



Tour Overview—Download from farOut App for your navigation and all waypoint information.

Coastal Escape Cycle Tour 5D 4N

Love the beaches, cafes, sights and sounds of the stunning beaches, artworks and coastal scenery of the NSW South Coast.

Summary:

Suggest 5 Days (40% on cycle paths).

Distance 213km; Ascent 2643m; Descent 2863m

Download Coastal Escape from farOut APP for offline navigation.

Cycling is mostly on sealed roads and paths.

Bring water bottles and Panniers

Rating: Medium

Note: Nan Tien Temple is closed on Mondays





Coastal Escape Cycle Tour

farOut App is designed so that you can create and enjoy your own cycle tour, rail trail, day ride or gravel road adventure using the information that the app provides. To get you started we have put together some Itineraries for rides you might like to do yourself.

The Coastal Escape Cycle Tour is in one of our many farOut APP networks—the **NSW - South and ACT Network**. Read the attached tour description and suggested Itinerary.

For 7 years we have been successfully running Australian Cycling Holiday tours in Gippsland and the NSW South Coast. Now we are excited to offer these tours using the farOut APP so you can plan and create your own cycling tour.

Getting Started:

Download the app from your Apple or Android store, open it up, search for cycle routes by pressing the cyclist top left and search **NSW - South and ACT network** Then purchase the ride.

Your **Coastal Escape Cycle Tour** will be available within the **NSW - South and ACT network**. Which means you will get >3200km of rideable roads, paths and trails.

The Block-Berry is free so take a look!

farOut APP gives you:

- I. The route on quiet roads and cycle paths. With offline navigation. Like an electronic guide book.
- II. Elevations, Distance to next waypoint eg water / accommodation etc
- III. Location of accommodation, food, water, points of interest.
- IV. Location of transport that will take you and your bike
- V. Tells you the road surface and type. Gravel or sealed / path or road.
- VI. Allows you to break your journey into day stages using the 'create Custom Route' Function
- VII. The Networks allow you to choose your ride. When you get used to the app you can either ride the suggested rides or modify them using the network. Or you can create your own route. Its easy to do with videos to tell you how.

farOut App cycling is mapped by Cyclists for Cyclists.



Waterfall to Wollongong - 47km Cycle

The Ride

- Start early with a lovely cycle through the Royal National Park and along the Hacking River before climbing to the Illawarra Escarpment. From Stanwell Park at the top of this 170m climb, you will be rewarded with fantastic views down the coast.
- Your route then takes you down to the ocean and a dramatic road that follows the narrow strip of coast between the mountains and the sea. This section is on road, but can be shortened at any time by using the nearby train.
- Shortly after crossing the Sea Cliff Bridge, you have one more (shorter) hill before you join the Cycle Path, a lovely gentle path which takes you right into Wollongong via the beaches, lagoons and waterways of this lovely stretch of coastline

We Love

- The escarpment from the Sea Cliff Bridge
- A swim at a beach pools or surf between the flags.

Food

- There are lots of fabulous cafés and restaurants along the route suitable for lunch, as well as plenty of take-away options if you prefer to picnic in a park or by the beach.

Fun Fact

- The Sea Cliff bridge is a great viewing platform for migrating whales heading north/south from May to Nov.
- The Royal National Park is the second oldest national park in the world after Yellowstone.

Your Wollongong Accommodation

Wollongong has loads of accommodation.

Novotel Northbeach Wollongong

2-14 Cliff Rd,

North Wollongong (02) 4224 3111



Stunning ocean views, spacious light filled rooms and a reputation for exceptional service has made Novotel Wollongong Northbeach one of New South Wales most popular getaway.

On the water's edge, just footsteps from the golden sands of North Wollongong Beach, you will have breakfast and a welcome drink include in your package. The hotel is close by cafes, local attractions and the CBD.



+61 468 390 224

www.australiacyclingholidays.com.au

Wollongong to Kiama - 48km Cycle

The Ride

- Today is almost completely on bike paths. Start with a short cycle around the lovely Boat Harbour at Wollongong,
- Explore the Nan Tien Temple. Here you can wander through the temples and gardens, or stop for refreshments at the lovely tea house.
- Then cycle down to Lake Illawarra, following the shoreline once the cycle path re-joins the coast. The pretty Shellharbour Village is a great place for lunch, with plenty of cafés.
- Cycle through mangrove swamps to the mouth of the Minnamurra River, along the very dramatic landscape and headlands into Kiama. This section is very hilly, but stunning. Enjoy the beaches and hidden bays.
- We suggest taking train from Kiama to Gerringong to avoid busy Princes Highway.

We Love

- The wild headlands of the Kiama coastline
- Nan Tien Temple, the largest Buddhist Temple in the Southern Hemisphere.

Food

- The Dew Drop Tea house or the Dining Hall at Nan Tien Temple.
- Cafes at Shellharbour

Fun Fact

- The Kiama Blowhole is the largest in the world and was seen by George Bass in 1797.
- Bombo is derived from "Thumbon", the name of a renowned headman and warrior born in this district. .

Your Gerringong Accommodation

Gerringong and Kiama both have lots of accommodation, cafes and supermarket.

Park Ridge Retreat

139 Belinda St, Gerringong (02) 4234 1000

<https://www.parkridgeretreat.com.au/>



Take the train Gerringong with your bike. Park Ridge Retreat is right in the centre of Gerringong. We love the art! The rooms are spacious, clean and comfortable, well furnished, dinner at the onsite restaurant is excellent, SBS Chill in the wide corridors great.

A short stroll along the ridge, is a scenic outlook and access to the whale watching platform, affording breathtaking views of the ocean, surrounding parkland and the rugged and dramatic coastlines of Boat Harbour and Werri Beach.

