

# Tour De Illawarra

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



Compiled by Werner Steyer  
First edition September 2006  
4th revision August 2011

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## **Introduction**

This cycling ride 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 [www.ibug.org.com](http://www.ibug.org.com)

Updated ride information is available from the iBUG website at [www.ibug.org.au](http://www.ibug.org.au)

As the conditions may change due to road and cycleway alteration by Councils and the RTA 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.

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 UBD Wollongong Map, to aid in navigation and find streets not shown on the iBUG maps

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

The start and finish of rides is depicted by a blue dot with the ride number. 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](http://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 you 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](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
Port Kembla	4276 5199
Dapto	4262 9499
Oak Flats	4232 5599
Albion Park	4256 1044
Kiama	4232 1444
Gerringong	4234 2600



## Bicycle information for New South Wales

[www.bicycleinfo.nsw.gov.au](http://www.bicycleinfo.nsw.gov.au)

### **Help make cycling safer for all by report cycling hazards**

Reporting cycling through the NSW Bicycle Information website will provide a coordinated response without the need to understand who is responsible for taking action. <http://www.bicycleinfo.nsw.gov.au/cgi-bin/index.cgi?action=reporthazard.form> is a direct link to reporting hazards within the Bicycle information website.

To report urgent hazards please ring the local councils and the RTA as the above system is slow to respond to emergencies.

RTA	131700
Wollongong Council	4221 6111
Shellharbour Council	4227 7111

You can also help other cyclists by posting hazard information on our traffic report page at <http://community.bicyclensw.org.au/group/wollongongbicycletrafficroport> or sending the information to [contactus@ibug.org.au](mailto:contactus@ibug.org.au)

### **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.

#### **Cycle Shops**

Avantiplus	Wollongong	4231 6323
Illawarra Cycles & Sports	Corrimal	4284 3434
Kiama Cycles & Sports	Kiama	4232 3005
Spearman Cycles	West 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.

Members vary in cycling skills, age, fitness level, motivation for cycling and style of bike. 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.

## 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](http://www.ibug.org.au) or contact us at [contactus@ibug.org.au](mailto:contactus@ibug.org.au) for more information

## Overview and Short Descriptions

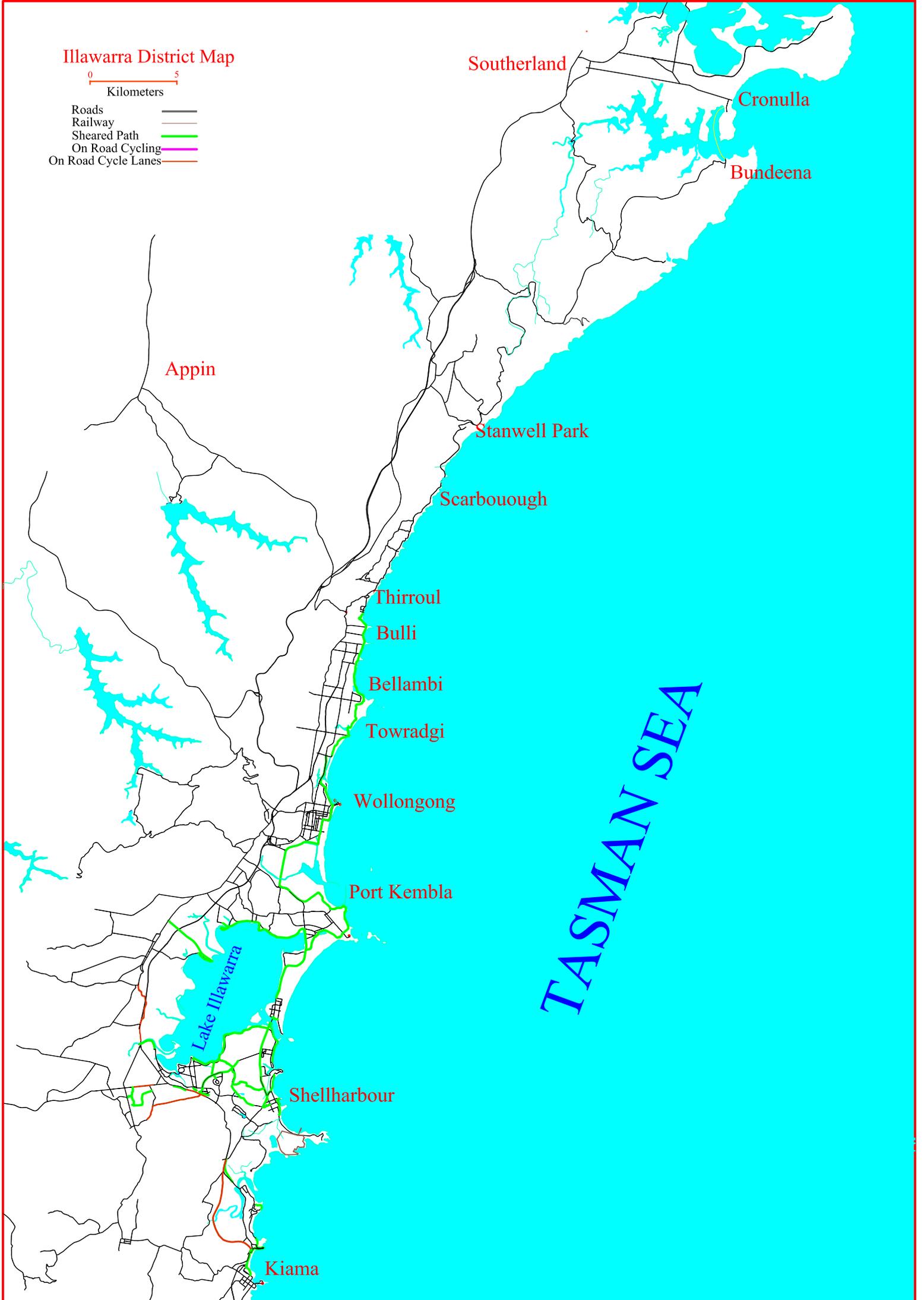
iBUG Ride 001	<b>Wollongong to Windang via Port Kembla</b>		
	Distance: 23 Km	Grade: Easy	
This is an easy scenic ride mostly on shared path and back streets following the coast and through the industrial area.			
iBUG Ride 002	<b>Shellharbour City Circuit Ride.</b>		
	Distance: 28 Km	Grade: Moderate	
Suitable to most riders, a mixture of shared cycle ways and back streets with two small sections on unpaved grass tracks.			
iBUG Ride 003	<b>Oak Flats Station to Dunmore and Killalea</b>		
	Distance: 13 Km	Grade: Easy	
Predominately on back roads and shared path and avoids the busier main roads, with a short section of Shellharbour road			
iBUG Ride 004	<b>Blackbutt Circuit Ride.</b>		
	Distance: 20 Km	Grade: Moderate	
The ride involves some steep hills in the first two kilometres and follows the shared path in a loop from Blackbutt Reserve			
iBUG Ride 005	<b>Dunmore Station to Kiama</b>		
	Distance: 15 Km	Grade: Moderate	
An enjoyable coastal ride on cycle ways and back streets with one black spot crossing Minnamurra Bridge.			
iBUG Ride 006	<b>The Robo Pie Shop Run</b>		
	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	<b>Mount Keira Mount Kembla Loop</b>		
	Distance: 24 Km	Grade: Hard/Extreme	
A good workout to after a night out on the town			
iBUG Ride 008	<b>Kiama to Oak Flats</b>		
	Distance: 20 Km	Grade: Moderate	
Kiama to Oak Flats using the North Kiama Bypass			
iBUG Ride 009	<b>Around The Lake</b>		
	Distance: 40 Km	Grade: Moderate	
Around Lake Illawarra using the shared path and back streets			
iBUG Ride 010	<b>North Macquarie Loop</b>		
	Distance: 33 Km	Grade: Moderate	
A ride through rolling hills between the lake and escarpment			
iBUG Ride 011	<b>Wollongong to Thirroul and the end of the shared path</b>		
	Distance: 17Km	Grade: Easy	
Enjoy a ride along the coast			
iBUG Ride 012	<b>Around the Lake On The Road</b>		
	Distance: 40 to 60 Km	Grade: Hard-Extreme	
This is for the cyclist who enjoy riding on the roads			
iBUG Ride 013	<b>Calderwood Loop</b>		
	Distance: 16 Km	Grade: Moderate	
A short ride through the Albion Park rural area			
iBUG Ride 014	<b>Shellharbour Jamberoo Loop</b>		
	Distance: 45 Km	Grade: Hard	
Shellharbour to Bombo, Kiama, Jamberoo Albion Park, Oak Flats and back to Shellharbour			

iBUG Ride 015	<b>Albion Park Jamberoo Loop</b>		
	Distance: 35 Km	Grade: Hard	
	Albion Park to Jamberoo, Dunmore via Swamp Road, Shellharbour, Oak Flats and back to Albion Park		
iBUG Ride 016	<b>Thirroul to Stanwell Park and Bald Hill</b>		
	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	<b>Stanwell Park or Bald Hill to Bundeena and Cronulla</b>		
	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	<b>Commuting around the University of Wollongong</b>		
	Distance: Various	Grade: Moderate	
	Commuting to the University from the north and south		
iBUG Ride 019	<b>Gerringong to Kiama via Kiama walking track</b>		
	Distance: 14 Km	Grade: Moderate	Suitable for mountain bikes
	Enjoy the views without the traffic		

# Illawarra District Map



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



## Wollongong to Windang Ride

iBug ride No 001



Map Reference: iBug Map 001

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 shared path 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 Stadium and sports field and around to the right along Banks Street towards Corrimal Street. At the junction of Banks and Corrimal Street, you turn left towards Pt 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 Station. You have now left Five Islands Road and are alongside 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 passing the Old Breakwater Construction Crane on the way to the Military Reserve and Pilot Station on the headland overlooking the Eastern Breakwater.



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 Cowper Street.

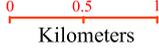
*If you wish you can ride or walk to the top of Hill 60 and enjoy the magnificent views across Lake Illawarra and Wollongong and up along the escarpment.*

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 there is a short section of on road cycle lane along Shellharbour Road until the shared path is regained 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 the main 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.

# iBug Map 001



Kilometers

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



NORTH

Lake Illawarra

TASMAN SEA

## Shellharbour City Circuit Ride

Map Reference: iBug Map 002

Start and finish: Oak Flats Railway Station

Grade: Medium

Distance: 28 Kilometres

iBug ride No 002rev1



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

**Cautions!** Watch for fast moving traffic when Crossing Shellharbour Road at the Shell Cove roundabout.



**View from Lake Side Shared Path looking towards Oak Flats and the Illawarra escarpment**

This ride starts at the Oak Flats Railway Station. The Shared Use Path starts at the roundabout next to the Police Station follow the shared use path to the traffic lights and onto Moore Street

From the end of Moore Street, near the Oak Flats Sailing Club, follow The Boulevard to its intersection with Central Avenue and turn into Central Park, to join the Lakeside Shared Use Path skirting the edge of Lake Illawarra.

Follow the shared past the Shellharbour Water Ski Club and boat ramp, Boonerah Park and the Police Citizen's Youth Club to Windang Bridge. Follow the shared use path under Windang Bridge, past the kiosk to the coast and along Warilla Beach, enjoying views of Windang Island, the Entrance to Lake Illawarra and the Tasman Sea beating onto Warilla Beach.

Continue riding along Warilla Beach until you reach the new bridge over Elliott (Little) Lake after crossing the bridge turn left and follow the Shared Use Path beside Headlands Parade, Shell Cove Avenue and Junction Road around Barrack Point, if you're lucky you may even see whales from vantage points along this section of the ride. Shortly after turning onto Junction Road the path enters the Shellharbour Beach Reserve and to Shellharbour Surf Life Saving Club.

At the end of the Shared Use Path near Shellharbour Surf Life Saving Club 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 use 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, left into Sophia Street. At the end of Sophia Street you will find a narrow path leading to Sloop Avenue in Shell Cove. Follow Sloop Avenue into Condor Drive, across the bridge and onto the shared path through the park and right into Cove Boulevard.

*At the roundabout you can turn left into Southern Cross Boulevard and leave the ride to continuing onto Killalea Reserve for a picnic or along Shellharbour Road to join the ride to Kiama at Dunmore (iBug Ride 003).*

Cross Shellharbour Road and wind your way down Lakewood Boulevard and turn right into Munmorran Crescent and Willinga Road then turn left at the roundabout to join Brunderee Road for the steady up hill ride to Pioneer Drive turning left into it.

