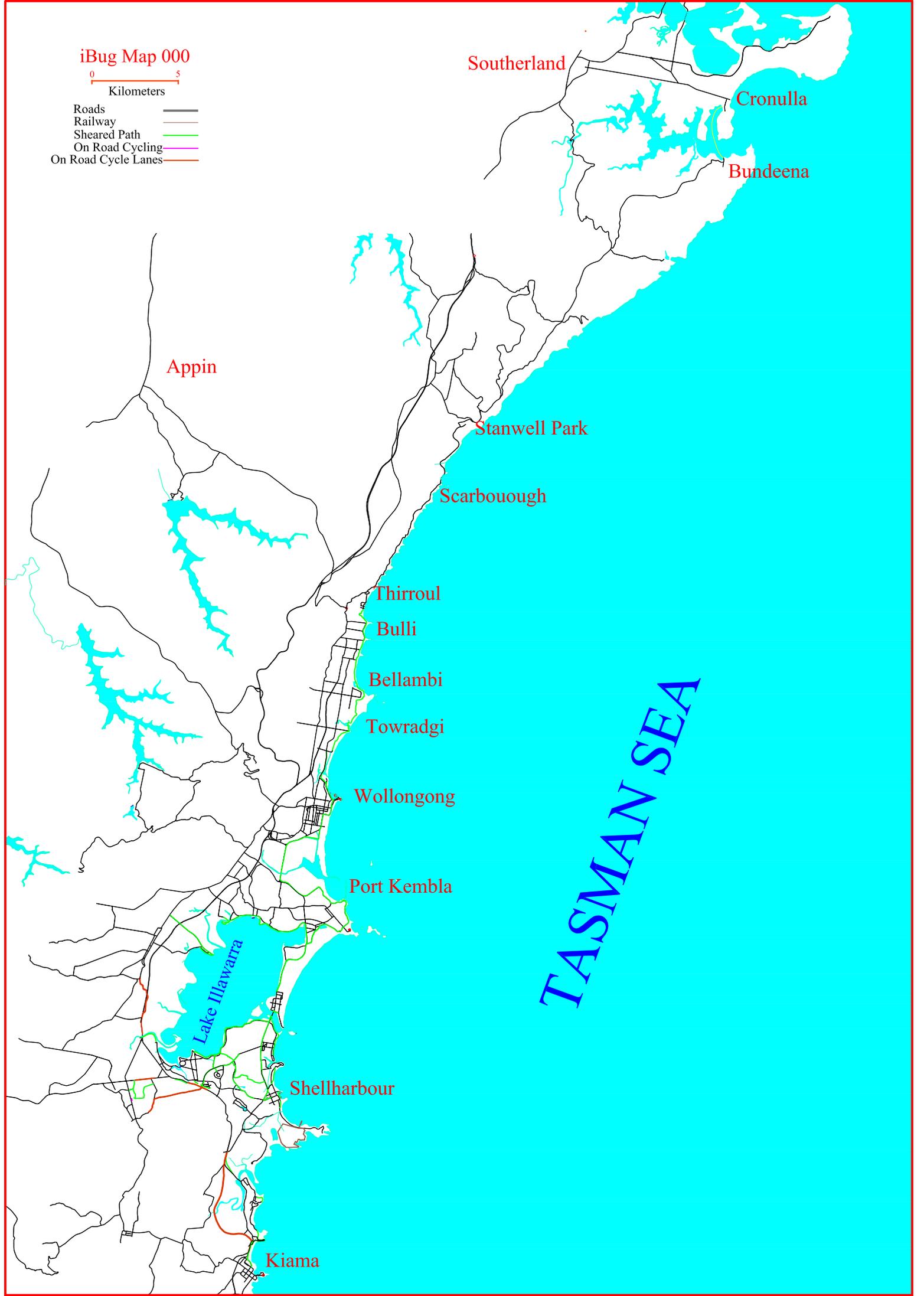
iBUG Ride 001	Thirroul to Wollongong		
	Distance: 17Km	Grade: Easy	
	Enjoy a ride along the coast		
iBUG Ride 002	Wollongong to Windang via Port Kembla		
	Distance: 23 Km	Grade: Easy	
	This is an easy scenic ride mostly on shared path and back streets following the coast and through the industrial area.		
iBUG Ride 003	Windang to Dunmore		
	Distance: 12 Km	Grade: Moderate	
	An enjoyable coastal ride on cycle ways with some hills and traffic on Dunmore Road		
iBUG Ride 004	Dunmore to Kiama		
	Distance: 15 Km	Grade: Moderate	
	An enjoyable coastal ride on cycle ways with some hills.		
iBUG Ride 005	Around The Lake		
	Distance: 40 Km	Grade: Moderate	
	Around Lake Illawarra using the shared paths and back streets		
iBUG Ride 006	The Robo Pie Shop Run		
	Distance: 56 Km	Grade: Extreme	
	This is a ride to give the legs a workout as it requires riding up Macquarie Pass		
iBUG Ride 007	Mount Keira Mount Kembla Loop		
	Distance: 24 Km	Grade: Hard/Extreme	
	A good workout to after a night out on the town		
iBUG Ride 008	Kiama to Oak Flats on the highway		
	Distance: 20 Km	Grade: Moderate	
	Kiama to Oak Flats using the Bicycle Lanes on the F6 Freeway		
iBUG Ride 009	Shellharbour City Circuit Ride.		
	Distance: 28 Km	Grade: Moderate	
	Suitable to most riders, a mixture of shared paths and on-roads riding		
iBUG Ride 010	North Macquarie Loop		
	Distance: 33 Km	Grade: Moderate	
	A ride through rolling hills between the lake and escarpment		
iBUG Ride 011	Blackbutt Reserve Circuit		
	Distance: 20 Km		
	The ride involves some steep hills in the first two kilometres and follows the shared path in a loop from Blackbutt Reserve		
iBUG Ride 012	Around the Lake On The Road		
	Distance: 40 to 60 Km	Grade: Hard-Extreme	
	This is for the cyclist who enjoy riding on the roads		
iBUG Ride 013	Calderwood Loop		
	Distance: 16 Km	Grade: Moderate	
	A short ride through the Albion Park rural area		
iBUG Ride 014	Shellharbour Jamberoo Loop		
	Distance: 45 Km	Grade: Hard	
	Shellharbour to Bombo, Kiama, Jamberoo Albion Park, Oak Flats and back to Shellharbour		

iBUG Ride 015	Albion Park Jamberoo Loop		
	Distance: 35 Km	Grade: Hard	
	Albion Park to Jamberoo, Dunmore via Swamp Road, Shellharbour, Oak Flats and back to Albion Park		
iBUG Ride 016	Thirroul to Stanwell Park and Bald Hill		
	Distance: 17 Km	Grade: Hard	
	Thirroul to Stanwell Park for Coffee after crossing the Sea Cliff Bridge and up Bald Hill for the views		
iBUG Ride 017	Stanwell Park or Bald Hill to Bundeena and Cronulla		
	Distance: 32 Km	Grade: Hard	
	This ride follows the coast north from Stanwell Park to Bundeena and involves several long steep hills on narrow roads.		
iBUG Ride 018	Commuting around the University of Wollongong		
	Distance: Various	Grade: Moderate	
	Commuting to the University from the north and south		
iBUG Ride 019	Gerringong to Kiama via Kiama walking track		
	Distance: 14 Km	Grade: Moderate	Suitable for mountain bikes
	Enjoy the views without the traffic		
iBUG Ride 020	Robertson-Kangaloon-Tourist Road Loop		
	Distance: 40 Km	Grade: Moderate	On-Road ride
	Ride the southern highlands – hilly on country roads		
iBUG Ride 021	Huskisson Tomerong Loop		
	Distance: 40 Km	Grade: Moderate	Mix of On-road and SUP
	Explore the shores of Jarvis Bay and St Georges Basin		
iBUG Ride 022	Burrawang Fitzroy Falls loop		
	Distance: 30 Km	Grade: Hard	
	Scenic ride in the Illawarra hinterlands the ride is all on road with hills and traffic		

iBug Map 000



- Roads
- Railway
- Sheared Path
- On Road Cycling
- On Road Cycle Lanes



TASMAN SEA

Thirroul to Wollongong

iBug ride No 001



Map Reference: iBug Map 001 Also see the *free* Wollongong Cycling Map

Start: Thirroul Beach Reserve

Finish: Belmore Basin (Wollongong Harbour)

Grade: **Easy**

Distance: 15 Kilometres

Ride summary: This ride is predominately on shared path with some short sections on back streets. The area can be congested on weekends as it passes through numerous parks and reserves

Cautions: Watch for pedestrian on the shared paths especially around play grounds, surf clubs and cafes

The ride starts from Thirroul Beach reserve and is easily accessed from Thirroul Railway Station.

The first kilometre is on road and includes the steepest hill on the ride. From Thirroul Beach reserve ride south on Cliff Parade, turn right into Surfers Parade, left into Craig Street, left into Hamilton Road and join the shared path at the bottom of the hill.

You now have a shared path all the way to Wollongong with opportunities to enjoy the coastal scenery as you ride along beaches and around headlands.

On route you will pass Sandon Point Bulli Beach, Bellambi lagoon Towradgi park and rock pool, Stuart Park, North Beach and the old Tramway cutting before reaching Belmore Basin (Wollongong Harbour) and the end of the ride.

This ride is within easy reach of a number of Railway Stations and has plenty of opportunities to relax at one of the many cafes, parks or beaches along the way making it an ideal ride for beginners



Looking south from Thirroul Surf Club

Thirroul to Wollongong Cycling Map iBUG001

The background map is from the NSW RMS Cycleway Finder Website, please visit the website for more information.



Ledger

Bike Route
 Railway Station

Off-road environment

- All paths (bicycle, shared, separated)

On-road environment

- Low difficulty
- Moderate difficulty
- High difficulty

Freeways/Motorways

- High Speed Roads

No access

- No cycling allowed

Wollongong to Windang Ride

iBug ride No 002



Map Reference: iBug Map 002 also see the *free* Wollongong Cycling Map

Start: Belmore Basin (Wollongong Harbour)

Finish: Windang Bridge

Grade: **Easy**

Distance: 23 Kilometres

Ride summary: This is a scenic ride suitable to most riders as it is predominately on shared paths with a small section of back streets. The ride involves some hills around Port Kembla Swimming Pool

Cautions! Watch for vehicles crossing the shared path outside Wollongong Golf Club and the industrial area along Shellharbour Road

The ride starts at the Kiosk at Belmore Basin (also known as Wollongong Harbour) and follows the shared path south across Marine Drive, through the park, and alongside Wollongong Beach and past WIN Stadium.

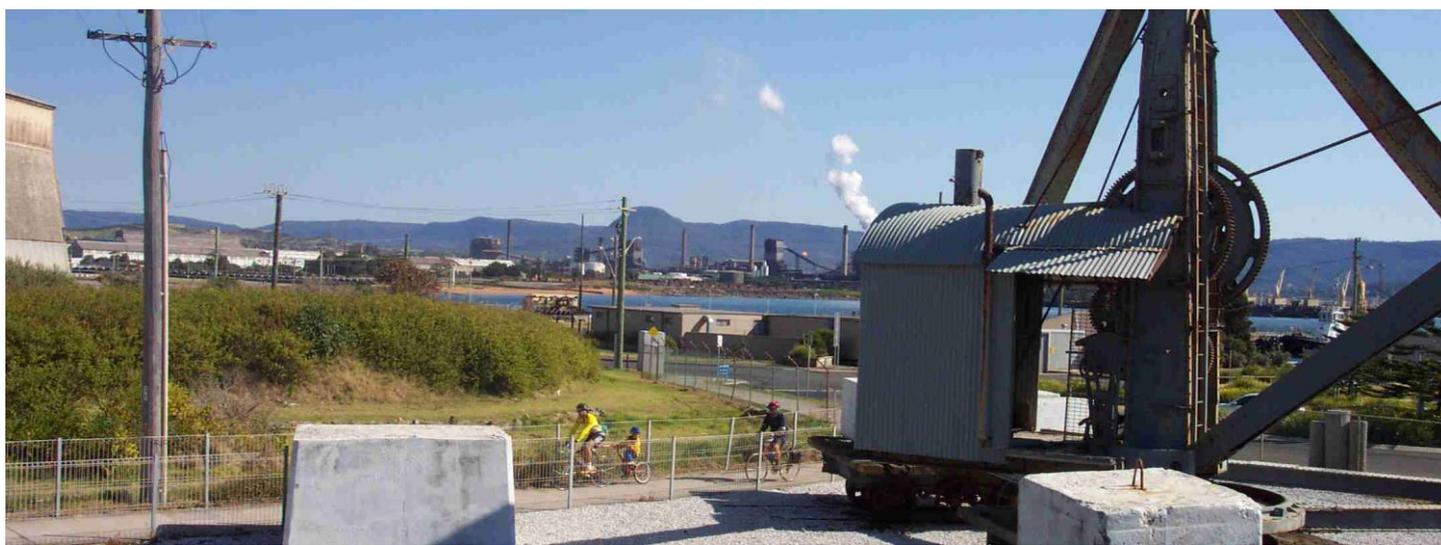
Follow the shared path past the Win Stadium and sports field and along Banks Street to Corrimal Street. At the junction of Banks and Corrimal Street, you turn left towards Port Kembla passing the golf club.

Continue south along Springhill Road and veering towards the left at Five Islands Road. There is a lot of traffic along Springhill Road and Five Islands Road; however you are on the shared path.

Stay on the shared path and veer around to the left past North Port Kembla Railway Station. Continue riding on the shared path along Flinders Street, which becomes Old Port Road after you go past the steelworks.

At Christy Drive, you can take a detour and go out to the southern inner harbour vantage point, Portside Park and the Gabriella Memorial to those who lost their lives in a ship capsized in the harbour. Returning along Christy Drive turn left into Old Port Road and rejoin the shared path.

Follow the shared path along Old Port Road until you get to a roundabout at Foreshore Drive. Cross the rail line and ride alongside Foreshore Drive in the marked cycleway. You regain the shared path on the right after approximately one kilometre near the Old Breakwater Construction Crane on the way to the Military Reserve and Seascope Café on the headland overlooking the southern Breakwater.



The Old Breakwater Construction Crane with Port Kembla Harbour and BlueScope Steelworks in the background

The shared path now turns south and joins Gloucester Boulevard until it ends at Military Road, from the end of Gloucester Boulevard dogleg across Military Road to join the shared path along Cowper Street.

If you wish you can ride or walk to the top of Hill 60 and enjoy the magnificent views across Lake Illawarra and Wollongong and the escarpment.

Follow Coper Street past the swimming pool and then up the long hill. There is a separate shared path along this stretch of road. Stay on the path and enjoy the ride down the hill and turn left into Parkes St and ride along past Coomaditchy Lagoon.

At the end of Parkes Street the shared path turns left along Shellharbour Road This section of the shared path requires extra caution because large vehicles are often entering and leaving the industrial sites.

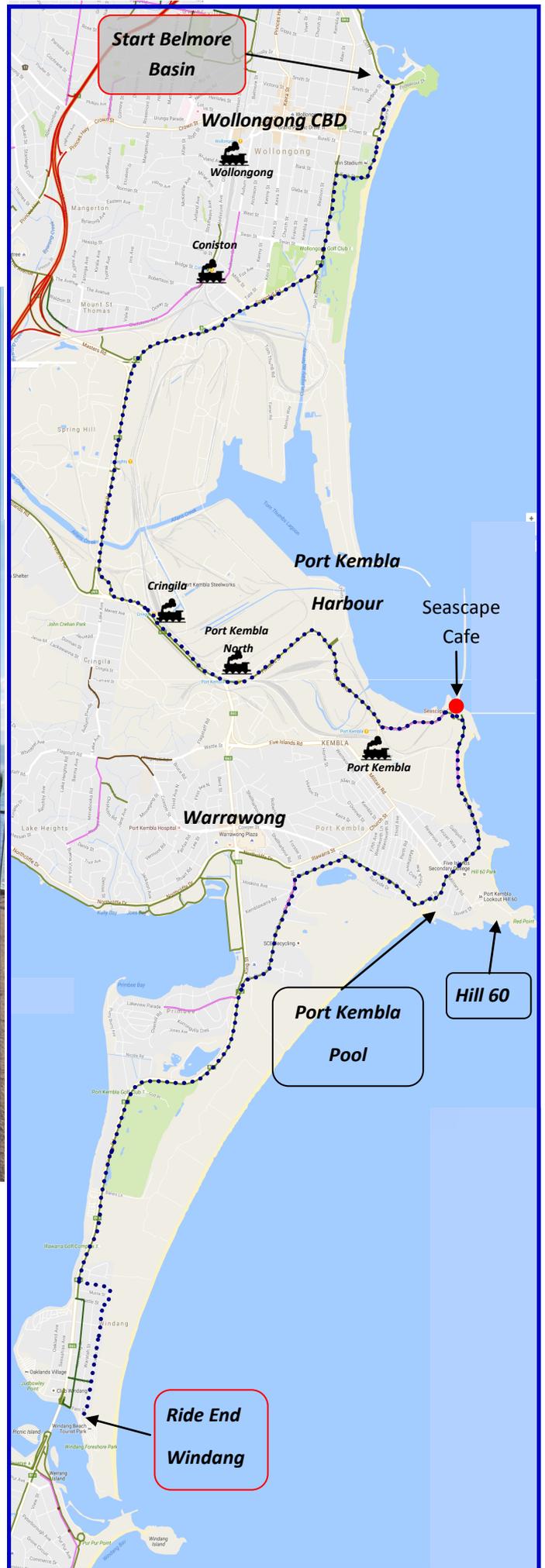
You rejoin the main road just after Harvey Norman and follow Shellharbour Road south past Primbee and an area of tree covered sand hills, and Port Kembla Golf Course. This section of shared path ends at Boundary Road just past the Golf Driving Range. Turn left into Boundary Road and ride on-road through the housing area. Follow Boundary Road around to the right and then turn left into Ocean Street and cycle up to the end of the ride on the edge of Lake Illawarra near Windang Bridge.

