

**82km START**  
**TEMPE RECREATION RESERVE, Tempe**

**LOFTUS OVAL - 59kms**  
**Morning Tea**

**COOK PARK - 73kms**

**58km START**  
**COOPER ST RESERVE, Engadine**

**WATERFALL - 47kms**

**NATIONAL PARK, Lunch - 36kms**

**BALD HILL - 29kms**

**SCARBOROUGH FRUIT STOP - 22kms**

**NICHOLSON PARK - 10kms**

**FINISH**  
**W.A. LANG PARK, Wollongong**



**BIKE REPAIR**



**COMMUNICATIONS**



**INFORMATION**



**TOILETS**



**FIRST AID**



**FRUIT**



**TEA / COFFEE**



**MUFFINS**



**LUNCH**



**WATER**

# MS SYDNEY TO THE GONG RIDE

## SECTOR A

Tempe Recreational Reserve to Cook Park

**BASE 1: TEMPE RECREATIONAL RESERVE**  
Start: 82km

**BASE 2: COOK PARK**  
Water Stop: 73km

**KEY**

- INFORMATION
- BIKE REPAIR
- TOILETS
- COMMUNICATIONS
- FIRST AID
- FRUIT SHOP
- MUFFINS
- TEA & COFFEE
- LUNCH
- WATER



# MS SYDNEY TO THE GONG RIDE SECTOR B

Cook Park to Loftus Oval

**BASE 2: COOK PARK**  
Water Stop: 73km

**BASE 3: LOFTUS OVAL**  
Morning Tea: 59km

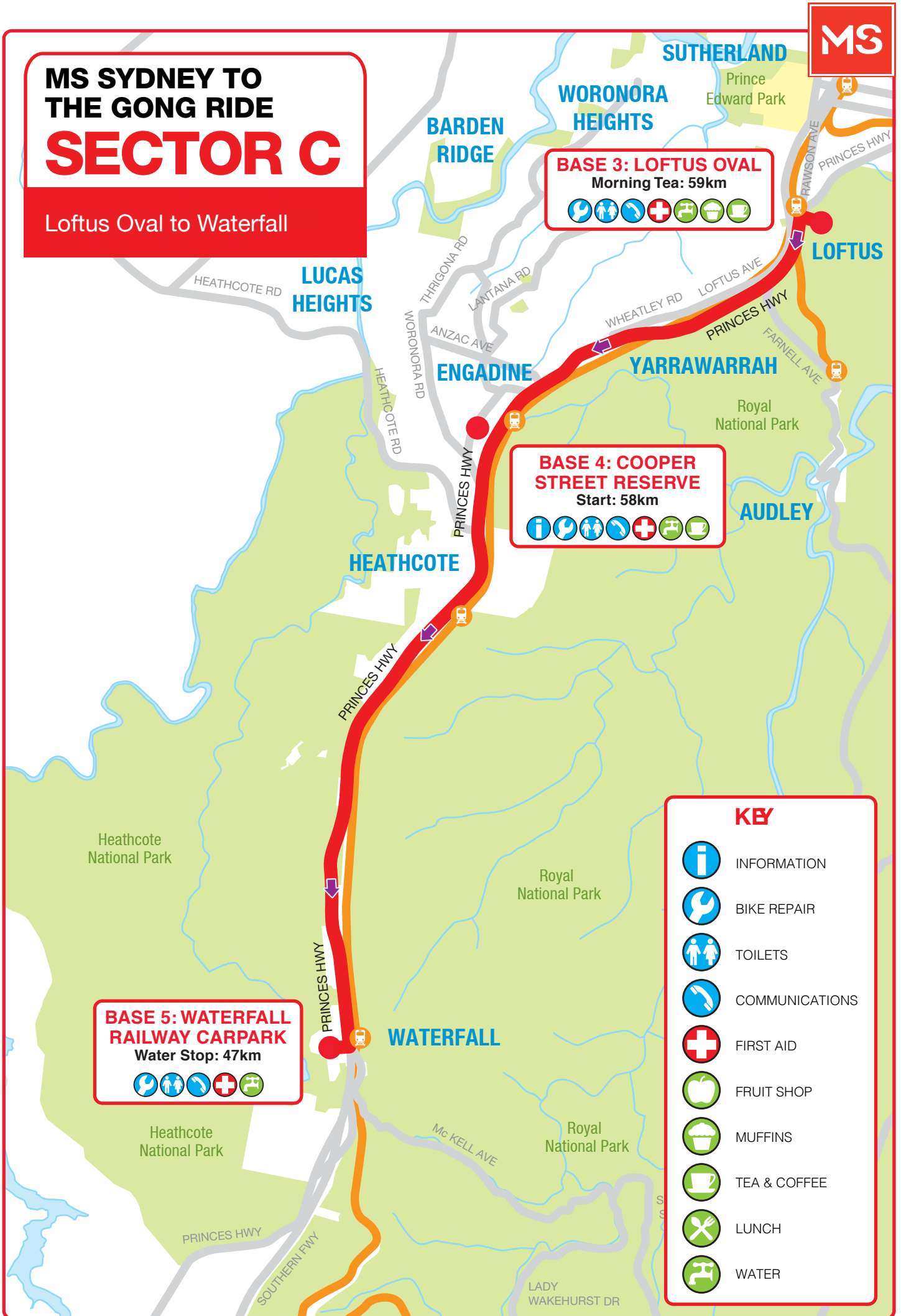
**KEY**

- INFORMATION
- BIKE REPAIR
- TOILETS
- COMMUNICATIONS
- FIRST AID
- FRUIT SHOP
- MUFFINS
- TEA & COFFEE
- LUNCH
- WATER











# MS SYDNEY TO THE GONG RIDE SECTOR C

Loftus Oval to Waterfall



**BASE 3: LOFTUS OVAL**  
Morning Tea: 59km

**BASE 4: COOPER STREET RESERVE**  
Start: 58km










**BASE 5: WATERFALL RAILWAY CARPARK**  
Water Stop: 47km







**KEY**

-  INFORMATION
-  BIKE REPAIR
-  TOILETS
-  COMMUNICATIONS
-  FIRST AID
-  FRUIT SHOP
-  MUFFINS
-  TEA & COFFEE