Follow Pioneer Drive to the roundabout and turning right into College Avenue, turning left into Cygnet Avenue. Follow Cygnet Avenue until you reach the shared use path on the left just pass the Bunning's entrance.

At the end of the path turn left onto the shared use path along New Lake Entrance Road, follow the path crossing the roundabout and down behind the sound barrier wall to the path leading under New Lake Entrance Road and back to the Oak Flats Railway Station



## Oak Flats Station to Dunmore Station

Map Reference: iBug Map 003

Start: Oak Flats Station

Finish: Dunmore Station

Grade: Moderate

Distance: 13 Kilometres

iBug ride No 003



Ride summary: This ride is predominantly on back roads and shared use paths and avoids the busier main roads and is an alternate to the coastline route

**Cautions!** Watch for fast moving traffic when crossing Shellharbour Road and along Dunmore Road (ex Shellharbour Road).

From the southern end of the Oak Flats Railway Station Car Park follow the shared use path along the railway and under New Lake Entrance Road to join the shared use path along New Lake Entrance Road.

After passing Shellharbour Square Shopping Centre turn right to join the cycleway to Blackbutt Reserve, cycle through Blackbutt Reserve and cross Shellharbour Road to join the shared use path south to Shellharbour Beach and Surf Club

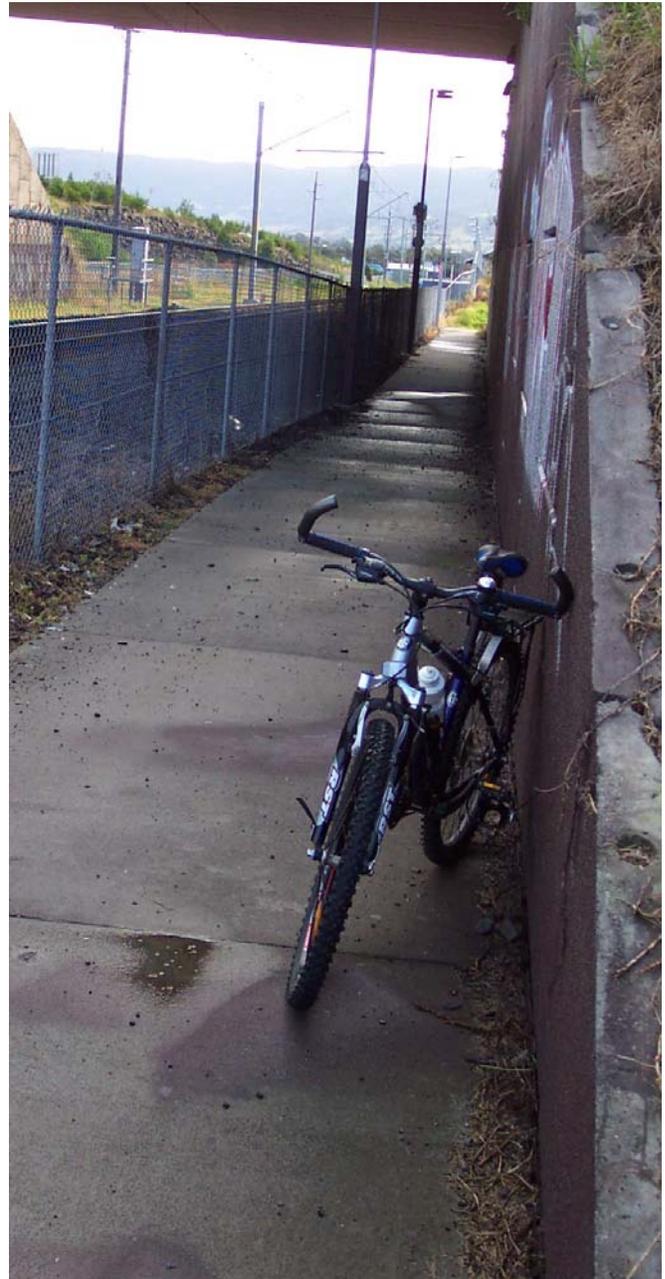
At the Surf Club you leave the shared use path and turn right on to Wollongong Street, follow this to the top and turn left into Towns Street down the hill and around Shellharbour Boat Harbour, past the swimming pool and left into Darley Street, left into Sophia Street and onto the path at the end of the street. This path leads to the new streets in the Shell Cove development.

Cross Brindabella Drive to join the shared use path though the park and right onto Cove Boulevard and left into Southern Cross Boulevard through Shell Cove. Turn left into Shellharbour Road for the down hill ride to Dunmore.

From Dunmore you can join iBUG Ride 005 to Kiama or return to Oak Flats by train to avoid retracing your steps

It is well worth taking a side trip to Killalea Reserve by following the signs from the Southern Cross Boulevard

As this ride passes through a subdivision still under construction the route and road conditions may change from the description above



New Lake Entrance Road Underpass near Oak Flats Railway Station looking west



## Blackbutt Reserve Circuit

iBug ride No 004



Map Reference: iBug Map 004

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 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. 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.

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. Follows the shared path use under Windang Bridge and south along Warilla Beach. Enjoying 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 follow 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 004a

0 .5 1

Kilometers

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



## Dunmore Station to Kiama

Map Reference: iBug Map 005

Start: Dunmore Station

Finish: Kaima

Grade: Moderate/Easy

Distance: 15 Kilometres

iBUG ride No 005b



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 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 path.

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 Creek, 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 you 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](mailto:kiamacycles@gmail.com)

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

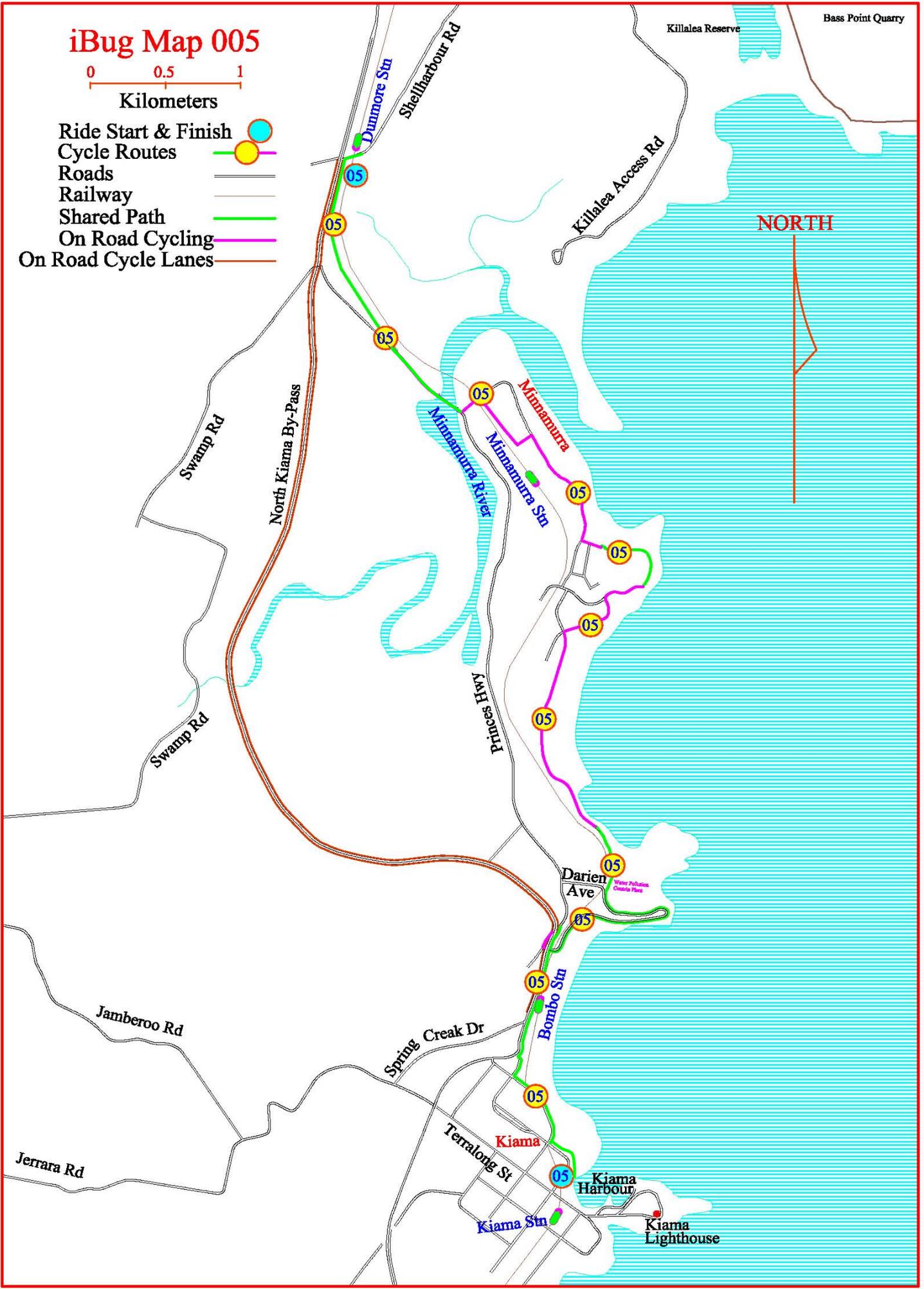
For more Illawarra Cycling information visit the Illawarra Bicycle Users Group at [www.ibug.org.au](http://www.ibug.org.au)

# iBug Map 005

0 0.5 1

Kilometers

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



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

iBug ride No 006

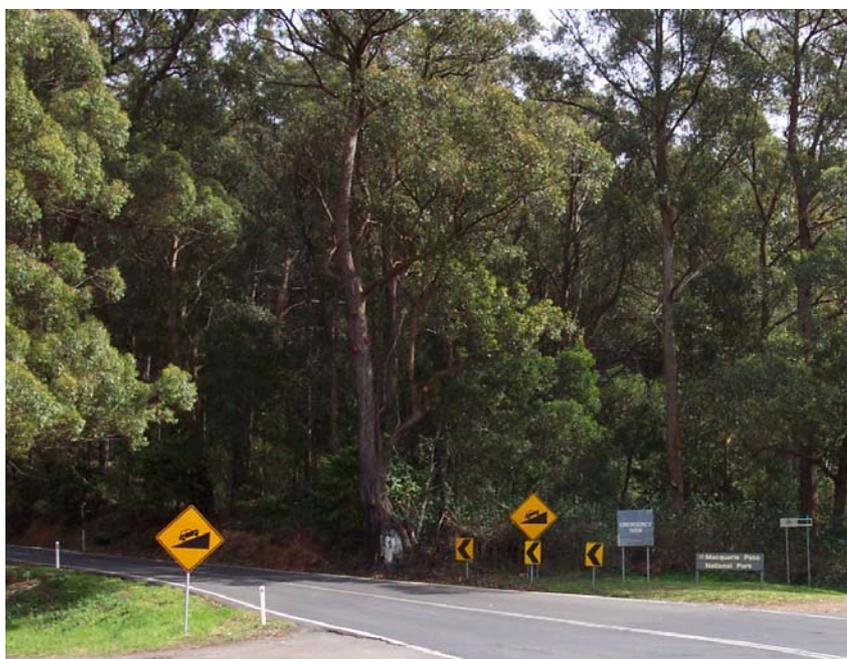


Distance: Albion Park to Pie Shop 20 Km, Pie Shop to Jamberoo 26 Km, Jamberoo to Albion Park 10 Km.

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. to climb the 600metre climb 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



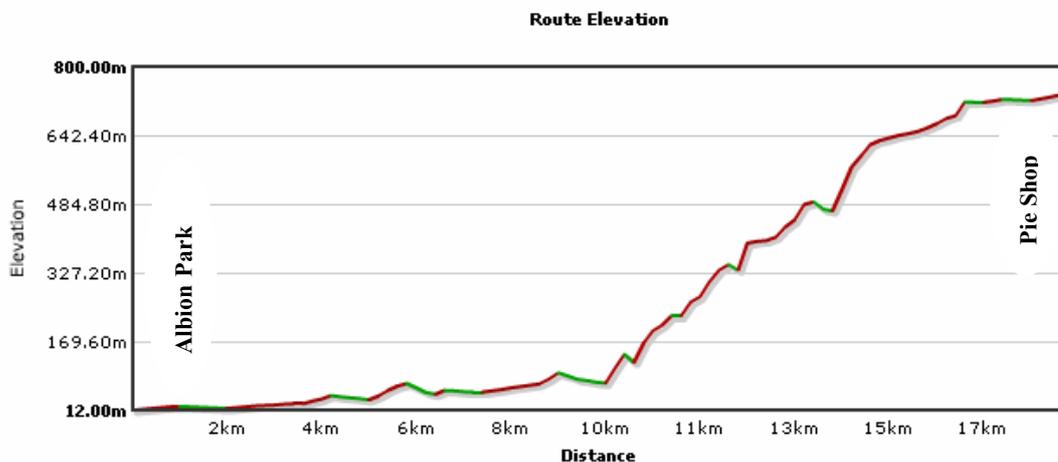
After a well earned rest and refreshments at the Pie Shop, return to Albion Park by retracing your route or back via Jamberoo.