Wollongong to Windang Cycling Map iBUG002

The background map is from the NSW RMS Cycleway Finder Website, please visit the website for more information.

Seascape Café & Catering Overlooking Port Kembla Harbour's Southern Breakwater

On the left just after passing the Old Wharf construction Crane
Open Monday to Friday 7am to 3pm,
Saturday Sunday 8am to 2pm
Phone 42749739



Ledger

Bike Route

Railway Station 

Windang to Dunmore Ride

iBug ride No 003

Map Reference: iBug Map 003 also see the *free* Shellharbour Bike Map

Start and finish: Windang Beach Park finish Old disused Dunmore Railway Station

Grade: **Medium**

Distance: 12 Kilometres



Ride summary: This ride is suitable to most riders; it is a mixture of shared paths and back streets. The ride involves some hills and has some excellent views of the surrounding landscape.

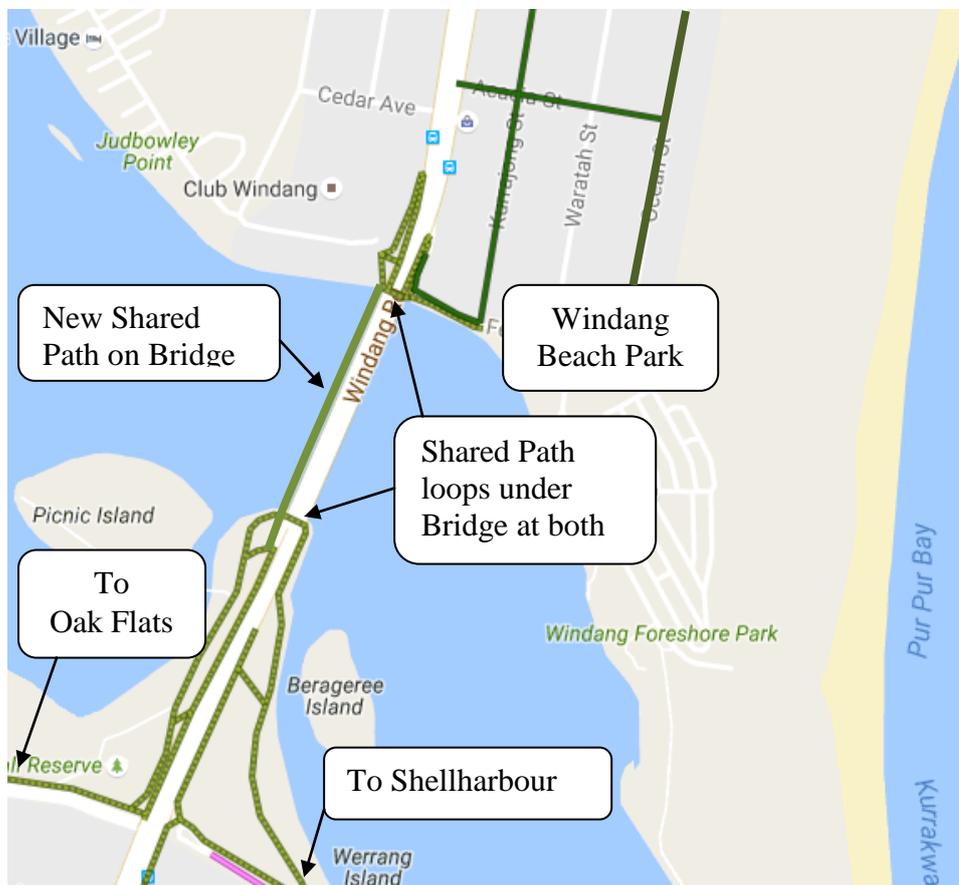
Cautions! Watch for fast moving traffic when crossing roundabouts and on Dunmore Road.

This ride starts at Windang Beach Park. From the carpark ride west, under Windang Bridge to gain the new shared path over the bridge. After crossing the bridge loop back under the bridge and follow the shared path south past the kiosk near the lake entrance and along Warilla Beach, enjoying views of Windang Island, the entrance to Lake Illawarra and the Tasman Sea beating onto Warilla Beach and onto Little Lake Bridge.



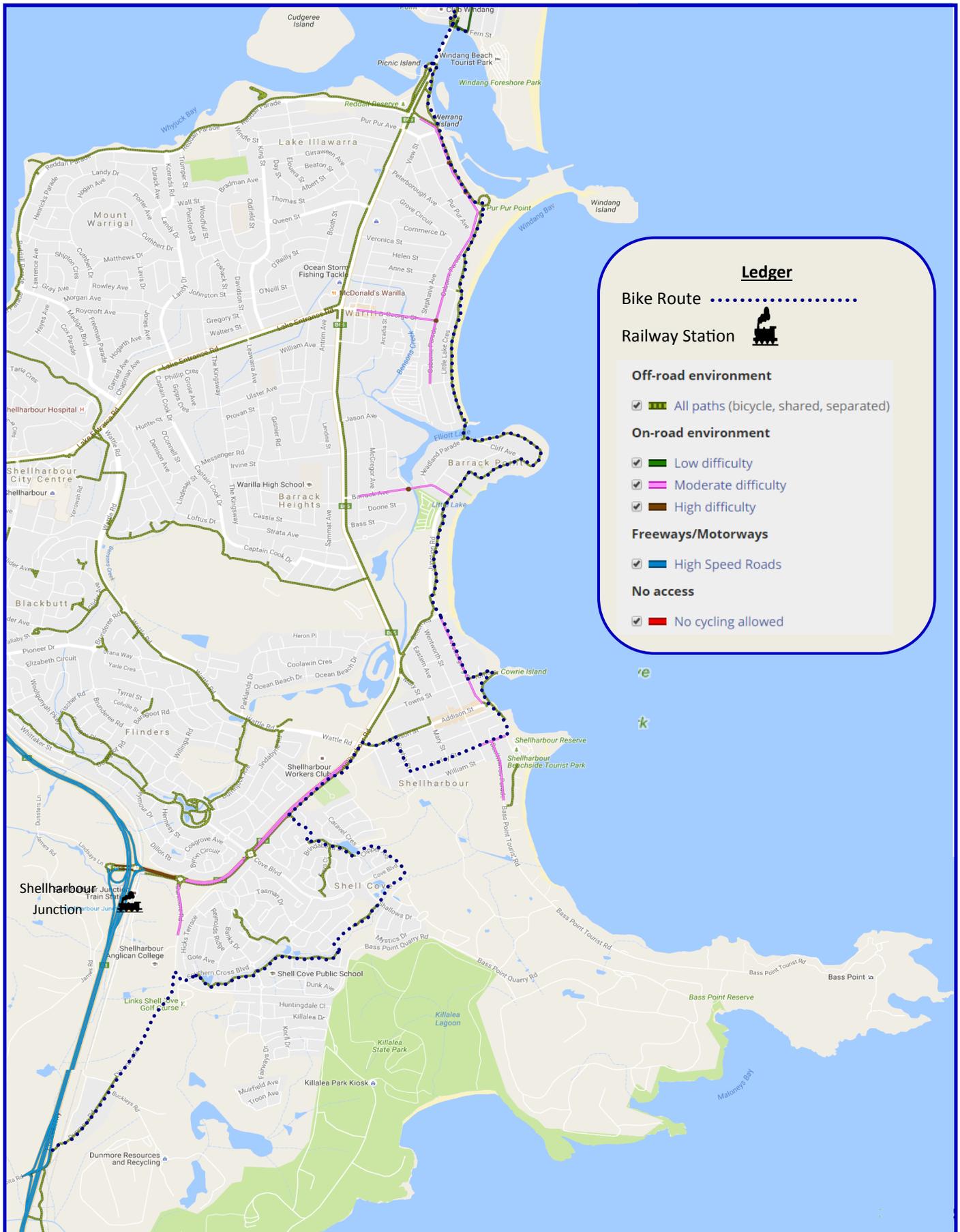
Turn left from the Little Lake shared path bridge and follow the shared path along Headlands Parade around Barrack Point, if you're lucky you may even see whales from this vantage point, and into Shell Cove Avenue, left into Junction Road, along Shellharbour beach, just before reaching Shellharbour Surf Life Saving Club the path crosses Junction Road. Follow the shared path along Beach Road and Shellharbour Road until you reach Dunmore road. Turn left onto Dunmore Road.

Follow Dunmore Road downhill to the disused Old Dunmore Railway Station which has a pedestrian crossing to connect to the cycleway south to Kiama



Windang to Dunmore Cycling Map iBUG003

The background map is from the NSW RMS Cycleway Finder Website, please visit the website for more information.



Dunmore Station to Kiama

Map Reference: iBug Map 004

Start: Dunmore Station

Finish: Kiama

Grade: **Moderate/Easy**

Distance: 15 Kilometres

iBUG ride No 004



Ride summary: This is one of the easier rides, while it has some short steep hills it is well worth taking your time to enjoy this ride along some of the best coastal riding in the Illawarra.

Cautions! Walk down the steep hill on Cliff Drive if you are not experienced at riding on steep hills

The ride starts at disused old Dunmore Railway Station and follows the shared use path south through the Swamp Oak forest between the railway and the old Highway, **the wooden bridges over the creeks can be slippery after rain.**

On exiting the forest follow the marked route across the Minnamurra River, turn left into the first street after crossing the bridge, this leads to a railway underpass, **don't ride straight down the stairs**, and access to the back streets of Minnamurra. The shared path is immediately on the right after the under pass.

Follow the path to Rangoon Road and the marked cycle lanes along back roads leading to the shared path around Minnamurra Point from the end of Carson Place. This section provides some excellent coast views with regular whale sightings during the migration periods.



Looking over Minnamurra River and Township from John Oates Reserve

From the end of the shared path follow the marked route through Kiama Downs, along Boyd's Beach and Cathedral Rocks and on to the shared path around Bombo Headland, the site of some of the earlier Blue Metal Quarrying from the late 1800's and now the site of the Bombo Sewage Works.

Turn left and down the hill to Bombo Beach, (*there are toilets at the beach*), under the railway, under the North Kiama Bypass, turn right and over the railway lines, under the Bypass again and up the hill and turn right to join the shared path along the Bypass

Follow the shared path past Bombo Station and over Spring Creak, turning sharply left and steeply down the embankment to join Hothersal Street and on to the Shared path beside Gipps Street over the hill to Kiama.

It is well worth the time to explore the many places of interest in Kiama before heading home by retracing your steps, iBug ride 008 or by train (check if the trains are running before leaving Dunmore) after a leisurely lunch.

Please help support the locals who support cycling in the Illawarra

Kiama CYCLE & SPORTS

27 Collins Street Kiama

Phone 4232 3005

Email kiamacycles@gmail.com

While in Kiama visit Des and Wendy at Kiama Cycle & Sports for all your cycling and sporting needs, bicycle accessories, spares, repairs and the latest information on cycling around Kiama.

For more Illawarra Cycling information visit the Illawarra Bicycle Users Group at www.ibug.org.au

Dunmore to Kiama Cycling Map iBUG004

The background map is from the NSW RMS Cycleway Finder Website, please visit the website for more information.

Ledger

Bike Route
 Railway Station 

Off-road environment

-  All paths (bicycle, shared, separated)

On-road environment

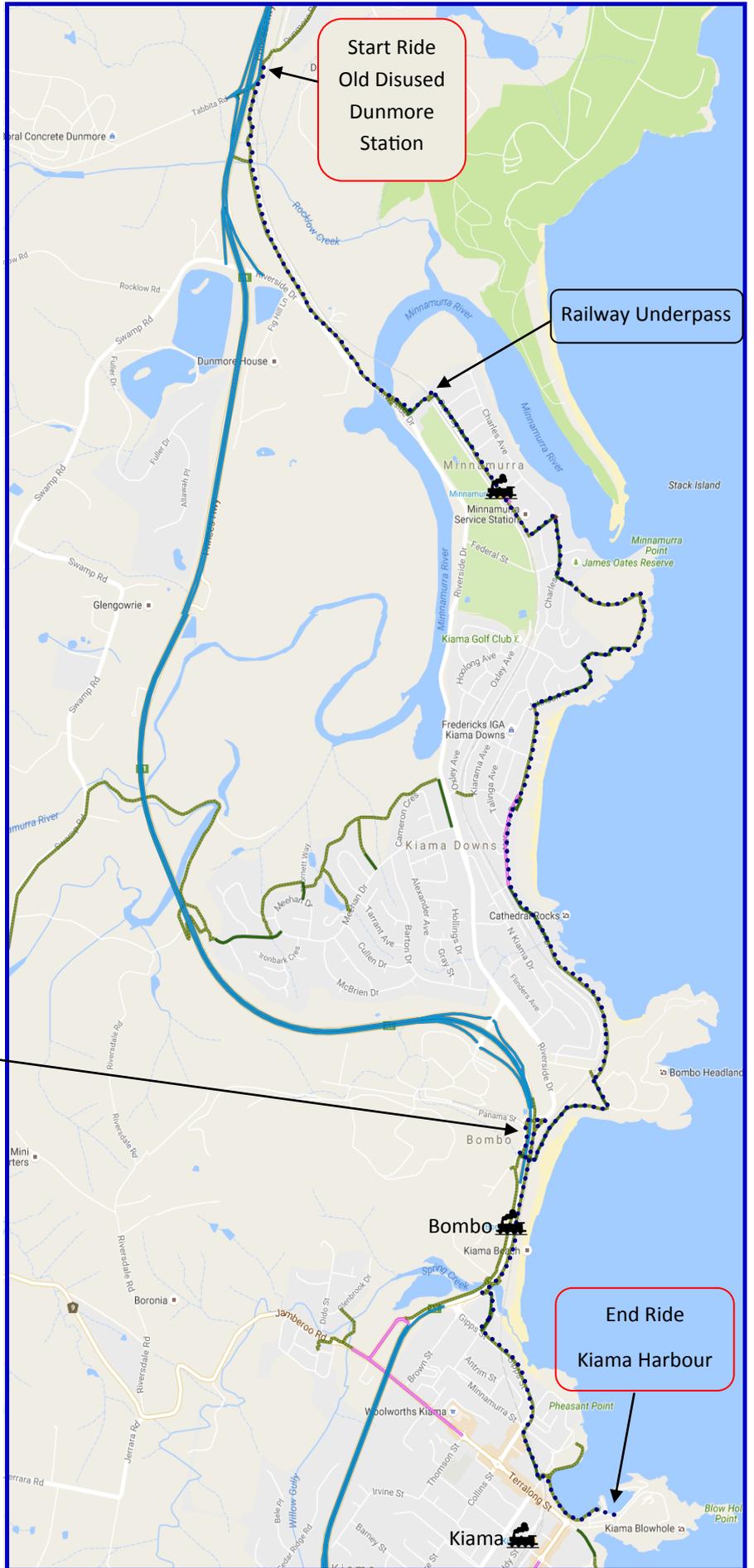
-  Low difficulty
-  Moderate difficulty
-  High difficulty

Freeways/Motorways

-  High Speed Roads

No access

-  No cycling allowed



Enlarged detail



Around the Lake

iBug ride No 005



Map Reference: iBug Map 005 also see the *free* Wollongong Cycling map

Start: Windang

Finish: Windang

Grade: **Moderate**

Distance: 40 Kilometres

Ride summary: This ride is possibly the best ride in the Illawarra, it has no significant hill, is mostly on shared path with only a short section of bicycle lane on the F6 Freeway.

Cautions: Watch for traffic when crossing the F6 Freeway slip lanes along Northcliff Drive shared path.

From the Windang Foreshore Park, at the north east side of Windang Bridge, ride east along Fern Street, then north along Ocean Street and Boundary Road to join the shared path north along Windang Road towards Warrawong. At the intersection of Shellharbour Road and King Street, just after passing the Port Kembla Golf Course, cross King Street at the traffic lights to join the shared path on the lake side of the road.

The Shared path now follows the northern shore of Lake Illawarra around Kully Bay, and past the Illawarra Rowing Club, the Illawarra Yacht Club and Dix's Wharf before reaching the Berkeley Boat Harbour and Fish Co op. which makes an ideal place to take a break and enjoy some of the local seafood.



The shared path continues along the Lake's foreshore through the Budjong Creek Wetlands and Hooka Point. Crossing Hooka Creek, you will need to walk your bike through the barrier on the west side of the bridge to access Fred Finch Park. Turn right when leaving the Hooka Creek Bridge and follow the path to Hooka Creek Road, turn right onto Hooka Creek Road and left on to the shared path along Northcliffe Drive.

Cross the F6 Freeway on ramp and under the bridge under the F6 Freeway, taking extreme care with cars turning onto the freeway.

Follow the shared path south past Kembla Grange Race Course until you reach the Kanahooka Road roundabout, turn left into Kanahooka Road. There is a short on-road section between Prince Edward Drive and Brownsville Avenue. Continue to the end of Kanahooka Road, cross the road to join the shared path heading south along the Lake Illawarra foreshore.

The shared path follows the Lake Illawarra foreshore until you reach the Tallawarra Power Station. Follow Yallah Bay Road to the Old Princes Highway. Turn left onto the bicycle lane on the Old Princes Highway, the bicycle lane joins the bicycle lane on the F6 freeway.

