

Explore Our Living Coast



POPULAR Cycling Routes

Coffs Harbour

Bellingen

Nambucca



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Our Living Coast is an alliance of Coffs Harbour City Council, Bellingen Shire Council and Nambucca Shire Council and is assisted by the New South Wales Government through its Environmental Trust.



Gumbaynggirr Nation

The Our Living Coast region encompasses the traditional homelands of the Gumbaynggirr people. We respect and fully acknowledge the Gumbaynggirr Aboriginal people as traditional custodians of this land.

Gumbaynggirr Nation stretches along the east coast of NSW from the Nambucca River in the south, to the area of the Clarence River in the north, and west to the Great Dividing Range, and is made up of a number of tribal family clans.

The Gumbaynggirr people have occupied this land for thousands of years, forming one of the largest coastal Aboriginal nations in New South Wales.

Many local places have names relating to Aboriginal language, culture or mythology, and there are a number of sites that hold particular cultural or sacred significance. Locals and visitors are encouraged to take the time to learn and understand more, through cultural NPWS Discovery tours, information displays in National Parks and nature reserves, and by visiting local indigenous cultural centres.

For more information:

www.arrawarraculture.com.au

www.muurrbay.org.au

www.coffsharbouralc.com.au

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Garlambirla Guuyu Girrwaa – Coffs Harbour Elders Group.*

Exploring

No matter what your skill level, there are many opportunities for exploring the Coffs, Bellingen and Nambucca regions on two wheels – from dedicated, shared off-road bike paths, to informal bike routes between towns and villages.

Using this booklet

This booklet contains a series of maps, displaying a selection of popular cycling routes enjoyed by local cyclists. Each of these maps are followed by a short description of each of the routes.

It has been presented in six regions, to enable you to explore at your own pace. Pick a ride route as described, or use the booklet to plot your own ride within or across each region.

Select routes that match your skill, confidence and fitness level.

This is in no way a comprehensive list of every possible ride throughout Coffs, Bellingen and Nambucca. For more ideas on favourite riding routes, ask at one of the local bike shops (page 29), or the local Bicycle User Group (BUG) or cycling club (back page.)

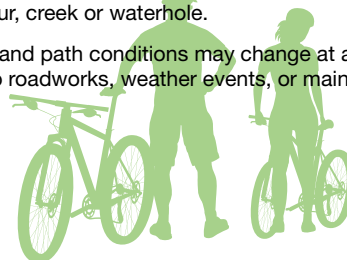
The routes included in these maps are primarily on sealed roads or shared paths, with any unsealed sections generally navigable on a 'hybrid' bike as well as a mountain bike (MTB).



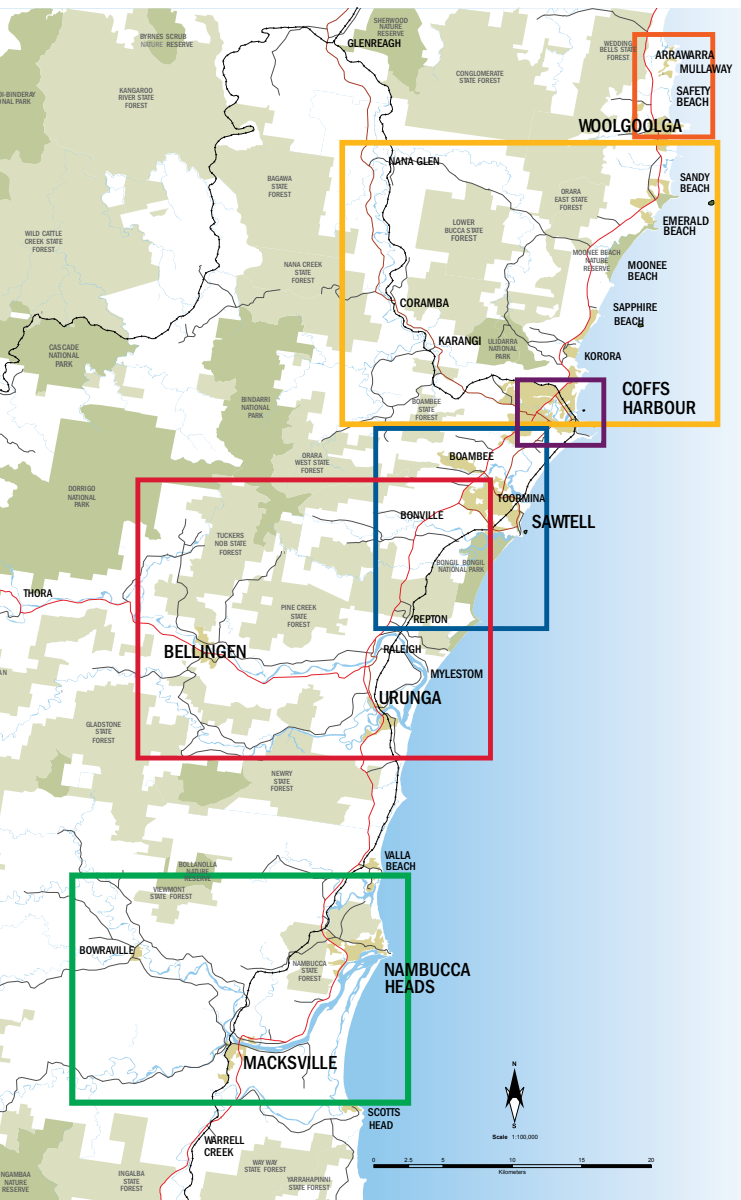
Popular MTB areas and some routes have been indicated. See the 'MTB' section, page 30 for details.