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

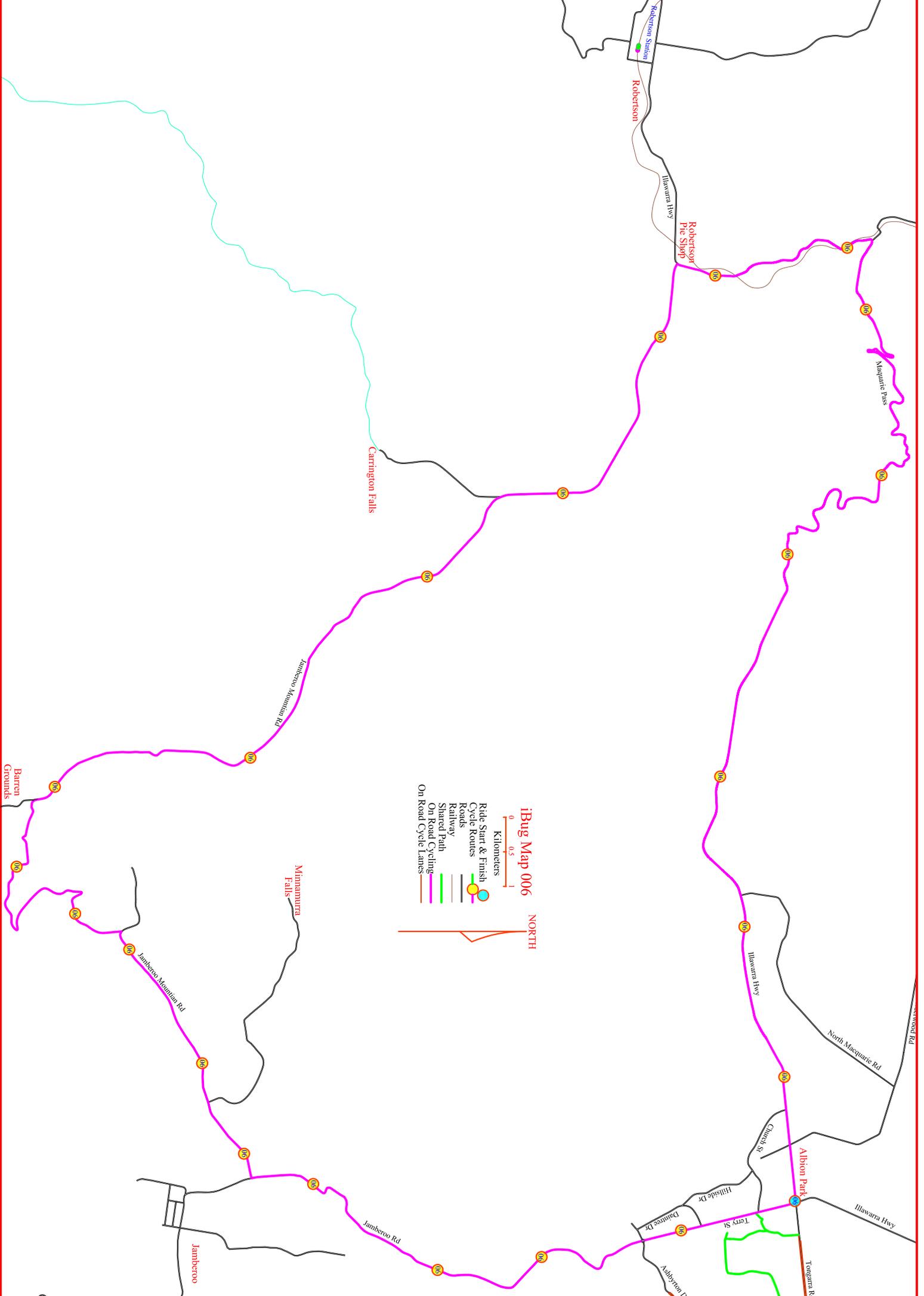
If returning back down Macquarie Pass watch for slow moving cars at sharp corners and cars on the wrong side of the road.

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



For more Illawarra Cycling information visit the Illawarra Bicycle Users Group at <http://au.groups.yahoo.com/groups/illawarrabug/>



**iBug Map 006**

Kilometers  
0 0.5 1

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

NORTH



Robertson Station

Robertson

Robertson Pie Shop

Illawarra Hwy

Maquarie Pass

Carrington Falls

Jamberoo Mountain Rd

Barren Grounds

Minnamurra Falls

Jamberoo Melvin Rd

Jamberoo

Jamberoo Rd

North Maquarie Rd

Illawarra Hwy

Albion Park

Illawarra Hwy

Tongarr Rd

Chapel St

Hillside Dr

Terry St

Daintie Dr

Abbyron Dr

Wentworth 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.



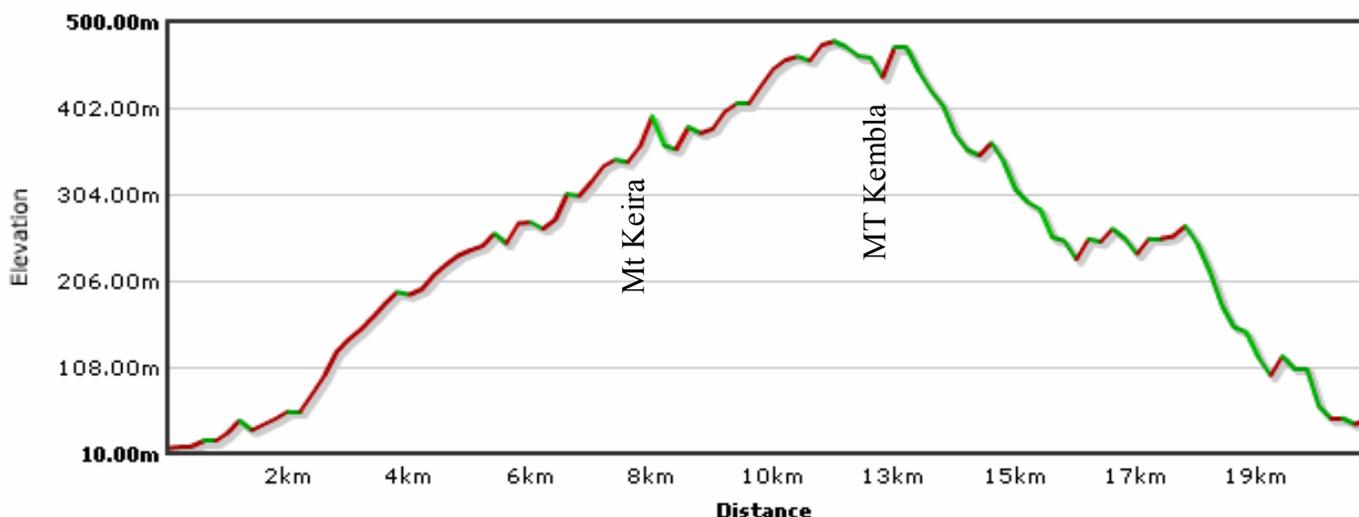
From Figtree Park cross the Princess Highway and head north turning left into London Drive, to get away from the traffic on the Highway. Turn left into Yellagong Street and start climbing. Turn left onto Mount Keira Road, watching for traffic and cars coming out of driveways. The next two kilometres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

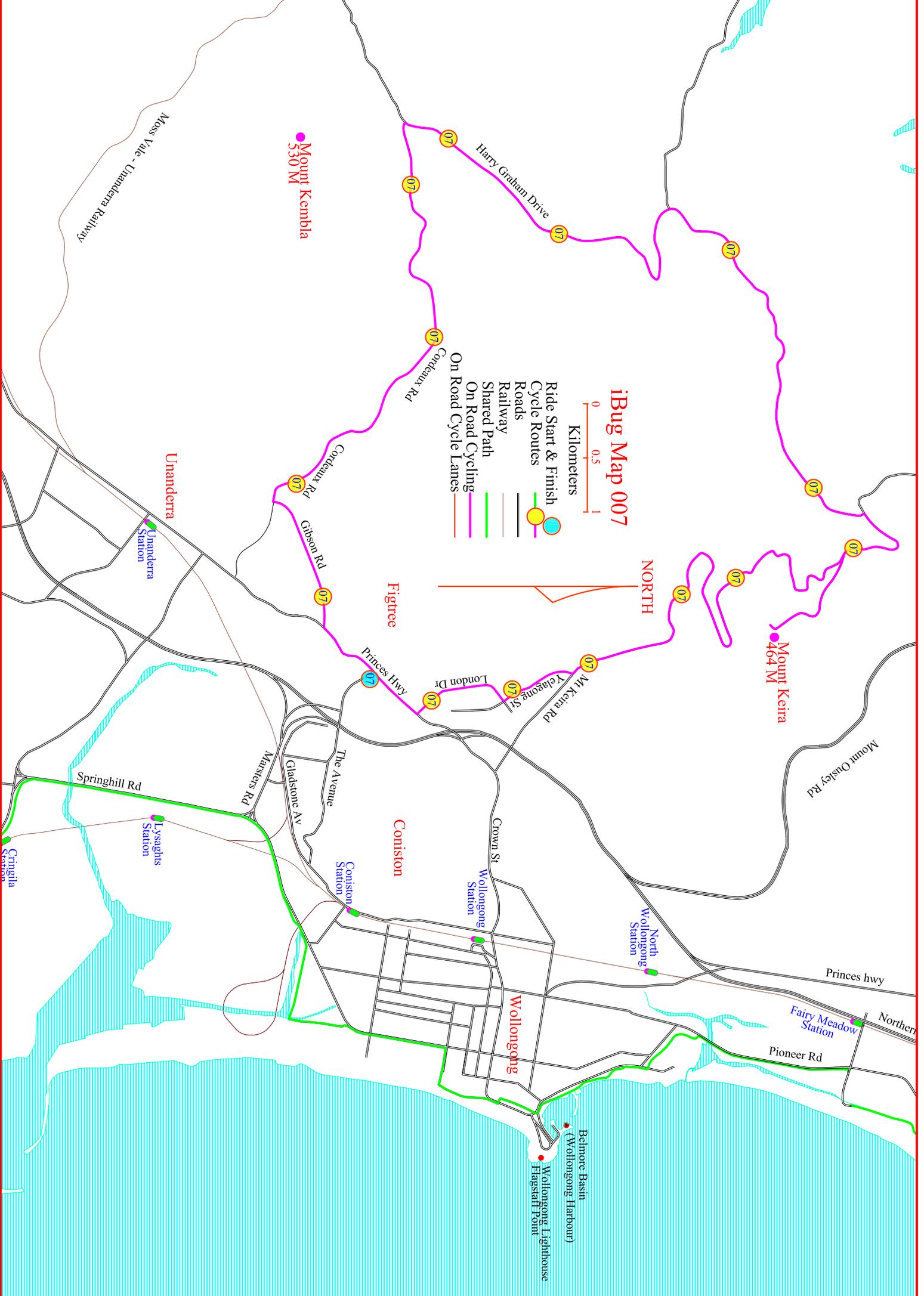
Follow Harry Graham Drive up and down several steep hills, turn left into Cordeaux Road, and down hill through Historic Mt Kembla Village.