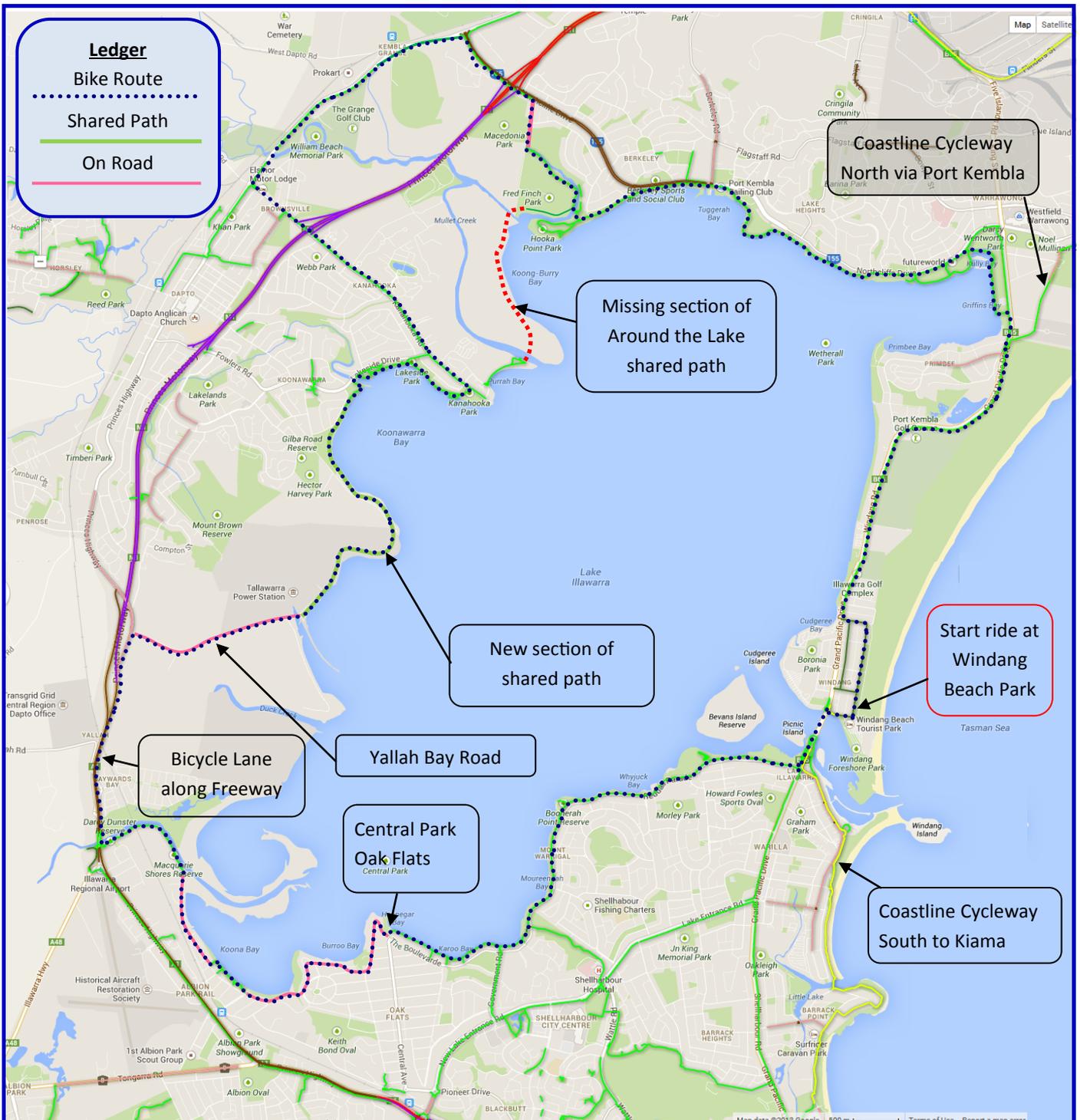
Follow the bicycle lane to Haywards Bay and the end of the bicycle lane at Macquarie Rivulet. There is a break in the Armco safety fence just before the bridge which provides access to the path on the eastern side of the bridge and the shared path south of the bridge. From Macquarie Rivulet Bridge follows Macquarie Rivulet east, under the railway and exit onto Shearwater Boulevard, which in turn becomes Koonaa Street. Follow Koonaa Street to its end to gain access to Slater's Pedestrian Bridge. After pushing your bike over the bridge turn left into Bridge Avenue, left at the third street (Deaken Street) and left into The Boulevard which is followed until you reach Central Park at the end of Central Avenue.

Turn left into Central Park and follow the Lakeside shared path on the southern side of the lake back to Windang Bridge and the end of the ride.

Around Lake Illawarra Cycling Map iBUG005



The background map is from the NSW RMS Cycleway Finder Website, please visit the website for more information.



The Robo Pie Shop Run
Map Reference: iBug Map 006
Start: Albion Park
Finish: Albion Park
Grade: **Extreme**

iBug ride No 006

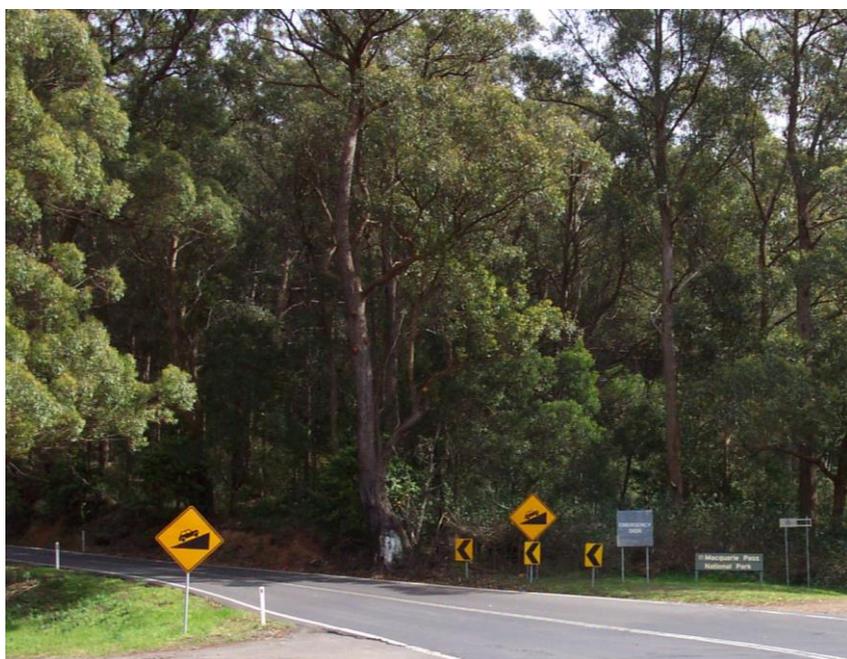


Distance: Albion Park to Pie Shop 20 Km, Pie Shop to Jamberoo 26 Km, Jamberoo to Albion Park 10 Km.

Ride summary: This is a ride for the fit and energetic riders as it involves riding up Macquarie Pass

Cautions! Areas of fast moving multi-laned traffic associated with this ride and riders need to ride defensively and carefully at all times. Extreme caution needs to be exercised when riding down the steep hills and narrow roads associated with this ride.

From Albion Park ride west along the Illawarra Highway through undulating hills until you reach the bottom of Macquarie Pass. You now begin the steep climb up the winding narrow road to the top. After riding up hill for 6 kilometres and gaining 600metre in altitude you finally reach the top and some easier riding to the Pie Shop



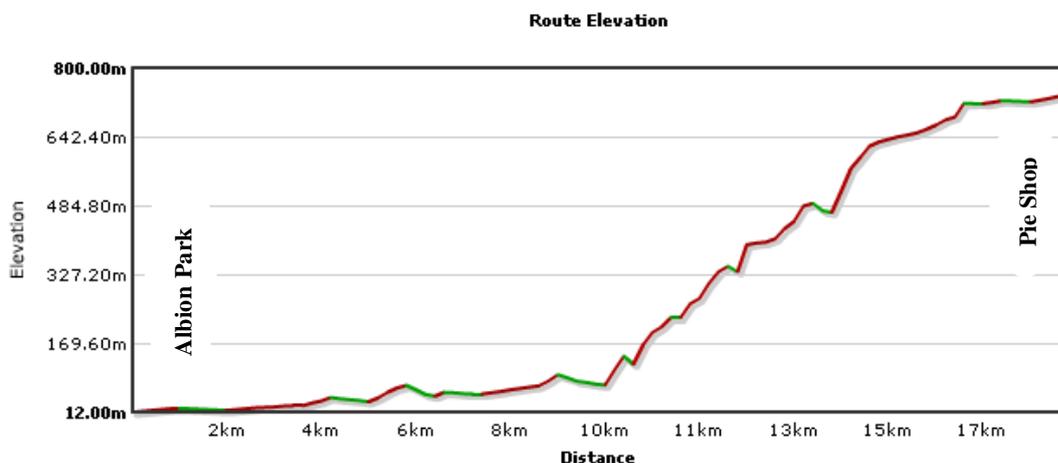
After a well earned rest and refreshments at the Pie Shop, return to Albion Park by retracing your route or back via Jamberoo.

Extreme caution needs to be exercised when riding down the very steep, winding and narrow sections of Macquarie Pass and Jamberoo Mounting Pass

If returning back down Macquarie Pass watch for slow moving cars at sharp corners and cars on the wrong side of the road.

To return via Jamberoo turn into Jamberoo Mountain Road opposite the Pie Shop and follow it down the escarpment to Jamberoo road. On reaching the end of Jamberoo Mountain Road turn left onto Jamberoo Road and follows it back to Albion Park or turn right and return to Kiama via Jamberoo township.

The foot of Macquarie Pass and an indication of what's ahead



Belmore Falls

iBug Ride 06



- Ride Start & Finish 
- Roads 
- Railway 
- Sheared Path 
- On Road Cycling 
- On Road Cycle Lanes 



Robertson Station

Robertson

The Robo Pie Shop

Carrington Falls

Jamberoo Mountain Rd

Illawarra Hwy

Barron Grounds

Minnamurra Falls

Albion Park

Jamberoo

Jamberoo Rd

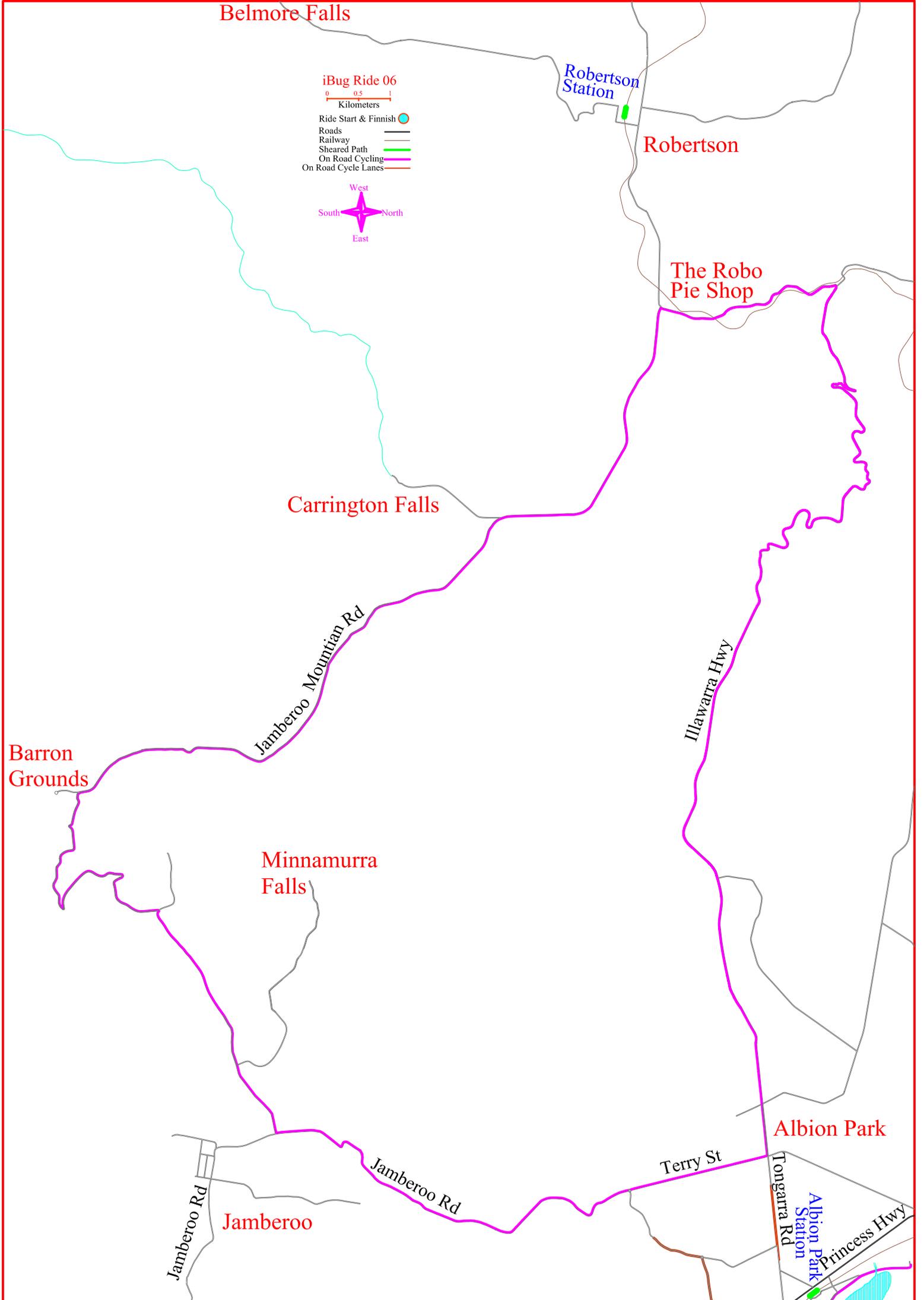
Terry St

Tongarra Rd

Albion Park Station

Princess Hwy

Jamberoo Rd



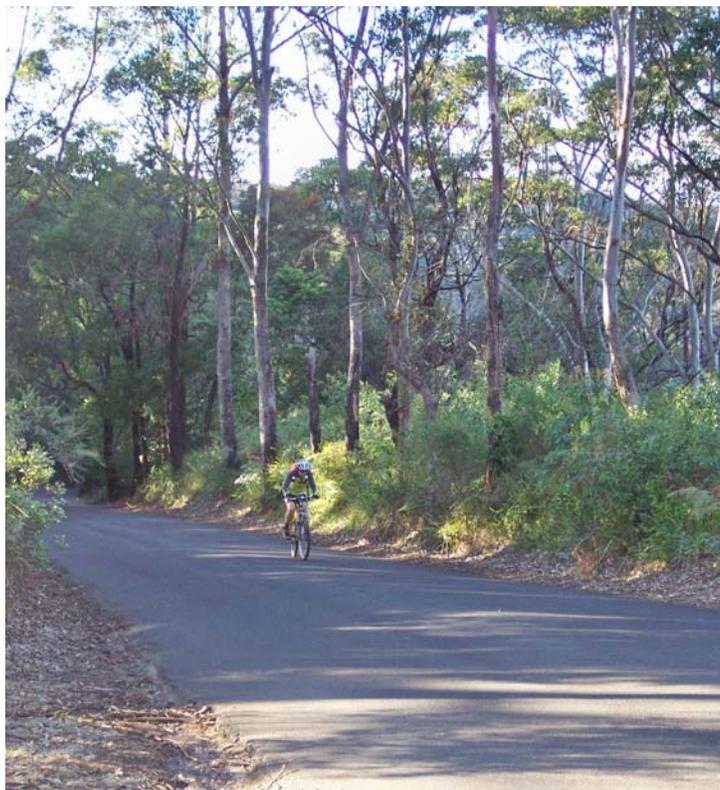
Mount Keira Mount Kembla Loop
Map Reference: iBug Map 007
Start: Figtree Park next to Westfield
Finish: Figtree Park next to Westfield
Grade: **Hard/Extreme**
Distance: 24 Kilometres

iBug ride No 007



Ride summary: This is a ride for the fit and energetic riders as it involves riding up Mount Kembla

Cautions! Extreme caution needs to be exercised when riding down the steep hills associated with this ride.



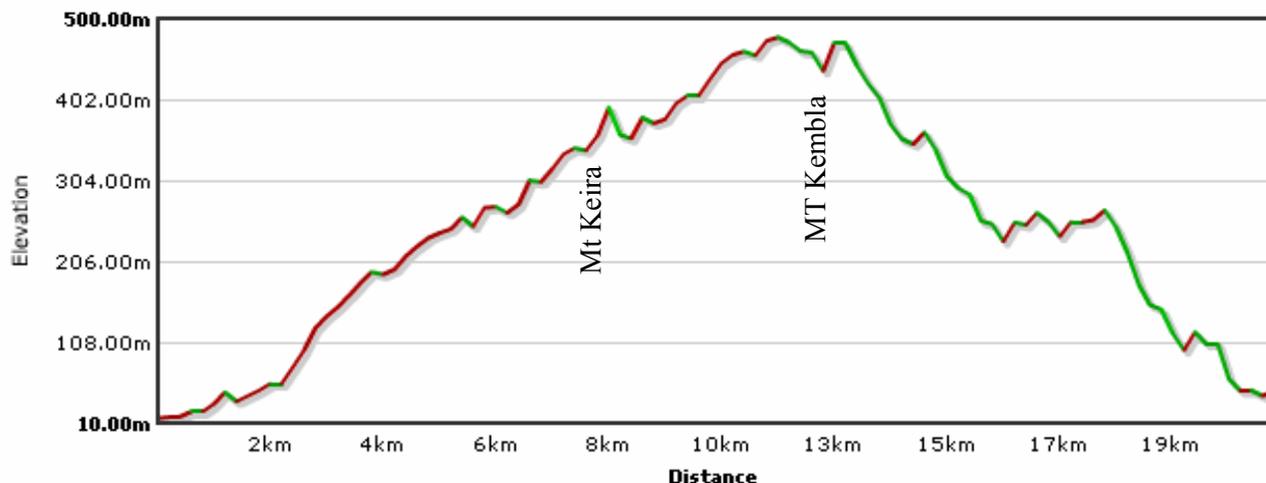
From Figtree Park cross the Princess Highway and head north turning left into London Drive, to get away from the traffic on the Highway. Turn left into Yellagong Street and start climbing. Turn left onto Mount Keira Road, watching for traffic and cars coming out of driveways. The next two kilometres is the steepest section of the climb up Mount Keira.

