

Cessnock | Dungog | Maitland | MidCoast | Port Stephens

MOTORCYCLING THE HUNTER



CRASH STATS

Cessnock | Dungog | Maitland | MidCoast | Port Stephens

IN THE 5 YEARS FROM 2013-2017 THERE WERE
554 MOTORCYCLE CRASHES IN THESE COUNCIL AREAS

CRASHES WITH MOTORCYCLE INVOLVEMENT

10% of serious crashes had
motorcycle involvement

58% of motorcycle crashes were
single vehicle involvement

81% of crashes occurred during daylight
hours in **fine weather on dry roads**



88%

of injuries
males

12%

of injuries
females



MOTORCYCLE CRASH TYPE

#1 Out of control
on curve

#3 Intersection

#2 Off road
on curve

#4 Out of control
on straight

AGE GROUPS AT RISK

22% 17-25yrs

16% 40-49yrs

16% 30-39yrs

23% 50-59yrs

550

motorcyclists
killed or injured

RISK FACTORS

38%

speeding

11%

fatigue



WELCOME TO

Motorcycling the Hunter

The Hunter Region is home to some of the most popular motorcycling routes in the State – from meandering wine country roads to the pristine coastlines and beyond, there is truly something for everyone.

This guide has been jointly developed by Port Stephens, Maitland, Cessnock, MidCoast and Dungog Councils to showcase some of the Hunter's best motorcycling routes.

For over a decade, we have actively worked with the community to promote motorcycling and improve safety for riders across the Hunter Region.

Since 2012, our Safer Motorcycle Routes program has reduced the severity and incidences of motorcycle crashes on local roads, with the help of the Motorcycle Council of NSW, Roads and Maritime Services and NSW Police.

Active motorcycle riders have been key participants in designing the approach and solutions, which have resulted in more than \$17 million spent in upgrades and improvements over the past 6 years.

We all benefit from making our roads safer – motorcyclists, motorists, visitors, residents and Councils all pay a social and economic cost for crashes, so it's up to us to reduce the number and severity of incidents on our roads.



Visitor information

Hunter Valley Visitor Information Centre

455 Wine Country Dr
Pokolbin NSW 2320

p (02) 4993 6700
w huntervalleyvisitorcentre.com.au

Maitland Visitor Information Centre

Cnr New England Hwy and
High Street, Maitland NSW 2320

p (02) 4931 2800
w mymaitland.com.au

Port Stephens Visitor Information Centre

60 Victoria Parade
Nelson Bay NSW 2315

p 1800 808 900
w portstephens.org.au

Dungog Visitor Information Centre

198 Dowling St
Dungog NSW 2420

p (02) 4992 2212
w visitdungog.com.au

MidCoast Tourism

Manning Region: Taree Visitor Information Centre

21 Manning River Drive, Taree North NSW 2430

p 1800 182 733 | w visitmanningvalley.com.au

Great Lakes Region: Forster Visitor Information Centre

Little Street, Forster NSW 2428

p 1800 802 692 | w greatlakes.org.au

Gloucester Region: Gloucester Visitor Information Centre

27 Denison Street, Gloucester NSW 2422

p (02) 6538 5252 | w gloucestertourism.com.au

Contents

Cessnock	<u>6</u>
Protective clothing	<u>7</u>
- Cessnock ride one	<u>8</u>
- Cessnock ride two	<u>10</u>
- Cessnock ride three	<u>12</u>
Maitland	<u>14</u>
Group riding tips	<u>15</u>
- Maitland ride one	<u>16</u>
- Maitland ride two	<u>18</u>
- Maitland ride three	<u>20</u>
Regional map	<u>22</u>
Port Stephens	<u>24</u>
Buffer zones for winding roads	<u>25</u>
- Port Stephens ride one	<u>26</u>
- Port Stephens ride two	<u>28</u>
- Port Stephens ride three	<u>30</u>
MidCoast	<u>32</u>
Tips for pillion riding	<u>33</u>
- MidCoast ride one	<u>34</u>
- MidCoast ride two	<u>36</u>
- MidCoast ride three	<u>38</u>
Injury and first aid information	<u>40</u>
Contacts and acknowledgements	<u>42</u>





Cessnock

The largest town in Australia's oldest wine region, Cessnock is perfect for exploring the Hunter Valley's acclaimed wineries, cellar doors, and so much more.

Venture through the winding Wollombi Valley, with its twisty mountains and challenging bends. Then head through the towns until you arrive in Cessnock City to refill the tank and relax with a great coffee.

“ **Surrounded by verdant countryside and wilderness, Cessnock offers plenty of country charm and welcoming people to make you feel right at home.** ”

Explore our rich heritage by visiting convict relics, see remnants of our coal mining past and have an authentic Aboriginal experience. Just outside Cessnock, you'll find the ever-popular Hunter Valley Gardens and Hunter Valley Zoo, or if you have more time, enjoy a round of golf, horse riding, hot air ballooning, or even sky diving!

Cessnock City offers a great motorcycling journey for riders and passengers and is well worth a visit to indulge, escape and invigorate your senses.

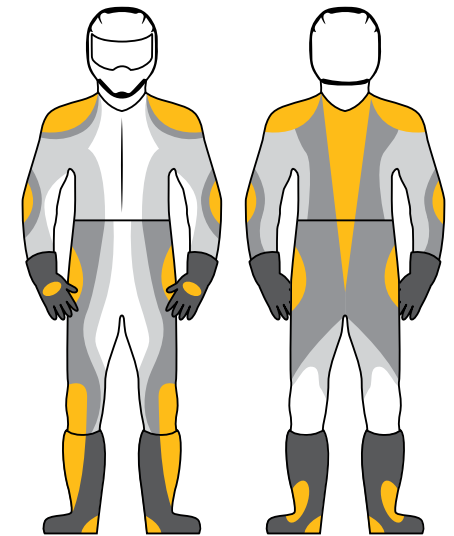
Know your zones

Zone 1 has the highest level of injury risk. These areas need impact protectors and highly abrasion-resistant material. The European standards for jackets and pants require a minimum of 4 seconds abrasion resistance: that is, 4 seconds of sliding across the road surface before your gear wears through.

Zone 2 also has a high injury risk and needs highly abrasion-resistant material but no impact protectors. Multiple layers are more likely to be effective than a single one.

Zone 3 has a lower injury risk and requires only moderately abrasion-resistant material (minimum 1.8 seconds).



Zone 4 has a relatively low injury risk. Material to provide ventilation and elasticity can be used in these areas, but they still need to provide a minimum of 1 second of abrasion resistance. Regular denim jeans have only half this resistance (0.6 seconds).