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

Route Elevation



For more Illawarra Cycling information visit the Illawarra Bicycle Users Group at <http://au.groups.yahoo.com/groups/illawarrabug/>



# iBug Map 007

Kilometers  
0 0.5 1

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

NORTH

● Mount Kembla  
530 M

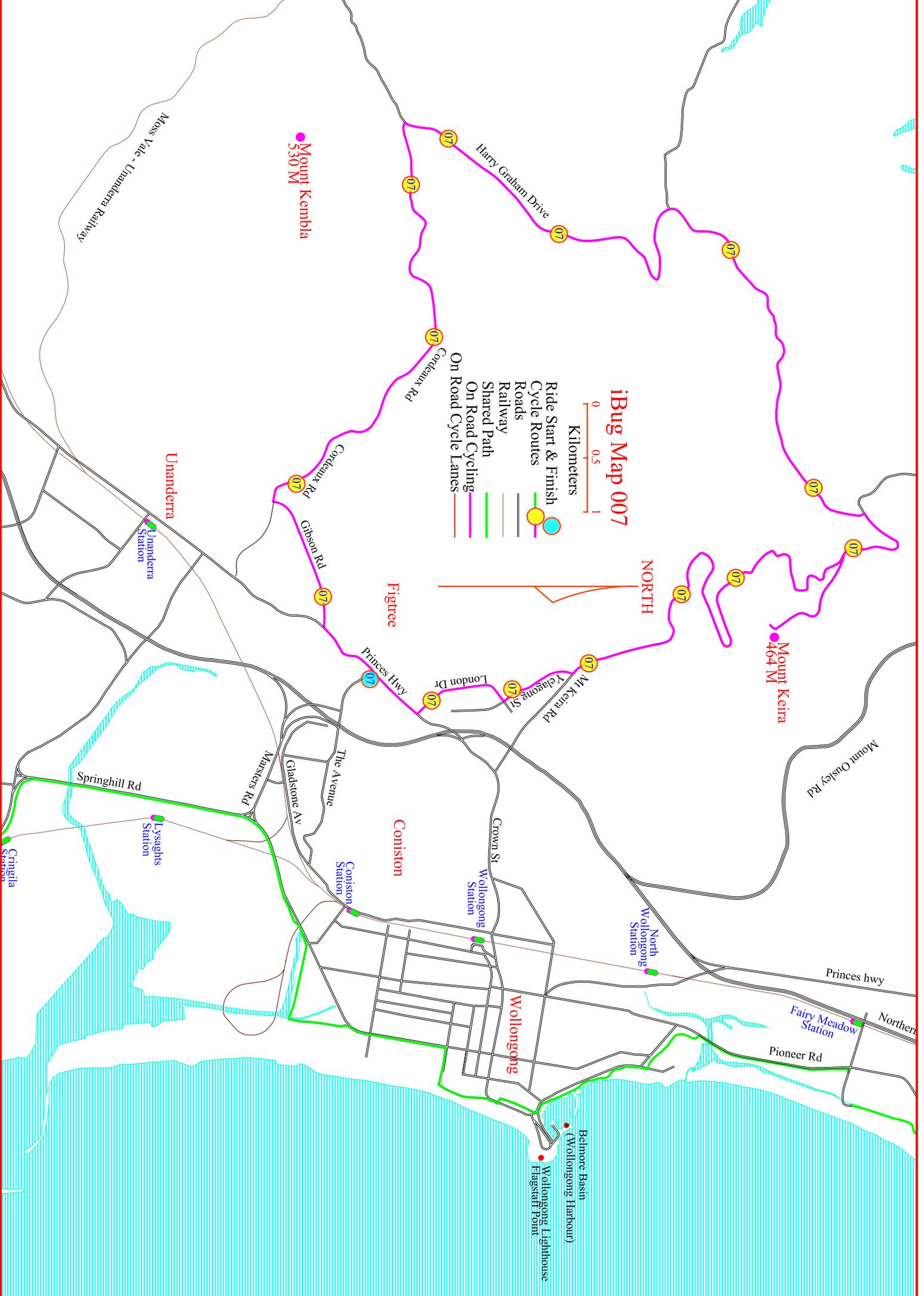
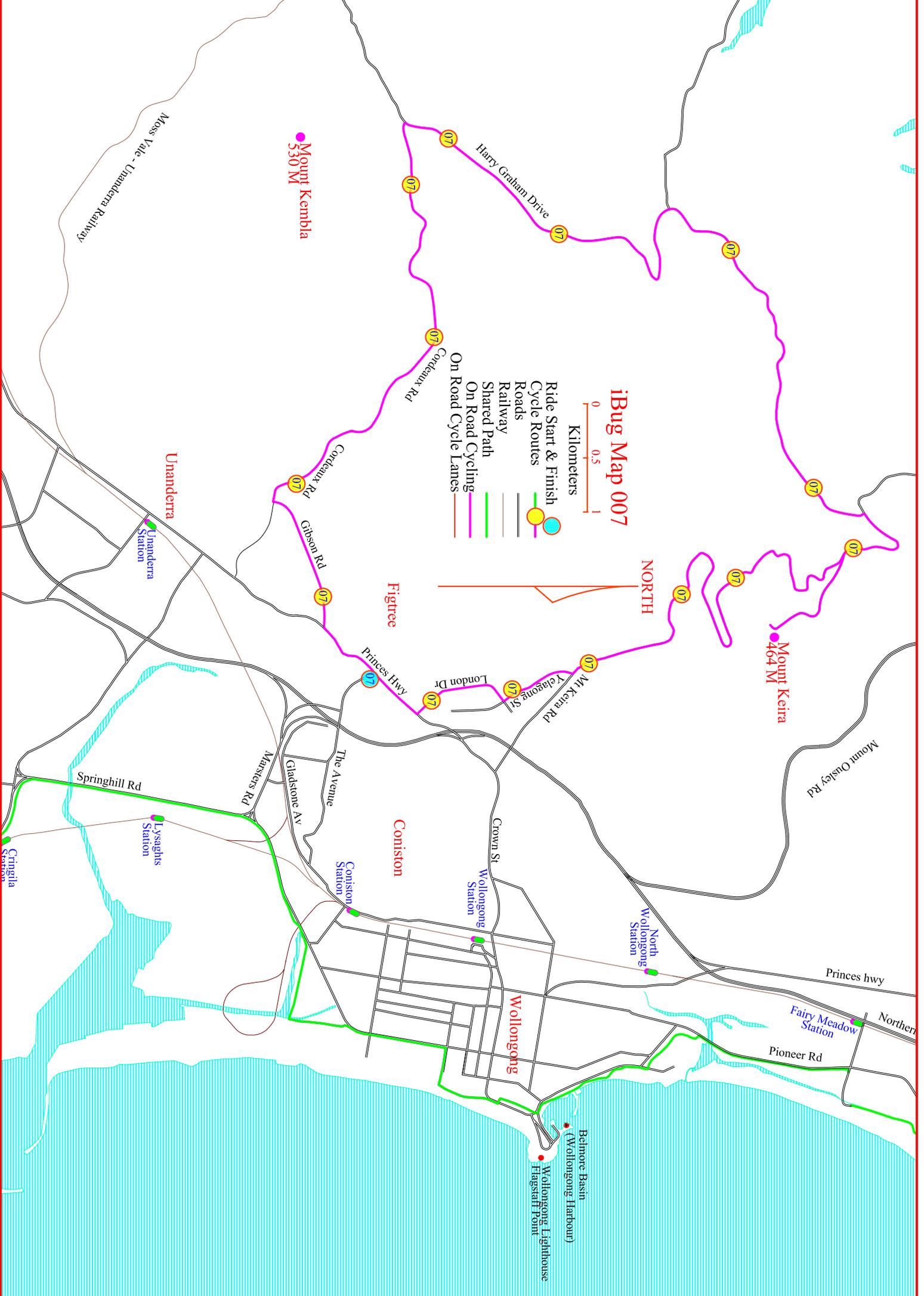
● Mount Keira  
464 M

Unanderra

Figtree

Coniston

Wollongong



## 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

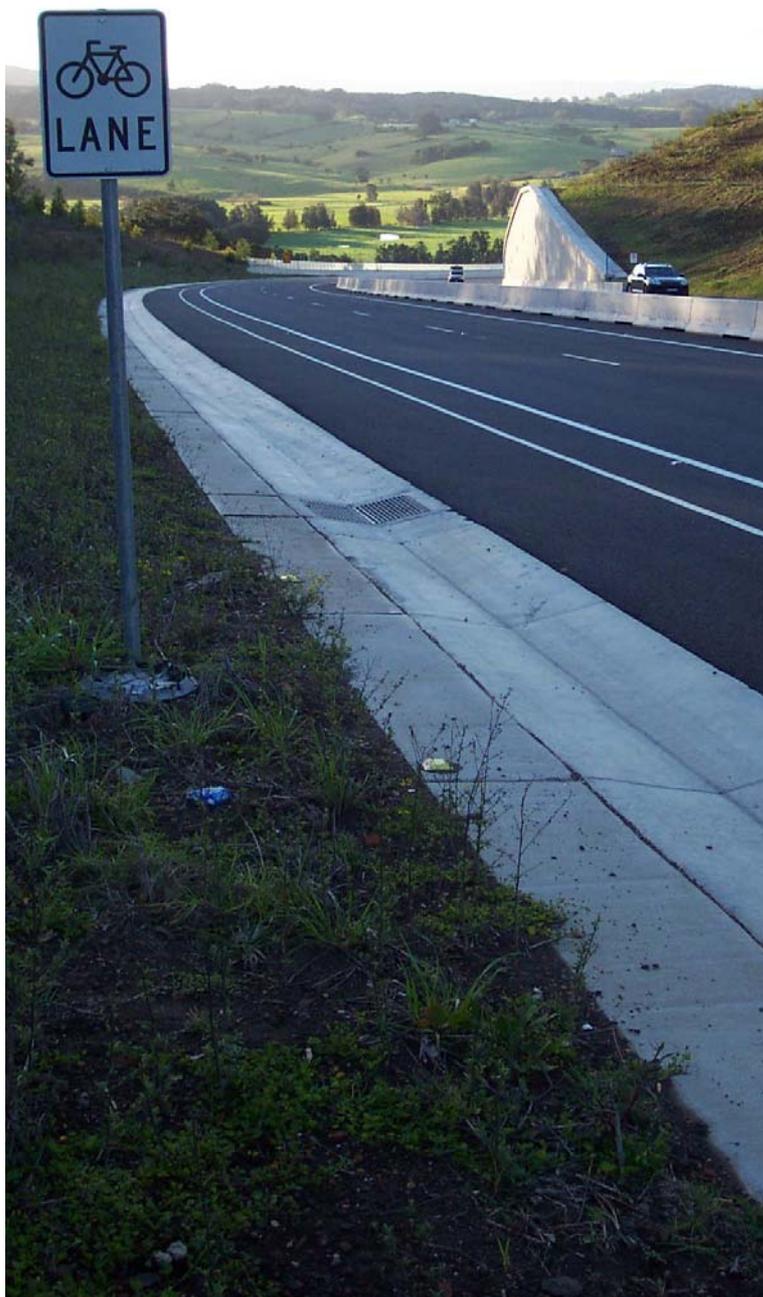
**Cautions!** Watch for fast moving traffic along Shellharbour Road and blind corner when passing under the North Kiama Bypass on Tabbita Road

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.