Once you have left the built-up area the road is less steep but winding, near the top you can turn right into Queen Elizabeth Drive and the short steep climb to the Mount Keira Lookout to enjoy the views and a coffee. About a kilometre past the Elizabeth Drive turnoff turn left into Clive Bissell Road and left into Harry Graham Drive.

Follow Harry Graham Drive up and down several steep hills, turn left into Cordeaux Road, and down hill through Historic Mt Kembla Village.

Turn left into Gibson Road and follow it back the Princess Highway and follow the Highway back to Figtree.

Route Elevation

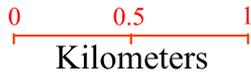


Mount Kembla
530 M

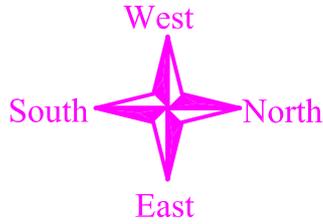
Harry Graham Drive

Cordeaux Rd

iBug Ride 07



- Ride Start & Finish
- Roads
- Railway
- Sheared Path
- On Road Cycling
- On Road Cycle Lanes



Mount Keira
464 M

Princes Hwy

London Dr

Yelagong St

Mt Keira Rd

Marsters Rd

Mount Ousley Rd

Coniston

Coniston Station

Wollongong Station

Crown St

Southern Freeway

Wollongong Botanic Gardens

Wollongong University

Wollongong Hospital

Denison St

Smith St Underpass

Wollongong Station

Wollongong TAFE

Princes Hwy

Wollongong

Montague St

Northern Distributer

Pioneer Rd

Campus East

Fairy Meadow Station



Kiama to Oak Flats via North Kiama By-pass

Map Reference: iBug Map 008

Start: Kiama township

Finish: Oak Flats Station

Grade: Moderate

Distance: 20 Kilometres

iBug ride No 008



Ride summary: This ride is a mixture of shared path, cycle lanes and on road cycling

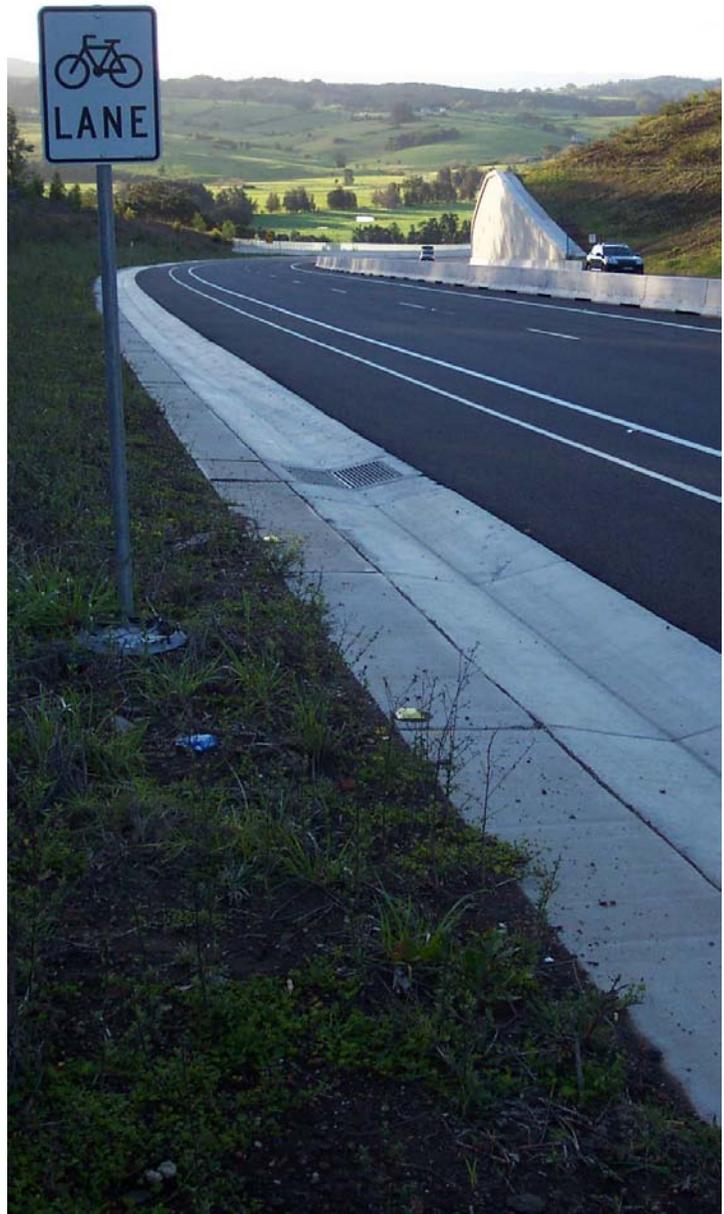
Cautions! Watch for fast moving traffic along Shellharbour Road and blind corner when passing under the North Kiama Bypass on Tabbita Road

From Kiama Township follow Terralong Street west under the Kiama By-pass turning right into Spring Creek Drive to join the shared path along the Princes Highway (Kiama By-pass) and the cycling lane along the new North Kiama By-pass until you reach the Tabbita Road intersection, turn left off the Highway and cross level crossing to join Shellharbour Road by turning under the Highway.

Follow Shellharbour Rd to the first roundabout at the top of the hill, just past the Golf Course. Turn right and follow Shell Cove back streets to rejoin Shellharbour Road at the second roundabout, to avoid the traffic on Shellharbour Road or continue along Shellharbour road to the second roundabout.

At the second roundabout, turn West into Lakewood Boulevard, right into Munmorah Circuit, Willinga Road and left into Brunderee Road. At the second roundabout on Brunderee Road turn left into Pioneer Road, over the hill and through the roundabout on New Lake Entrance Road and on to Oak Flats Station

To avoid the steep section of Pioneer Road with its poor edges and fast moving traffic and the roundabout at New Lake Entrance Road turn right into College Avenue left into Cygnet Avenue and the shared path through the park to join the shared path along New Lake Entrance Road and on to Oak Flats Station, using the underpass alongside the railway.

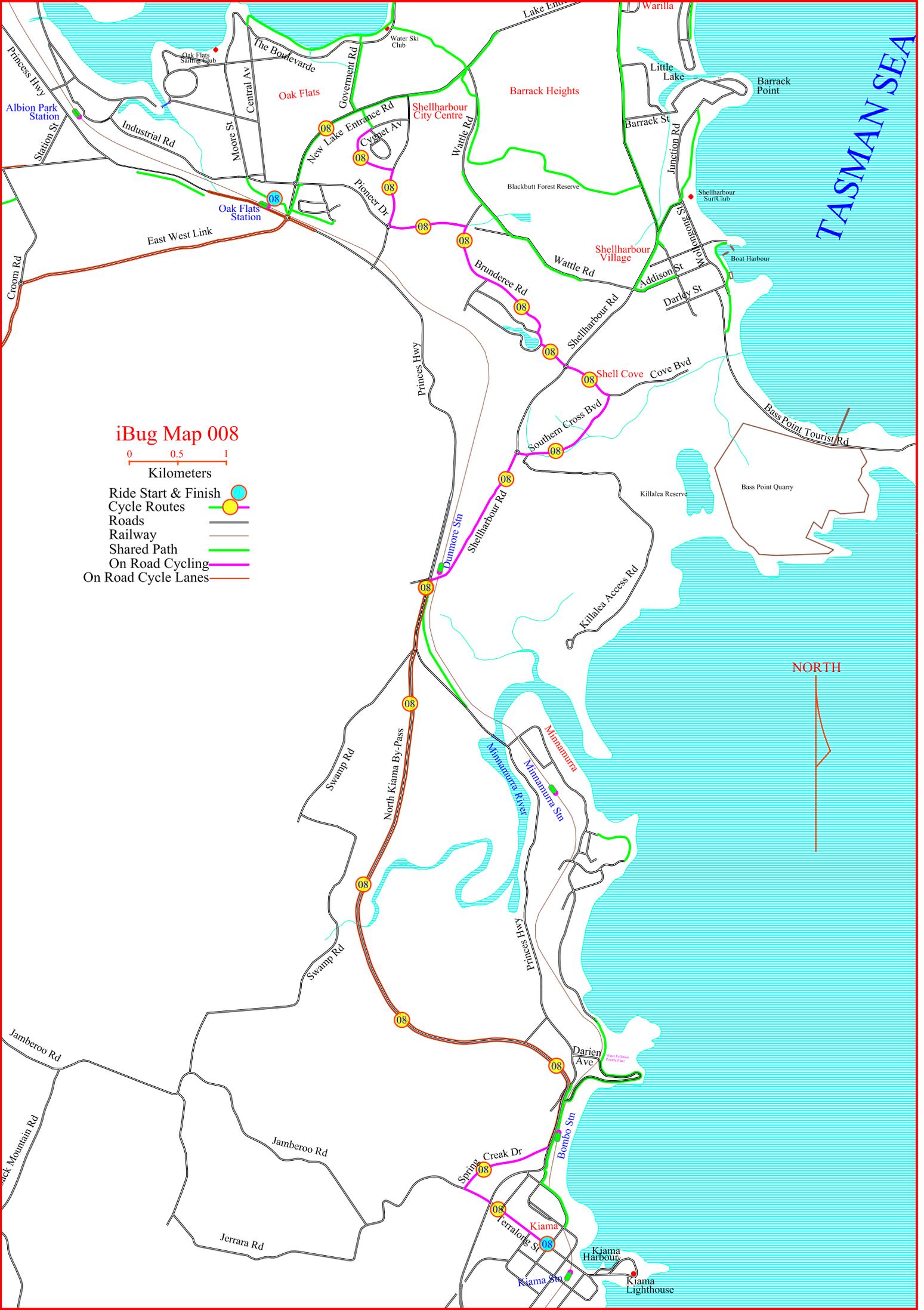


TASMAN SEA

iBug Map 008



- Ride Start & Finish
- Cycle Routes
- Roads
- Railway
- Shared Path
- On Road Cycling
- On Road Cycle Lanes



NORTH

Shellharbour City Circuit Ride

iBug ride No 009

Map Reference: iBug Map 009 also see the *free* Shellharbour Bike Map

Start and finish: Oak Flats Railway Station

Grade: **Medium**

Distance: 35 Kilometres



Ride summary: This ride is suitable to most riders; it is a mixture of shared paths and back streets. The ride involves some hills and has some excellent views of the surrounding landscape.

Cautions! Watch for fast moving traffic when crossing roundabouts.



Little Lake Bridge

This ride starts at the Oak Flats Station Car Park. The shared path starts at the police station, follow the path and cross the road into Moore Street at the traffic lights.

From the end of Moore Street, at the roundabout near the Oak Flats Sailing Club, follow The Boulevard to its intersection with Central Avenue and turn into Central Park, on the left to join the Lakeside Shared Path skirting the edge of the lake. Follow the shared path past the Shellharbour Water Ski Club and boat ramp, Boonerah Park and the Police Citizen's Youth Club to Windang Bridge. Follow the shared path under Windang Bridge, past the kiosk near the lake entrance and along Warilla Beach, enjoying views of Windang Island, the entrance to Lake Illawarra and the Tasman Sea beating onto Warilla Beach and onto Little Lake Bridge.

Turn left from the Little Lake shared path bridge and follow the shared path along Headlands Parade around Barrack Point, if you're lucky you may even see whales from this vantage point, and into Shell Cove Avenue, left into Junction Road, along Shellharbour beach, and on to Shellharbour Surf Life Saving Club. At the roundabout swing onto Wollongong Street and your first hill. At top of the hill turn left into Towns Street and down to the Shellharbour boat harbour. When you reach the causeway there is a shared path on the right skirting the edge of the harbour to the park at the bottom of Addison Street, Shellharbour Village's main street and an opportunity for a bite to eat and a wander through the Village.

Follow the road through Shellharbour Park past the swimming Pool and into Darley Street, right into Sophia Street, left into Adison Street and left onto the shared path on Shellharbour road.

At the top of the hill, after passing the cemetery and bus depo there is a narrow path on your left leading to the shared path network in Shell Cove. Follow the shared path until its end, turn left onto Southern Cross Boulevard, right at the roundabout and right onto Dunmore Road. At the traffic lights turn left onto the shared path on Piper Drive, past the railway station and onto Haddin Drive, right into Munmorah Circuit, right into Jindabyne Road and left onto the shared path on Wattle Road

After crossing several roundabouts the shared path stops at the traffic lights and you need to ride on road turning left into Benson Avenue and right onto the shared path

At the fork in the shared path just before Lake Entrance Road you can go left to the shopping centre and follow the shared path back to Oak Flats Railway Station or go through the tunnel under Lake Entrance Road, past the hospital to re-join the Lake side shared path and back to the station by retracing your outward bound route

Shellharbour City Loop Cycling Map iBUG009

The background map is from the NSW RMS Cycleway Finder Website, please visited the website for more information.



North Macquarie Loop

Map Reference: iBug Map 010

Start: Oak Flats Station

Finish: Oak Flats Station

Grade: **Moderate**

Distance: 33 Kilometres

iBug ride No 010



Ride summary: This is an on road ride and involves sections on busy roads. The ride starts and finishes at Oak Flats Station, the ride overlaps other loops in places and you could arrange sections of different rides to make a loop to suit your preferences or shorten the loop if the weather changes and you need a quick retreat

Cautions: There are a number of narrow bridges and areas of fast moving multi-lane traffic associated with this ride and riders need to ride defensively and carefully at all times

From the southern end of Oak Flats Station car park follow the shared path under New Lake Entrance Road to join New Lake Entrance Road at its intersection with Pioneer Road, turn left onto New Lake Entrance Road and follow the signs to Albion Park and the East West Link Road. A section of the East West Link has cycling lanes along it.



Looking west from the cycling lane on the East West Link Road with the Illawarra escarpment in the background

After a few kilometres the East West Link Road turns left onto Croom Road and then right into Ashburton Drive. Cross Terry Street (**5Km**) and continue along Ashburton Drive to Daintree Drive. Turn right into Daintree Drive, left into Hillside and left into Church Street. Church Street will bring you to The Illawarra Highway (**9 Km**), turn left onto it and follow it towards Macquarie Pass until you reach North Macquarie Road on your right (**12 Km**).

Turn into North Macquarie Road, there is a causeway soon after turning onto North Macquarie Road and care must be exercised as the causeway floods during wet weather

Follow North Macquarie Road through farming country turning left into Calderwood Road (**16 Km**) and right into Marshall Mount Road (**18.5 Km**) which is followed to its end at Huntley Road passing Yallah Road on route.

From the end of Marshall Mount Road (**24.5 Km**) turn right into Huntley Road and right onto the Princess Highway which is followed to the traffic lights at Albion Park Rail. Turn left into Creamery Road, over the railway lines and right into Burroo Street. Burroo Street turns into Wooroo Street. From Wooroo Street turn right into Industrial Road and follow it back to Oak Flats Station

Moss Vale - Unanderra Railway

iBug Map 010

0 0.5 1
Kilometers

- Ride Start & Finish
- Cycle Routes
- Roads
- Railway
- Shared Path
- On Road Cycling
- On Road Cycle Lanes

NORTH

Kembla Grange Station

West Dapto Rd

Dapto Station

Dapto

Princess Hwy

Southern Freeway

Shone Av

Bong Bong Rd

Bong Bong Rd

Cleveland Rd

Avondale Rd

Avondale Rd

Huntley Rd

Yallah Rd

Marshall Mount Rd

Calderwood Rd

North Macquarie Rd

Illawarra Hwy

Church St

Hillsdale Dr

Dalmeida Dr

Asbyrton Dr

Croom Rd

East West Link

Tongarra Rd

Albion Park

Illawarra Hwy

Princess Hwy

Station St

Industrial Rd

Oak Flats Station

Central Av

Moore St

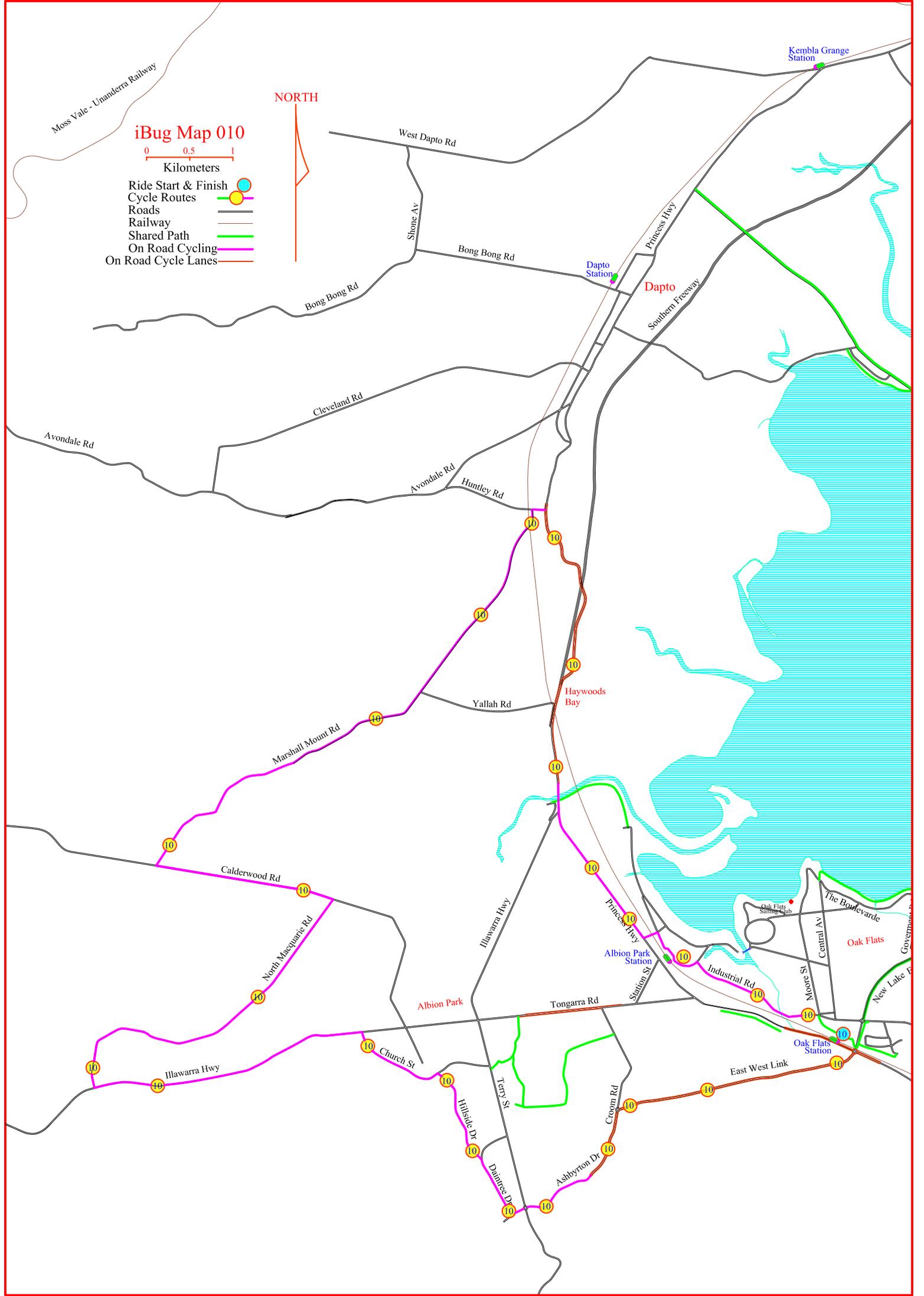
Oak Flats

New Lake P

The Boulevard

Covermas St

Government St



Blackbutt Reserve Circuit

iBug ride No 011



Map Reference: iBug Map 011 also see the *free* Shellharbour Bike Map

Start and finish: Blackbutt Reserve car park, off Shellharbour Road

Grade: **Moderate** (It becomes an Easier ride if you walk the steep hill in Blackbutt Reserve)