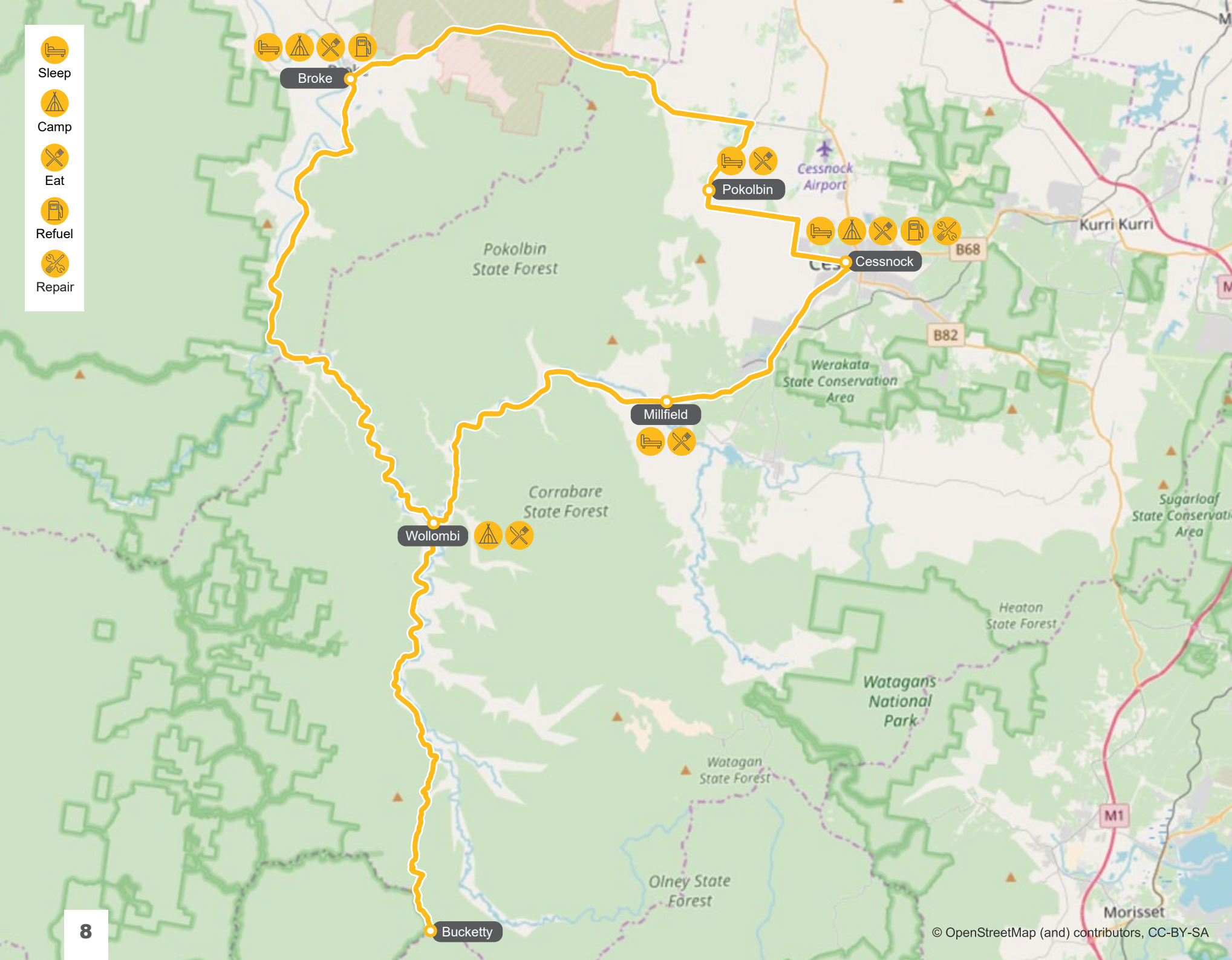


- Zone 1**
- Zone 2**
- Zone 3**
- Zone 4**



MotoCAP, the Motorcycle Clothing Assessment Program, is a consumer information program designed to provide riders with scientifically based information on the relative protection and comfort on a range of motorcycle protective clothing available in Australia and New Zealand
www.motocap.com.au

-  Sleep
-  Camp
-  Eat
-  Refuel
-  Repair



Bucketty, Wollombi, Broke, Pokolbin, Cessnock, Millfield to Wollombi





 Narrow winding sealed roads, some with double apex corners

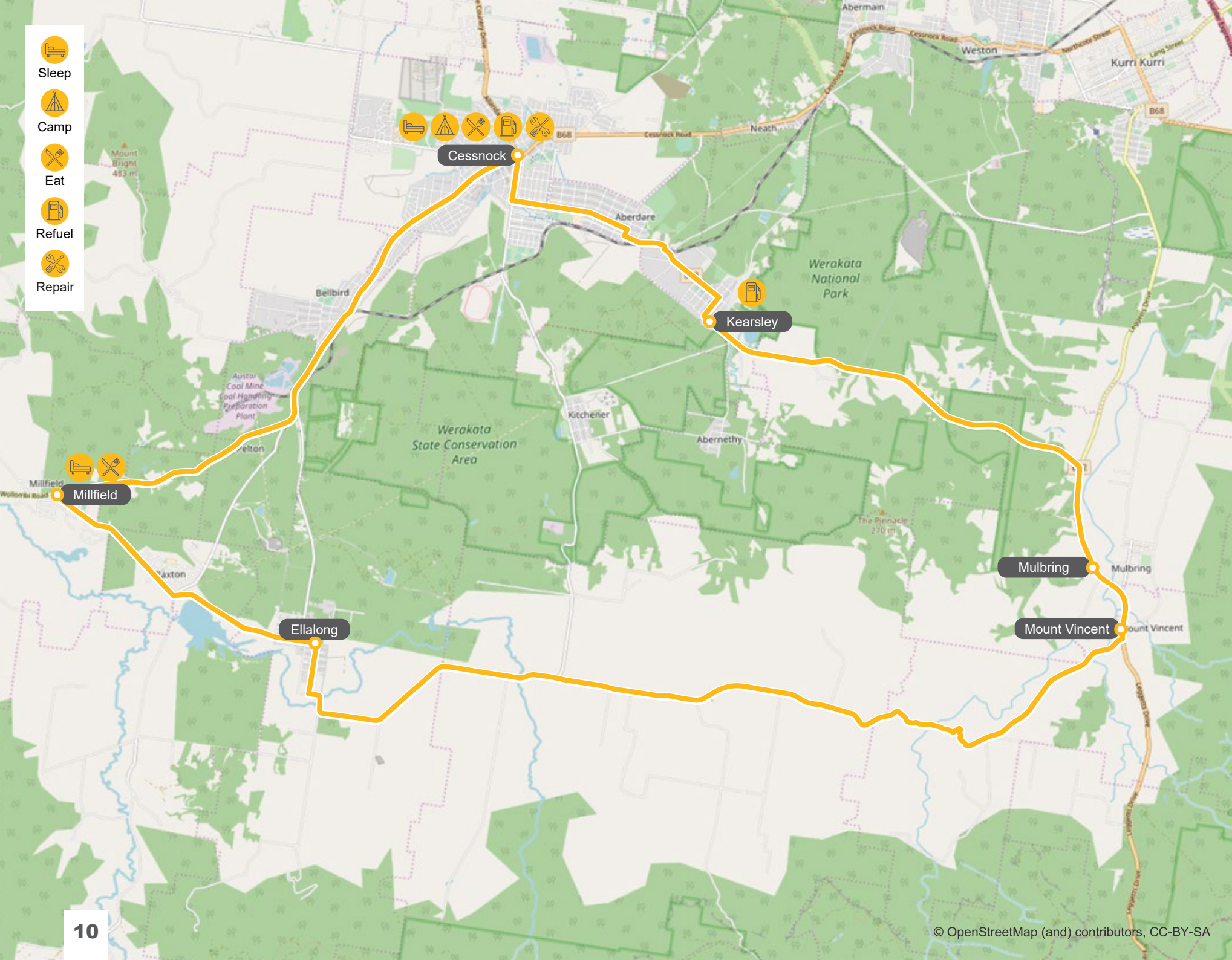
 Some rough sections, wash away loose gravel on corners, wildlife