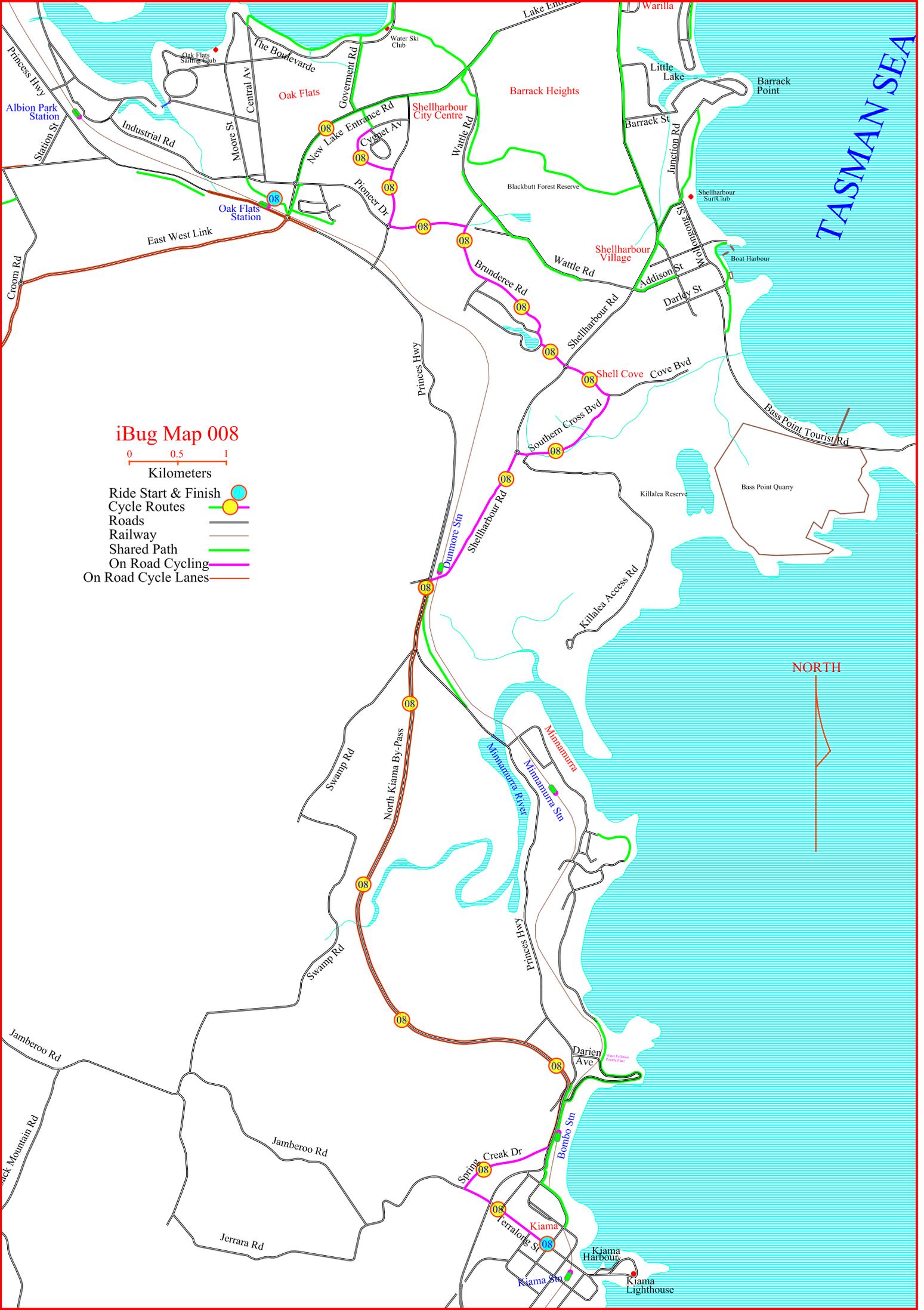


TASMAN SEA

### iBug Map 008



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



NORTH

## Around the Lake

Map Reference: iBug Map 009

Start: Windang

Finish: Windang

Grade: Moderate

Distance: 40 Kilometres

iBug ride No 009



Ride summary: This ride has been arranged to utilise back Streets and shared path to avoid the busier main roads where possible, the ride can be varied to suit the ability and preferences of riders.

**Cautions:** There are a number of narrow bridges and areas of fast moving traffic associated with this ride and riders need to ride defensively and carefully in these areas

From the Windang Foreshore Park, adjacent to Windang Bridge, ride north along Ocean Street and Boundary Road to join the shared path along Windang Road towards Warrawong. At the intersection of Shellharbour Road and King Street, just after passing the Port Kembla Golf Course, cross the road at the traffic lights to join the shared path on the other 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. making 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 and into Fred Finch Park. Follow Hooka Creek Road out of Fred Finch Park and left on to the shared path along Northcliff drive.

Turn left on to the shared path and left onto the Southern Freeway, leave the Freeway at the Kanahooka Road over pass. Turn right into Kanahooka Road and left into Yalunga Street crossing the Princess Highway at the roundabout and then left into Osborne Street, which becomes Marshall Street and then Larama Avenue before exiting on to the Princess Highway. You can turn up any of the side streets along Osborne Street to get to the business district in Dapto's main street for a quick cup of coffee or a leisurely lunch.

Follow the Princess Highway, mostly in on road cycling lanes to Haywards Bay and the end of the cycling 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.

The shared path from the southern end of the Macquarie Rivulet Bridge follows Macquarie Rivulet, under the railway and exits onto Shearwater Boulevard, which in turn becomes Koonaa Street. Follow Koonaa Street to its end to gain access to Slaters Pedestrian Bridge. After pushing your bike over the bridge turn left into Bridge Avenue, Left again into Deaken Street and left into The Boulevard which is followed until you reach Central Park.

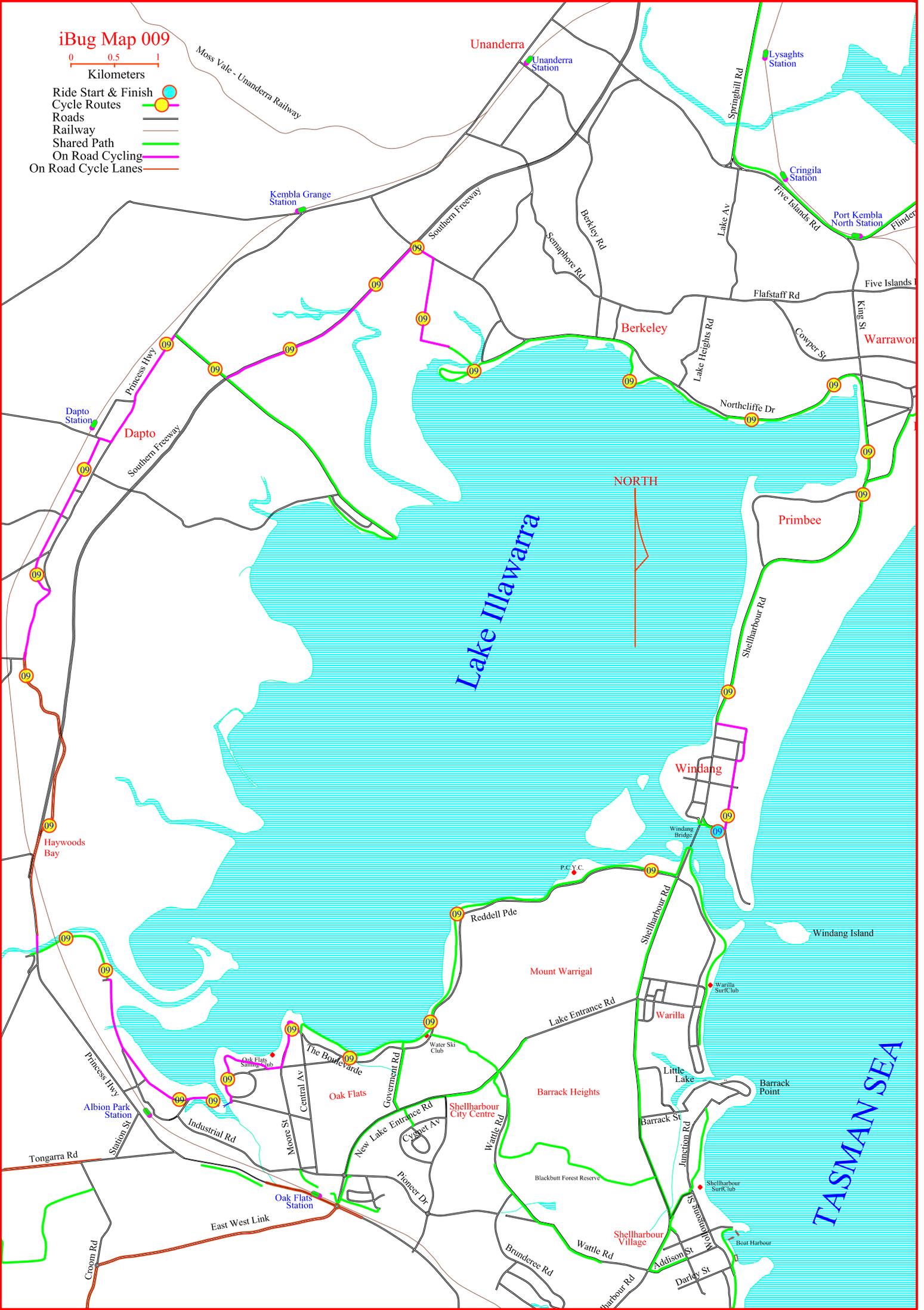
Alternately you can turn right from Koonaa Street into Wooroo Street, left into Industrial and left into Moore Street and rejoin the loop along The Boulevard.

Turn into the park to access the beginning of the Lakeside shared path which follows southern side of the lake back to Windang Bridge and the end of the ride.

# iBug Map 009



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



TASMAN SEA

## 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 fluffs 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

For more Illawarra Cycling information visit the Illawarra Bicycle Users Group at  
<http://au.groups.yahoo.com/groups/illawarrabug/>

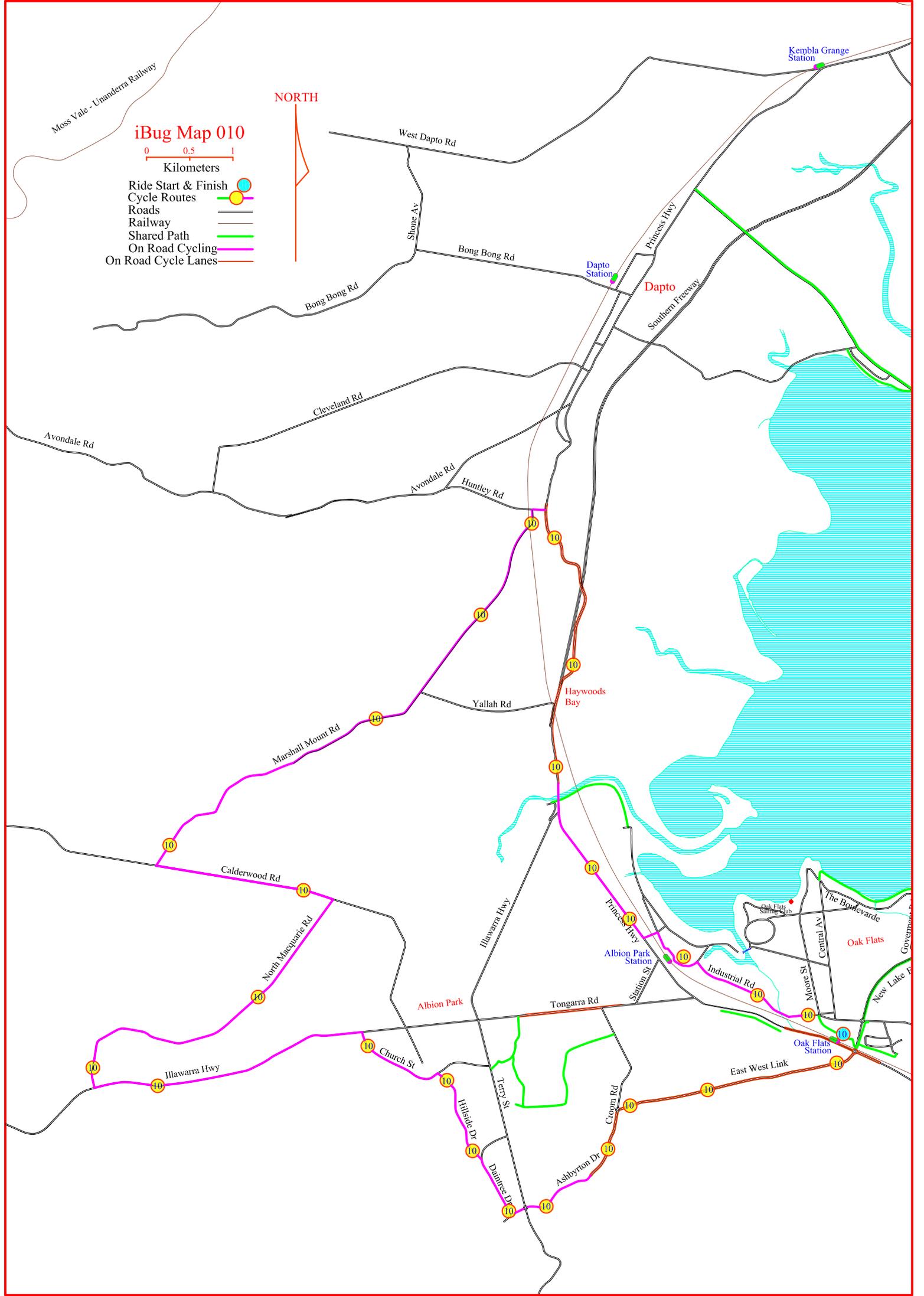
Moss Vale - Unanderra Railway

# 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

Dapto Station

Dapto

Haywoods Bay

Albion Park Station

Oak Flats Station

Oak Flats

The Boulevard

Central Av

Moore St

New Lake P

Covermas

## Wollongong to Thirroul and the end of the cycleway

iBug ride No 011



Map Reference: iBug Map 011

Start: Belmore Basin (Wollongong Harbour)

Finish: Thirroul Beach Reserve

Grade: Easy

Distance: 17 Kilometres

**Ride summary:** This ride is predominately on shared path with some short sections on back streets.

**Caution:** Watch for people on the shared path especially around surf clubs and cafes.

The ride starts at Belmore Basin, also known as Wollongong Harbour, and follows the cycleway north to its end at Thirroul. This route is possibly the most used, and the most scenic, section of the shared path in the Illawarra.



