



Maccabi Cycle & Tri Club



Cycling the best of Ku-ring-gai Chase National Park (KNP) on Sun, 29 Nov starting at 7.00am sharp

It's great to have you on board for the Club's annual one-day ride



When: Briefing at 6.50am followed by a precise 7.00am start on Sunday, 29 November 2020



Location: Start and finish at [Armchair Collective café](#) at 9A Darley St E, Mona Vale, NSW 2103



Course: Rolling through the best of KNP's tree-lined, quiet roads, including two sensational climbs (McCarrs Creek and Akuna Bay) and the undulating terrain of West Head⁽¹⁾. The [route](#) covers approximately 63km and 1,100m of vertical ascent



Key Features: A mix of steady "no-drops" and "own pace" segments (as described overleaf) guarantees an endorphin-charged, fun morning spin through Sydney's most pristine riding destination

(1) Specific Strava segments are: "Dads Army McCarrs Creek" (2.8km / 4.1%), "Akuna (Clockwise)" (3.4km / 4.3%) and "West Head Out" (12.0km) and "West Head Back" (12.0km)

Club Website

Club App

Club Strava

Membership

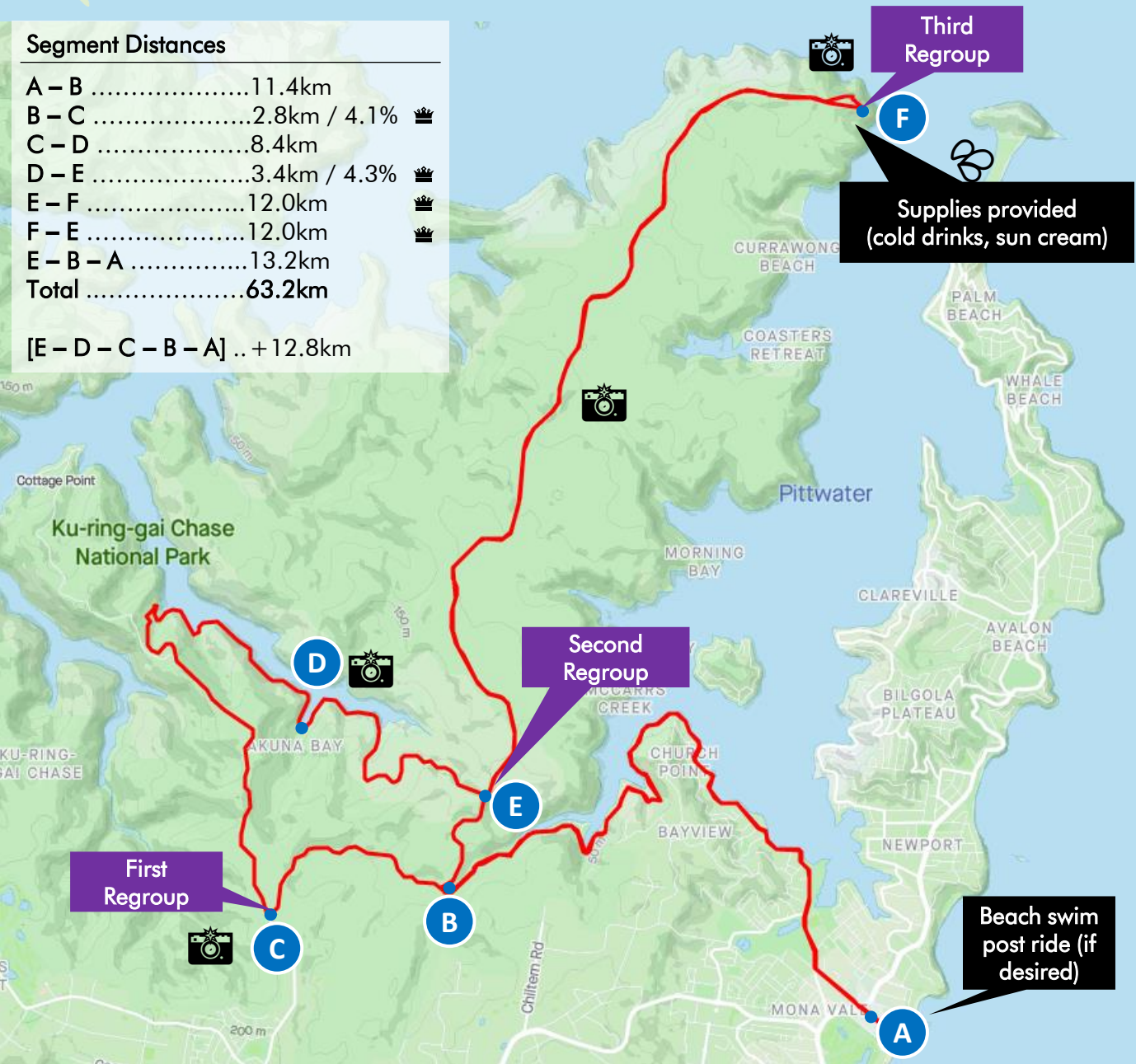


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Segment Distances

A – B	11.4km
B – C	2.8km / 4.1%
C – D	8.4km
D – E	3.4km / 4.3%
E – F	12.0km
F – E	12.0km
E – B – A	13.2km
Total	63.2km

[E – D – C – B – A] .. + 12.8km



Key Features: A mix of steady “no-drops” and “own pace” segments:

- A – B: *No-Drops* pace from Start to West Head turn off
- B – C: *Own Pace* McCarrs Creek (Dads Army) ascent for KOM and **regroup** ⁽¹⁾
- C – D: *No-Drops* to Akuna Bay boat ramp
- D – E: *Own Pace* Akuna Clockwise for KOM⁽¹⁾ and **regroup**
- E – F: *Own Pace* to West Head Lookout for KOM⁽¹⁾ and **regroup**
- F – E: *Own Pace* West Head Back for KOM⁽¹⁾
- E – B – A: Regroup at Armchair Collective for coffee and well-earned pastries
- [E – D – C – B – A]: Optional Akuna Anticlockwise for faster riders seeking an additional KOM and more kilometres⁽¹⁾

(1) These segment times will be collected from Strava and posted on the Club’s app

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