

BERRY TO SEVEN MILE BEACH NATIONAL PARK AND RETURN

Start Point:	Apex Park Berry
Map Ref:	Nowra ND D10.
Ride Finishes:	Apex Park Berry.
Total Distance:	15.6 kms.
Degree of Difficulty:	Easy
Bike Recommended:	Road
Cautions:	Squeeze point Broughton Ck bridge on Princes Hwy at Berry. Approximately one and a half hours.
Allow:	

A short sealed road ride from Berry to Seven Mile Beach. After leaving the highway at Berry, this ride takes you east through very pleasant undulating cattle farming country to the coast. Your destination, Seven Mile Beach National Park, boasts a large picnic and recreation area with very good facilities, and an unpatrolled surf beach.

kms

- 0.0 Leave Apex Park on Princes Hwy towards Kiama.
 - 0.3 **Caution** – squeeze point; no shoulder, narrow lane on Broughton Ck bridge, but footpath on South side.
 - 0.5 Turn **RIGHT** into [TANNERY RD] [SEVEN MILE BEACH 6].
 - 1.3 David Berry Hospital (Rehabilitation, Palliative Care – no emergency) on left.
 - 1.5 Straight through – follow [BEACH RD] sign.
 - 3.2 Harley Hill Cemetery on left – dates from about 1901.
 - 7.2 [STOP SIGN] – cross Gerroa Rd straight into [SEVEN MILE BEACH NATIONAL PARK].
 - 7.6 Park information, picnic grounds, electric BBQs, water, toilets.
 - 7.8 Surf beach parking area, change rooms, water, toilets, shower.
- Return** to Berry by the same route.
- 15.6 Back at Apex Park, **Berry**.

Public Toilets/water: Apex Park main street, rail station in Berry, Seven Mile Beach National Park

Shops/phone/facilities: Berry.



Bike Shops, emergency spares: Closest at Bomaderry – see details p.6

Variations on this route/alternative activities:

1. From Seven Mile Beach, ride to **Shoalhaven Heads** along the beach (possible at low tide on a mountain bike) or on Gerroa Rd (flat, wide bitumen but a busy 100 km road), and then return to Berry on Coolangatta Rd (total return trip approx 18 km).
2. Visit the Coolangatta Estate Winery near Shoalhaven Heads (part of the first white settlement on the South Coast founded by Alexander Berry) for wine and cheese tasting and/or lunch.