 Picturesque scenery through the ranges  Approx. 150km


 Recommended day trip

 Wollombi Tavern, Broke Servo, vineyard restaurants

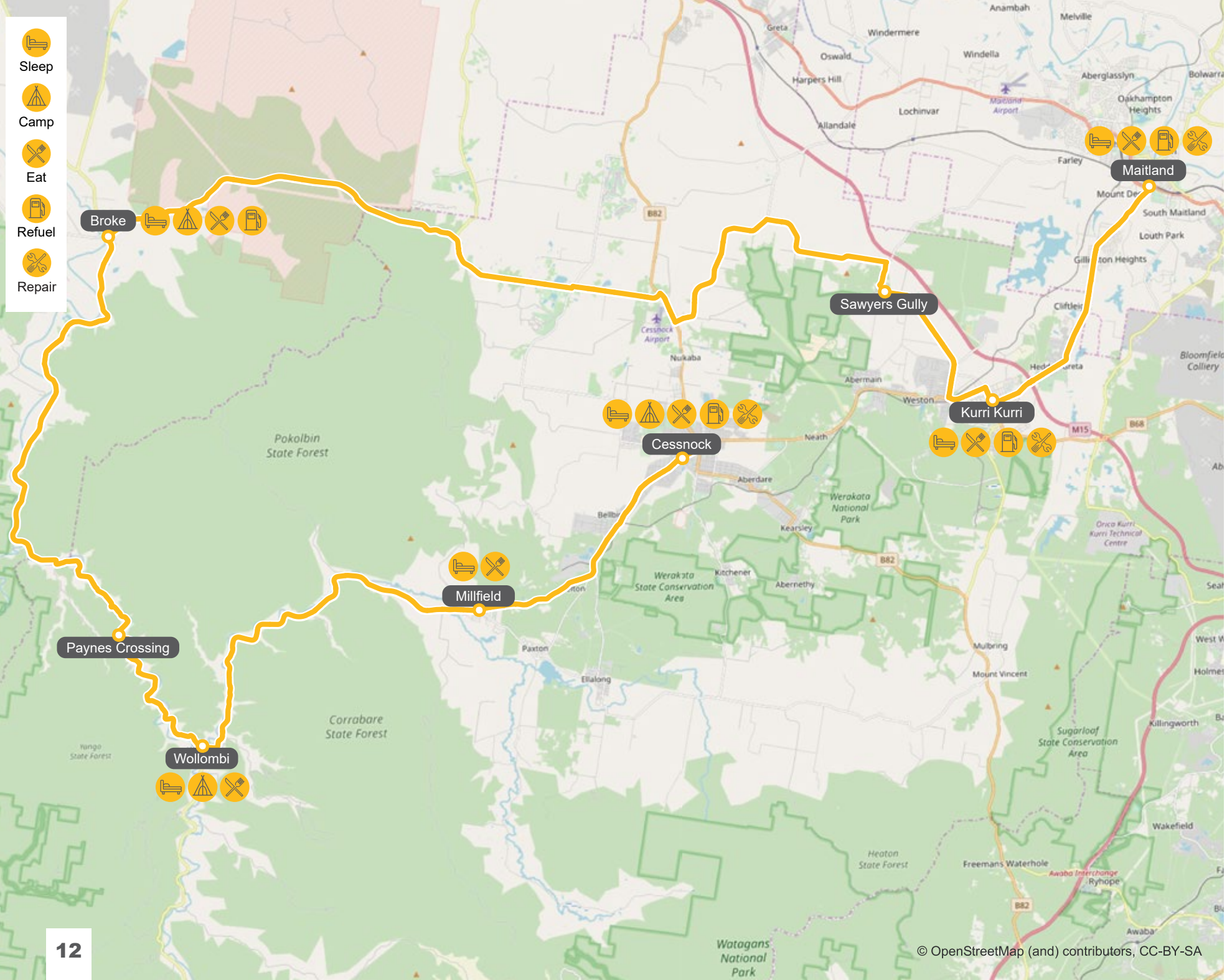
-  Sleep
-  Camp
-  Eat
-  Refuel
-  Repair



Mt Vincent, Ellalong, Millfield, Cessnock, Kearsley to Mt Vincent

-  Sections of very narrow winding sealed roads with tight corners
-  Some rough sections, wash away loose gravel, old bridges, wildlife
-  Approx. 80km
-  Recommended half day trip
-  Millfield Servo, cafes in Cessnock

-  Sleep
-  Camp
-  Eat
-  Refuel
-  Repair



Cessnock, Millfield, Wollombi, Paynes Crossing, Broke, Pokolbin, Nulkaba, Sawyers Gully, Kurri Kurri, Gillieston Heights to Maitland

-  Very narrow bitumen, some gravel roads, tight corners, long straights
-  Gravel on corners, cutting walls close to the road, blind corners
-  River flood plains, vineyards, historic areas
-  Approx. 120km
-  Recommended day trip
-  Wollombi Tavern, Broke Servo, vineyards



Maitland

Scenic beauty, heritage buildings, unique villages, welcoming people, an attractive lifestyle and convenient location are just some of the features that lead visitors and residents alike to Maitland. At the heart of the city is Central Maitland, with its full range of shopping, business and civic functions as well as education, cultural and recreational services.

“ **Built on the banks of the Hunter River, Maitland is one of the oldest heritage rich regional centres in Australia.** ”

Built on the banks of the Hunter River, which brought life and trade to the early city, Maitland is one of the oldest heritage rich regional centres in Australia. Explore the must-see sights of Maitland Gaol, Walka Water Works, Maitland Regional Art Gallery and the historic town of Morpeth, or just enjoy a coffee by the riverside at The Levee.

Whether you are here for a visit, a short time or a lifetime, the one thing you can be sure of is that you're welcome in Maitland.