Distance: 20 Kilometres

Ride summary: This ride is suitable to most riders, it is a predominately shared use paths with a small section of back streets The ride involves some hills in the first two kilometres

Cautions: Watch for fast moving traffic when crossing Shellharbour Road

Start at the northern boundary of the Blackbutt Reserve car park, which you enter via Erwin Zatschler Drive from Shellharbour Road. From the car park go through the small vehicle gate heading north across the grass and join the shared use path after about 200m turn left on to the path. The path is very steep at this point and people should consider walking if they are finding it difficult to ride. At 0.7 km you will reach the top entrance road to Blackbutt Reserve, follow this for a few metres until the shared use path is found on the right continue up hill for another 0.8 km to reach the top of the hill at Wattle Street, where the path swings right and downhill at last. This is the end of the hill climbing and it's all downhill and flat from this point.

At 2.8 km you pass under Wattle Street and shortly afterwards under Lake Entrance Road, *watch for glass in the tunnel*, and past Shellharbour Hospital. Continue down hill until you reach Reddall Parade and the Shellharbour Water Ski Club at 4.5 km, *watch for cars when crossing Reddall Parade*.



Turn right into the Lake Side Shared Use Path and follow it passing Boonerah Point and the Police Citizen's Youth Club to Windang Bridge. Follow the shared path use under Windang Bridge and south along Warilla Beach. Enjoy views of Windang Island, the entrance to Lake Illawarra and the Tasman Sea beating onto Warilla Beach.

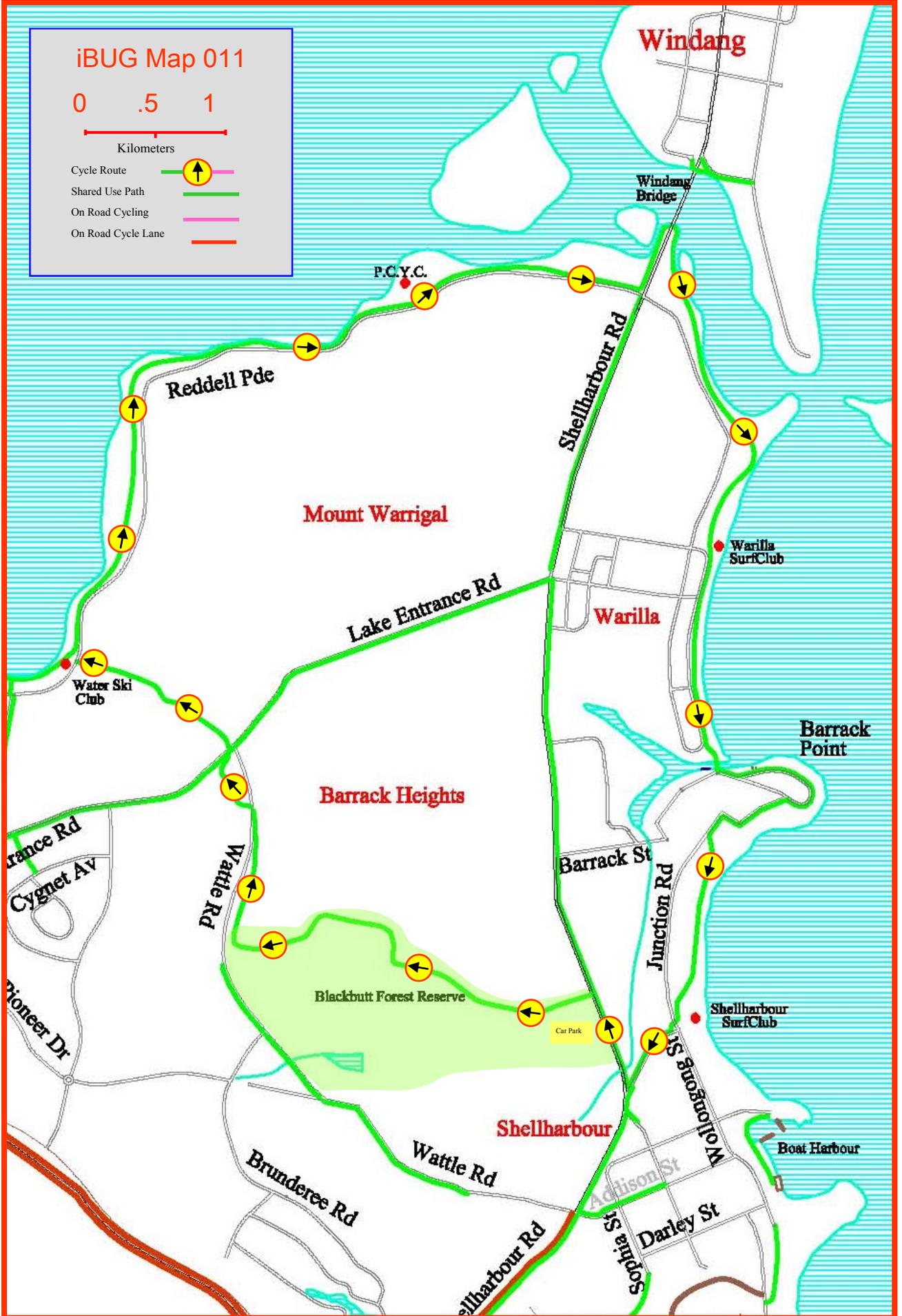
Continue along the shared use path to the new bridge crossing the entrance to Little Lake turn left as you leave the bridge and follow the path around Barrack Point, along Shellharbour Beach until the path crosses Junction Street. The path then follows Beach Road and then left onto the Shared Use Path along Shellharbour until you reach Erwin Zatschler Drive and the end of the ride.

iBUG Map 011

0 .5 1



- Cycle Route
- Shared Use Path
- On Road Cycling
- On Road Cycle Lane



Around the Lake On The Road

iBug ride No 012



Map Reference: iBug Map 012

Start: Palican Park off Reddall Parade Mt Warrigal

Finish: Palican Park off Reddall Parade Mt Warrigal

Grade: Hard to Extreme

Distance: 40 to 60 Kilometres

Ride summary: This ride is an on road ride and involves sections on multi-lane roads. The distance and difficulty is dependant on the route selected as there are many opportunities to increase the level of difficulty and is suited to fit road wise riders.

Cautions: There are a number of narrow bridges and areas of fast moving multi-laned traffic associated with this ride and riders need to ride defensively and carefully at all times

Assemble in Pelican View Reserve off Reddall Parade Lake Illawarra, just south west of Windang Bridge, and use the shared path to access Shellharbour Road and over Windang Bridge. Follow Windang Road, and King Street to Warrawong.

Turn left into Northcliffe Drive and follow Northcliffe Drive to Berkeley, turn right into George Street opposite Berkeley boat Harbour. George Street becomes Berkeley Road after the first roundabout.

At the second roundabout at the intersection with Semaphore Road you can continue along Berkeley road over the hill and past the Nan Tien Temple. Berkeley Road turns left just past the Temple entrance and crosses over the F6 Southern Freeway, turn left into Investigator Drive and Right into Nolan Street, or for a real workout for the legs, take the steeper option of turning left into Semaphore Road and up over the hill past the water tank and turn right into Nolan Street to rejoin the ride.

After crossing the Railway lines turn left onto the Princes Highway, continue along the highway turning right into West Dapto road opposite Kembla Grange Racecourse. Turn left into Shone Avenue after a few kilometres and the left again into Bong Bong Road to Dapto.

Cross the Railway lines and turn right into Marshall Street and follow until you reach Avondale Road where you can either turn left if the legs are feeling tired and take the short option back to the start or if the legs are willing take the longer hilly ride.

The Short Way Home.

Turn left into Avondale Road then right onto the Princess Highway which is followed to the traffic lights at the intersection with Creamery Road Albion Park Rail. Turn left into Creamery Road, over the railway lines and right into Burroo Street. Burroo Street turns into Wooroo Street. From Wooroo Street turn right into Industrial Road and left into Moore Street and through the roundabout into The Boulevard.

The Boulevard soon becomes The Esplanade and then Reddall Parade which is followed back to Pelican Park and the end of the ride.

The Long Way Home.

Turn right into Avondale Road, left into Huntley Road, right into Huntly Road, right into Marshall Mount Road and left into Calderwood Road. On reaching Albion Park turn left into Taylor Road, right onto the Illawarra Highway and straight through the traffic lights to join Terry Street.

From Terry Street turn left into Ashburton Drive and onto The East West Link, at the roundabout, over the Princess Highway, follow the Warilla signs. On reaching the next roundabout turn right into Pioneer Drive and up the hill. Turn left into Brunderee Road and right into Wattle Road.

Turn left from Wattle Road onto Shellharbour Road and follow it back to Pelican Park and the end of the ride.

iBug Map 012

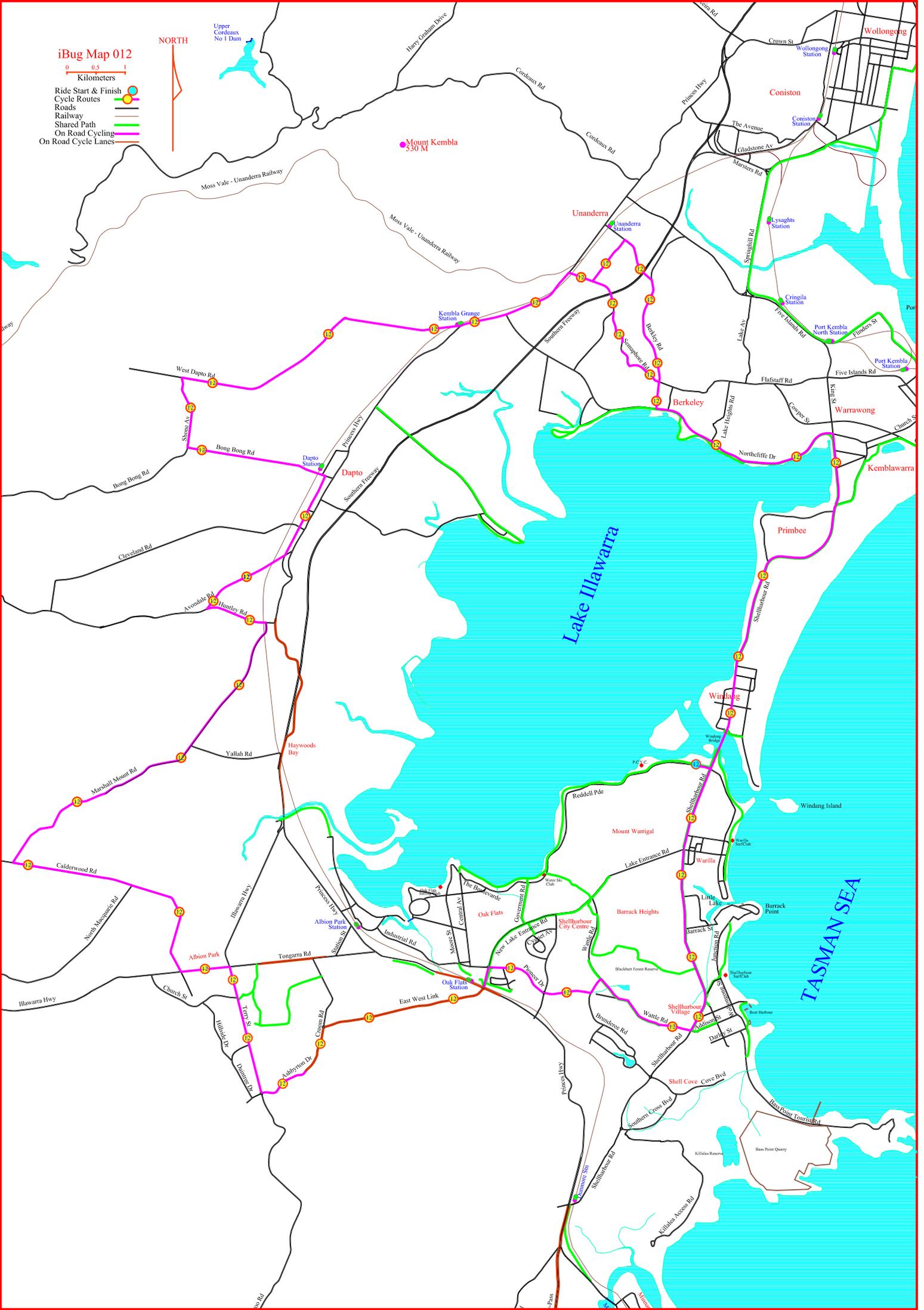
0 0.5 1
Kilometers

- Ride Start & Finish
- Cycle Routes
- Roads
- Railway
- Shared Path
- On Road Cycling
- On Road Cycle Lanes

NORTH

Upper Condenux No 1 Dam

Mount Kembla
550 M



Calderwood Loop

Map Reference: iBug Map 013

Start: Albion Park Station

Finish: Albion Park Station

Grade: **Moderate**

Distance: 16 Kilometres

iBug ride No 013



Ride summary: This ride is an on road ride through the west of Albion Park hills.

Cautions: There are a number of narrow bridges and areas of fast moving multi-lane traffic associated with this ride and riders need to ride defensively and carefully at all times

From the Albion Park Station car park cross the Princes Highway into Station Street, turn right into Tongarra Road and cycle to Albion Park. Turn right into Calderwood Road (**3 Km**) after passing through the centre of town.

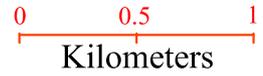
Turn right from Calderwood Road into Marshall Mount Road (**7.3 Km**) and follow this to Yallah Road (**11.2 Km**), turn right into Yallah Road and follow it to the Princess Highway Overpass at Haywards Bay.



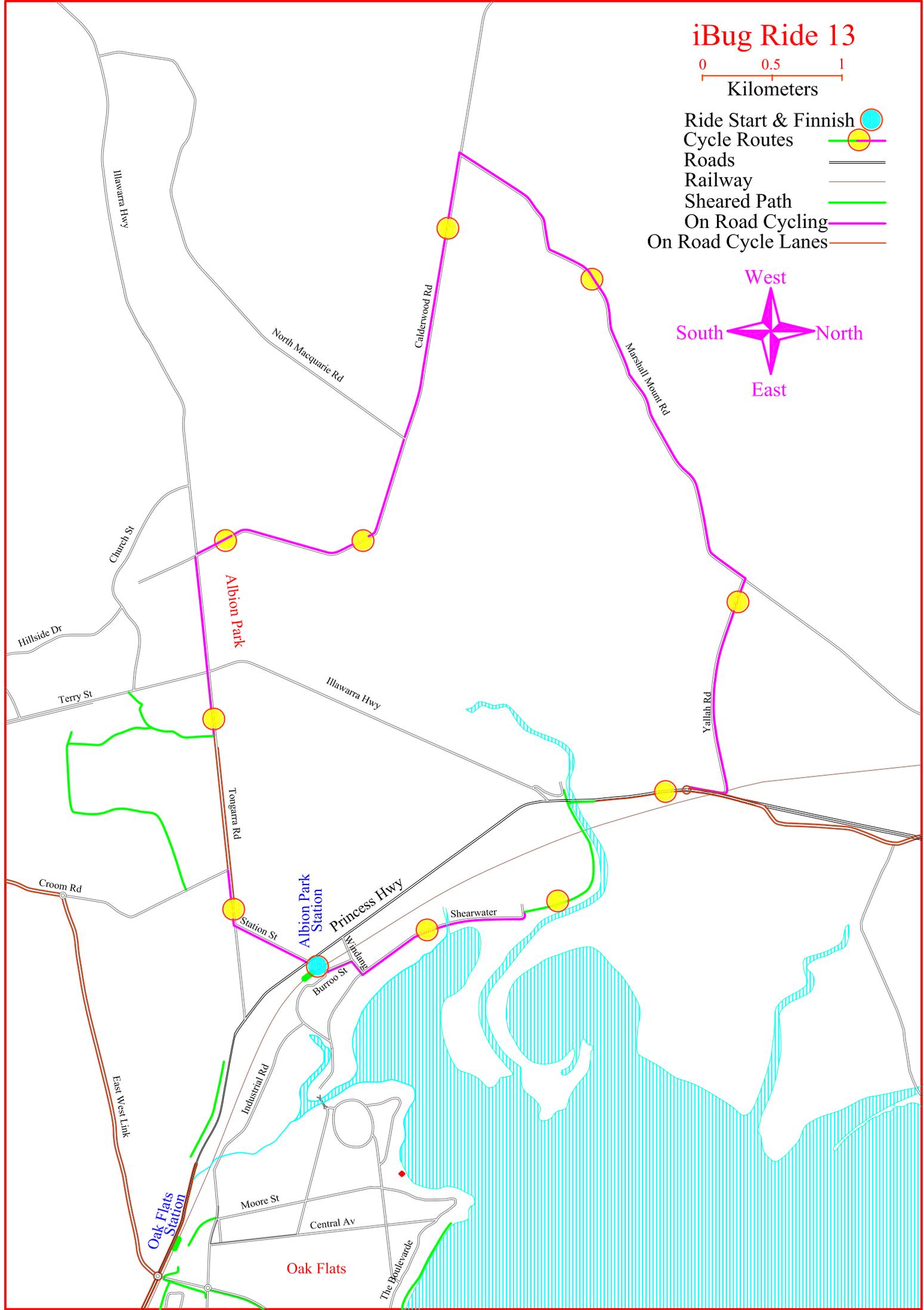
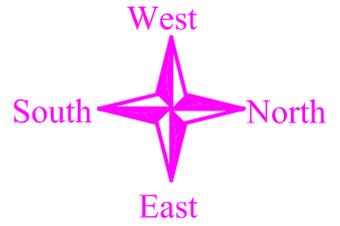
Using the Haywards Bay Overpass to access the south bound cycling lane on the Princess Highway, There is a brake in the Armco railing just before the bridge over Macquarie Rivulet with a path utilizing the eastern footpath to access the shared path, and this avoids the fast traffic on the narrow bridge. Turn left onto the shared path and follow it to its end.