Follow the shared path north along the disused 1800's rail cutting, past North Wollongong Surf Club, keeping to the left side of the path and watching for pedestrians crossing the path. After passing North Wollongong Surf Club the path turns left and crosses Cliff Road into Stuart Park. The path exits Stuart Park, crosses Para Creek and follows Squires Way until it intersects with Elliotts Road.

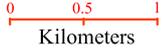
Turn right at Elliotts Road, follow it to Fairy Meadow Beach and turn left onto the shared path to Towradgi. Watch for other cyclists and pedestrians at the narrow section on the path at the under path.

From Towradgi, the shared path follows the coastline passing by Corrimal, Bellambi and Woonona Beaches. Just past Woonona Surf Club the path crosses Kurraba Road and continues north to Bulli Beach, Sandon Point Beach, Sandon Point and finishes at Hamilton Road Thirroul. You can extend this ride further by riding up the hill on Hamilton Road, turning right into Tasman Craig Street, right into Cliff Parade and on to Thirroul Beach Reserve.

Toilets can be found at Towradgi Point, Bulli Beach Reserve and at Thirroul Beach Reserve.

Coffee shops: **Blue Moon** Marine Parade Towradgi, **One on Park** Park Road Woonona, **Ruby's** Bulli Beach Reserve East Corrimal Caravan Park and at Thirroul Beach Reserve.

# iBug Map 011



NORTH

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



## 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

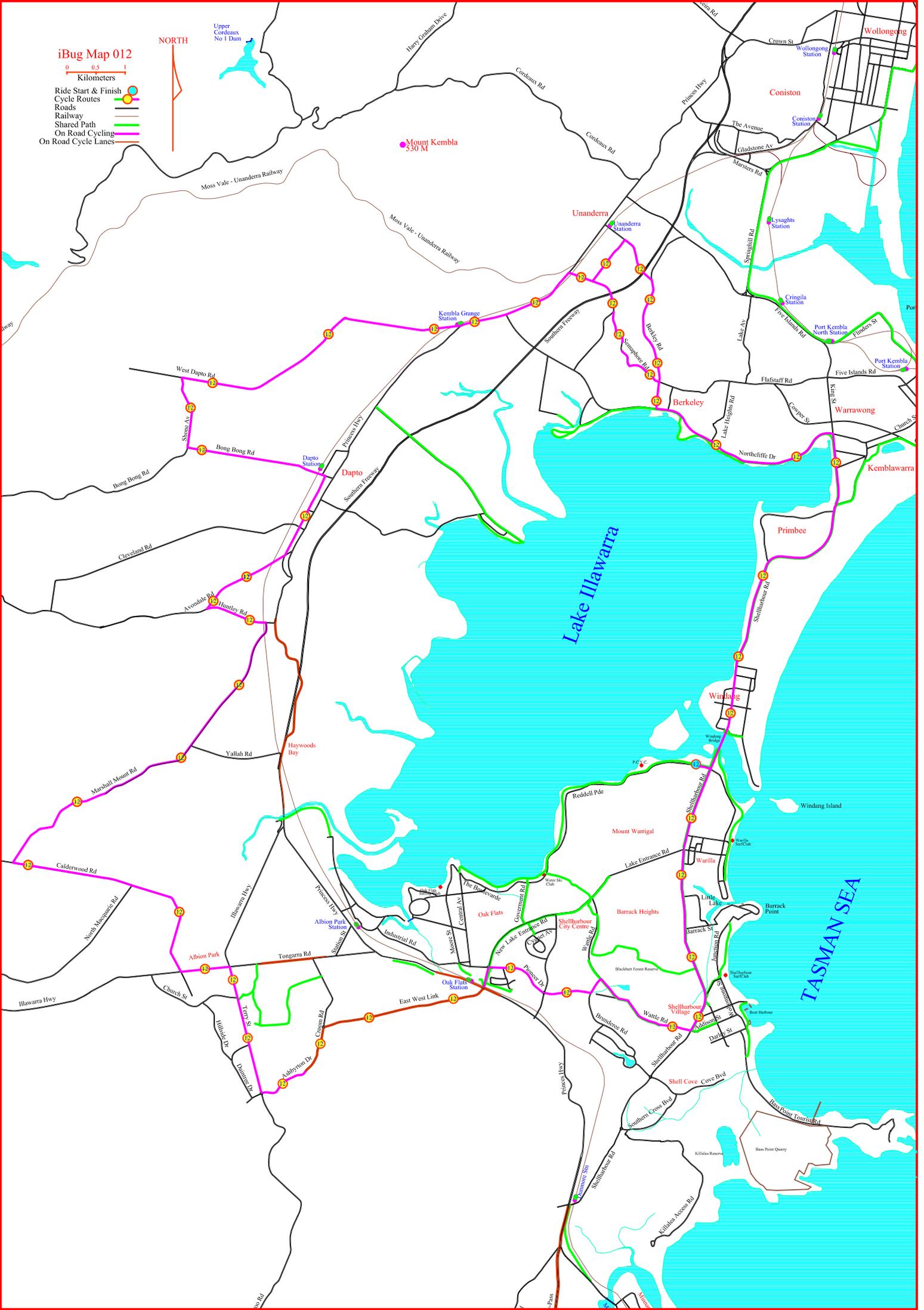
0 0.5 1  
Kilometers

- 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

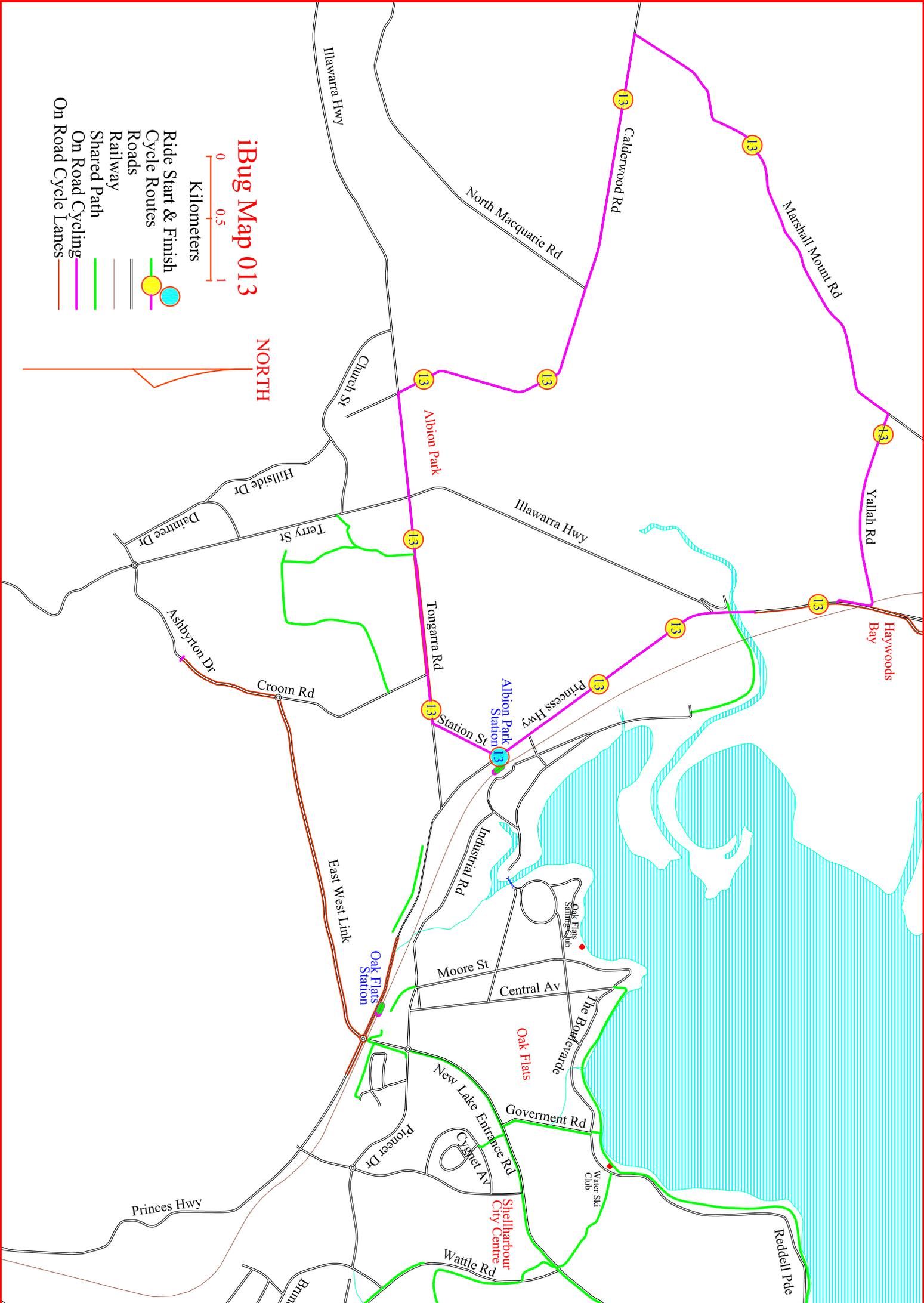
From the Albion Park Station car park cross the Princes Highway into Station Street, turn right into Tongarra Road and cycle to Albion Park. Turn right into Calderwood Road (**3 Km**) after passing through the centre of town.

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 access the south bound cycling lane on the Princess Highway, noting that the cycle lane stops abruptly before the Macquarie Rivulet Bridge and you will need to use the road lane to cross the bridge.

Follow the Princes Highway to Albion Park Rail the station is just past south of the shopping centre.



# iBug Map 013

Kilometers



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

NORTH

Haywoods Bay

Yallah Rd

Marshall Mount Rd

Calderwood Rd

North Macquarie Rd

Illawarra Hwy

13

13

13

13

13

Albion Park

13

Tongarra Rd

13

Albion Park Station

13

13

13

13

Illawarra Hwy

Church St

Hillside Dr

Daintree Dr

Asbyrton Dr

Croom Rd

East West Link

Industrial Rd

Moore St

Central Av

Oak Flats

The Boulevard

Government Rd

New Lake Entrance Rd

Pioneer Dr

Sheffharbour City Centre

Wattle Rd

Princes Hwy

Reddell Pde

Water Ski Club

Oak Flats Swimming Club

## 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.

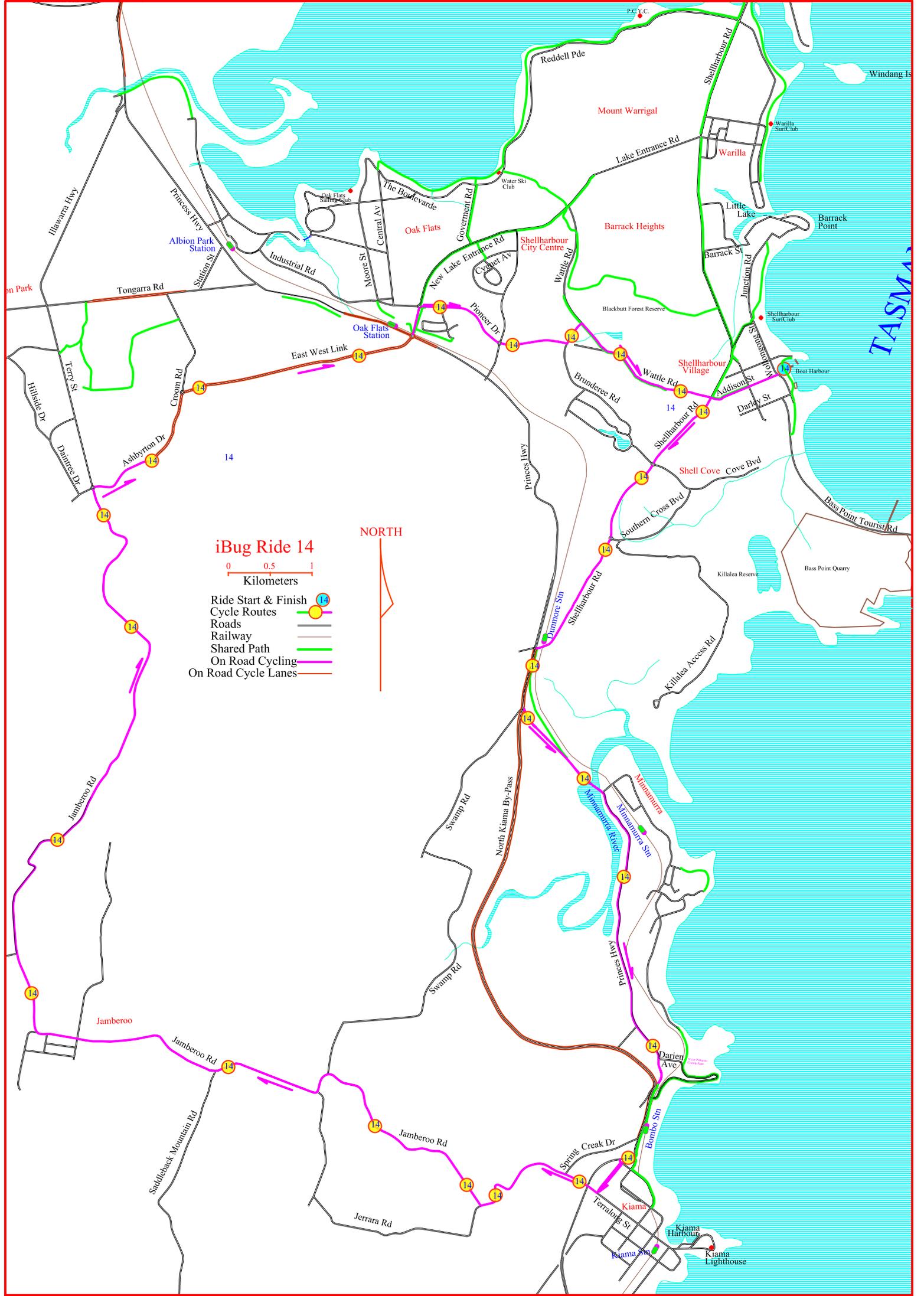
From Jamberoo continue along Jamberoo Road through more hilly terrain towards Albion Park, the road changes name to Terry Street before reaching Albion Park.