Tips

- Take a bike lock with you so that you can explore on foot, relax in a café, or cool off with a swim in the surf, harbour, creek or waterhole.
- Road and path conditions may change at any time due to roadworks, weather events, or maintenance.



Map regions



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Legend

	Ride routes		Side trips
	Shared paths/bike lanes		Go for a walk!

	Bike Shop		Picnic Area
	Coffee!		Playground
	Information Centre		Public Toilets
	Lookout		Train Station
	Patrolled Beach		Walks

	Sealed Road		Shared path
	Unsealed Road		Bike Lane

Safe riding tips

Cyclists need to obey the same road rules and regulations as motorists. By following the rules and tips below you will be safer on the road.

- Wear an approved bicycle helmet.
- Ride on the **left** side of the road.
- Obey traffic signs and road laws.
- Give way to pedestrians and other vehicles when entering and crossing a road.
- Use lights and reflective clothing when riding at night.
- You are allowed to ride two abreast, but not more than 1.5 metres apart.
- You are allowed to cycle on a footpath only where indicated by signage. (Shared pathways – see below).
- In NSW children under 12 years of age can ride on a footpath. An adult can also ride on a footpath provided they are supervising a child under 12 years old.
- Look well ahead and scan the road for hazards.
- Be predictable - clearly signal your intentions.
- Use cycling facilities if provided.
- Give way to pedestrians at pedestrian crossings.



Shared pathways

Some of the routes in this brochure use shared pathways. These are identified by signs.

CYCLISTS should:

- Ride on the left side of the path.
- Control your speed.
- Sound your bell or call out 'passing on the right' as you approach pedestrians.
- Slow down, give way to pedestrians and pass on the right.

Roundabouts

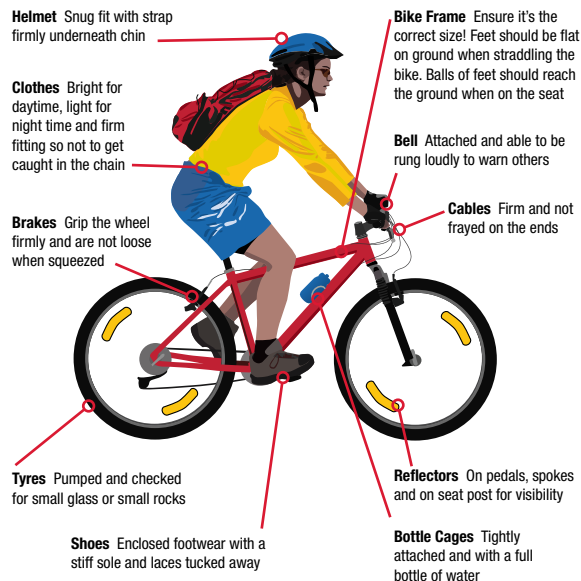
With many roundabouts in our road system, it is important to know how to travel through them safely - particularly when you wish to turn right. There are two ways to do this:

- You may turn right by signalling and then moving across to the right hand (inner) lane when vehicle traffic behind you allows, or
- You can negotiate the roundabout through the left hand (outer) lane, but you must give way to vehicle traffic at each exit point.

Cycling on rural roads

A number of routes in this booklet are in rural or semi-rural areas. The terrain in these areas is undulating and the roads have a range of shoulder widths, or none at all. Some of these routes are more suited to experienced, sport or touring cyclists with above-average fitness levels. Cyclists may encounter steep climbs and fast descents on narrow roads. Extreme caution should be taken.

Safety checklist



- Carry a toolkit, with a spare tube and pump. Make sure you know how to change a tube.
- A pannier is an even better option than a backpack for carrying food, jackets, wet weather gear.
- Wear bike gloves to protect your hands.
- Don't forget the sunscreen and sunglasses.
- Keep your bike maintained.

