

A Guide to Cycling in the Illawarra



Compiled by Werner Steyer | First edition September 2006 | 7th revision December 2020

Introduction

This cycling guide and associated maps have been produced by the Illawarra Bicycle Users Group (iBUG) and Kiama Bicycle Users Group (KBUG) to promote cycling in the Illawarra region.

The ride guides and associated maps are intended to assist cyclists in planning self-guided outings in the Illawarra region. All persons using this guide accept sole responsibility for any losses or injuries incurred as a result of misinterpretations or errors within this guide.

Cyclists and users of this Guide are responsible for their own actions and no warranty or liability is implied.

Should you require any further information, find any errors, or have suggestions for additional rides please contact us at contactus@ibug.org.au

Additional ride information is available from the KBUG website www.kiamabug.org.au or the iBUG website www.ibug.org.au.

KBUG also runs a number of rides each week and welcomes visiting and new riders - see KBUG website for details.

As the conditions may change due to road and cycleway alteration by Councils and the RMS and weather conditions cyclists must be prepared to change their plans and riding style to suit the conditions encountered.

As the Illawarra is a narrow coastal strip, sandwiched between the Pacific Ocean and the Illawarra Escarpment, many of the rides are described as one way rides and riders need to retrace the route for the return journey.

Alternately people can utilize trains to reach the start of rides or for the return trip, please remember to check that trains are running, as buses used during periods of track work don't have provision for bicycles. Please note Dunmore Station is no longer in use as it has been replaced by Shellharbour Junction Station, the pedestrian crossing is however still in use.

Many of the rides described can be linked to make longer rides to match your riding needs.

Visitors to the area, with limited time, may wish to enjoy the best of the Illawarra's cycling facilities and scenery by catching a train to either Kiama or Thirroul and riding the coastal route in one direction. Riders should consult the weather forecast and plan to use the wind to their advantage.

The maps associated with the various rides are intended to depict the rides and location on shared path and cycling lanes. In addition to the TdI maps riders should carry an area map, such as the free Wollongong and Shellharbour Cycling Maps, to aid in navigation and find streets not shown on the TdI maps. Maps are free from local tourism offices.

Distances shown in ride descriptions, (7.3 km), are approximate distances from the start of the ride.

The start and finish of rides are generally located where there is space to park cars. Many of the rides also start and finish near railway stations to give cyclists the option of using trains to join the rides.

