

Day 1: Thirroul – Wollongong, 15 kms.

Route Overview The Illawarra Coastal Cycle Path makes for easy coastal cruising all the way into Wollongong, with just a couple of suburban streets to navigate and one or two small hills.

Meet the Australian Cycling Holidays team at Thirroul Station around 11 am. Bikes are fitted, maps provided, routes explained, your luggage is collected for delivery to the hotel, and then you're off!

The Illawarra Cycle Path meanders along the beaches and parks of Wollongong's northern suburbs. You'll find plenty of great swimming spots, playgrounds and cafes along the way.

Arriving at your 4½ star beach-side Novotel Northbeach Wollongong hotel in the early afternoon, you should have plenty of time to visit the beach and explore Wollongong's vibrant harbour and "blue mile" district, or perhaps visit the nearby Planetarium.



Day 2: Wollongong – Windang, 23 kms.

Route Overview A fairly flat cycle, with just a couple of minor slopes. However, you do have some roads to navigate through around the Nan Tien Temple, and one round-about that can be tricky for young cyclists.

The day starts with a short cycle along the beach and harbour – feel free to stop for a swim and refreshments straight away, as there are some great spots here in Wollongong.

Then it's out to the Nan Tien Temple. Take a wander around the temple and gardens, and maybe stop for a drink or even lunch at the tea house.

In the afternoon, follow the cycle path around Lake Illawarra, arriving at the Comfort Inn Fairways Resort around mid-afternoon. The hotel has a swimming pool and tennis courts, but if you have the energy, we recommend cycling down to the lake's entrance, to explore the islands and waterways there.



Day 3: Windang - Kiama, 24 kms.

Route Overview While the morning's cycle along the beach is easy, it is the afternoon's cycle that is both the most difficult and the most rewarding of the whole trip. Several short but steep hills may require you to push the bikes – but the scenery is worth it! Allow plenty of time for this afternoon section.

After breakfast at the hotel, you have a gentle cycle along the beaches into the pretty village of Shellharbour - a great place for an early lunch or snack.

Then cycle inland to meet up with the Minnamurra River. Your afternoon's route takes you through the dramatic, roller-coaster landscape leading into Kiama. It's hilly, but the scenery is stunning, with views over the meandering river and white sands to the north, and rocky outcrops and headlands to the south.

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.

Finish your tour with a celebratory drink at the Sebel Harbourside Kiama. Australian Cycling Holidays will meet you here with your luggage. From the hotel, it's just a short walk to the train station for the trip back to Sydney.

Photographs from top: The bike path leading into Wollongong; Wollongong Lighthouse; Nan Tien Temple; Pelicans on Lake Illawarra (photo courtesy of Tourism Shellharbour); Looking north over the ocean and Minnamurra River; Cyclists at Shellharbour; Kiama Harbour.

