

# 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