

2025 **SUNDAY 2**
NOVEMBER



- | | | |
|-------------------------|----------------|-----------------|
| Start / Finish Sites | Bag Collection | Information |
| Meal Break Sites | BBQ Vendor | Lunch |
| Rest Sites | Bib Collection | Medal Marquee |
| Closed road | Bike Mechanic | Morning Tea |
| Return trains to Sydney | Coffee / Teas | Scenic Location |
| | First Aid | Toilet |
| | Fruit | Water |

msgongride.org.au | 1300 733 690 | events@ms.org.au

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Old St

80km **START**

Tempe Recreation
Reserve



80km Start Site

Tempe Reserve

Holbeach Ave, Tempe

Site Open

5:00am – 8:00am

- | | | | |
|---------------|----------------|-------------|------------|
| Start Line | Bib Collection | First Aid | Toilet |
| Cyclist Route | Bike Mechanics | Information | Volunteers |
| Bag drop | Coffee Vendor | Photo wall | Water |

Express line: Ride straight through to start line

Semi Express Lane/Meeting Zone: In a group and want a meet up point? This is your lane.

* Subject to change

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Rest Site 1

Loftus Oval

Princess Hwy, Sutherland

Site Open

6:25am – 10:00am

NOTE:

This is a rest stop and there is no parking on site. Closest parking to the site is **Farnell Avenue**. It is at the police discretion who will be able to enter.

* Subject to change

Princes Highway

—●— Cyclist Route

—●— Site Access / Exit

 Bike Mechanics

 Water

 First Aid

 Toilet

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Please be respectful to residents
and follow all parking signs.



MS
GONG RIDE

53km Start Site

Preston Park

Cnr Engadine Ave &
Railway Pde, Princes Hwy,
Engadine

Site Open

7:00am – 8:30am

53km **START SITE**

 Start Line

- ► - Cyclist Route

 Bag drop Bike Mechanics Coffee Vendor Toilet Bib Collection

 First Aid

i Information

 Water

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Kooraban Street

McKell Avenue

Uloola Vehicle Trl

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The Descent

What happens if I arrive before 8:45am?

Riders arriving at Waterfall before 8:45am have the option of descending McKell Ave without entering the rest site.

Incident Response Team

There will be an Incident Response Team positioned along the descent to quickly respond to any incidents on the descent and avoid delays.