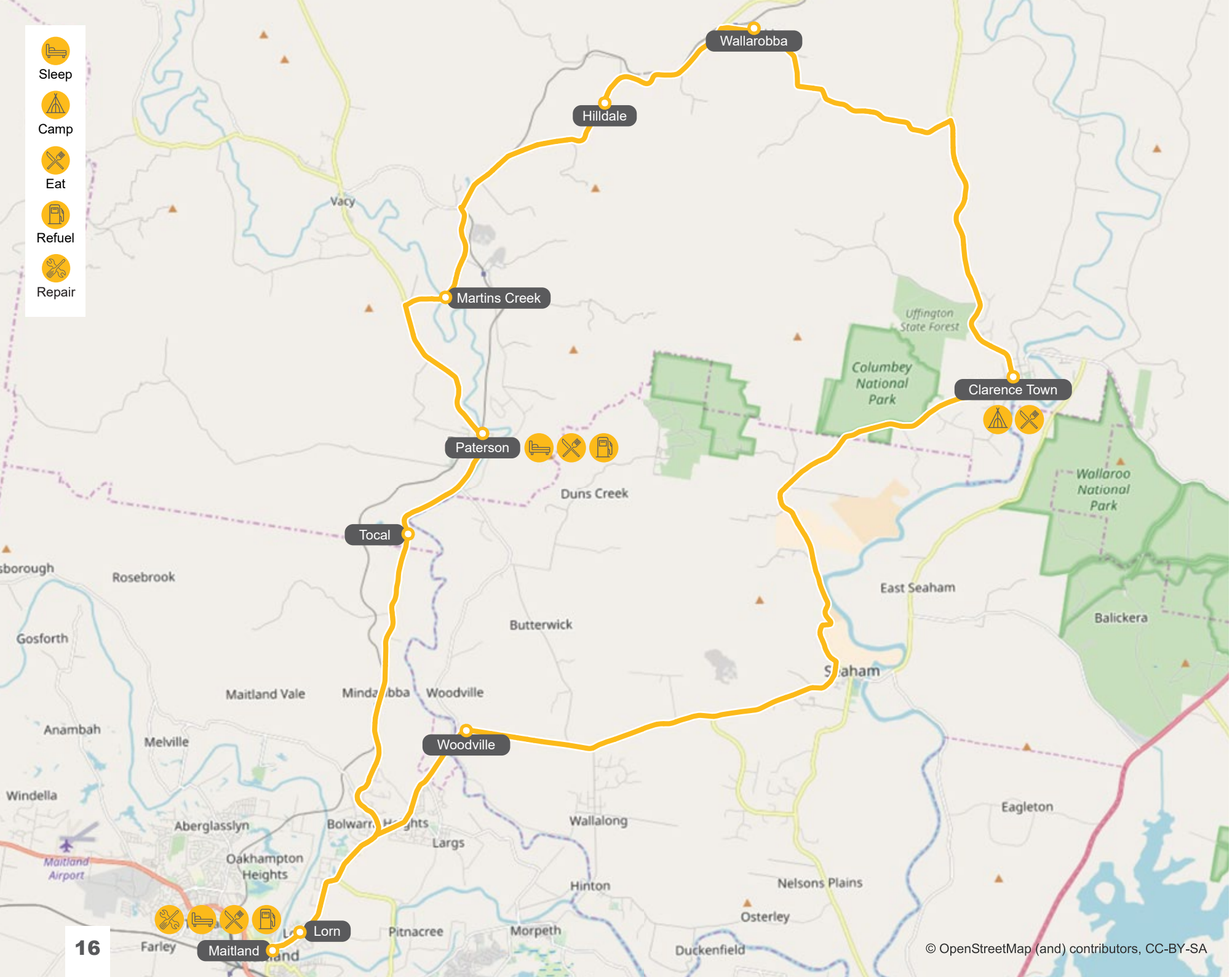
Get the gang together!

Group rides can be fun. Planning ahead to make sure all riders know the route and stopping points is essential. The overall success of the ride can be attributed to good planning.

- Pre ride meeting and end ride debrief
- Arrive prepared – fuelled up, geared up
- Appoint a lead rider, corner markers and sweeper, discuss hand signals
- Know your group - do head counts at rest breaks and destinations
- Let someone in your group know if you opt out or head home early
- Keep group to manageable size and if necessary break the group into smaller sub groups each with a lead and sweep rider
- Do not ride in staggered formation or side by side, maintain a three second gap between riders to allow sufficient crash avoidance space to avoid hazards
- Be aware of the difference in rider capabilities, experience and bike types when selecting to participate in group rides
- Carry a first aid kit and basic tool kit



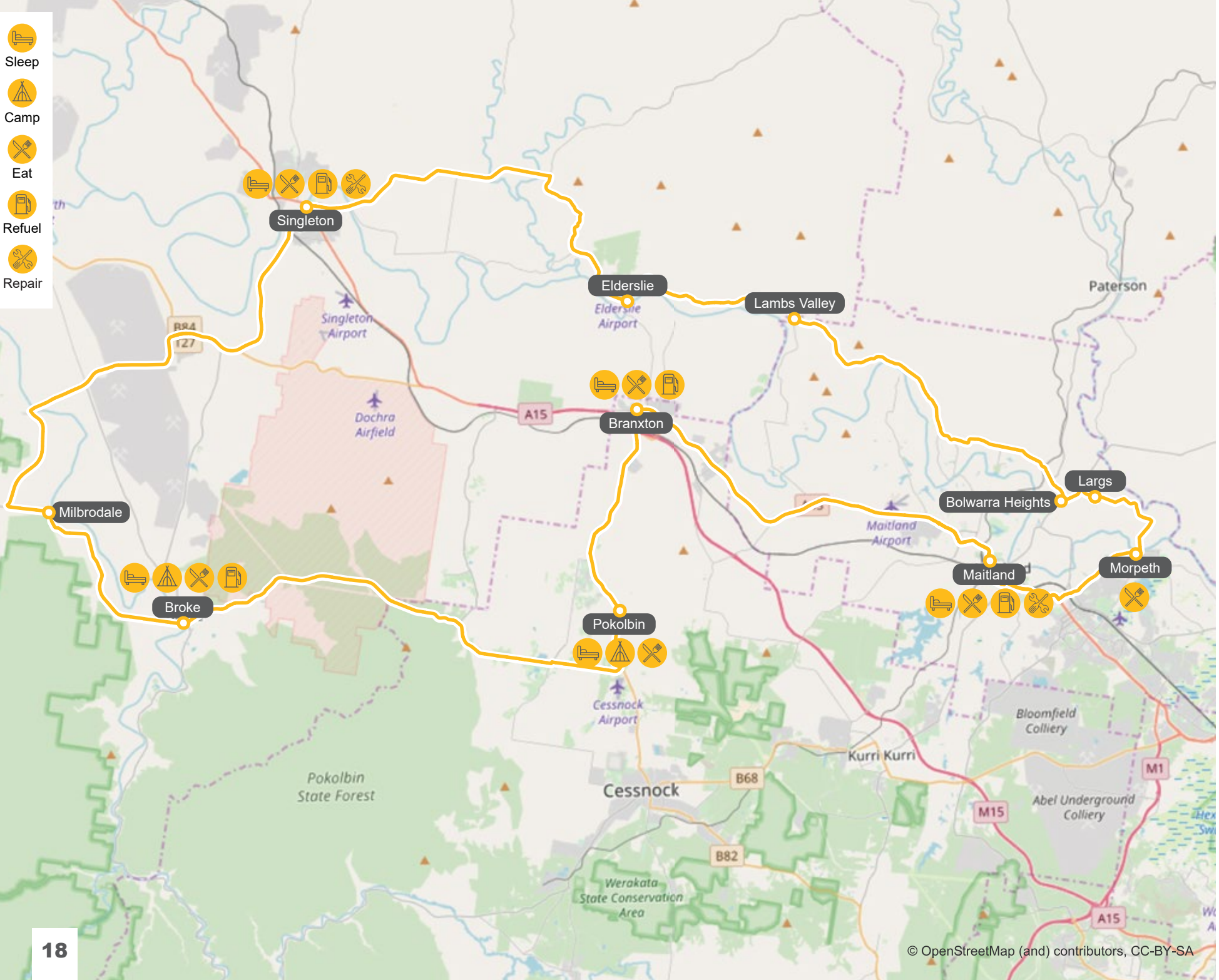
- Sleep
- Camp
- Eat
- Refuel
- Repair



Maitland, Tocal, Paterson, Martins Creek, Hilldale, Wallarobba, Clarence Town, Woodville, Lorn to Maitland

- Varied quality bitumen, winding country roads
- Rough sections, wildlife, stock crossing, wooden plank bridges, wash away loose gravel
- Farmland, bushland, country towns, historic features
- Approx. 100km
- Recommended half day trip
- Paterson and Clarence Town - pubs, cafes
Maitland - restaurants, cafes, fast food, fuel

-  Sleep
-  Camp
-  Eat
-  Refuel
-  Repair



Maitland, Morpeth, Largs, Bolwarra Heights, Lams Valley, Elderslie, Singleton, Milbrodale, Broke, Pokolbin, Branxton to Maitland