-  LUNCH
-  WATER

# MS SYDNEY TO THE GONG RIDE SECTOR D

Waterfall to Bald Hill Lookout

WATERFALL

**BASE 5: WATERFALL RAILWAY CARPARK**  
Water Stop: 47km



Mc KELL AVE

Mc KELL AVE

Royal National Park

Heathcote National Park

PRINCES HWY  
SOUTHERN FWY

LADY WAKEHURST DR

SIR BERTRAM STEVENS DR

LADY WAKEHURST DR

Garawarra State Conservation Area

**BASE 6: RED CEDAR FLATS**  
Lunch: 36km



Helensburgh Park

LILYVALE

HELENSBURGH

### KEY

- INFORMATION
- BIKE REPAIR
- TOILETS
- COMMUNICATIONS
- FIRST AID
- FRUIT SHOP
- MUFFINS
- TEA & COFFEE
- LUNCH
- WATER

OTFORD

**BASE 8: BALD HILL**  
Water Stop 29km



LADY WAKEHURST DR

SECTOR D FINISHES  
SECTOR E STARTS

# MS SYDNEY TO THE GONG RIDE SECTOR E

Bald Hill Lookout to  
Cycleway, Thirroul



**BASE 9:  
SCARBOROUGH SCHOOL**  
Water & Fruit Stop: 22km

**SECTOR E FINISHES  
SECTOR F STARTS**

**KEY**

- INFORMATION
- BIKE REPAIR
- TOILETS
- COMMUNICATIONS
- FIRST AID
- FRUIT SHOP
- MUFFINS
- TEA & COFFEE
- LUNCH
- WATER

# MS SYDNEY TO THE GONG RIDE SECTOR F

Thirroul to Fairy Meadow

SECTOR E FINISHES  
SECTOR F STARTS

**BASE 10:  
NICHOLSON PARK**  
Water Stop: 10km



### KEY

- INFORMATION
- BIKE REPAIR
- TOILETS
- COMMUNICATIONS
- FIRST AID
- FRUIT SHOP
- MUFFINS
- TEA & COFFEE
- LUNCH
- WATER



# MS SYDNEY TO THE GONG RIDE SECTOR G

Thirroul to Fairy Meadow



**BASE 11:  
W.A. LANG PARK**  
Finish: 82km

**KEY**

-  INFORMATION
-  BIKE REPAIR
-  TOILETS
-  COMMUNICATIONS
-  FIRST AID
-  FRUIT SHOP
-  MUFFINS
-  TEA & COFFEE
-  LUNCH
-  WATER