Rest Site 2

Waterfall Station

Waterfall Station

Site Open

6:40am – 11:15am

— Cyclist Route

— Cyclist Route, The Descent

— Water Fill Barriers

 Toilet

 Water

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McKell Ave

Train Line

Waterfall
Public School

Uloola
Walking Track



Rest Site 2

Waterfall PS

15 McKell Ave, Waterfall

Site Open

6:40am – 11:15am

●● Cyclist Route, The Descent

● Site Access / Exit

🔧 Bike Mechanics

⛑ First Aid

☕ Morning Tea

🚻 Toilet

💧 Water

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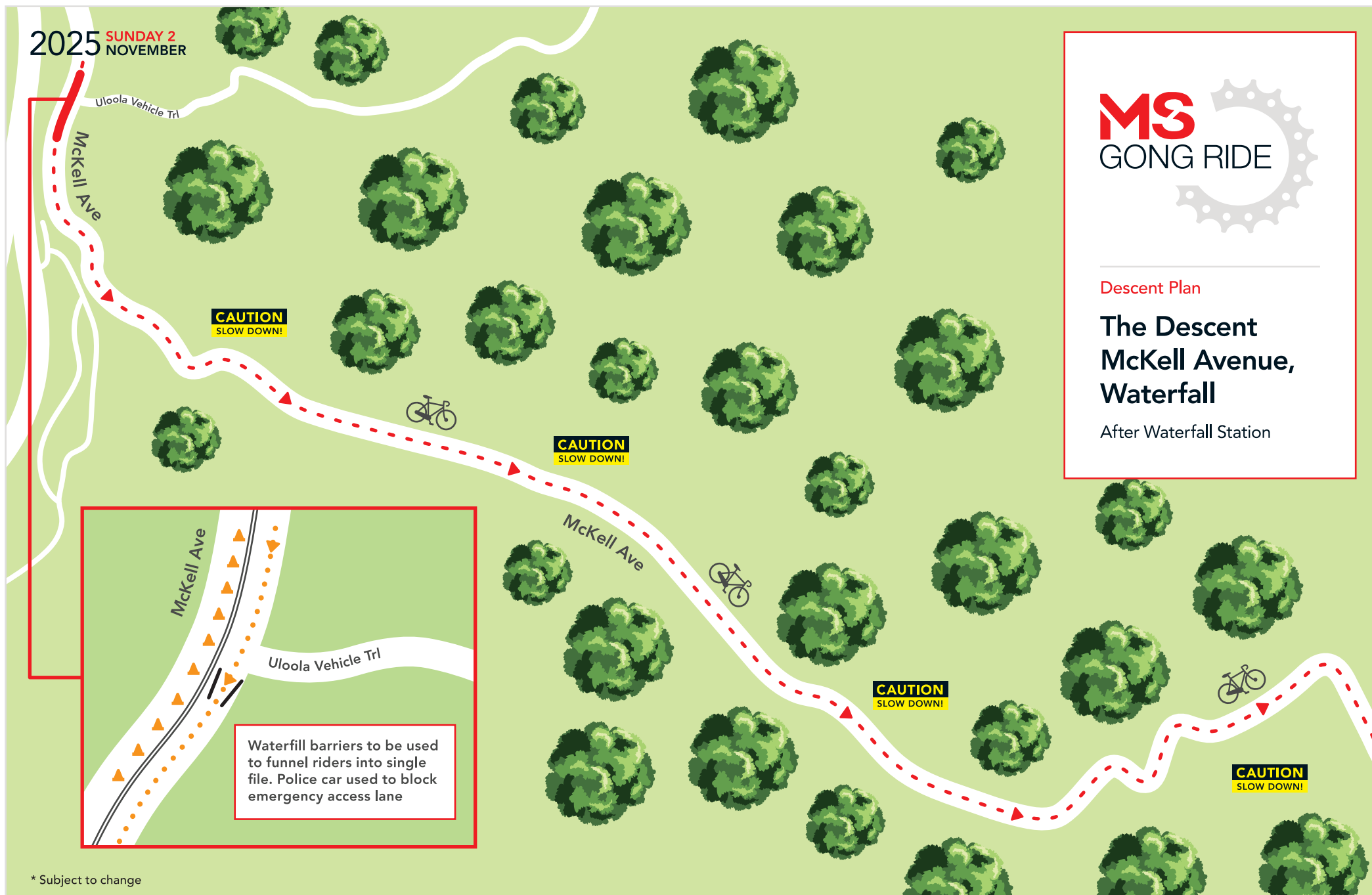
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Descent Plan

The Descent McKell Avenue, Waterfall

After Waterfall Station



* Subject to change

Participants are to be mindful and ride to the conditions and their experience level on the Descent. Be aware of your surroundings and other riders around you. Keep left, ride safely and follow all directions from NSW Police, event staff and volunteers.

