# MS GONG RIDE

**Central Station**

**Tempe Recreation Reserve** — **82km START**

Ramsgate Beach — 74km

Loftus Oval — 58km

**Preston Park** — **54km START**

Waterfall Train Station — 46km

**Red Cedar Flats (Royal National Park)**
(Short course morning tea / lunch) — 36km

Otford Lookout — 33km

Bald Hill — 29km

Seacliff Bridge — 25km

**Scarborough Public School (Fruit Stop)** — 21km

Nicholson Park, Woonona — 9km

**Lang Park, Wollongong** — **FINISH**

Wollongong Train Station

*\* Subject to change*

## Legend

- 🔴 Start / Finish Sites
- ⭕ Meal Break Sites
- ⚪ Rest Sites
- ···· Closed road
- ⊢⊢⊢ Return trains to Sydney

- BBQ Vendor
- Bike Mechanics
- Coffee/Tea
- First Aid
- Fruit
- Information

- Lunch
- Muffins
- Scenic Location
- Toilets
- Water