Guests can enjoy the established gardens and the BBQ area, complementary WiFi.



Gerringong to Nowra - 43km Cycle

The Ride

- Start cycling to Gerroa, with great views along the way. There is a club at the top of the hill and a café at the bottom of the hill, both good for a break.
- Explore the historic township of Berry with lots of beautiful options for lunch. If you like you can take on The Block - our free ride which starts and ends in Berry. You might need an extra day for this.
- From Berry, you head out along country roads taking the back way to the Shoalhaven River. Two Figs Winery is directly on your route, or a small detour will take you to Coolangatta Estate and Mountain Ridge Wines.
- After the Two Figs Winery, you follow a flat but slightly busy road along the river into Nowra, joining a cycle path when you get to the Bombaderry roundabout.

We Love

- The historic township of Berry with its antique shops, collectables, art galleries and cafes.
- The fabulous views across the Shoalhaven from the hills at Two Figs Winery.

Food

- There are no food or water stops between Berry and Nowra (except the wineries but these are not open every day), so please ensure that you have plenty of refreshments with you.

Fun Fact

- Charles Kingsford Smith departed from Seven Mile Beach in 1933 - in the aircraft called Southern Cross - to establish the first commercial aerial link with New Zealand.



Your Nowra Accommodation

There are lots of cafes, supermarkets and accommodation in Nowra.

Nowra Quest

130 Kinghorne St Nowra

02 4421 9300



Quest Nowra is within a 5 minute walk from the centre of town where you will find major supermarkets, retail outlets and dining venues.

The well-appointed Studio is flooded with natural light, and provides a stylish, open-plan space to unwind and relax. Offering a comfortable king bed, apartment-controlled heating/air conditioning, kitchenette with cooktop, bar fridge, toaster, kettle and microwave, ensuite bathroom with amenities and hair dryer, desk, LCD TV with streaming capabilities, and high-speed internet access. Guests can access the in-house gym and alfresco BBQ area.



Nowra to Huskisson - 40km Cycle

The Ride

- Today you cycle to Huskisson via a lovely back country route we are sure you will enjoy. Look out for kangaroos along the way!
- In Nowra, you cycle past the lovely old Meroogal House, and on the road out of Nowra, you pass the Fleet Air Arm museum, which is very interesting and a great place for a breather.
- At the top of the Naval Base you will find a lovely little road on your left. Now it's time for a wonderful downhill ride to Huskisson and Jervis Bay. Enjoy the view and the cycle!
- As you head into Huskisson you will cycle past the Lady Denman Maritime Museum

We Love

- The views along the quiet little roads - watch out for the kangaroos.

Food

- Please note that there are no locations for food between Nowra and Huskisson. Therefore we advise taking a picnic lunch with you or you might have a lovely snack on the Shoalhaven river in Nowra before you set out.

Fun Fact

- Britain, Australia and the United States conducted aerial operations from the Nowra site throughout the Second World War, and nearby at St Georges Basin and Jervis Bay. They still do today.



Your Huskisson Accommodation

There is a supermarket, cafes and lots of lovely accommodation in Huskisson. Good camping as well.

Jervis Bay Motel

41 Owen St, Huskisson NSW 2540

(02) 4441 5781



Jervis Bay Motel is in the main street and you can walk to restaurants, the quirky theatre, shops and the pristine beaches.

We will book you the Queen Room with Balcony and ocean view . It is a renovated room with queen bed, lounge and your own private balcony looking over the beautiful Jervis Bay. Ensuite and all amenities. Free Wifi, reverse-cycle air conditioners and digital flat-screen televisions with Foxtel. Tea & coffee making facilities, microwave and toaster available on demand.



Huskisson to Murrays Beach Return. We also suggest taking a Boat Cruise

The Ride

- Today you can go on a Jervis Bay Wild Whale Cruise in the whale season (mid-May to mid-November) or a Dolphin Cruise to meet the resident Dolphin Population.
- Your tour includes a close up look at Jervis home to the whitest sand in the world. History commentary on Jervis Bay as you travel including history on migrating humpback Whales and their calves. On return see the 100 metre towering cliffs of Point Perpendicular and the whitest sand in the world, and the crystal blue water of the Docks. Finally visit a the beautiful Honeymoon Bay.
- After that cycle out to Murrays Beach and explore Vincentia on the myriad of cycle paths
- This gives you the option of exploring this beautiful area and its beaches before you finish your cycle.

We Love

- The Jervis Bat Marine Park with the huge cliffs of Point Perpendicular towering above you .

Food

- There are so many other excellent cafes we suggest you check them out!

Fun Fact

- The traditional owners of the area around Huskisson were a group of the Yuin. Well into the C20th, members of what local settlers called 'the Jervis Bay tribe' lived on the bank of Currambene Creek the nearby Coolangatta Estate in the 1820s.



Transport

Jervis Bay Airport Express 02 4443 8888

may be able to return you to the Sydney Airport.

Bombaderry Station has trains going to Sydney.

What to Bring—not too much!

- Wear shorts or comfortable trousers, very bright t-shirt or hi-vis and covered shoes for cycling.
- Good Wet Weather Jacket and Over Pants (eg Gortex)
- A set of dry clothes for evening.
- Cycle pants (wear under your shorts or trousers if you like. The padding is great).
- Sunscreen, sun-glasses and good wet-weather gear.
- Cycling gloves are recommended.
- A jumper for winter; swimmers and small towel for warmer months.
- Phone, wallet and snacks which can fit into the front panniers.
- Rear panniers to carry your stuff. Make sure you keep things dry.
- Bring your lunch daily if farOut App does not give allocation for food or water during the day.
- Always have an emergency meal for dinner - you never know!
- Fit your bike with lights.