



Day 1: Waterfall – Wollongong, 47 km cycle.

Route Overview On-road to start with, you reach the cycle-path 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, at 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 km cycle. + 8km side trip along the Illawarra Art Trail.

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. Enjoy your night in beautiful Kiama at the Kiama Shores Motel.



Day 3: Kiama – Gerringong, 14km Coastal Walk - or have a rest day

Route Overview A strenuous but stunning walk along the coastal headlands and bays.

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 14kms 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. Which-ever option you choose, a night at the Parkridge Gerringong is well deserved. Right on top of the hill in town it is close to everything that Gerringong has to offer.

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 beautiful Kiama Coastal Walk.





Day 4: Gerringong - Nowra, 44 km cycle.

Route Overview Almost all on road today, with a morning's steep climb followed by stunning views over Seven Mile Beach. The rest of your route is undulating, with some fast cycling along the river flats to finish.

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 friendly Nowra Quest, in the centre of Nowra.



Day 5: Nowra - Huskisson, 43 km cycle + 8 or 20km additional side trips.

Route Overview All on road today cycling slowly uphill past the Fleet Air Museum to Parma Road. This is a lovely cycle with great views. End today's cycle in beautiful Jervis Bay, home to the whitest sand in the world!

Today you cycle to Huskisson on the beautiful Jervis Bay via a very different route. You head out of Nowra past the Fleet Air Arm Museum. At the hill top you will turn into a quiet country road with sweeping views across the farmlands as you cycle slowly downhill. Watch out for the Kangaroos which are known to frequent this road.

Then follow the Currumbene Creek right into Huskisson. You also have a choice of museums along the way if you fancy a break, including the Lady Denham Maritime Museum; and the old-world charms of Meroogal House.

Your accommodation tonight is in either one of the lovely B&Bs in town, or the recently restored Huskisson Hotel, sitting right on the edge of the bay



Day 6: Huskisson, Eco Adventure Cruise and direct transfer back to Sydney by coach

Route Overview In the morning enjoy an eco adventure with Jervis Bay Wild on the Jervis Bay Marine park. In the afternoon explore the beautiful Callala Bay

Start the morning on a two-hour eco-adventure cruise with Jervis Bay Wild, exploring the Jervis Bay Marine Park, with the chance to see dolphins, seals, turtles and even whales in season.

After your tour you can enjoy lunch in Huskisson before boarding the coach that will take you direct back to you Sydney Metro hotel or Sydney Airport. You will arrive in Sydney around 430pm.



Pictures from top: Boats on the Shoalhaven River at sunset; Cyclist resting by the river at Nowra; Cyclist at Bens lookout Nowra; the crystal clear waters of the Jervis Bay Marine Park; the cycle path in Callala Bay;