-  Repaired sections, gravel on corners, some rough sections, wash away loose gravel, wildlife
-  Narrow bitumen, sweeping curves, old plank bridges
-  Green valleys, historic bridges, mountain views
-  Approx. 120km
-  Recommended day trip
-  Morpeth and Branxton eateries, Broke Servo, vineyard areas



Sleep



Camp



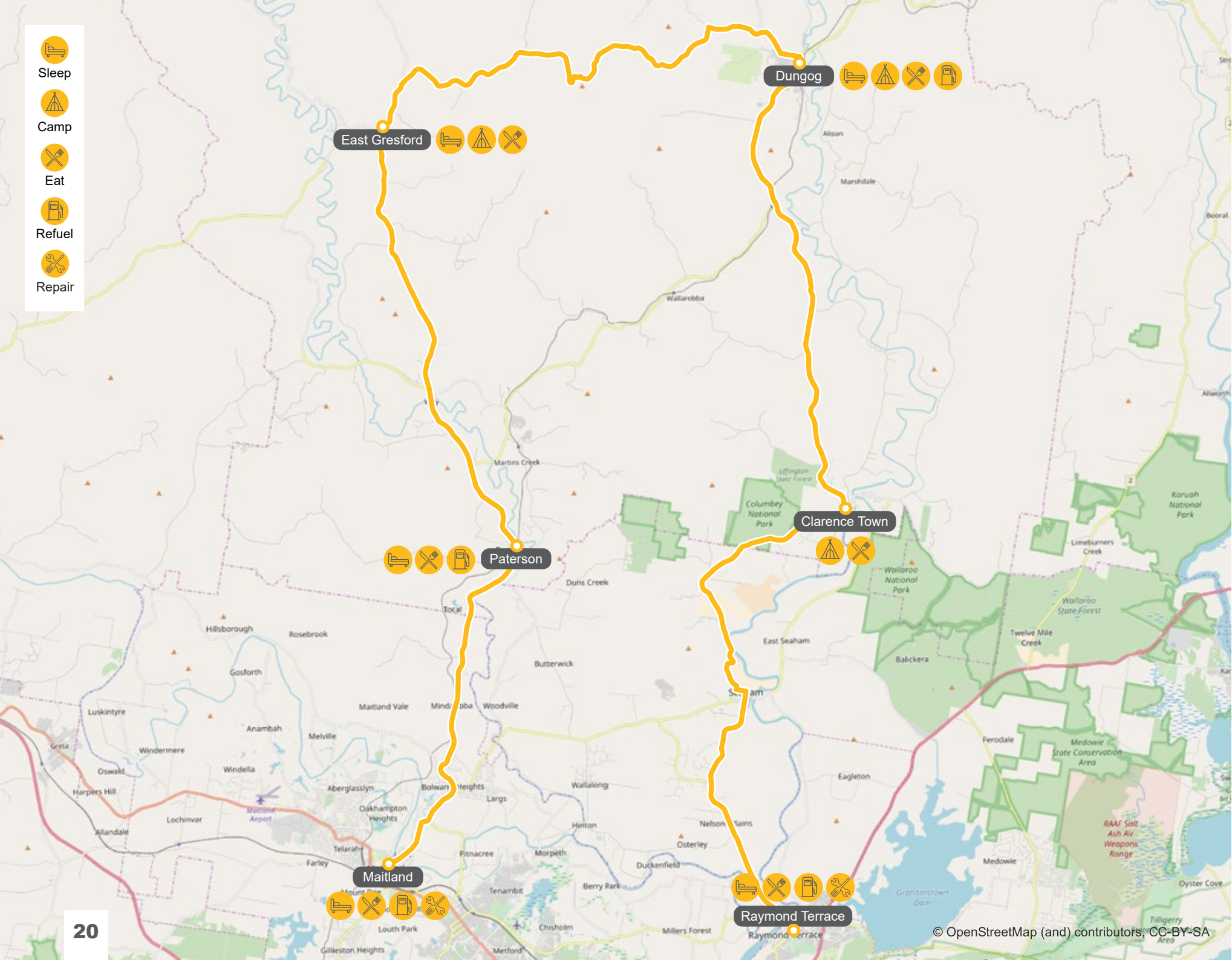
Eat



Refuel

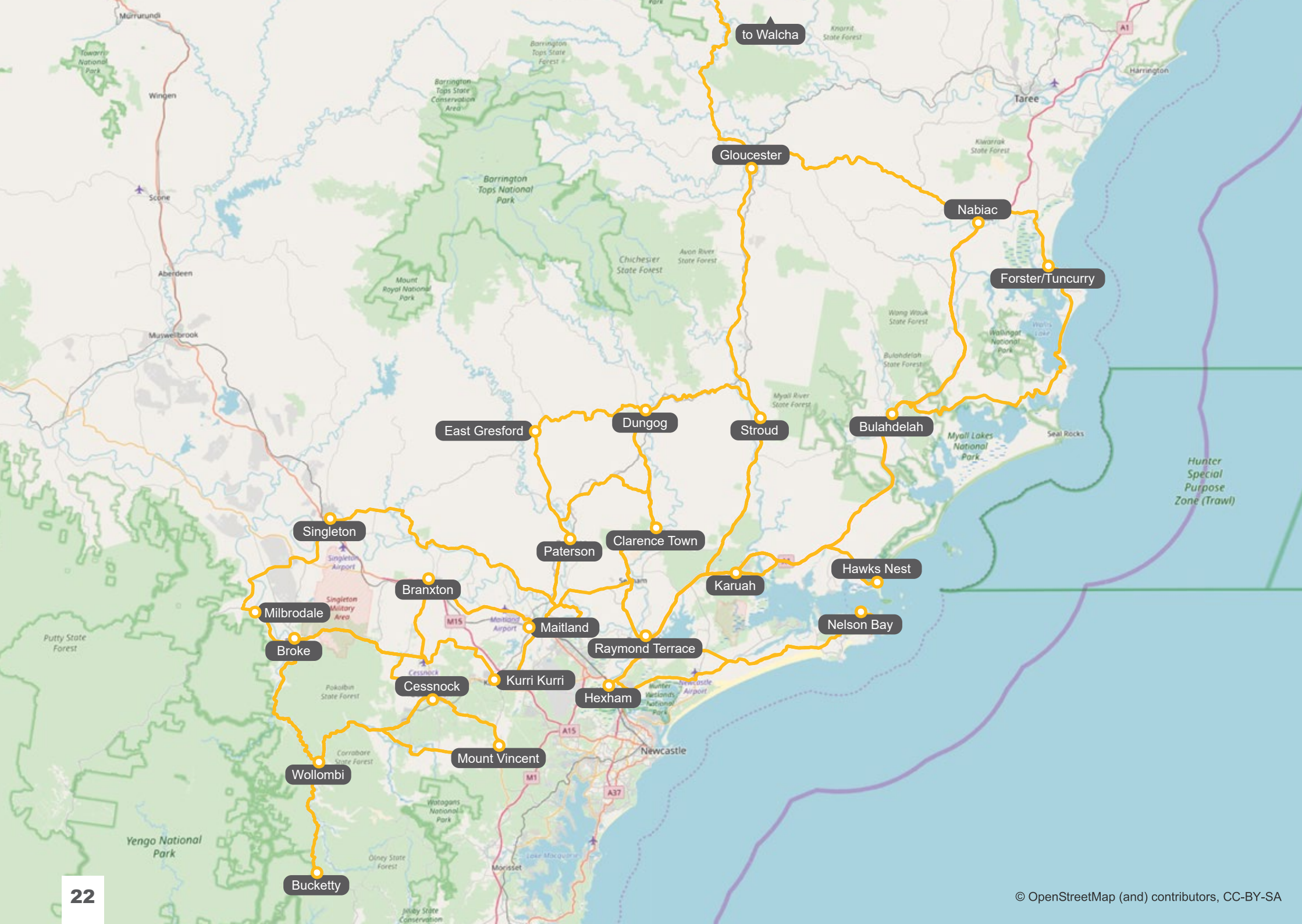


Repair



Maitland, Paterson, East Gresford, Dungog, Clarence Town to Raymond Terrace

- Varied quality bitumen, narrow winding roads, double apex corners Rough sections, loose gravel, wildlife, livestock, blind crests, tight corners, narrow shoulders
- Bingleburra Range, open farmland, bush, creeks Approx. 150km Recommended day trip Dungog, East Gresford and Clarence Town pub, clubs and cafes, limited fuel, recreation areas on river