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.

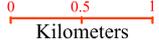
On reaching the roundabout over the Princess Highway join New Lake Entrance Road turning right into Pioneer Drive, at the next roundabout, and the next hill. Turn left into Bruderee Road and right onto Wattle Road to join Addison Street back to Shellharbour Boat Harbour

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<http://au.groups.yahoo.com/groups/illawarrabug/>



### iBug Ride 14



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



TASMANIA

## Albion Park Jamberoo Loop

Map Reference: iBug Map 015

Start: Albion Park

Finish: Albion 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.

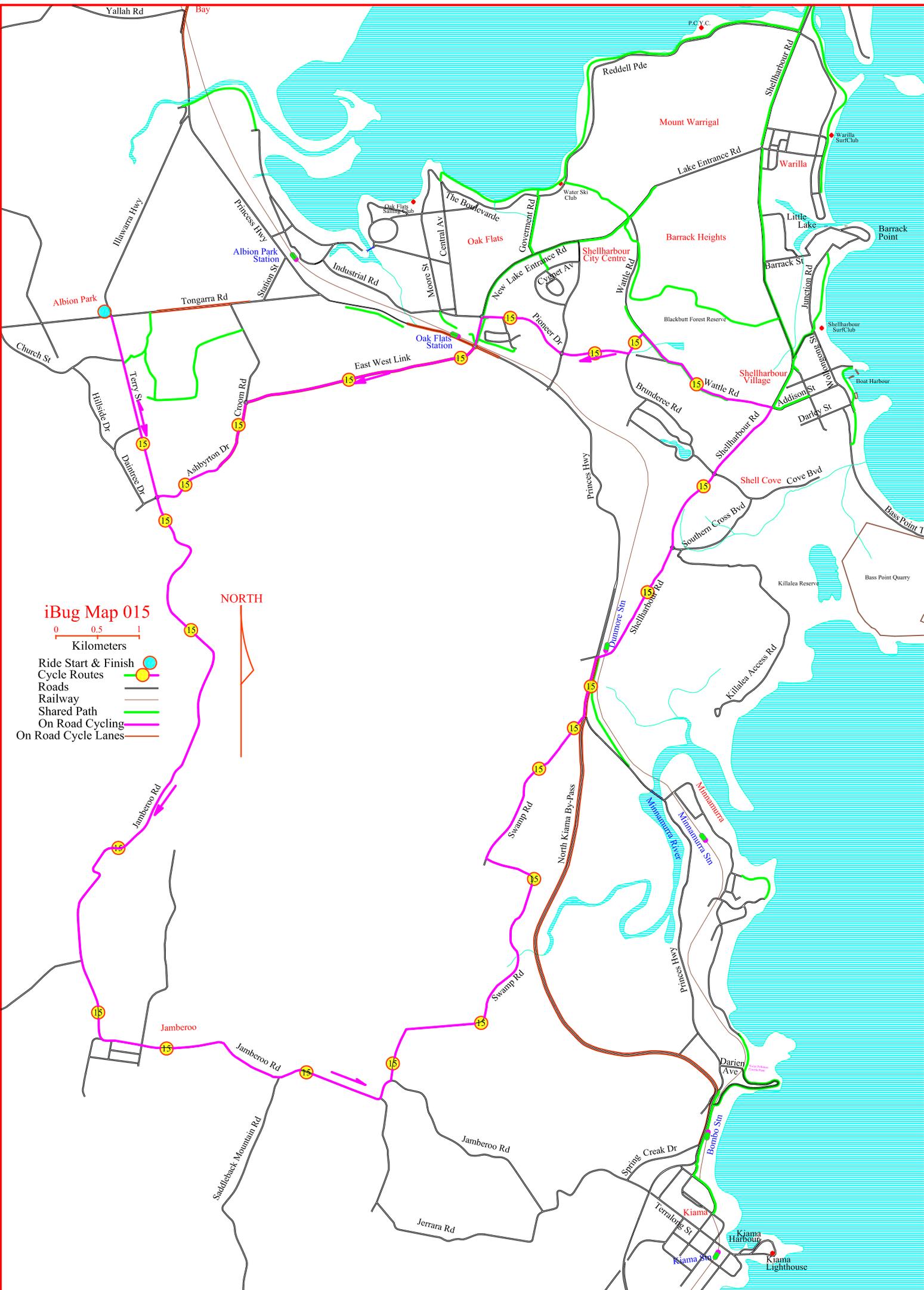
From Jamberoo continue following Jamberoo Road turning left into Swamp Road until you reach the North Kiama By-pass. Turn left onto the cycling lane on the North Kiama By-pass and exit it at the Tabbita Road exit to join Shellharbour road at Dunmore.

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**

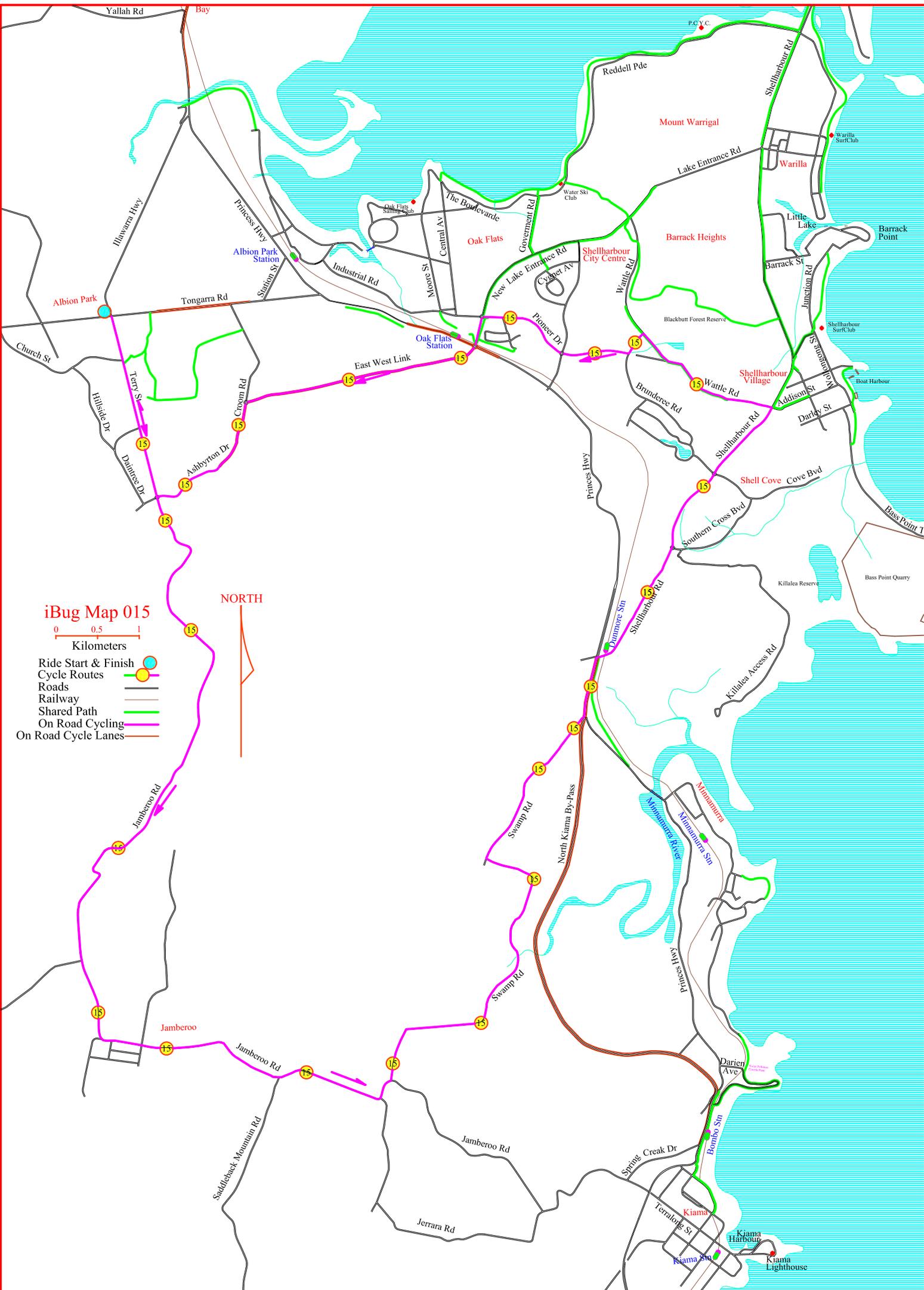


**iBug Map 015**



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-lane 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.

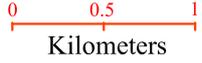
On reaching Stanwell Park you can relax over a coffee or take the steep ride up Bald Hill to admire the views over the coast.

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.



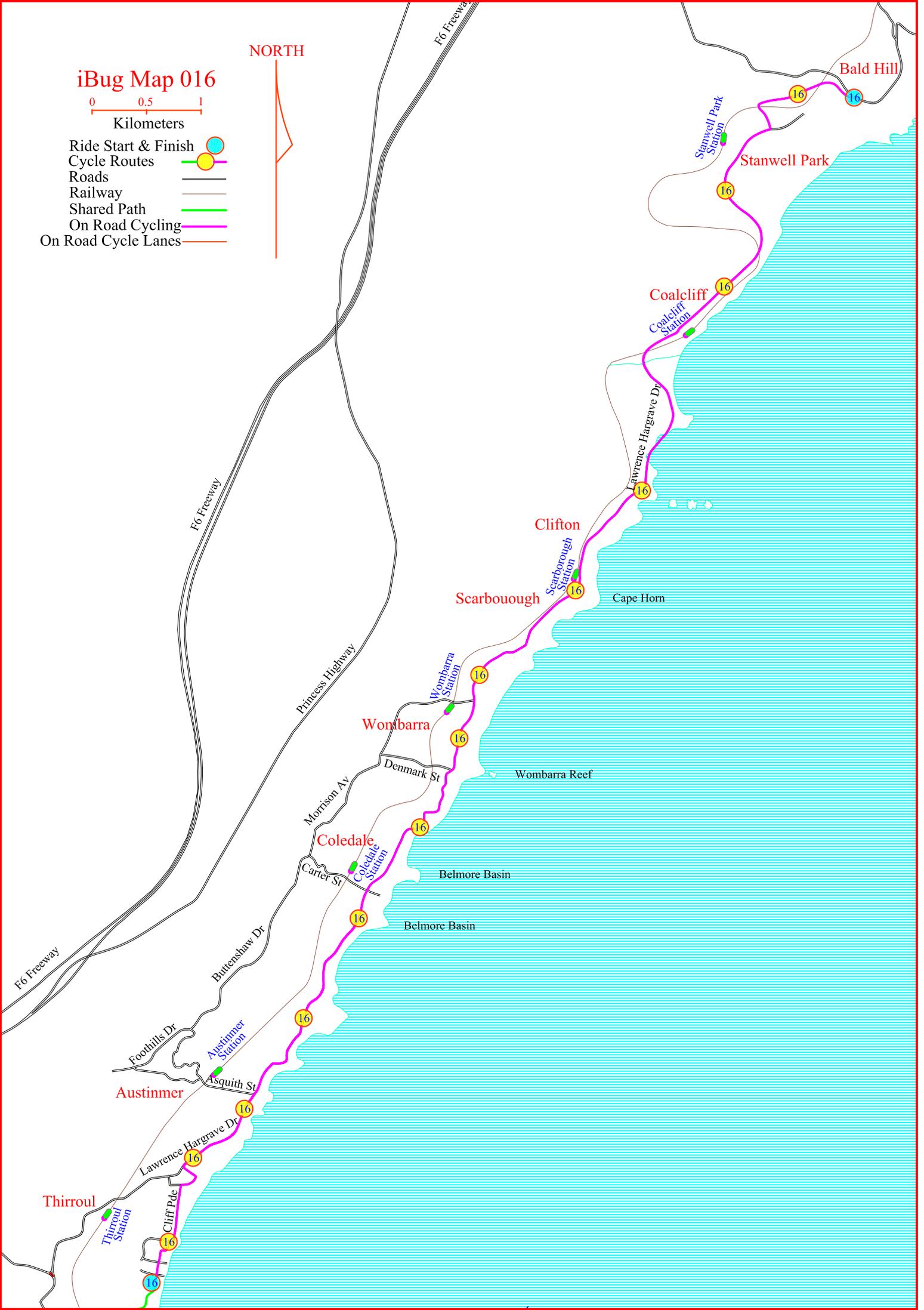
Cyclist enjoying the views from Bald Hill on the MS Sydney to Gong Ride, before heading back to Southerland as the Sea Cliff Bridge was still under construction.