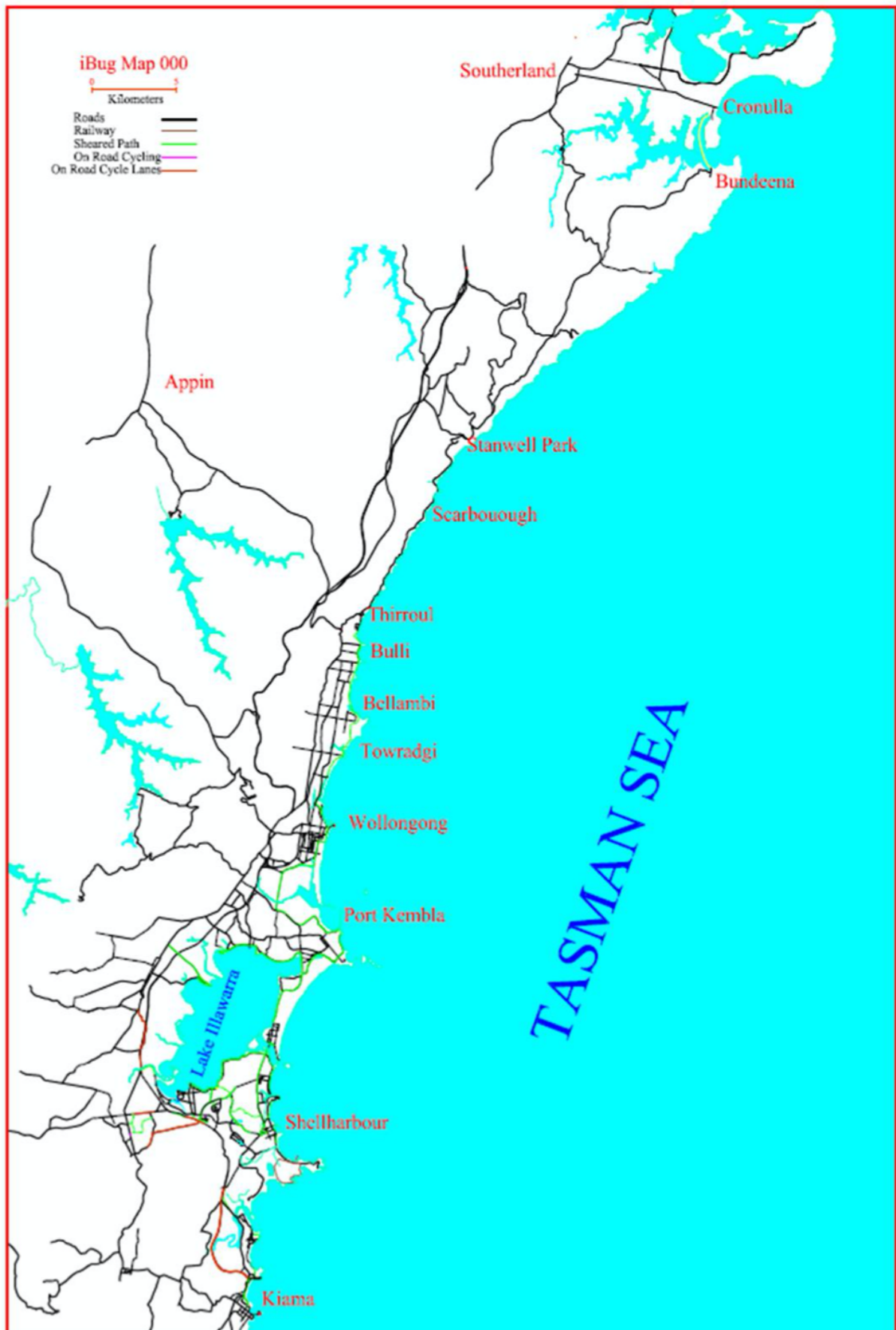
Ride Grading

Easy: Rides indicated as easy predominantly use Shared Paths and quiet residential streets and have few long steep hills, unless stated in the ride descriptions. The rides are suitable for people of average fitness and limited cycling experience. Be prepared to walk on steep hills.

Moderate: These rides could have sections of heavy road traffic, some steep hills and are more suited to riders with experience riding on roads as they have a greater interaction with general road users.

Hard: These rides will be predominately on roads with sections of multi-lane fast moving traffic and with long steep hills to negotiate.

Extreme: Riders can expect numerous long steep hill roads and/or heavy fast moving traffic. These rides are suitable only for people used to riding under those conditions.



Safety

Know and follow the Rules:

All riders must have an understanding of the road rules pertaining to cycling; see the RTA web site at

www.rta.nsw.gov.au/rulesregulations/ for further information.

Wear a Helmet:

Cyclists must wear an approved helmet while riding, including when riding on Shared Paths and Cycleways.

Be Safe - Be Seen:

Wear bright coloured clothing so others can see you and a rear flashing light

Share the Path:

Follow the Shared Path etiquette and make our paths a joy for all to share



Call 000 in Emergencies

Police Stations

Only Wollongong and Oak Flats police stations are manned 24/7 other stations have limited hours of operation.

Helensburgh	4294 1013
Scarborough	4267 2044
Austinmer	4267 1088
Bulli	4283 0200
Wollongong	4226 7899 (manned 24/7)
Port Kembla	4276 5199
Dapto	4262 9499
Oak Flats	4232 5599 (manned 24/7)
Albion Park	4256 1044
Kiama	4232 1444
Gerringong	4234 2600

Ride Information

The rides listed below are popular local routes, with short descriptions and links to detailed descriptions and maps.