From the end of the shared path follow Shearwater Boulevard, Windang Street and Burroo Street to the pedestrian access at the southern end of Albion Park Station. Cross the rail tracks and your back at the Station car park.

iBug Ride 13



- Ride Start & Finish
- Cycle Routes
- Roads
- Railway
- Sheared Path
- On Road Cycling
- On Road Cycle Lanes



Shellharbour, Jamberoo Loop

Map Reference: iBug Map 014

Start: Shellharbour Boat Harbour

Finish: Shellharbour Boat Harbour

Grade: **Hard**

Distance: 45 Kilometres

iBug ride No 014



Ride summary: This ride is an on road ride Passing through Kiama, Jamberoo and Oak Flats, the ride involve sections on multi-lane roads, fast traffic and numerous hills.

Cautions: There are a number of narrow bridges and areas of fast moving multi-lane traffic associated with this ride and riders need to ride defensively and carefully at all times

From the Park on the shore of Shellharbour Boat Harbour follow Addison Street through Shellharbour Village and turn left onto Shellharbour Road.

At Dunmore cross the railway and turn left onto the Princess Highway. Stay on the Princess Highway past Kiama Downs until you reach the shared path near Bombo Station, this is a pleasant ride now the North Kiama By-pass is in use and the number of cars has been reduced. Alternately you can use the cycle lane on the North Kiama By-pass to reach Bombo station



Looking down the old highway towards Kiama before joining the Shared Path to Bombo

Follow the shared path until its end and rejoin the Highway turning left into Gipps Street and immediately right into Brown Street and the steep climb to Terralong Street. Turn right into Terralong Street and follow it under the Princess Highway to join Jamberoo Road, which is followed to Jamberoo.

From Jamberoo continue along Jamberoo Road through more hilly terrain towards Albion Park. The road changes name to Terry Street before reaching Albion Park.

On reaching Terry Street's intersection with Ashburton Drive you can turn left and follow the North Macquarie ride to extend the ride (see iBug Ride010), or turn right into Ashburton Drive and follow it and The East West Link road back to Oak Flats. If you have taken the long option continue past Oak Flats station to rejoin the ride at the New Lake Entrance Road roundabout.

On reaching the roundabout over the Princess Highway join New Lake Entrance Road turning right into Pioneer Drive, at the next roundabout, and the next hill. Turn left into Bruderee Road and right onto Wattle Road to join Addison Street back to Shellharbour Boat Harbour

Albion Park Jamberoo Loop

Map Reference: iBug Map 015

Start: Albion Park

Finish: Albiom Park

Grade: **Hard**

Distance: 35 Kilometres

iBug ride No 015



Ride summary: This ride is an on road ride and involves sections on multi-lane roads, fast traffic and numerous hills and while described as loop it is mostly used as an extension to other rides such as the Around the Lake on the Road (see iBug ride 012)

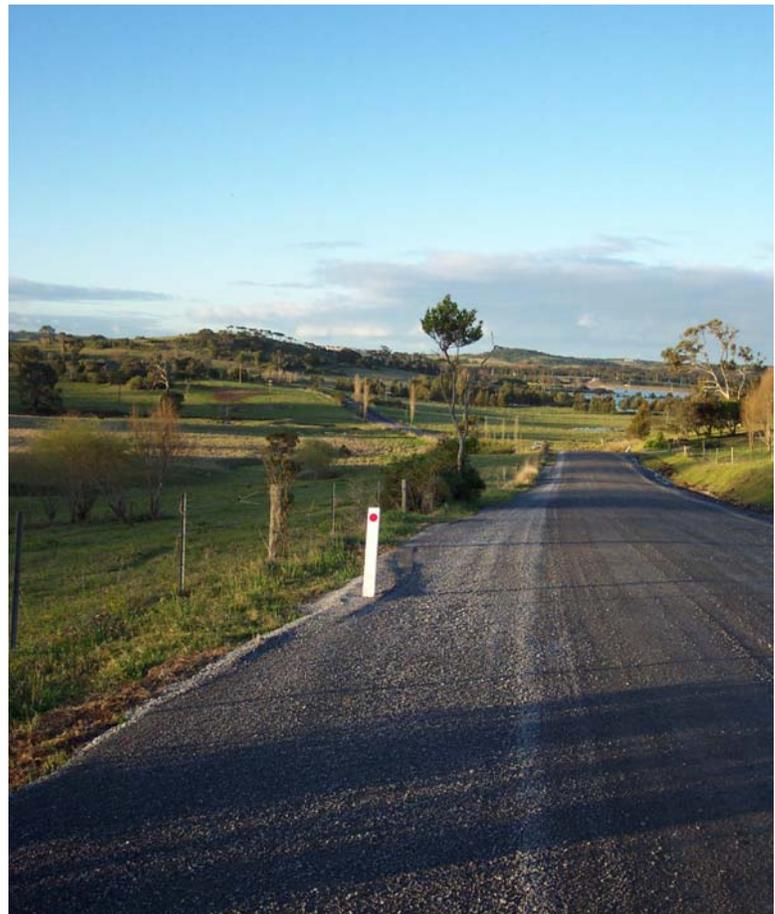
Cautions: There are a number of narrow bridges and areas of fast moving multi-lane traffic associated with this ride and riders need to ride defensively and carefully at all times

From the Albion Park follow Terry Street and Jamberoo Road south to Jamberoo Village, passing through principally farming country on narrow winding hilly roads.

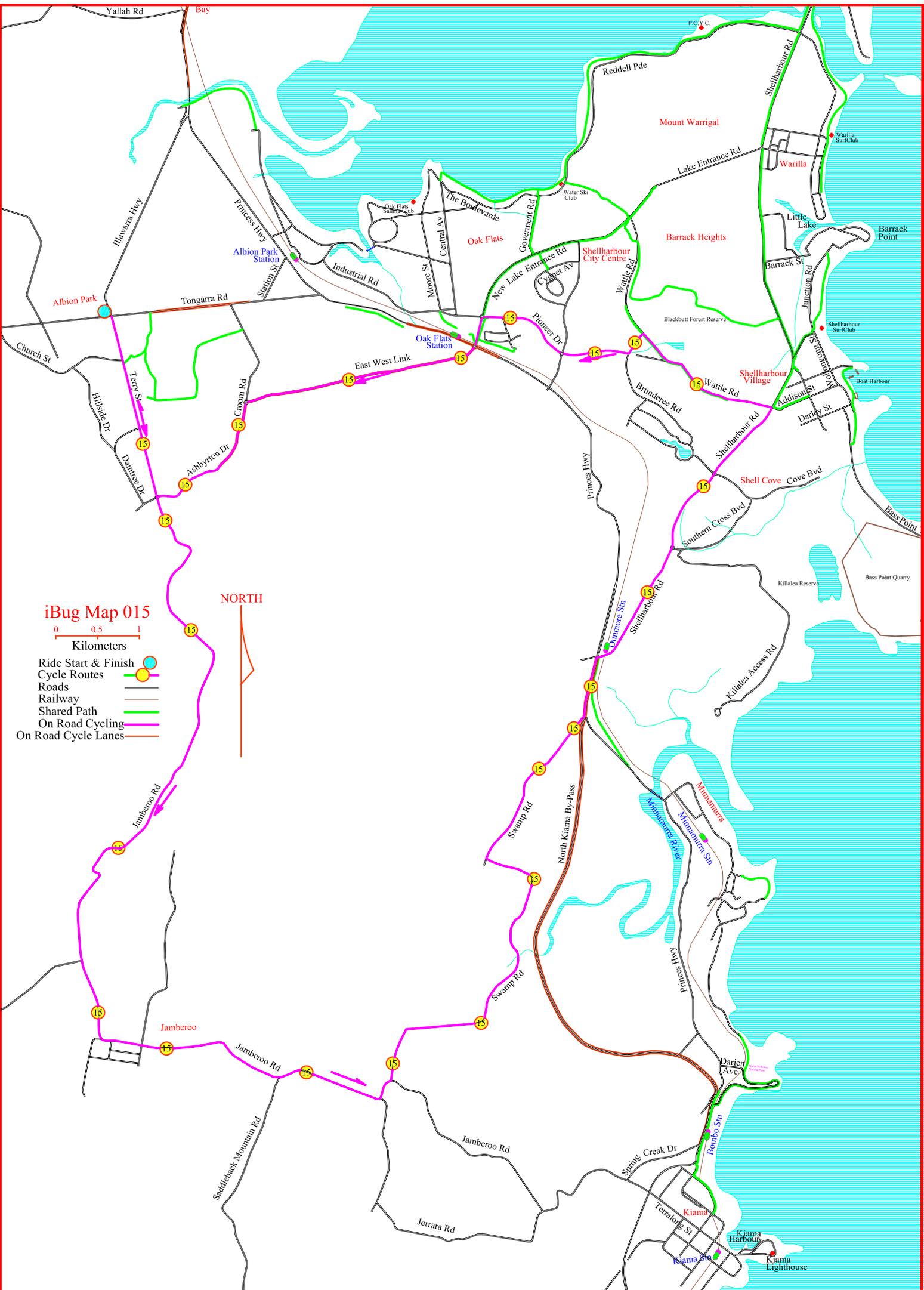
From Jamberoo continue following Jamberoo Road turning left into Swamp Road until you reach the North Kiama By-pass. Turn left onto the cycling lane on the North Kiama By-pass and exit it at the Tabbita Road exit to join Shellharbour road at Dunmore.

Follow Shellharbour Road to its intersection with Wattle Street, turn left into Wattle Street and follow it up the hill turning left into Brunderee Road. From Brunderee Road turn right into Pioneer Road and follow it to the roundabout on New Lake Entrance road.

Turn left into New Lake Entrance Road and follow it over the Princess Highway and onto The East West Link Road. Follow the Link Road left at the roundabout at the intersection of Croome Road. The Link Road becomes Ashburton Drive and at the intersection of Terry Street turn right to return to the start at Albion Park.



Swamp Road heading towards North Kiama Bypass

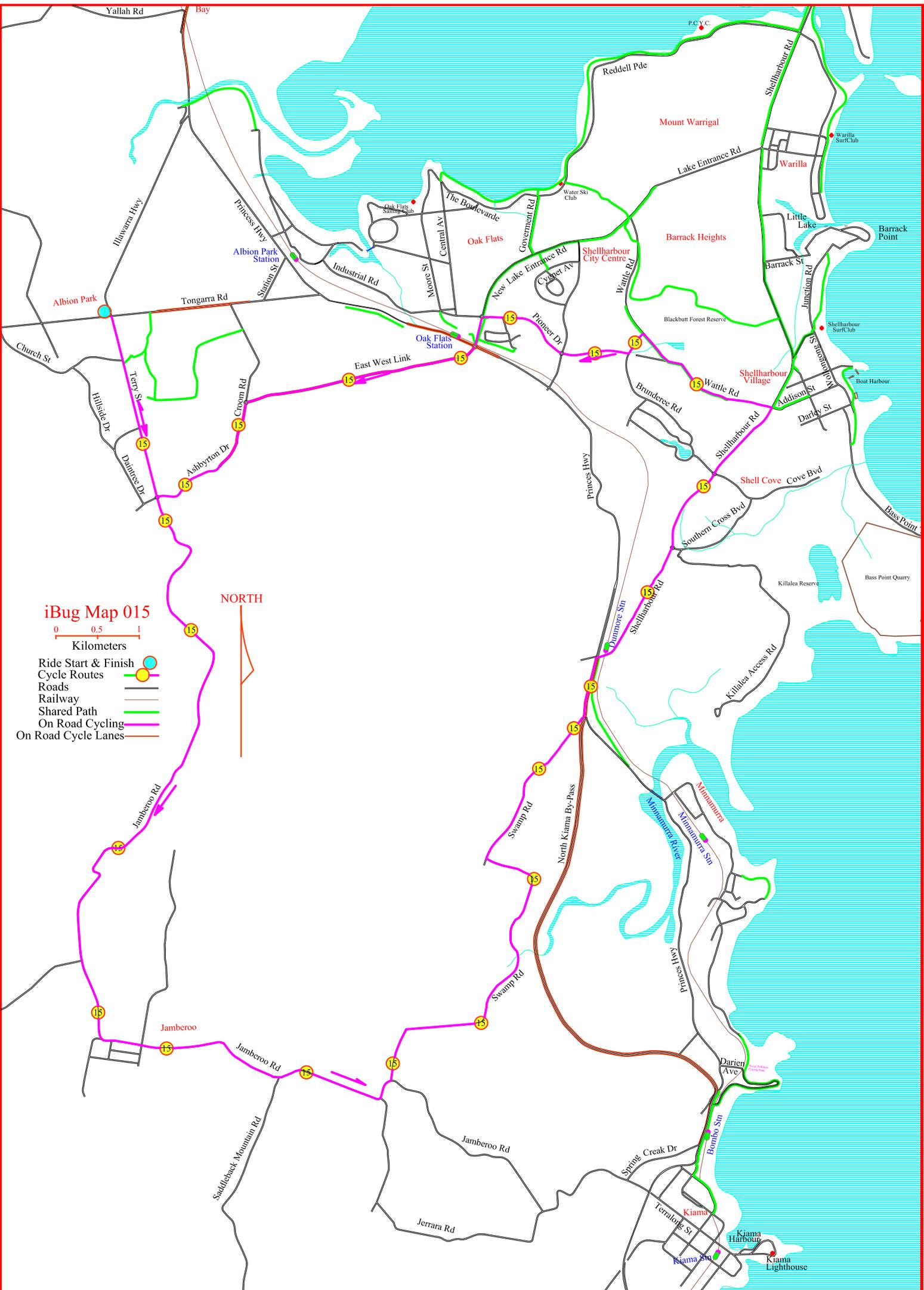


iBug Map 015

0 0.5 1
Kilometers

NORTH

- Ride Start & Finish
- Cycle Routes
- Roads
- Railway
- Shared Path
- On Road Cycling
- On Road Cycle Lanes



Thirroul to Stanwell Park and Bald Hill
Map Reference: iBug Map 016
Start: Thirroul
Finish: Stanwell Park
Grade: **Hard**
Distance: 17 Kilometres

iBug ride No 016



Ride summary: The ride follows the coast north from Thirroul along Lawrence Hargrave Drive. This is a road ride and involves sections on multi-lane roads, fast traffic and numerous hills. Unless you continue on north you will need to retrace the ride home or catch the train, remembering to check that the trains are running as buses used to replace trains during trackwork don't accept bicycles.

Cautions: Areas of fast moving multi-laned traffic associated with this ride and riders need to ride defensively and carefully at all times

From the end of the shared path at Thirroul follow Hamilton Road, turning right into Tasman Crescent, left into Craig Street, right into Surfers Parade, left into Cliff Parade and onto The Esplanade to get to Lawrence Hargrave Drive. Alternately you can start from Thirroul Station if you intend to return by train.

From here the ride is simply a matter of following Lawrence Hargrave Drive north through Austinmer, Coledale, Wombarra, Clifton, then over the Sea Cliff Bridge to Coalcliff and Stanwell Park.

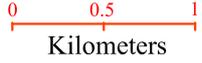
On reaching Stanwell Park you can relax over a coffee or take the steep ride up Bald Hill to admire the views over the coast.

To give the legs some additional work you can detour up Asquith Street Austinmer and follow Buttenshaw Drive and Morrison Avenue to rejoin Lawrence Hargrave Drive at Wombarra. The descent down Morrison Avenue is extremely steep and care should be taken at this point.



