
2026 SUNDAY 1 NOVEMBER
Central Station
Tempe Recreation Reserve
80km START
45 YEARS
MS GONG RIDE
Loftus Oval
56km
Preston Park
53km START
Waterfall Public School (Morning Tea)
44km
Red Cedar Flats (Royal National Park)
(Early Lunch Stop)
34km
Otford Lookout
31km
Bald Hill
31km
Sea Cliff Bridge
23km
Scarborough Public School (Fruit Stop)
19km
Thomas Dalton Park, Wollongong
FINISH
Fairy Meadow Train Station
* Subject to change
Start / Finish Sites
Meal Break Sites
Rest Sites
Closed road
Return trains to Sydney
Bag Collection
BBQ Vendor
Bib Collection
Bike Mechanics
Coffee / Tea
First Aid
Fruit
Information
Lunch
Muffins / Morning Tea
Scenic Location
Toilet
Water
msgongride.org.au | 1300 733 690 | events@ms.org.au