- To access full ride directions and 'paper' maps click on the *Brochure* link
- To download digital maps to your phone tap on the *GPX link*

Ride K1	Kiama Scenic Tour		
	<i>This ride explores the scenic highlights of the Kiama coastline. The shared paths along the Kiama Harbour foreshore are suitable for families. As Kiama is hilly some hill climbing over headlands cannot be avoided but the effort is rewarded with some of the best coastal views in the Illawarra.</i>		
	Distance: 12 Km	GPX Link:	https://ridewithgps.com/routes/36812657
	Grade: Moderate	Brochure:	Tdi - Ride K1
Ride K2	Windang to Dunmore		
	<i>An enjoyable coastal ride on shared paths with some hills and traffic on Dunmore Road</i>		
	Distance: 12 Km	GPX Link:	ridewithgps.com/routes/35444556
	Grade: Moderate	Brochure:	Tdi - Ride K2
Ride K3	Dunmore to Kiama		
	<i>An enjoyable coastal ride on shared paths with some hills.</i>		
	Distance: 15 Km	GPX Link:	ridewithgps.com/routes/35445930
	Grade: Moderate	Brochure:	Tdi - Ride K3

Ride K4	Kiama to Dunmore / Windang		
	<i>Some short hills, residential streets, beach and escarpment views</i>		
	Distance: 16 Km	GPX Link:	ridewithgps.com/routes/33537602
	Grade: Moderate	Brochure:	Tdl - Ride K4
Ride K5	Killalea & Bass Point - Mountain Bike Rides (3)		
	<i>Short scenic rides with wonderful beach and ocean views at Killalea</i>		
	Distance: 28 km	GPX Link:	Mystics Loop Bass Pt Killalea Loop
	Grade: Moderate	Brochure:	Tdl - Ride K5 (3 MTB Rides)
Ride K6	Minnamurra to Jamberoo & Minnamurra Rainforest		
	<i>A scenic ride through rolling hills, farmland and rainforest</i>		
	Distance: 20 Km	GPX Link:	ridewithgps.com/routes/35234543
	Grade: Moderate	Brochure:	Tdl - Ride K6
Ride K7	Bombo to Primbee Scenic Explorer		
	<i>An enjoyable coastal ride on shared paths and residential streets.</i>		
	Distance: 15 Km	GPX Link:	ridewithgps.com/routes/35195247
	Grade: Moderate	Brochure:	Tdl - Ride K7

Ride K8	Kiama, Jamberoo, Shellharbour - on road Loop		
	<i>Shellharbour to Bombo, Kiama, Jamberoo Albion Park, Oak Flats and back to Shellharbour.</i>		
	Distance: 45 Km	GPX Link:	ridewithgps.com/routes/35462391
	Grade: Hard	Brochure:	
Ride K9	Kiama to Oak Flats - on the Highway		
	<i>Kiama to Oak Flats using the Bicycle Lanes on the F6 Freeway.</i>		
	Distance: 20 Km	GPX Link:	
	Grade: Moderate	Brochure:	
Ride K10	Gerroa - Shoalhaven Heads - Seven Mile Beach (Mountain Bike Trail)		
	<i>An enjoyable ride through the Seven Mile Beach National Park, and along Seven Mile Beach.</i>		
	Distance: 15 Km	GPX Link:	ridewithgps.com/routes/35688334
	Grade: Moderate	Brochure:	Tdl Ride K10
Ride K11	Gerringong to Berry		
	<i>A ride down the highway, and explore some country roads - Three rides</i>		
	Up to 70 Km	GPX Link:	ridewithgps.com/routes/35462545
	Grade: Moderate	Brochure:	Tdl - Ride K11

Ride SR1	Blackbutt Reserve Circuit		
	<i>Involves some steep hills in the first two kilometres and follows the shared path in a loop from Blackbutt Reserve.</i>		
	Distance: 20 Km	GPX Link:	
	Grade:	Brochure:	
Ride SR2	Around the Lake - mostly shared path		
	<i>Around Lake Illawarra using shared paths and residential streets.</i>		
	Distance: 43 Km	GPX Link:	ridewithgps.com/routes/35453814
	Grade: Moderate	Brochure:	Tdl - Ride SR2
Ride SR3	Around the Lake - on the road		
	<i>This ride is for the cyclist who enjoys riding on busier roads.</i>		
	Distance: 40-60 Km	GPX Link:	
	Grade: Hard	Brochure:	
Ride SR4	Albion Park Rail Station - Marshall Mount - Huntley Loop		
	<i>A scenic ride through the Illawarra Hinterland.</i>		
	Distance: 45 Km	GPX Link:	ridewithgps.com/routes/35107176
	Grade: Moderate	Brochure:	Tdl - Ride SR4