to Walcha

Gloucester

Nabiac

Forster/Tuncurry

East Gresford

Dungog

Stroud

Bulahdelah

Singleton

Paterson

Clarence Town

Hawks Nest

Milbrodale

Branxton

Karuah

Nelson Bay

Broke

Cessnock

Kurri Kurri

Maitland

Raymond Terrace

Wollombi

Mount Vincent

Hexham

Bucketty

Newcastle

Hunter Special Purpose Zone (Trawl)



Port Stephens

With 26 pristine beaches, a bay twice the size of Sydney harbour and the largest sand dunes in the southern hemisphere, Port Stephens is blessed with an abundance of natural beauty.

Wind your way around the coastal roads of the Tomaree and Tilligerry Peninsulas to uncover their hidden gems, including a front row view of migrating whales, the friendly local dolphins and our resident koala population.

“ **Port Stephens is blessed with an abundance of natural beauty, including a front row view of migrating whales, the friendly local dolphins and our resident koala population.** ”

Then head inland to discover the picturesque rural hinterland that features meandering rivers, peaceful country rides and quaint townships.

There's no shortage of activities on offer – from fine dining, luxury spas and shopping, to paddle boarding, sailing, and quad-biking – there is something for everyone to enjoy!

With accommodation and restaurants to suit all tastes and budgets, it's the perfect stop for both short and long stays. Be prepared to fall in love with Port Stephens!

Know your buffer zones on winding roads

TIP ONE
Start wide. Look through the corner and adjust speed.

For cornering control look through the corner - maintaining a minimum of 5 seconds of vision (if vision is less reduce speed)



TIP TWO
Buffer mid corner. Stay away from the head on zone. Steady throttle.

Reduce speed before the corner, hold a steady throttle through the corner to keep the bike steady and maintain road position and accelerate only when the road and vision permit on exiting the corner.



TIP THREE
Finish tight. Accelerate and maintain vision ahead.

Keep your knees firmly pressed into the tank, sit forward to help keep pressure on the front tyre, keep your arms relaxed with slight weight on the inside curve handlebar to help the motorcycle lean into the corner, keep your back and shoulders relaxed, keep your head level and point your nose at the corner exit or furthestmost point in the corner, use your eyes to scan the surface.





Sleep



Camp



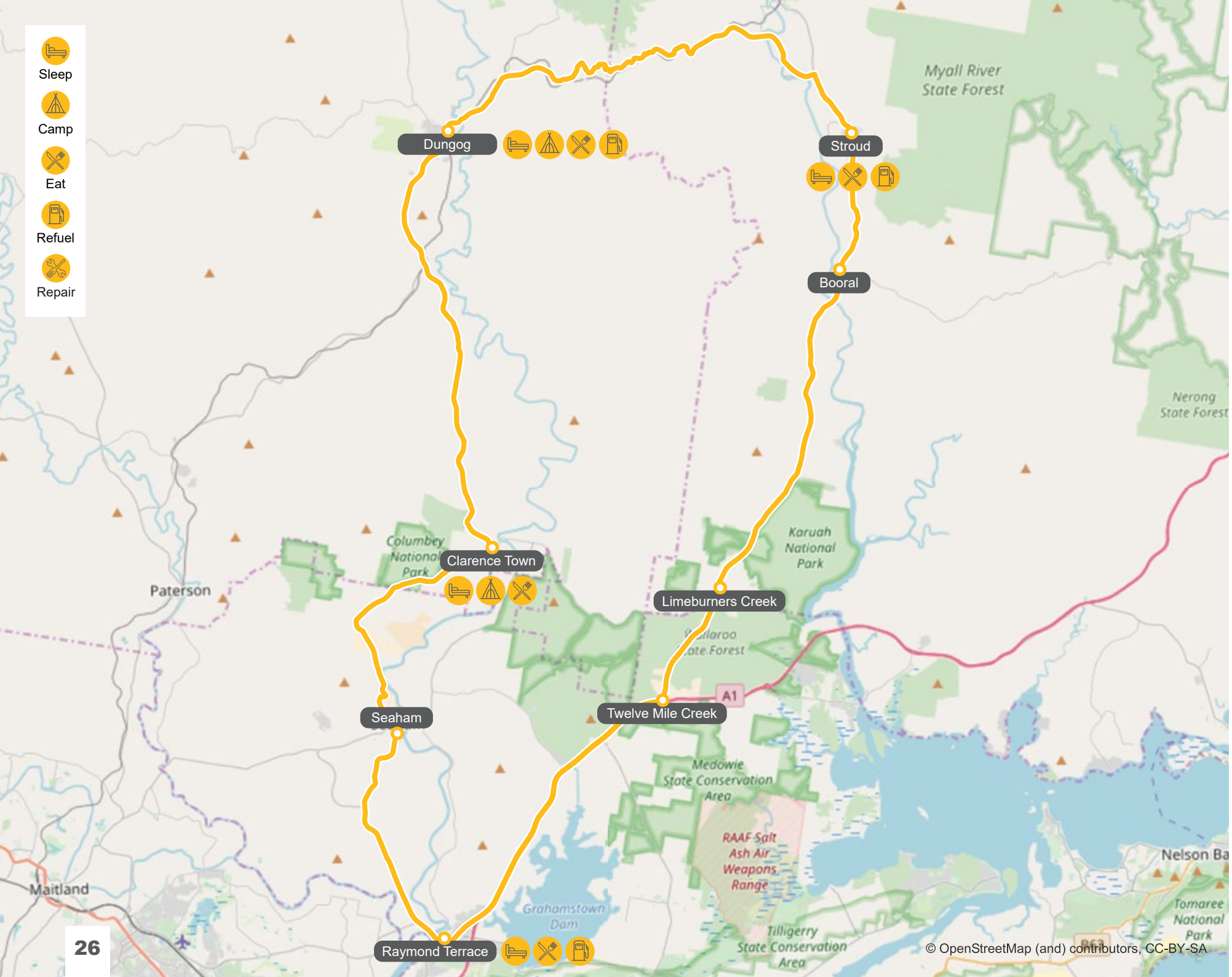
Eat



Refuel



Repair



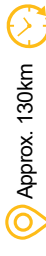
Raymond Terrace, Seaham, Clarence Town, Dungog, Stroud, Booral, Limeburners Creek, Twelve Mile Creek to Raymond Terrace



Narrow winding sealed country roads



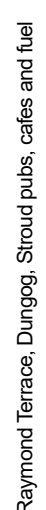
Open farmland, bush, mountain views, creeks



