

Date	Ride	Duration	Start	Description	Rating
<b>Saturday 25 March</b>	<a href="#">St Ives</a> <a href="#">Four Gorges</a> <a href="#">.Bobbin Head</a> <a href="#">.Galston</a> <a href="#">.Berowra Waters</a> <a href="#">Brooklyn</a> <a href="#">.Bobbin Head</a>	97km 5 hours or 75km 4 hours+	Meet in the car park at the intersection of Stanley St and Mona Vale Rd, St Ives at 6.30am opposite Pattison's Bakery.	A spectacular ride. A fifth gorge can be added by turning left at Berowra and tackling Brooklyn. The climbs are well spaced and consistent. For those who have never done this ride – it is a must. We will be riding in a clockwise direction so the climbs will be in the same order as listed in the "Ride Column". <a href="http://www.mapmyride.com/routes/fullscreen/37024400">http://www.mapmyride.com/routes/fullscreen/37024400</a>	Hard
<b>Sunday 9 April</b>	<a href="#">Royal National Park, Stanwell Tops Loop</a>	87km 4 Hours	Meet at <a href="#">Café Bella Dee</a> , Cnr Tuffy Ave and Fontainebleau St, Sans Souci in time for a 6.00am departure.	A picturesque but rather lumpy ride, which turns left just past Sutherland and drops into the Royal National Park. After climbing out the other side of Audley Weir we head south ALL the way to Bald Head at Stanwell Tops. Here we turn right and head to the Old Princess Highway, which we follow back to Waterfall. Once at Waterfall we scream back to Sutherland before following the Kingsway and Taren Point Rd back to Bella Dee and some well earned Corn Fritters and caffeine. <a href="http://www.mapmyride.com/routes/fullscreen/1455435844/">http://www.mapmyride.com/routes/fullscreen/1455435844/</a>	Medium / Hard
<b>Saturday 29 April</b>	<a href="#">Maraylya Loop</a>	95.93km 5hrs	Meet in the car park at the intersection of Stanley St and Mona Vale Rd, St Ives at 6.30am opposite Pattison's Bakery.	The start of the ride is the same at the Four Gorges but once up the other side of Galston, it completes a loop through Annangrove, Maraylya and Middle Dural before either heading back down through the Gorge OR detouring north and returning through Berowra Waters. Depending on how much is left in the tank you can either return through Bobbin Head for another climb OR cut through Hornsby and Wahroonga for a quick return. <a href="http://www.mapmyride.com/routes/fullscreen/47624540/">http://www.mapmyride.com/routes/fullscreen/47624540/</a>	Medium / Hard

For each of these training rides, there will be two groups riding. Those doing the 132km and those doing the 83km ride. So the training distance will reflect each group accordingly.

It is highly recommended that you attend as many training sessions as you can, particularly the longer distance ones as the terrain is similar to the event.

Please ensure you notify us of the training rides you wish to attend so we can cater accordingly.

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