Ride SR5	Albion Park Jamberoo Loop		
	<i>Albion Park to Jamberoo, Dunmore via Swamp Road, Shellharbour, Oak Flats and back to Albion Park</i>		
	Distance: 35 Km	GPX Link:	
	Grade: Hard	Brochure:	
Ride SR6	Shellharbour City Circuit Ride		
	<i>Suitable to most riders, a mixture of shared paths and on-roads riding.</i>		
	Distance: 28 Km	GPX Link:	
	Grade: Moderate	Brochure:	
Ride SR7	North Macquarie Loop		
	<i>A ride through rolling hills between the lake and escarpment.</i>		
	Distance: 33 Km	GPX Link:	
	Grade: Moderate	Brochure:	
Ride W1	Thirroul to Wollongong		
	<i>Enjoy a scenic ride along the northern Illawarra coast.</i>		
	Distance: 17Km	GPX Link:	ridewithgps.com/routes/35453675
	Grade: Easy	Brochure:	Tdl - Ride W1
Ride W2	Wollongong to Windang via Port Kembla		
	<i>An easy scenic ride mostly on shared paths and back streets following the coast and through the BlueScope Steel industrial area.</i>		
	Distance: 23 Km	GPX Link:	ridewithgps.com/routes/35200366

	Grade: Easy	Brochure:	Tdl - Ride W2
Ride W3	Commuting around the University of Wollongong		
	<i>Commuting to the University from the north and south.</i>		
	Distance: Various	GPX Link:	
	Grade: Various	Brochure:	
Ride W4	Mt Keira Mt Kembla Loop		
	<i>A good workout after a night out on the town!</i>		
	Distance: 24 Km	GPX Link:	ridewithgps.com/routes/35368051
	Grade: Extreme	Brochure:	Tdl - Ride W4
Ride W5	Mt Kembla Mine Memorial Trail Ride		
	<i>The ride follows the remains of the original 1882 railway between Mount Kembla Mine on American Creek to Red Point, Five Islands (now part of Port Kembla outer harbour)</i>		
	Distance: 35 Km	GPX Link:	ridewithgps.com/routes/35362318
	Grade: Moderate	Brochure:	Tdl - Ride W5
Ride W6	Thirrourl to Stanwell Park and Bald Hill		
	<i>Thirrourl to Stanwell Park for Coffee after crossing the Sea Cliff Bridge and up Bald Hill for the views.</i>		
	Distance: 17 Km	GPX Link:	ridewithgps.com/routes/35319669
	Grade: Hard	Brochure:	Tdl - Ride W6

Ride W7	Stanwell Park or Bald Hill to Bundeena and Cronulla		
	<i>This ride follows the coast north from Stanwell Park to Bundeena and involves several long steep hills on narrow roads.</i>		
	Distance: 32 Km	GPX Link:	ridewithgps.com/routes/35327310
	Grade: Hard	Brochure:	Tdl Ride W7
Ride SH1	Robertson - Belmore Falls - Fitzroy Falls Loop		
	<i>This is a ride to give the legs a workout as it requires riding up Macquarie Pass.</i>		
	Distance: 56 Km	GPX Link:	ridewithgps.com/routes/34856323
	Grade: Extreme	Brochure:	Tdl Ride SH1
Ride SH2	Robertson - Kangaloon - Tourist Rd Loop		
	<i>Scenic ride in the Illawarra hinterland. All on road with hills and traffic.</i>		
	Distance: 40 Km	GPX Link:	ridewithgps.com/routes/35453886
	Grade: Moderate	Brochure:	TDL - Ride SH2
Ride SH3	Burrawang - Fitzroy Falls Loop		
	<i>Scenic ride in the Illawarra hinterland. All on road with hills and traffic.</i>		
	Distance: 30 Km	GPX Link:	
	Grade: Hard	Brochure:	
Ride SN1	Huskisson - Tomerong Loop		
	<i>Explore the shores of Jervis Bay and St Georges Basin - Mix of On-Road and Shared Paths.</i>		
	Distance: 40 Km	GPX Link:	

	Grade: Moderate	Brochure:	