



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

Ride the Waves 3D 2N

Cycle with the family on cycle paths and trails that go right along the beaches. Love swimming in the ocean, watching the whales, the fabulous

Summary:

3 Days cycling: 90% on cycle paths.

Cycle Distance 65km

Ascent 715m, Descent 666m

Download **Ride The Waves** from farOut App for offline navigation

Bring water bottles and panniers

Rating: Easy

Note: Nan Tien Temple is closed on Mondays





Ride the Waves

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 Ride the Waves 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.

Purchase of **NSW - South and ACT Network** includes the **Ride the Waves Trail**. Which means you will get >3200km of rideable roads, paths and trails in Gippsland.

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.



Thirroul to Wollongong - 16km Cycle

The Ride

- Your first day's cycle is very gentle - perfect for getting into the swing of things.
- Take the train to Thirroul station or leave your car there.
- After a little bit of zig-zagging on quiet roads to get down to the beach, you join the Cycle Path, which takes you right into Wollongong via the beaches, lagoons and waterways of this lovely stretch of coastline.
- Generally, this cycle will only take about 2 hours of actual cycling time, leaving plenty of time for stops, swims, ice-cream breaks and other diversions.
- In warm weather, make sure that you bring your swimmers, as there are numerous places to stop for a quick dip along the way.

We Love

- Watching out for whales along the coast in winter.
- Swimming at the beaches in the sunshine.

Food

- There are several cafés 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

- Thirroul was named in 1892, The name included both "Thirroul ("cabbage tree") and "Throon" ("bush leech - 'blackfellow doctor'") in a list of Aboriginal words compiled in the early 1890s. The name "Thirroul", however, appears to be a misnomer. William Saddler (a well known Aboriginal elder from Port Kembla) complained about the "meaningless" name. He said the area was called "Throon" which meant "Bush leech". Saddler claims Aboriginal people warned their children about the large number of leeches found high on the escarpment near the site of what would later become the Excelsior Colliery.

Your Wollongong Accommodation

There is lots of cafes, supermarkets and accommodation at Wollongong. You can easily find what you need.

Novotel Northbeach Wollongong

2-14 Cliff Rd,
North Wollongong NSW 2520
Australia (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.



Wollongong to Windang - 25km Cycle

The Ride

- Explore the lovely Boat Harbour at Wollongong then head inland to the Nan Tien Temple. Here you can wander through the temples and gardens, or dine at the lovely tea house. Please note that you are not permitted to cycle in temple grounds, and that respectful attire should be worn for going inside the temples.
- From the Temple, you head down to Lake Illawarra, and cycle around the shoreline. For lunch, we recommend either taking a packed lunch for a picnic by the lake, or stopping at one of the following:
- The Tea House at Nan Tien Temple (delicious noodle and vegetarian dishes)
- It is a flat cycle all the way to the Windang Tourist Park for the night. You will pass by the out the put-put golf course and stay at the lake's entrance
- **We Love**
- The cycle around the lake .
- Nan Tien Temple, the largest Buddhist Temple in the Southern Hemisphere. This very different experience has grandeur architecture, art and culture, unique exhibitions and vegetarian culinary delights

Food

- The Tea House at Nan Tien Temple (delicious noodle and vegetarian dishes)

Fun Fact

- Windang is an aboriginal word meaning "scene of a fight". William Turnbull purchased land in the area in 1920 and erected a two-story building called "Wyndang House". Excelsior Colliery.

Your Windang Accommodation

Windang has a supermarket, cafes and only has the Tourist Park with ensuite cabins. So if needed, choose another accommodation along the route

Windang Beach Tourist Park Fern St, Windang
(02) 4297 3166



Windang Beach Tourist Park is nestled between picturesque Lake Illawarra and the sparkling blue waters of Windang Beach, this park is a haven for water enthusiasts, offering the very best in fishing, boating, windsurfing and surfing, or simply enjoy the golden sunrises or moonlight caressed waters.

The Park offers a variety of self-contained 1, 2 or 3 bedroom cabins - many equipped with washing machine and dryer, air conditioning, spa, private BBQ, and undercover verandahs with lake views.



Windang to Kiama - 25km Cycle

The Ride

- Your third day's ride starts out along the bike path by the beach, and in to the pretty Shellharbour Village. With plenty of cafes and restaurants, this is a great place for an early lunch or morning tea.
- After navigating the quiet suburbs around Shellharbour, your cycle then takes you through mangrove swamps to the mouth of the Minnamurra River.
- From the Minnamurra River to Kiama is quite a hilly ride, and so we recommend allowing plenty of time for this last 8kms! This section is also very dramatic and beautiful with some great views - we guarantee that you won't want to hurry through it. Most children under 11 years of age find that these short but steep hills are too difficult to cycle up, so please be prepared to take your time and walk up these hills.
- This section also has some great swimming beaches and picnic locations, as well as a couple of cafes and some take away shops. These are marked on your maps, and are great for breaking up this last section of the ride.
- Kiama is a very popular holiday destination, with plenty of cafes, restaurants and sights, including the beautiful headland and blowhole.
- Take the train back to Thirroul with your bikes.

We Love

- The wonderful wild coastal views.

Food

- The cafes at Shellharbour.

Fun Fact

- The Kiama Blowhole is the largest in the world and was seen by George Bass in 1797.

Train Details

Travelling from Sydney to Waterfall

Waterfall Station is on the South Coast train line. Trains depart from central Sydney approximately every 20 minutes, and take about 1 hour. Please refer to www.transportnsw.info for travel information, or contact Australian Cycling Holidays for assistance on where and when to catch the train.

Returning from Kiama

You can take a train from Kiama back to Thirroul or Sydney.



What to Bring—not too much!

- Wear shorts or comfortable trousers, very bright t-shirt or hi-vis and covered shoes for cycling.
- Bring good wet weather gear. Long pants and jacket.
- 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.
- Tool kit, pump, spare tube.
- Water Bottles

