

82km START
 TEMPE RECREATION
 RESERVE, Tempe



LOFTUS OVAL - 59kms
 Morning Tea



RAMSGATE BEACH - 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 Ramsgate Beach

BASE 1:
TEMPE RECREATIONAL RESERVE
Start: 82km



BASE 2:
RAMSGATE BEACH
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
 Ramsgate Beach to Loftus Oval

BASE 2: RAMSGATE BEACH
 Water Stop: 73km

BASE 3: LOFTUS OVAL
 Morning Tea: 59km

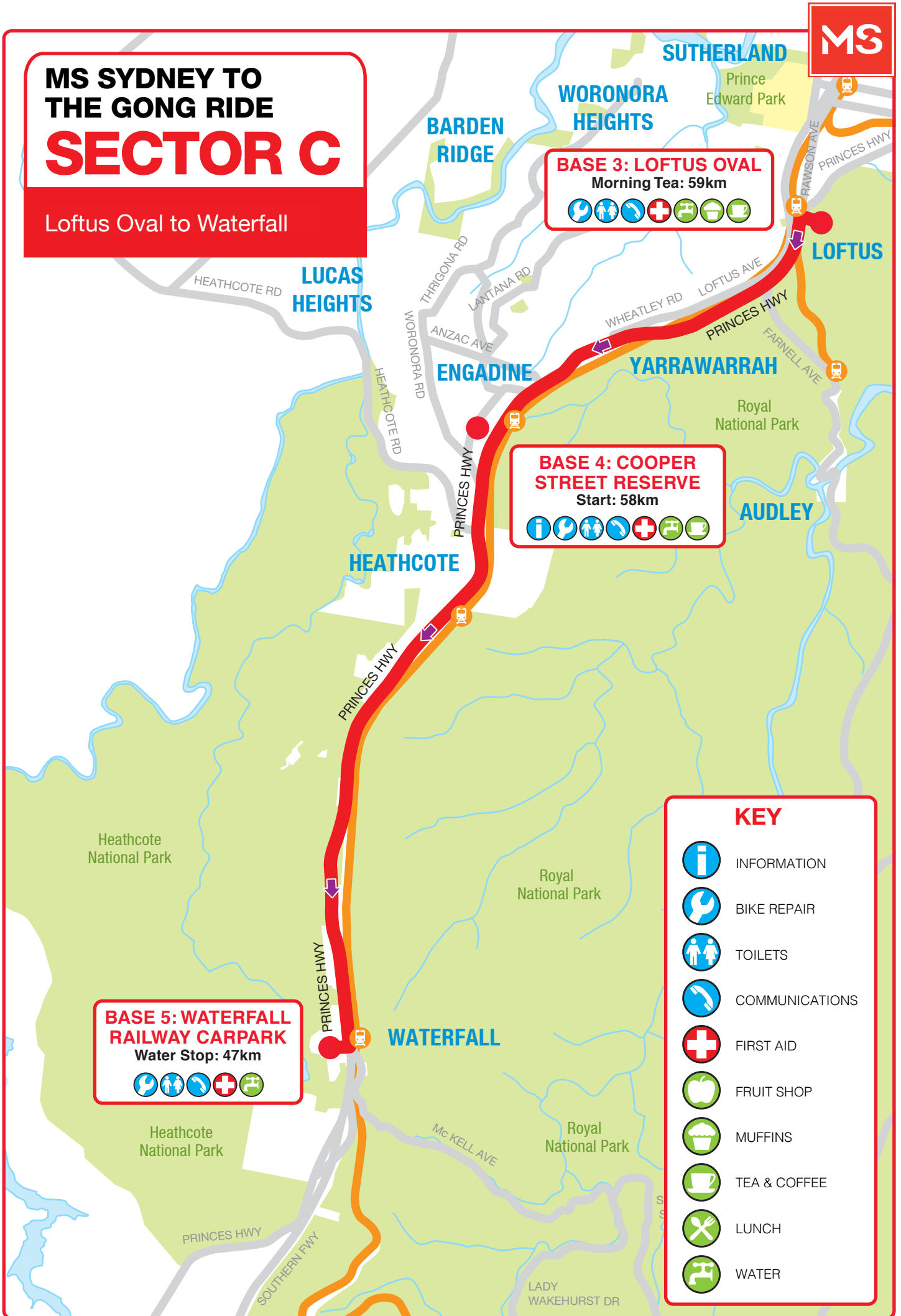
KEY

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



MS SYDNEY TO THE GONG RIDE SECTOR C

Loftus Oval to Waterfall



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

OTFORD

BASE 8: BALD HILL
Water Stop 29km



SECTOR D FINISHES
SECTOR E STARTS

LADY WAKEHURST DR

KEY

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

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**

Fairy Meadow to W.A Lang Park



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













KEY

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