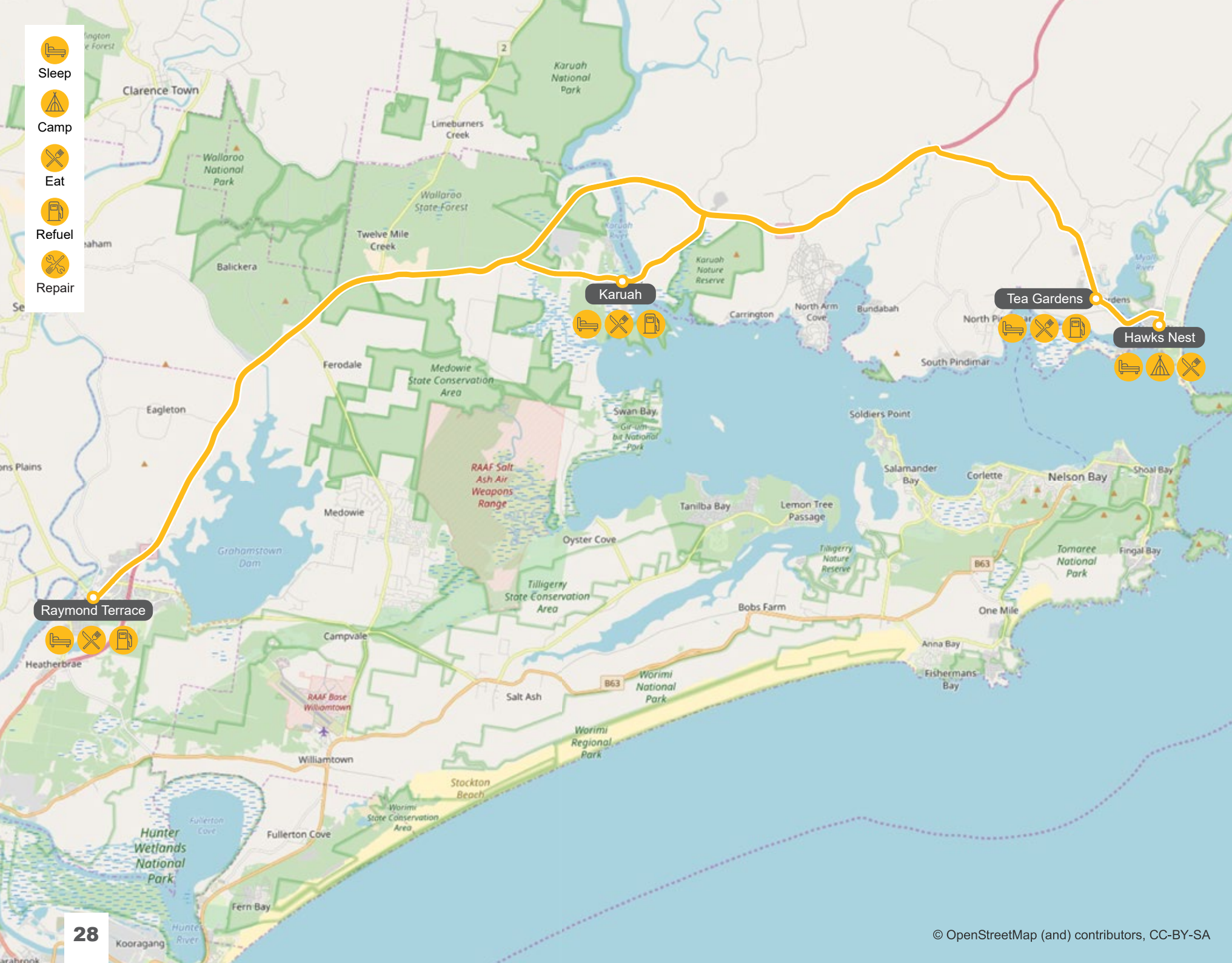
Approx. 130km








Recommended day trip or overnight



Raymond Terrace, Dungog, Stroud pubs, cafes and fuel



-  Sleep
-  Camp
-  Eat
-  Refuel
-  Repair


Raymond Terrace

Karuah

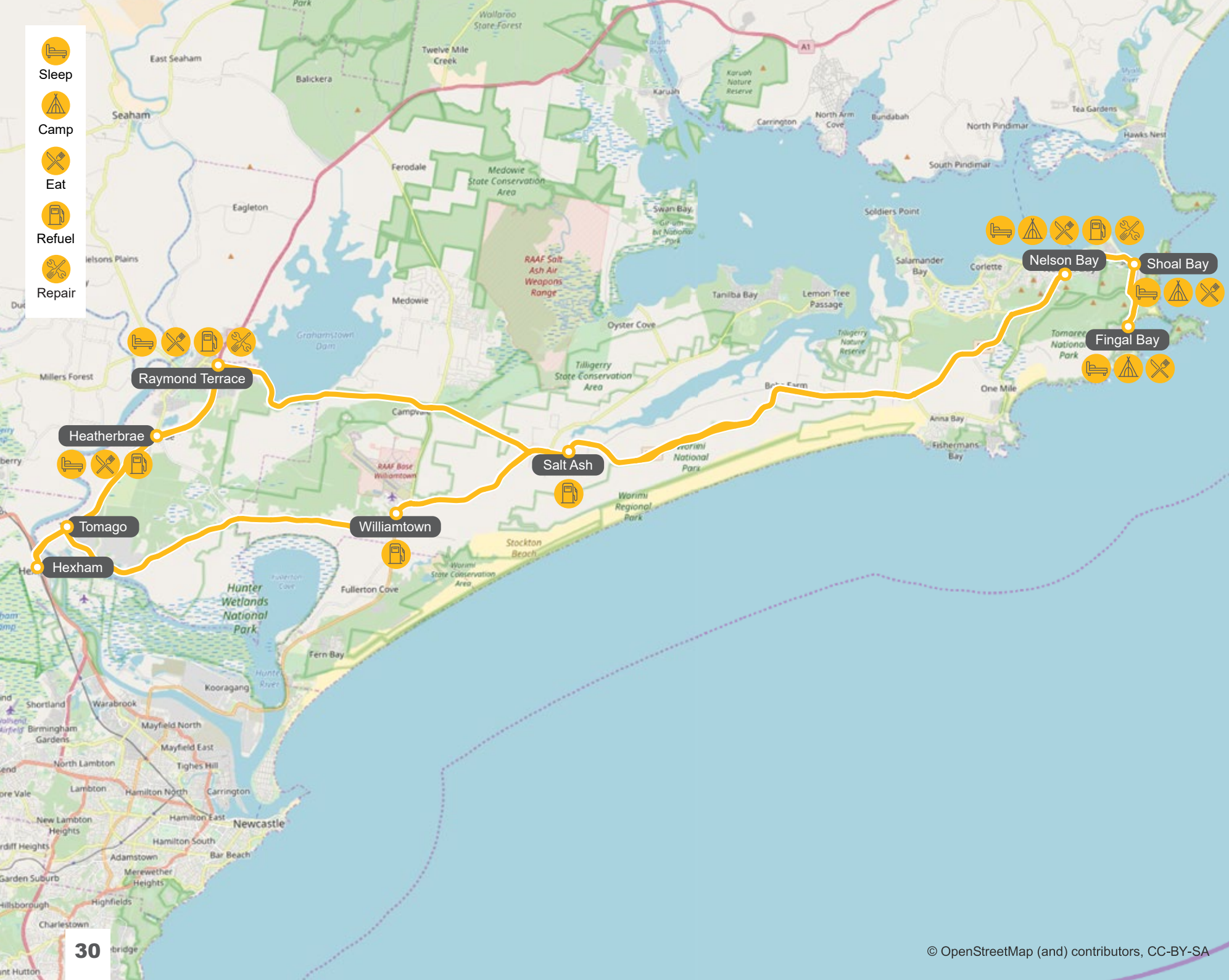
Tea Gardens

Hawks Nest

Raymond Terrace, Karuah, Tea Gardens to Hawks Nest

-  Highway conditions, narrow winding bitumen
-  Traffic, trucks, oil spills, repaired sections, some rough sections, wash away loose gravel, wildlife
-  Natural, picturesque scenery through the ranges
-  Approx. 100km
-  Recommended half day trip
-  Breakfast/lunch at scenic locations at Tea Gardens and Hawks Nest, Karuah Servo