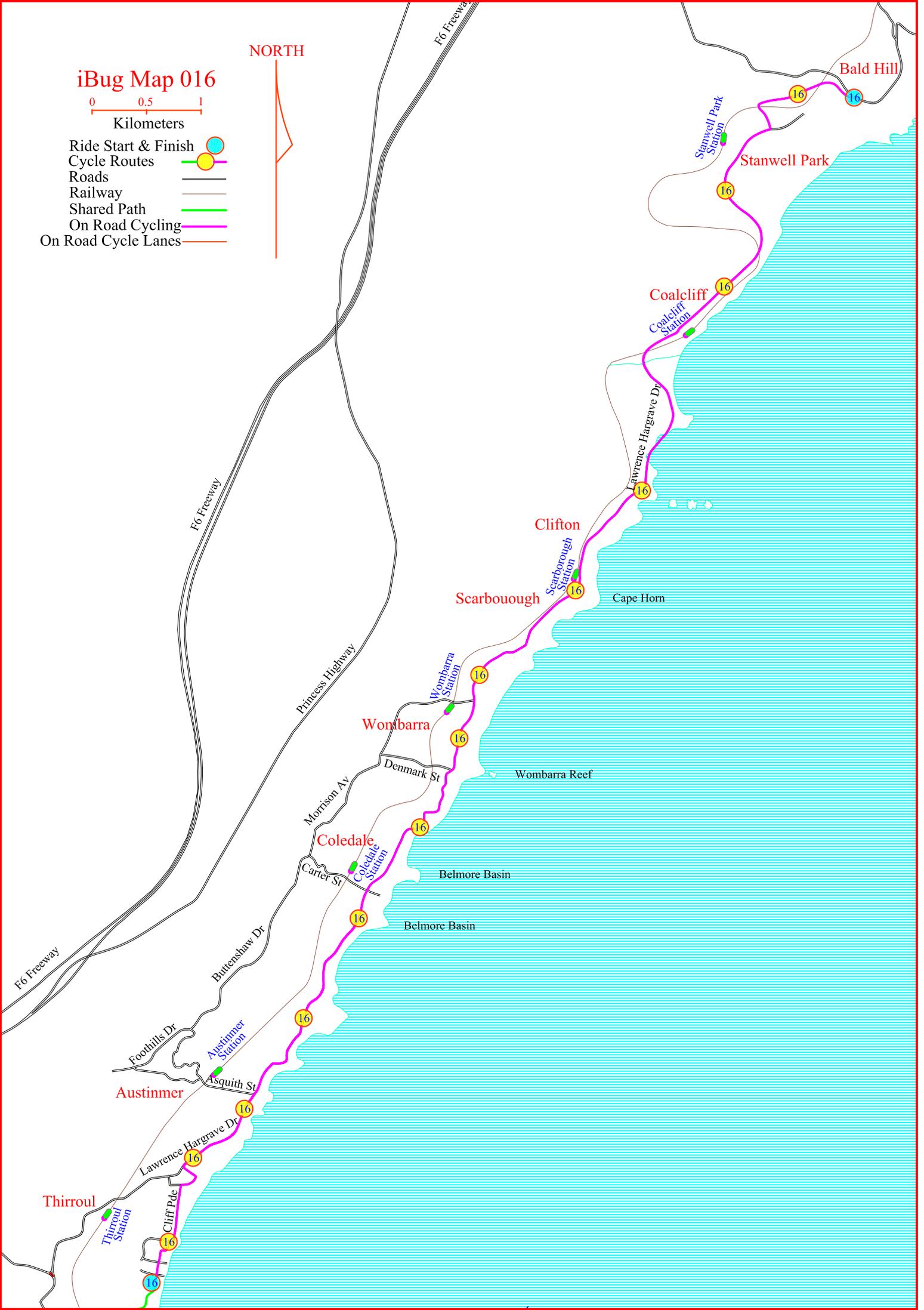
Cyclist enjoying the views from Bald Hill on the MS Sydney to Gong Ride, before heading back to Southerland as the Seacliff Bridge was still under construction.

iBug Map 016



NORTH

- Ride Start & Finish
- Cycle Routes
- Roads
- Railway
- Shared Path
- On Road Cycling
- On Road Cycle Lanes



Stanwell Park or Bald Hill to Bundeena and Cronulla
Map Reference: iBug Map 017
Start: Stanwell Park
Finish: Bundeena and Cronulla
Grade: **Hard**
Distance: 32 Kilometres

iBug ride No 017



Ride summary: The ride follows the coast north from Stanwell Park to Bundeena and the ferry to Cronulla.

Cautions: The ride involves several long steep hills on narrow roads with poor edges and is suitable for experienced road riders only. This ride is also a favourite ride for motorcyclists and people need to remain on the correct side of the road and watch for motorcyclists on Lady Wakehurst Drive. Take plenty of food and water as there are no services on this ride

From Stanwell Park follow Laurance Hargrave Drive north turning right into Lady Wakehurst Drive and the steep climb up to Bald Hill, the road climbs some 110 meters in less than one and a half kilometres.



Looking South from Laurance Hargrave Memorial Lookout

After a well earned rest at the Laurance Hargrave memorial, at the top of Bald Hill to take in the spectacular coastal views in both directions, continue up more easily to the top of Otford Lookout. From Otford Lookout the road is downhill into the Royal National Park. After passing the Park entrance and following the Hacking River down stream for some kilometres, at approximately 14 kilometres, where McKell Avenue crosses the river on the left for the long uphill ride to Waterfall, Lady Wakehurst Drive changes its name to Sir Bertram Stevens Drive. Continue straight ahead into Sir Bertram Stevens Drive and follow it through undulating country to the Garie Beach turnoff.

Continue along Sir Bertram Stevens Drive for a further 5.5 kilometres, passing the Wattamolla turnoff, and turn right into Bundeena Drive, this section is predominately down hill losing 150 meters over the final 9 Kilometres to Bundeena.

From Bundeena its best to catch the ferry to Cronulla and the train home alternately you could retrace your steps back to the beginning. For information on the Bundeena to Cronulla ferry contact Cronulla and National Park Ferry Cruises on 02 9523 2990 or visit them on www.cronullaandnationalparkferrycruises.com

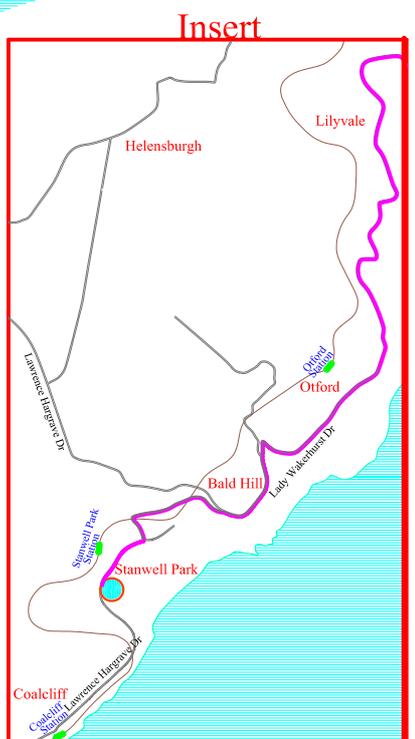
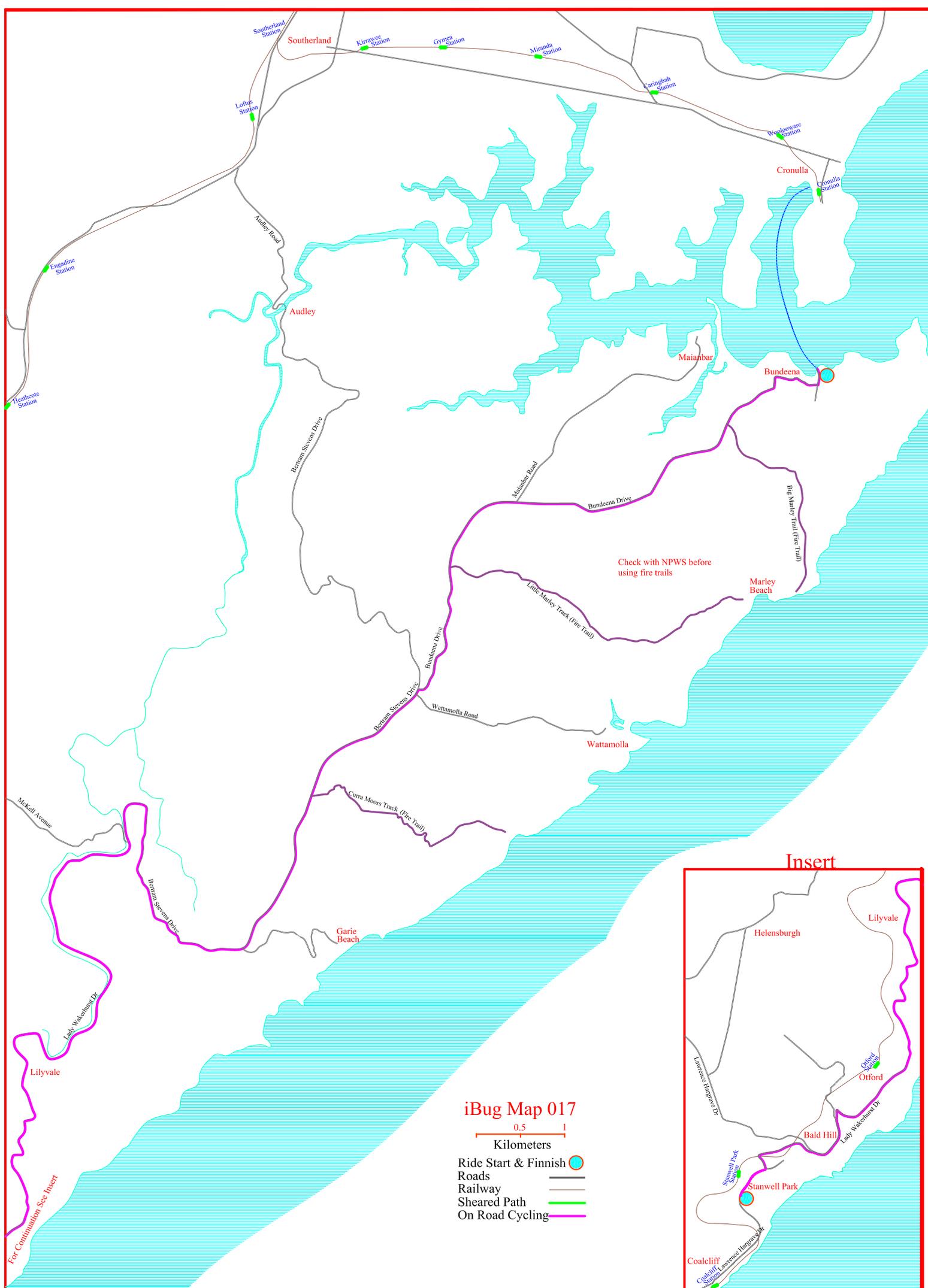
Side trips:

Garie Beach is a two kilometre winding downhill ride losing some 200 meters which needs to be regained on the return trip back to the turnoff.

Wattamolla three kilometre downhill ride losing some 150 meters which needs to be regained on the return trip back to the turnoff. Wattamolla has some excellent swimming and surfing opportunities

Many of the fire trails are open to cyclists; please check with NSWNP for further details, as conditions change and some trails may be closed at times. The trails are not maintained and are not suitable for road bikes.

Copies of the Otford and Port Hacking 1:2500 Topographic Maps and a compass should be carried if venturing onto the fire trails.



iBug Map 017

0.5 1
Kilometers

- Ride Start & Finish
- Roads
- Railway
- Sheared Path
- On Road Cycling

For Continuation See Insert

Commuting around the University of Wollongong
Map Reference: iBug Map 018
Start: Various
Finish: University of Wollongong
Grade: **Moderate**
Distance: ## Kilometres

iBug ride No 018c



Ride summary: The University commuting guide can also be used by cyclists accessing the Botanic Gardens, Glennifer Brae and Beaton Park.

Cautions: Areas of fast moving traffic along the northern Distributor and other on road sections. Low headroom in the Smith Street Railway Underpass.

Travelling from the North along the Northern Distributor

Leave the Northern Distributor cycling lane at the off ramp leading to the cycleway along University Avenue and follow the signs erected by council to the Southern Freeway Overpass. For the return journey it is more pleasant and safer to head north along the path between the Southern Freeway and Wollongong TAFE, from the overpass, exiting onto Lysaght Street. Follow Lysaght Street to its intersection with the Princess Highway, cross the Highway and join the cycling lane heading north on the Northern Distributor



Southern Freeway Overpass

Commuting from Balgownie, Fernhill or the Fairy Meadow area

The Shared path around Wollongong TAFE from Mount Ousley Road and Helen Gaynor Avenue or Lysaght Street and use the Southern Freeway Overpass to access Wollongong University

Commuting between Campus East, North Wollongong Station, Towradgi or the Coastal Shared Path and the University

Pickup the shared path at the intersection of Squires Way and Elliotts Road and follow it through the University of Wollongong Campus East (see map 18) and turn left onto the cycling lane along Montague Street and cross the Princess Highway (Flinders Street) at the traffic lights use the footpath to gain access to Station Street. Follow Station Street to North Wollongong Station and use the lifts to cross the railway lines. Follow the cycling lane along Porter Street and University Avenue, carefully cross at the roundabout to join the shared path to the Southern Freeway Overpass to access the University of Wollongong. The section from the station to the Overpass has been signposted by Wollongong council



Cycle Underpass at the west end of Smith Street

Central Wollongong to the University

From the top end of Crown Street near Wollongong Station use Railway Parade and Belmore Street to get the western end of Smith Street and the Railway Underpass.

From the eastern side of the city and the Entertainment Centre use back streets to get onto Smith Street and head west to the Railway Underpass.

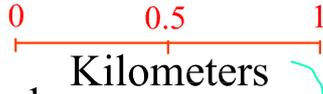
Watch your head when using the Underpass. On leaving the Underpass follow the shared path under Throsby Drive and along the railway to Beaton Park, watch for cyclist joining the path from Throsby Drive on your right. Follow the sign posted route past the end of Gipp Street, Crawford Avenue and left onto the cycling lane along Porter Street. Follow the cycling lane along Porter Street and University Avenue, carefully cross at the roundabout to join the shared path to the Southern Freeway Overpass to access Wollongong University.

Using Denison Street to join the shared path west of the Smith Street Underpass may be the easiest way for people commuting from the around the Hospital, West Wollongong, Coniston and Gladstone Avenue.

Figtree, Mt St Tomas and Coniston

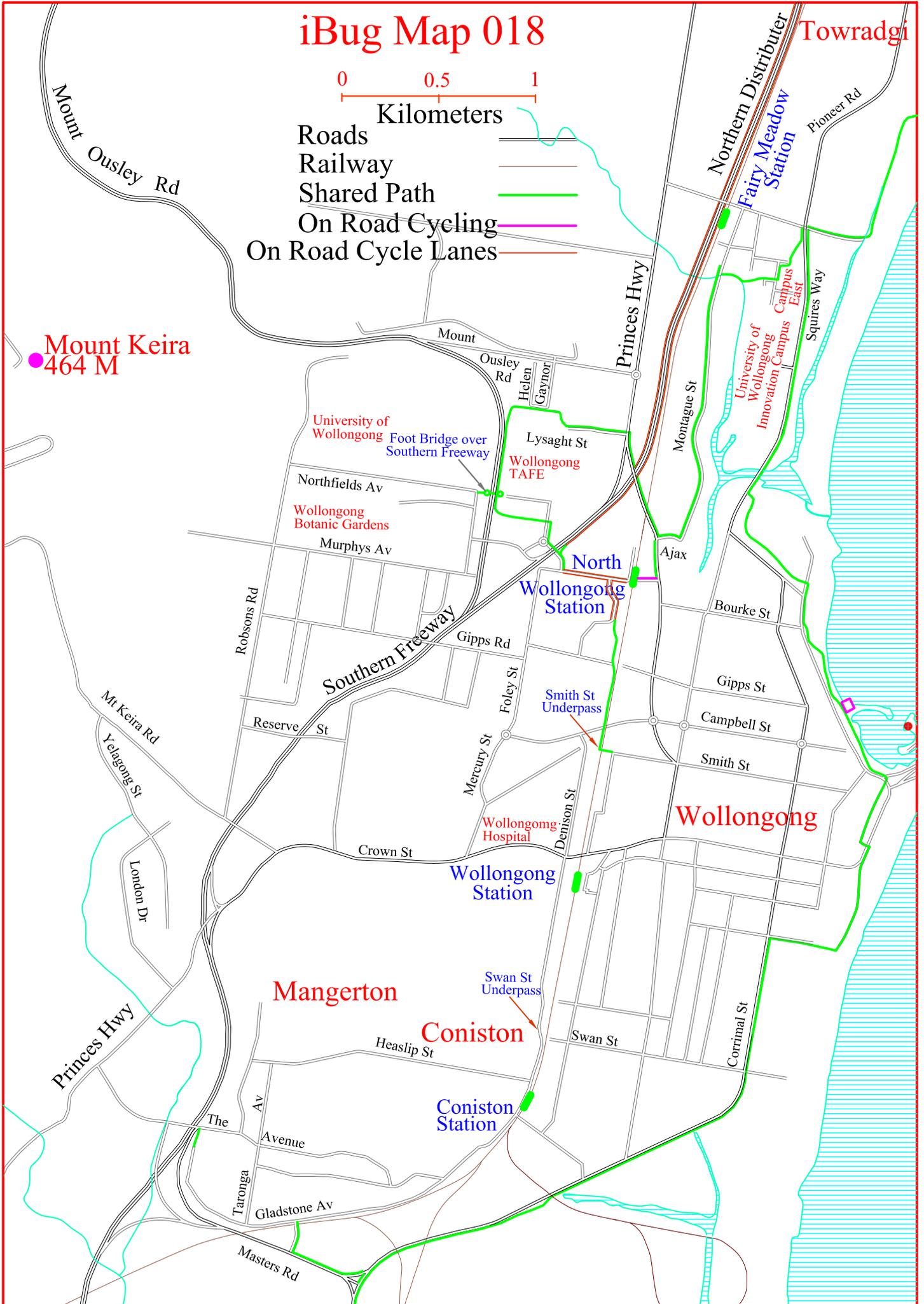
Use a combination of cycle shoulder lanes and on road cycling along the Avenue and Gladstone Av to reach Wollongong station and then follow the above Central Wollongong to Uni description.

iBug Map 018



- Roads
- Railway
- Shared Path
- On Road Cycling
- On Road Cycle Lanes

● **Mount Keira**
464 M



Gerringong to Kiama via Kiama walking track

iBug ride No 019



Map Reference: iBug Map 019

Start: Gerringong Railway Station

Finish: Kiama Harbour

Grade: Moderate (involves some walking)

Distance: Approximately 14 Kilometres

Ride summary: The Kiama Coast Walk takes a dramatic, coast-hugging route between Werri Lagoon and Loves Bay and when linked with the surrounding shared use path and backstreets provides an exhilarating day out from Gerringong Railway Station to Kiama. While there is no formed track and cyclists need walk across beach heads and exercise caution near cliff edges, the path makes a pleasant change from cycling along the Princess Highway with its fast moving traffic and poor edges.