# 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](http://www.cronullaandnationalparkferrycruises.com)

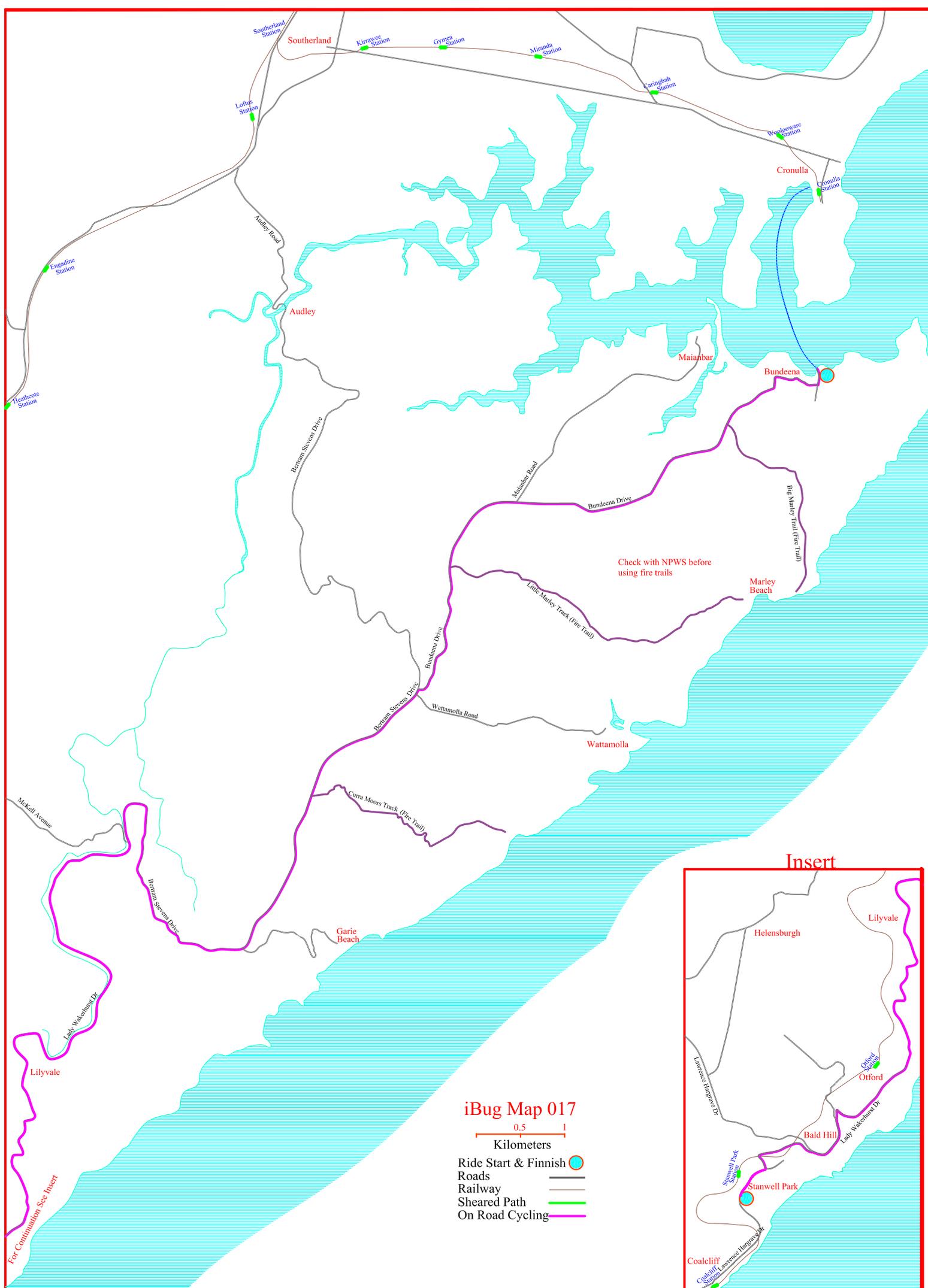
Side trips:

*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.*



Southerland Station  
 Kirrawee Station  
 Gyngea Station  
 Miranda Station  
 Carlingbah Station  
 Wollstone Station  
 Cronulla Station  
 Engadine Station  
 Heathcote Station

Audley Road

Berriman Stevens Drive

Munihans Road

Bundeena Drive

Big Marley Trail (Fire Trail)

Check with NPWS before using fire trails

Little Marley Track (Fire Trail)

Marley Beach

Berriman Stevens Drive

Wattleup Drive

Wattleup Road

Wattleup

Currn Moors Track (Fire Trail)

Garie Beach

Berriman Stevens Drive

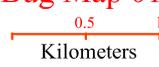
Lilyvale

Lilyvale

Lilyvale

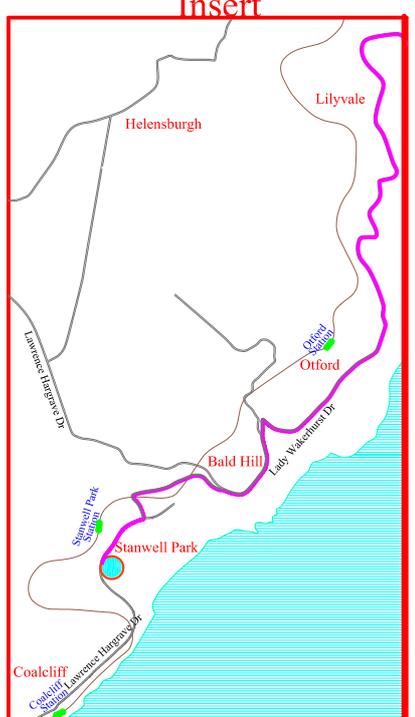
For Continuation See Insert

### iBug Map 017



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

### Insert



Helensburgh  
 Lilyvale  
 Stanwell Park  
 Bald Hill  
 Otford  
 Coahilly  
 Lawrence Hargrave Dr  
 Lilyvale Way  
 Stanwell Park  
 Coahilly

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.

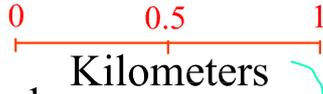
**Watch your head when using the Underpass.** On leaving the Underpass follow the shared path under Throsby Drive and along the railway to Beaton Park, watch for cyclist joining the path from Throsby Drive on your right. Follow the sign posted route past the end of Gipp Street, Crawford Avenue and left 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

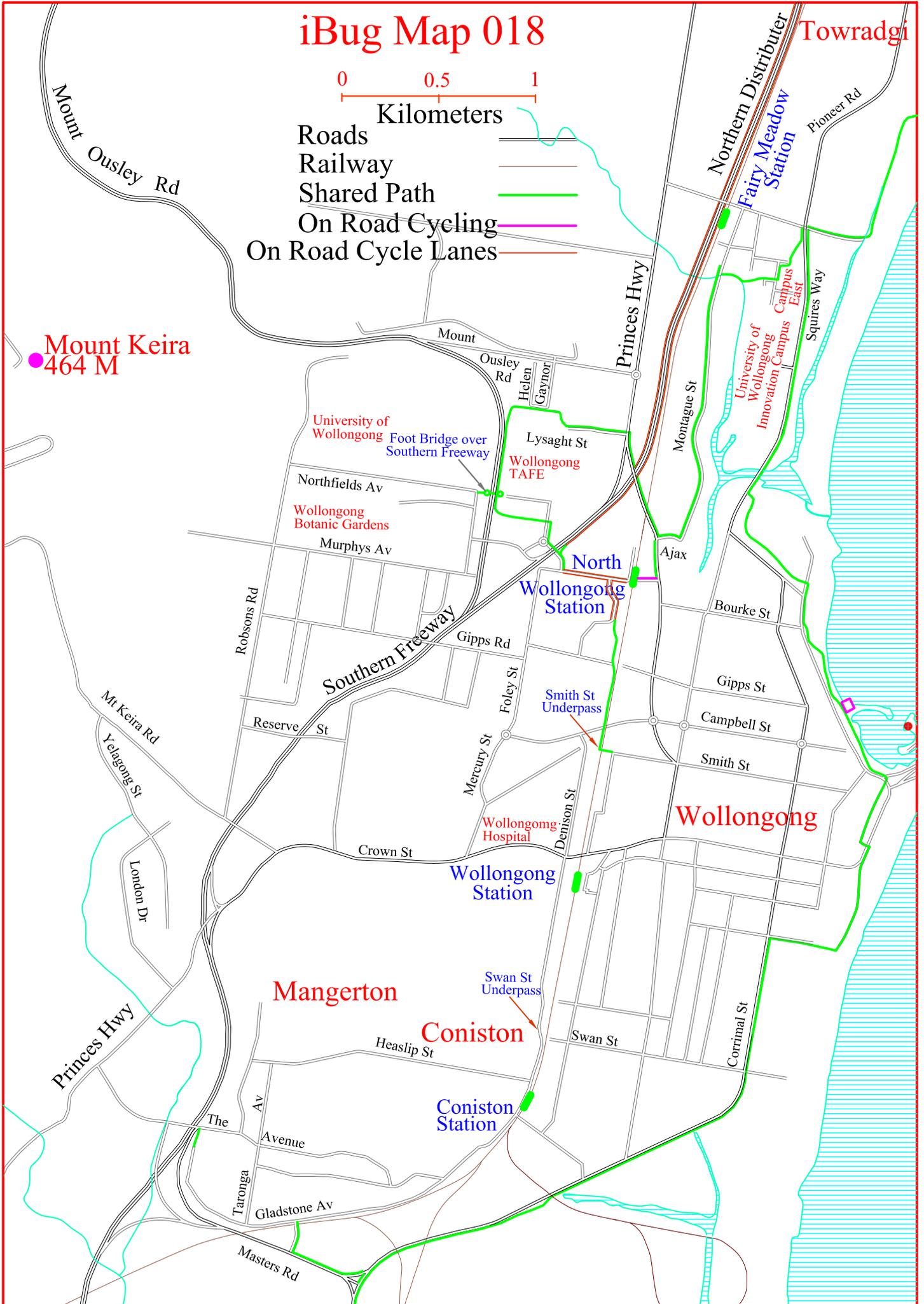
Use a combination of cycle shoulder lanes and on road cycling along the Avenue and Gladstone Av to reach Wollongong station and then follow the above Central Wollongong to Uni description.

# 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 coastal track is suited to mountain bikes in dry weather only as it is a natural track. 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!** *This is a dry weather ride only!*

*The track can be slippery and access across Werri Lagoon may not be possible after heavy rain. 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 Belinda Street and turning left into Fern Street leads you to Gerringong Township and the last spot for refreshments is the Werri Beach Fish Shop & Café on Pacific Avenue, 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



Photo looking south from the beginning of the coastal walk across Werri 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 for a range of refreshments, specialty shops and a short ride to Kiama Station



Visit us at Kiama Blow Hole or our website <http://www.kiama.com.au> for further information about the walking track and other tourism opportunities in Kiama



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

[www.ibug.org.au](http://www.ibug.org.au)

# iBUG Map 019



Kilometres

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