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Red Cedar Flats



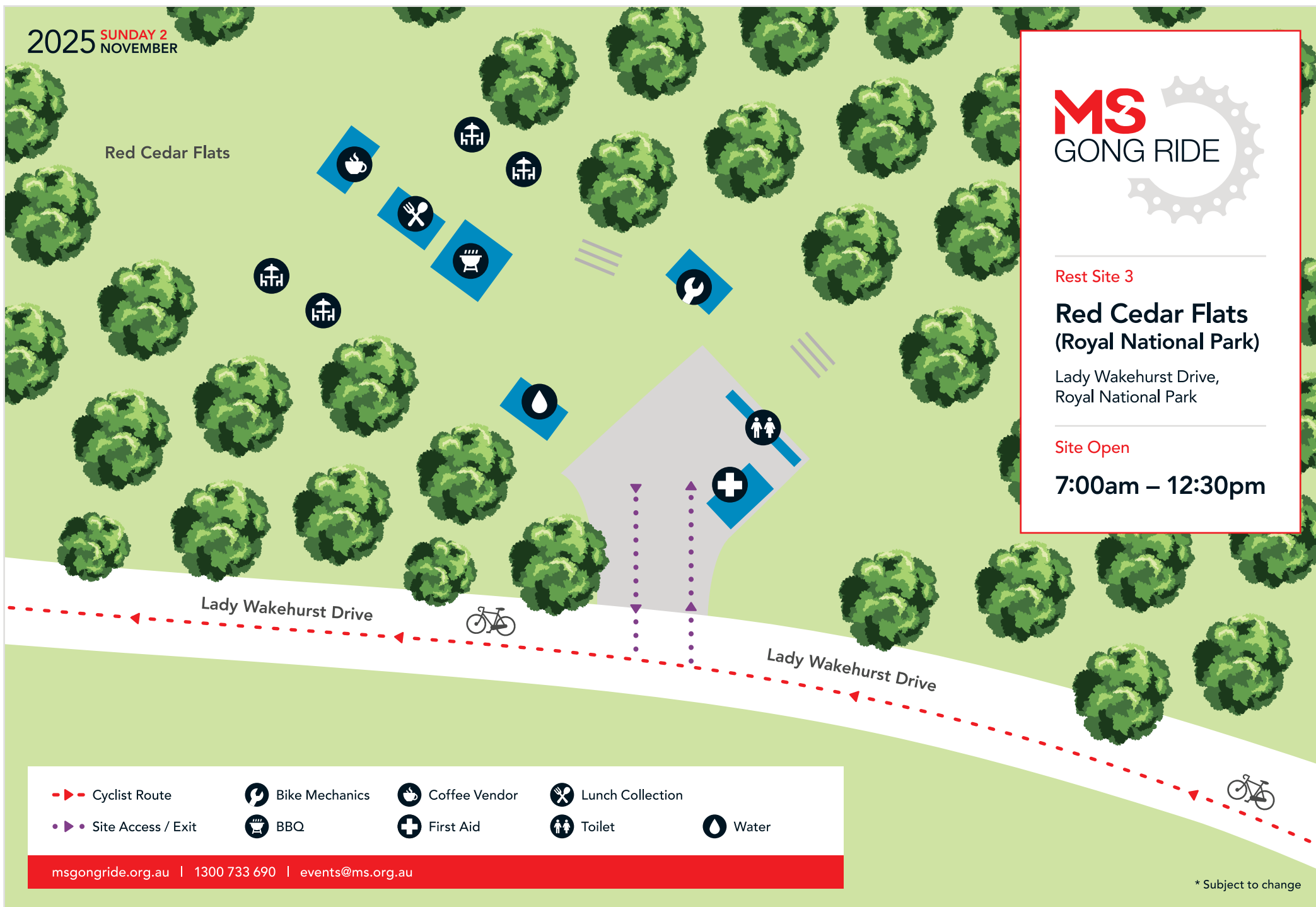
Rest Site 3

Red Cedar Flats (Royal National Park)

