

Australian Cycling Holidays *Itinerary*

COASTAL ESCAPE CYCLE TOUR

Day 1: Waterfall – Wollongong, 47 kms.

Route Overview On-road to start with, you reach the cycle-way just after lunch. The morning has one long but slow hill and a couple of short sharp climbs, but the afternoon is easy cruising all the way to Wollongong!

Meet the Australian Cycling Holidays team at Waterfall Station, on the outskirts of Sydney, between 9 and 9:30 am. Bikes are fitted, maps provided, routes explained, your luggage is collected for delivery to the hotel, and then you're off!

A morning's cycle through the cool gums and tree ferns of the Royal National Park takes you up to Stanwell Park, with stunning views from the escarpment down the Illawarra Coast. You then take the coast road, passing through small villages and over the Sea Cliff Bridge. There are plenty of lunch options available en route, including cafes, pubs and take-away.

In the afternoon, the Illawarra Coastal Cycleway takes you along beaches and lagoons all the way into Wollongong. A celebratory drink awaits you at your beachside accommodation, the 4 ½ star Novotel Wollongong Northbeach.



Day 2: Wollongong - Kiama, 46 kms.

Route Overview Almost all on bike-paths, with an easy morning followed by a challenging but rewarding afternoon. A series of short but sharp climbs at the end of the day reward you with stunning scenery!

After breakfast at the hotel, follow cycle-paths through Wollongong to the Nan Tien Temple, and explore the temple complex and gardens.

Then cycle around Lake Illawarra to join the coast once more, and on to the cute town of Shellharbour. Your afternoon becomes more rural after crossing the Minnamurra River, when you reach the dramatic, roller-coaster landscape around Kiama. This scenery is stunning, and there are some great secret beaches to explore on the way.

Expect to arrive at the lovely resort-town of Kiama around mid to late afternoon, leaving time for a quick cycle around the headland and out to the blowhole. A welcome drink, accommodation and breakfast are provided at the Sebel Harbourside Kiama.



Day 3: Kiama – Gerringong - rest day or Coastal Walk day

Route Overview No cycling required!

On Day 3 you are faced with a difficult choice. Relax, go for a swim, and potter around Kiama's shops and markets before catching the scenic country train to the next stop at Gerringong? Or hike across to Gerringong via the windswept headlands and hidden bays on the stunning Kiama Coastal Walk? You can walk the full 12kms from hotel to hotel, or take a taxi to the edge of town and just walk the 6kms through open countryside.

Either way, you don't need to decide now. Wait and see how you feel in the morning. Whichever option you choose, a night at the Mercure Resort Gerringong by the Sea is well deserved! Just a block back from the beach, this great little hotel has a beautiful pool and houses one of our favourite restaurants on the South Coast.

Pictures from top: Looking south from Stanwell Park; The Novotel Wollongong Northbeach; Nan Tien Temple; pelicans on Lake Illawarra (courtesy Tourism Shellharbour); looking north towards the Minnamurra River; the pool at the Mercure Resort Gerringong by the Sea.



Australian Cycling Holidays *Itinerary*

COASTAL ESCAPE CYCLE TOUR

Day 4: Gerringong - Nowra, 44 kms.

Route Overview A short but brisk climb into the centre of Gerringong in the morning is your hardest part of the day. The rest of your route follows gently undulating roads, with some fast cycling along the river flats.

After breakfast, you cycle through the centre of Gerringong, and on to Gerroa. With beautiful views across Seven Mile Beach, a gorgeous lagoon, a great café and park, this is the perfect place for a mid-morning break! After a short cycle past Seven Mile Beach National Park, you head inland to the cafes and restaurants of Berry for lunch.

In the afternoon, your cycle takes you along a quiet but surprisingly hilly little road to the Shoalhaven River. There are a few wineries in this area that you can detour to, or stop in at the Two Figs Winery which is directly on your route. Your day's cycle finishes with a nice flat ride along the road beside the river, heading into Nowra. Accommodation is provided at the White House Heritage Guesthouse, in the centre of Nowra.



Day 5: Nowra - Huskisson, 43 kms + boat transfer & cruise + optional rides of 8kms or 20kms.

Route Overview A fast and flat morning's cycle through dairy country takes you to Jervis Bay, where a boat will transport you and the bikes over to Huskisson & your afternoon's cruise. If you are still energetic, try one of the great optional rides – the short one is flat, while the longer one has a steep hill to navigate.

Your route today starts out with beautiful views across the Shoalhaven River, before you cruise down the hill to follow the river east and then cutting across through dairy country to the sleepy village of Callala Bay, on the edge of Jervis Bay Marine Park. Here we show you a gorgeous little path following the shoreline around to Myola, where a boat will take you across the creek to Huskisson.

Relax for the afternoon with a two-hour eco-adventure cruise with Dolphin Wild Adventures, before heading to your accommodation – either the luxurious Huskisson B&B, or the beautifully restored Huskisson Hotel.

If you still have energy, we highly recommend taking an extra short ride along the Bay Cycle Path (8kms return), or a scenic loop up to Jervis Bay National Park (20kms return).



Day 6: Huskisson – Berry, 57kms

Route Overview Quiet roads take you inland, with a long but gradual climb before an equally long and easy descent into Nowra. The final few kilometres on the wide shoulder of the Princes Highway are mostly flat.

Today you cycle back to Berry via a very different route, following the Currambene Creek and then along a quiet country road that slowly lifts you up to the top of the world! You also have a choice of museums along the way if you fancy a break, including the Lady Denham Maritime Museum; the Fleet Air Arm Museum; and the old-world charms of Meroogal House.

After lunch in Nowra, it's time for the direct route back to Berry, passing the award-winning Silos Estate Winery and an optional side-trip to Jasper Valley Wines.

Australian Cycling Holidays will meet you at the Berry Hotel for a final celebratory drink and debrief. The direct train to Sydney is just a short walk away, or ask us to assist with finding accommodation in Berry.

Pictures from top: Boats on the Shoalhaven River at sunset; Cyclist resting by the river at Nowra; Cyclist at Callala Bay; the crystal clear waters of the Jervis Bay Marine Park; the cycle path near Huskisson; Ben's Lookout at Nowra.

