

## NOWRA – SHOALHAVEN FOREST – ALBATROSS RD – NOWRA

An introduction to local off-road riding through the Shoalhaven State Forest on the western outskirts of Nowra. The ride returns to Nowra along the Albatross Rd cycleway.

**Start Point:** Roundabout, cnr Kalandar St/Kinghorne St  
**Map Ref:** NS L7  
**Ride Finishes:** Same, cnr Kalandar St/Kinghorne St  
**Total Distance:** 13.4 kms  
**Degree of Difficulty:** Easy  
**Bike Recommended:** MTB  
**Cautions:** "Squeeze point" – bridge on Albatross Rd  
**Allow:** One and a half hours

**kms**

- 0.0 Leave the roundabout (Reserve next to the Cemetery) on Albatross Rd.
- 0.7 Off-road cycle-path starts.
- 1.8 Leave cycle-path; take track into bush on **RIGHT** across Albatross Rd (no signs). This track (muddy in wet weather) crosses under power-lines and behind West Nowra houses.
- 2.6 Turn **HALF RIGHT**; single track takes you to Yalwal Rd.
- 2.9 Turn **LEFT** onto Yalwal Rd and cross [FLAT ROCK CREEK] bridge.
- \*3.2 Turn **LEFT** onto track into Shoalhaven State Forest. Fairly flat, but rough and muddy in places. Heads south first, then swings west.

- 5.0 Turn **LEFT** (first left turn after leaving Yalwal Rd).
- 5.2 Track comes out in cul-de-sac in new housing estate – bitumen.
- 6.6 Turn **LEFT** onto Cabbage Tree Lane (mainly gravel).
- 7.7 Turn **LEFT** onto Albatross Rd; on-road cycle lane starts.
- 9.7 Caution – squeeze point – narrow bridge.
- 10.6 Turn **RIGHT** [FLINDERS RD] then immediately **LEFT** into service road.
- 10.9 Off-road cycle-path starts.
- 12.7 Cyclepath ends – back onto Albatross Rd.
- 13.4 Back to the roundabout.

**Public Toilets:** At the start cemetery roundabout Reserve only.

**Shops/Facilities/Water:** Corner Shops, Service Stations in Kinghorne St only.

**Bike Shops, emergency spares:** See shops for Nowra, page 6.

**Variations on this route/alternative activities:**

- \*1. Add some more mountain biking – explore some of the tracks which crisscross the Shoalhaven Forest to the right of this track.