Lady Wakehurst Drive,
Royal National Park

Site Open

7:00am – 12:30pm



—▶— Cyclist Route

🔧 Bike Mechanics

☕ Coffee Vendor

🍴 Lunch Collection

•▶• Site Access / Exit

🍖 BBQ

🏥 First Aid

🚻 Toilet

💧 Water

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Rest Site 4

Bald Hill

Otford Road, Stanwell Tops

Site Open

7:10am – 1:20pm

Otford Road

Otford Road

Lawrence Hargrave
Memorial Monument

Bald Hill Lookout

—▶— Cyclist Route

—▲— Site Access / Exit



Scenic Location



Bike Mechanics



First Aid



Toilet

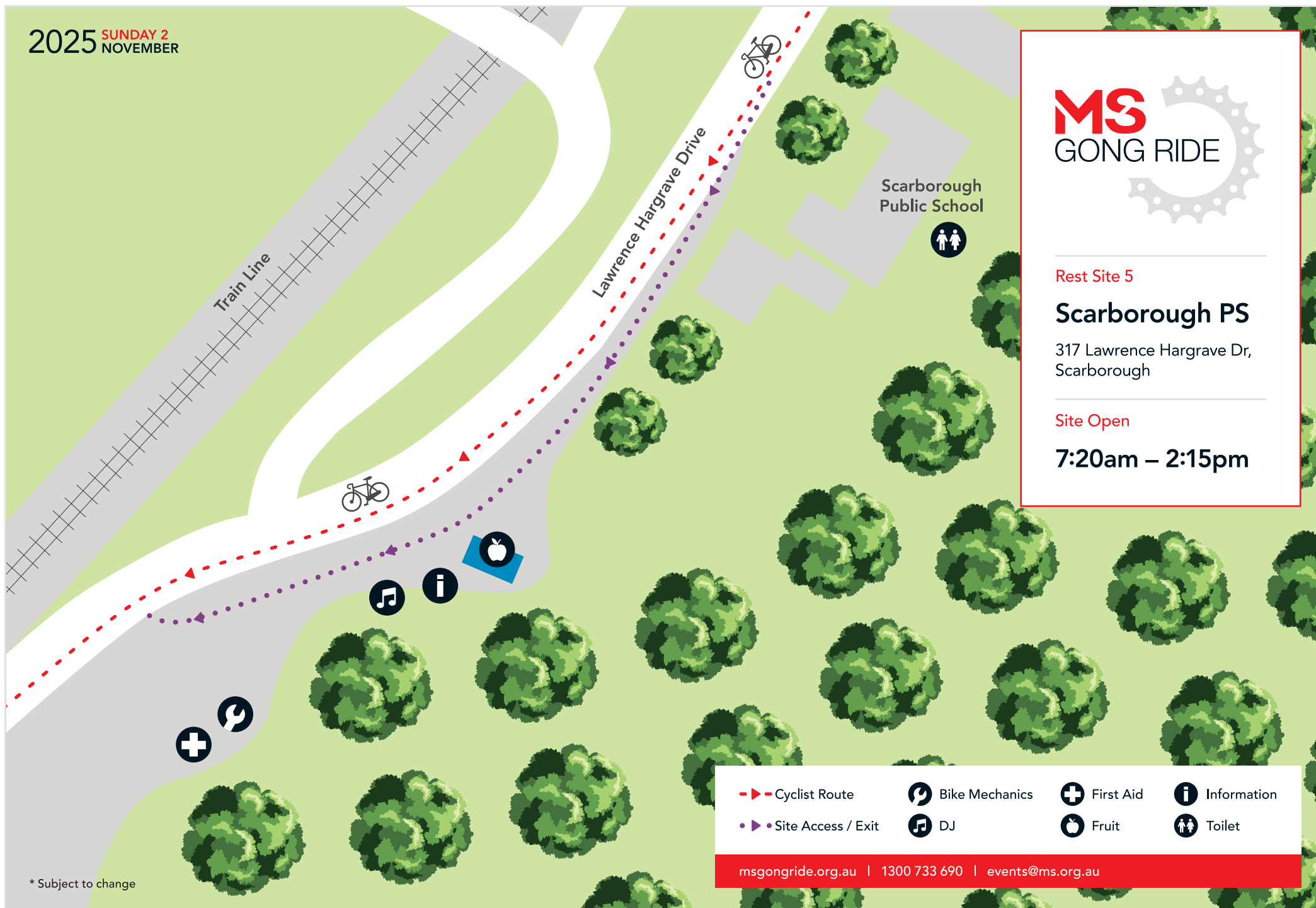


Water

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Rest Site 6

Nicholson Park

Park Road, Woonona

Site Open

7:30am – 2:45pm

—▶— Cyclist Route

—▶— Cyclist Route
(after 2:15pm)

 Bike Mechanics

 First Aid

 Toilet

 Water

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2025 **SUNDAY 2**
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Elliot's Road

FINISH

MS

Retail Activation Area

Fairy Meadow Beach



Finish Village

Thomas Dalton Park

Elliot's Road, Wollongong

Site Open

8:00am – 4:00pm

- | | | | |
|----------------|------------------------------|----------------|-------------|
| Cyclist Route | Cyclist Route (after 2:15pm) | Finish Line | MS Retreat |
| Bag Collection | Bar | Bike Mechanics | First Aid |
| Information | Lunch Pick Up | Medal Marquee | Merchandise |
| Stage | Toilet | Volunteers | Water |

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