Bike shops

JR Cycles

Unit 1/ 4 Minorca Place,
Toormina NSW 2452
t. 02 6658 5500

Rainbow Cycles

24 Isles Drive,
Coffs Harbour NSW 2450
t. 02 6651 5943

Ventoux Cycles

27 Park Beach Road,
Coffs Harbour NSW 2450
t. 02 6651 3355

Bob Wallis Cycles

Shop 30 Homebase,
252 Pacific Highway,
Coffs Harbour NSW 2450
t. 02 6652 5102

Woodseys Wheels

Shop 5/ 5 Market Street,
Woolgoolga NSW 2456
t. 02 6654 1217


C K Cycles & Skate Macksville

Shop 3/ 14 Cooper Street,
Macksville NSW 2447
t. 02 6568 4466



MTB mountain biking

For those who enjoy hitting the dirt and getting away from the traffic, there are many mountain biking opportunities available – on unsealed roads, through state forests and national parks, and even in some dedicated MTB single track areas that are open to the public.

These areas in general have been marked on the maps with  however, specific details about the distances of gravel sections and grades of these roads and tracks have not been included.

Use the information below to source further information.

- NPWS *Coffs Coast Bushland* brochure for maps that show walking/cycling trails in Bongil Bongil National Park.
- Go to www.barkhutmountain.com for information on dedicated MTB tracks at Pine Creek (SAWTELL map) and Jacks Ridge (NAMBUCCA map).

- Ask at one of the bike shops for more ideas.

Topographic maps:

Woolgoolga	9537-4-N
Moonee Beach	9537-4S
Coffs Harbour	9532-3-N
Brooklana	9437-2N
Raleigh	9537-3S
Bellingen	9437-2S
Missabotti	9436-1N
Wenonah Head	9536-4N
Macksville	9436-1S



Reasons to cycle

Cycling is a great way to exercise while also enjoying the environment around you. Not only that, it's good for the environment too!

- It's a great **aerobic** exercise – your heart, lungs and blood vessels all get a workout.
- It improves your **muscle tone** and **strength**, working on most of the muscles in your legs.
- It can help **manage your weight**. Average cycling burns about 300 calories an hour.
- It is **low impact** on your joints.
- Getting active also helps you feel more **energetic**, enhances your level of **concentration**, assists in **reducing stress** and **anxiety** and helps you **sleep better**.
- It's cheaper than joining a gym!
- Swapping short journeys from car to bicycle **reduces noise, air pollution** and **traffic congestion**.
- There are **no fuel costs!**

All great reasons to get on your bike, take a short trip, or a tour and enjoy!



☀ Disclaimer

All care has been taken to ensure that the information contained herein was correct at the time of publication, however no responsibility is accepted for any errors or omissions. Cyclists using the Our Living Coast Popular Cycling Routes booklet do so at their own risk. Safe cycling is the responsibility of the individual.

CHCC, BSC and NSC will not accept responsibility for any personal injury, loss of and/or damage to property arising out of the use of these maps.

The location of facility symbols on this map are indicative only. The inclusion of any service, facilities or businesses on this map is not to be construed as Council endorsing or promoting, or not as the case may be, a service, facility or business above any other.



More information

Find out about local riding opportunities in the *Coffs Coast Independent* newspaper's weekly column "Cycling Central".

Coffs Coast Community Rides

Saturday mornings 6.30am from City Centre. Ride to Sawtell, return for coffee 8am. Different groups and distances for different abilities.

Bicycle User Groups & organised social rides

Coffs Harbour BUG – www.coffsbug.org.au

Dorrigo Urunga Bellingen BUG – www.dubbug.org.au

Nambucca BUG – ride calendars at CK Cycles & Skate, Macksville

Coffs Harbour Cycling Club – Road and MTB racing

www.coffsharbourcycleclub.org.au

Clubs

Coffs Harbour Cycling Club – Road and MTB racing

www.coffsharbourcycleclub.org.au

Nambucca Valley Cycle Club

e. nambuccavalleycycleclub@gmail.com

Coffs Coast Cycle Challenge – www.coffscoastcyclechallenge.com

Resources

Bicycle NSW – www.bicyclensw.org.au

NSW Bicycle Info – www.bicycleinfo.nsw.gov.au

RTA – www.rta.nsw.gov.au

Coffs Harbour City Council – www.coffsharbour.nsw.gov.au/cycling

Bellingen Shire Council – www.bellingen.nsw.gov.au

Nambucca Shire Council – www.nambucca.nsw.gov.au

User generated bike routes – www.mapmyride.com

Visitor Information Centres

Coffs Coast Tourism

www.coffscoast.com.au

Coffs Coast Visitor Information Centre

Cnr McLean St & Pacific Hwy,
Coffs Harbour.

T. 1300 369 070

T. (02) 6648 4990

Sawtell

First Ave

T. (02) 6653 1577

Woolgoolga

Cnr Beach & Boundary Sts

T. (02) 6654 8080

Bellingen Shire

Pacific Hwy, Urunga

T. (02) 6655 5711

Waterfall Way

Hyde St, Bellingen

T. (02) 6655 1522

Nambucca Valley Tourist Information

Pacific Hwy (cnr Riverside Drive)

Nambucca Heads NSW 2448

T. (02) 6568 6954

www.nambuccatourism.com.au

Acknowledgements

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