

DATE	TIMING	PROPOSED ROUTE (132km Ride)	KM
Sunday 22 May 2016	0800 Departure	Coronation Park, Manning St Kiama	0.00km
		SO Manning St	
		TL Terralong St	0.42km
		SO Terralong St	
		TR Spring Creek Dr	1.76km
		SO onto Princes Motorway	2.13km
		Continue on Princes Motorway	
		Take ramp to Shellharbour Rd	11.66km
		TR Roundabout	12.24km
		SO Lindsay Ln	
		SO onto Grand Pacific Dr	20.61km
		SO Grand Pacific Dr to Port Kembla Nth	28.00km
		Continue onto Five Islands Rd/Grand Pacific Dr	
		TR Springhill Rd/Grand Pacific Dr	29.73km
		SO Grand Pacific DR	
	1000 - 1030	TL Grand Pacific Dr	36.75km
		TR into Virginia St	37.35km
		TL Grand Pacific Dr	37.37km
		SO Grand Pacific Dr	
		TL at roundabout onto Bellambi Lane	42.99km
		Bellambi	
		TR Princes Hwy	44.13km
		SO Princes Hwy	
		Veer Left onto Grand Pacific Dr	48.55km
		SO Lawrence Hargrave Dr	
		Thirroul	50km
		Sea Cliff Bridge	59km
		TR Otford Rd	64.59km
		Veer Right onto Lady Wakehurst Dr	65km
		SO Lady Wakehurst Dr	
	1230 – 1330 Waratah Park Rest stop	So onto Sir Bertram Stevens Dr	77.53km
		So onto Audley Rd	97.37km
		Audley Weir	
		So onto Farnell Ave	98.98km
		TR onto Princes Hwy	100.47km
		SO Princes Hwy	
		Veer Left onto Rawson Ave	101.34km
		SO Rawson Ave	
		SO Old Princes Hwy	102.63km
		SO onto Toronto Pde	103.28km
		TR Waratah St	103.69km
		TL Princes Hwy	105.53km
		TR The Boulevarde	106.02km

		SO The Boulevard	
		TL Taren Point Rd	109.25km
		SO onto Rocky Point Rd	112.27km
		SO Rocky Point Rd	
		TR Princes Hwy	116.72km
		SO Princes Hwy	
		TR Canal Rd	124km
		SO onto Gardeners Rd	125.19km
		SO through roundabout onto Rainbow St	129.44km
		SO Rainbow St	
		TL Avoca St	
		SO Avoca Pde	130.55km
		TL High St	131.50km
	1530-1630	Arrive Sydney Children's Hospital	131.63km