Cautions! *The track provides access to the rugged coastline with its rock pools and rock platforms which can be dangerous with unexpected waves braking over the platforms.*

The ride starts at Gerringong Railway Station (*please check if trains are running as busses used during times of track work may not take bicycles*). From the station follow Belinda Street east turning left into Fern Street which leads to the Werri Beach township, and last opportunity to buy food or refreshments for the trip, noting there is no drinking water on the path. Turn right from Fern Street into Sandy Wha Road and left onto the shared use path along Pacific Avenue. From the end of the shared use path, at Lloyd Rees Reserve, cyclists need to walk over the sand to gain the Kiama Coast Walk. Ride the coastal walking track for the next 6 kilometres, ensuring you give way to pedestrians on the path



See Kiama Tourism website <http://www.kiama.com.au> for further information about the walking track

Photo looking south from the beginning of the coastal walk across Weeri Lagoon and the sand spit separating it from the Pacific Ocean. The beach needs to be crossed to gain access to the walking track



On reaching the end of the track, at Loves Bay, ride up the pumping station access road to Elanora Road. Follow Elanora Road and turn left into Kalang Road, left into Anembo Crescent. Turn left onto the cycleway along South Kiama Drive, turning right into Marks Street and left into Reid Street and then right onto the shared use path through the park. The shared use path now continues to Terralong Street passing Kendalls Beach, Surf Beach and the Kiama Showground. From Terralong Street it's a short ride to Kiama Station



Looking south at the sea sculpture rocks and the track on the hillside

For more Illawarra Cycling information visit the Illawarra Bicycle Users Group at:

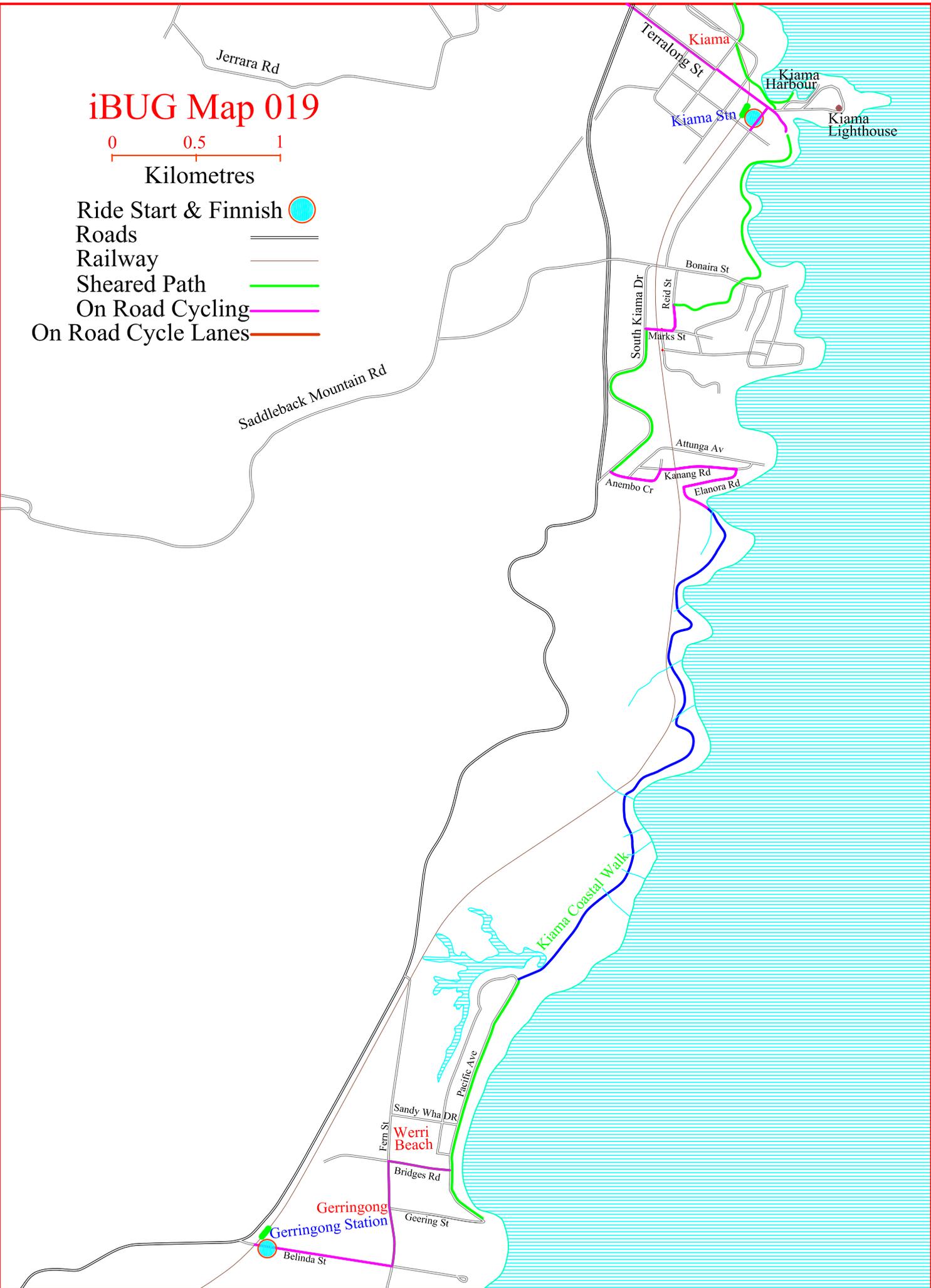
www.ibug.org.au

iBUG Map 019



Kilometres

- Ride Start & Finish
- Roads
- Railway
- Sheared Path
- On Road Cycling
- On Road Cycle Lanes



Robertson-Kangaloon-Tourist Road Loop

iBug ride No 020



Map Reference: iBug Map 020

Start: Illawarra Highway Robertson

Finish: Illawarra Highway Robertson

Grade: **Extreme**: involves a lot of hills and some traffic

Distance: Approximately 40 Kilometres

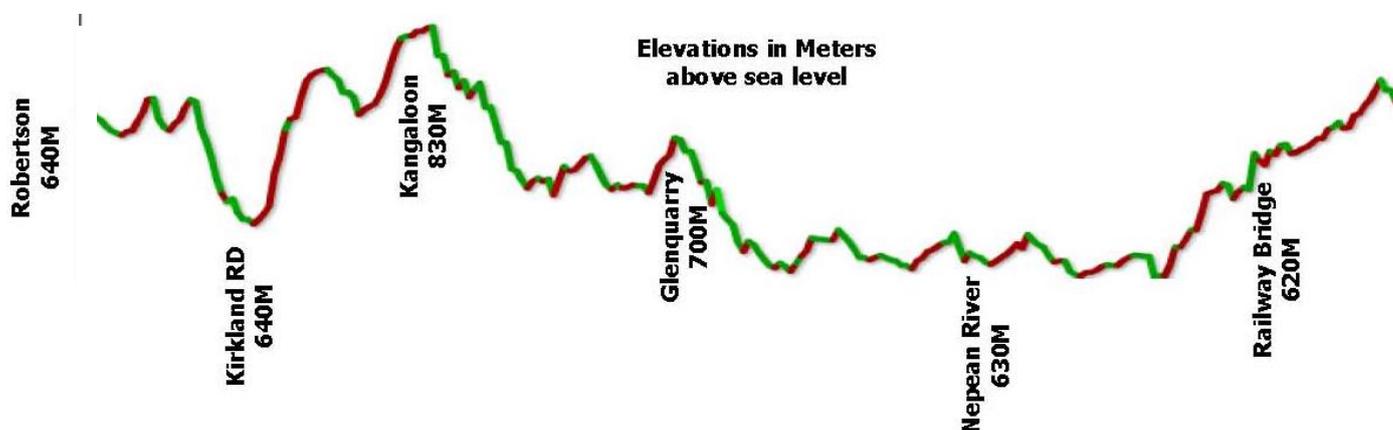
Ride summary: This ride involves extensive hill climbing, is all on road with some traffic. The ride passes through some of scenic sections of the Illawarra hinterlands.

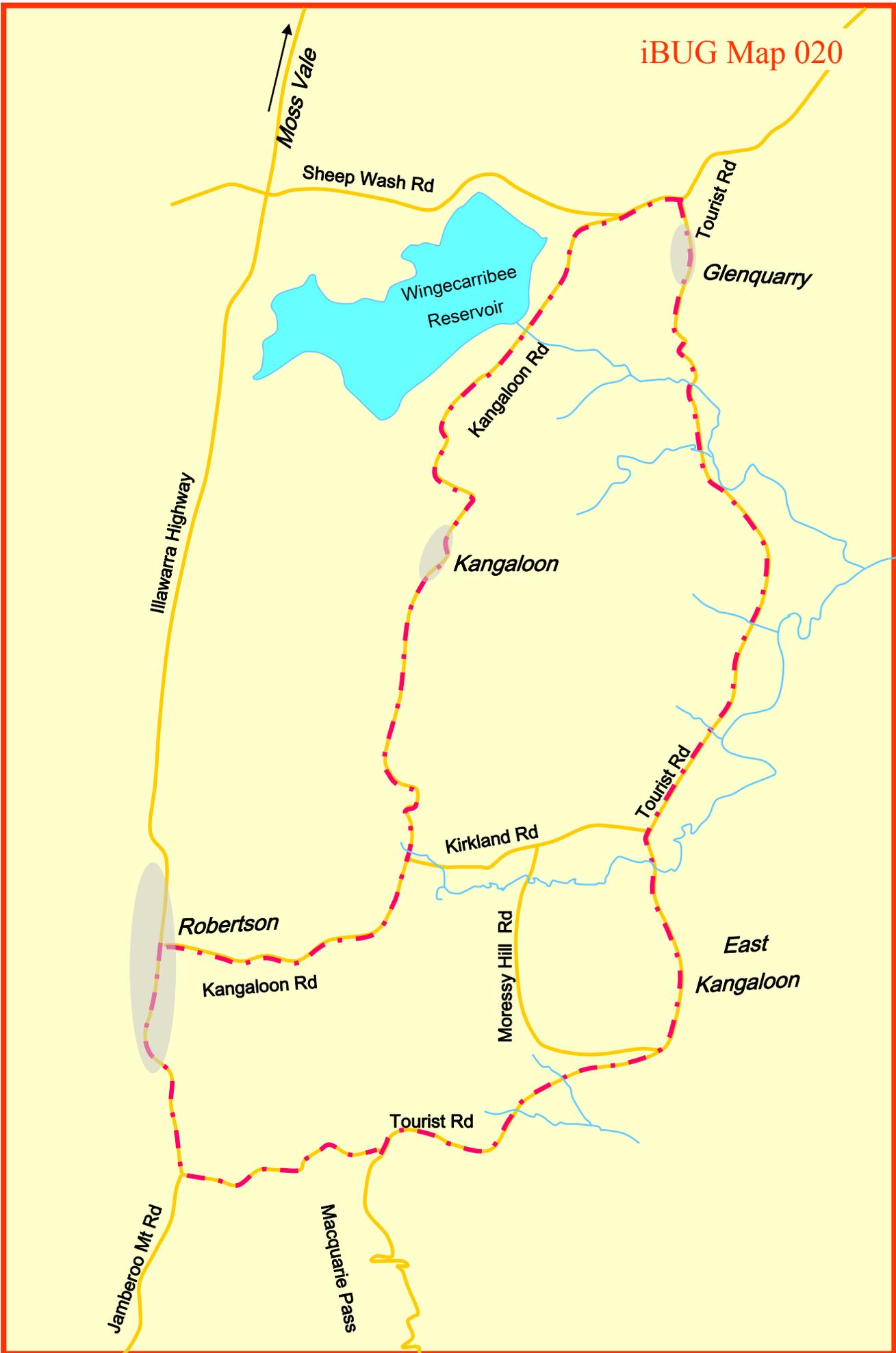
Cautions! *There are no services along the ride and you need to be self-sufficient with food, water and spares. There are also sections with fast moving traffic on the Illawarra highway and Sheep Wash Road.*



Start at the Old Cheese Factory on the Illawarra Highway and ride west for approximately 0.5km turning right into Kangaloon Road and the first of many hills. Continue along Kangaloon Road through rolling hills while steely descending until you pass Kirkland Road on your right, Kirkland's Road can be use a the pikers alternative to avoid the bigger hills and shorten the ride. Just after passing Kirkland's Road you start on the biggest climb for the day on reaching the Old Kangaloon School take a well-earned rest and contemplate what it would have been like to be at the school in the late 1800s.

From the Old Kangaloon School continue along Kangaloon Road until it intersects Sheep Wash Road. Turn right onto Sheep Wash Road, please ride single file as the shoulder is narrow and there is fast moving traffic on Sheep Wash Road. After a short distance turn right into Tourist Road for another uphill section before the long relaxing ride down to the headwaters of the Nepean River. After enjoying the 10km of relatively flat riding through the forested area and over the tributaries flowing into the Nepean River its again time to ride uphill for the final climb unto the Illawarra Highway. From the end of Tourist Road turn right onto the Illawarra highway remembering to ride single file on sections with narrow shoulders until you reach the Shared Use Path for the final section back to the Old Cheese Factory





Huskisson Tomerong Loop

Map Reference: iBug Map 021

Start: White Sands Park Huskisson

Finish: White Sands Park Huskisson

Grade: **Moderate** with Shared Use Path, roads and some traffic

Distance: 30 Kilometres

iBug ride No 021



Ride summary: This ride is a mix of Share Paths and on-road cycling, takes in spectacular views over Jervis Bay, St Georges Basin and the surrounding countryside. The route is generally flat with only a few hills.

Cautions! *There is some fast moving traffic on the Huskisson Road but there is a road shoulders most of the way please ride single file.*

The ride starts in White Sands Park, Huskisson. Cycle south along the Shared Path along the Jervis Bay foreshore, keep an eye out for Whales and Dolphins as you ride along the foreshore, passing caravan parks until reaching Moona Moona Ck, take care when crossing the narrow footpath over Moona Moona Ck and continue along the Shared Path until you reach Church St at approximately 4km from the start.

Church St is a short and steep climb to Elizabeth Dr, turn left into Elizabeth Dr and right into The Wool Rd at the roundabout and rejoin the Shared Path. After some distance the Shared Path leaves The Wool Rd and follows Larmer Ave to Sanctuary Point, *the last chance to buy food or refreshments*, the road changes name to Paradise Beach Rd and the Shared Path finishes at the intersection with Walmer Ave.

It's worth continuing over Walmer Ave to the small picnic area on St Georges Basin for a picnic lunch before continuing onto Tomerong on-road or retracing the route to Huskisson on the Shared Path.

Turn right into Walmer Ave, Right into Loralyn Ave, left into Tasman Rd (The Wool Rd) right into Grange Rd. At the Grange Rd and Island Point Rd roundabout continue straight and continue onto Tomerong. As you leave Tomerong turn right into Pine Forest Rd, left into Jarvis Bay Rd and immediately right onto Huskisson Rd, which is followed back to White Sands Park.

Visit Des and Wendy for all your sporting and cycling needs at

Kiama CYCLE & SPORTS

27 Collins Street Kiama

Phone 4232 3005 Email kiamacycles@gmail.com

Enlarged Huskisson View



Burrawang Fitzroy Falls Loop

iBUG ride No 022



Map Reference: iBUG Map 022

Start: Burrawang Township

Finish: Burrawang Township

Grade: **Hard** involves some hills and traffic

Distance: Approximately 30 Kilometres

Ride summary: This ride involves 690meters of hill climbing, is all on road with some traffic. The ride passes through some of the most scenic sections of the Illawarra hinterlands including Fitzroy Falls.

Cautions! *There are sections with fast moving traffic on the Illawarra Highway and narrow country roads please ride single file*

The ride starts in Hoddle Street Burrawang opposite the Pub, which serves excellent meals, from Hoddle Street turn left into McGraths Road and your first hill once over the hill it's a downhill run to the Illawarra Highway. Turn right onto the Highway, which has a good shoulder but you need to ride single file, turn right into Pearson's Lane and enjoy the rolling hill and the green country side. Turn right into Myra Vale Road which provides views over Fitzroy Reservoir before turning right onto Nowra Road and Fitzroy Falls. It's worth taking a brake to explore the fall before starting the climb back to Burrawang, see Cue Sheet for details.



Cue Sheet

0km start in Hoddle Street opposite Pub
0.6km Slight left onto McGraths Road
2.5km Turn right onto Illawarra Hwy/A48
5.1km Turn right onto Pearson's Lane
10km Turn right onto Myra Vale Road
18km Turn right onto Nowra Rd/B73
20km Turn right onto Sheepwash Road /B73
23km Turn right onto Bresnahan's Lane
25km Turn left onto Cleary's Lane
26km Turn right onto Wildes Meadow Road
28km Turn left onto Church Street
29km Turn right onto Hoddle Street
30 km Finish Hoddle Street

Burrawang Fitzroy Falls Loop Cycling Map iBUG Map 022