- Sleep
- Camp
- Eat
- Refuel
- Repair



Hexham, Raymond Terrace, Salt Ash, Nelson Bay, Shoal Bay, Fingal Bay Loop back via Williamtown and Tomago to Hexham

- Widely variable conditions from freeway to narrow winding roads, some double apex corners
- Tourist traffic, rough sections, wildlife
- Sand dunes, grasslands, coastal bushland, Hunter River
- Approx. 150km
- Minimum day trip
- Marina and town centre at Nelson Bay, selected locations throughout area



MidCoast

The MidCoast is where outstanding natural beauty meets vibrant country living and unforgettable experiences. Comprising of Gloucester, Great Lakes and Manning Valley, visitors won't be disappointed by a trip to this popular riding region.

MidCoast is renowned for its natural assets, which include the heritage-listed Barrington Tops, 190 kilometres of pristine coastline and the only double delta river system in Australia. Add adventure thrills like diving or mountain biking, kayaking quiet lakes as the sun sets, trekking through ancient forests, whale watching or deep sea fishing, and your holiday is complete.

“ **Outstanding natural beauty meets vibrant country living and unforgettable experiences, visitors won't be disappointed by a trip to this popular riding region.** ”

Renowned rides include The Lakes Way from Bulahdelah to Rainbow Flat (80km) and the hinterland explorer Bucketts Way loop from Twelve Mile Creek to Gloucester and then on to Nahiack (132km). Riders looking for that something special cannot pass up Thunderbolts Way, starting at Gloucester, winding through the valleys, crossing rivers and climbing to the impressive Carson's Pioneer Lookout.

Riding with a friend

Enjoying a ride with a friend can make for a great day out. But riding with a pillion is not the same as riding on your own. Consider the following when carrying a pillion:

- Pillion passenger must be at least 8 years of age and be able to reach the foot pegs
- Check your licence conditions/status to see whether you are lawfully able to carry a pillion
- Not all bikes are equipped or authorised for pillion passengers
- Your bike will have a lower ground clearance in cornering
- Braking response will be slower and the performance of your bike will change
- Your steering movements and bike suspension will be different as the weight shifts from the centre to the rear
- To ensure you carry a pillion safely, smoothness is required in gear changing, braking and cornering
- Adjust your tyre pressure for the extra weight you are carrying

Be a pillion in a million

Remember, as a pillion, a safe ride also depends on you. Before undertaking a long journey start with short trips until you both can ride in sync.

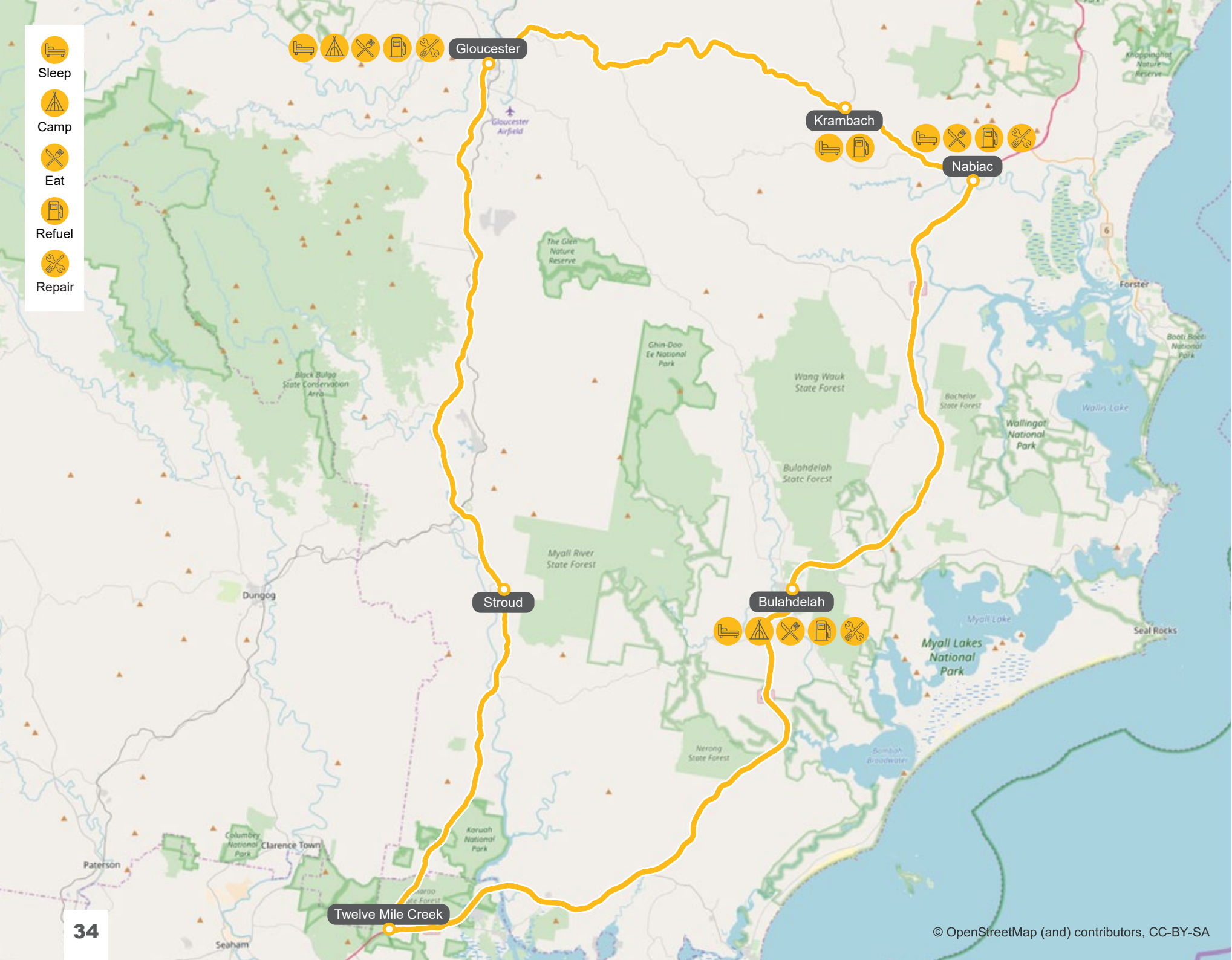
Consider a pre start run though with your rider. Ask them how they want to communicate (hand signals, Bluetooth communication system), what to expect on the ride, how the rider prefers the pillion to hold on.

As a guide:







- Align your body with that of the rider
- Use the grabrail, or hold the rider's waist
- Grip with your knees when braking
- Pick a shoulder to look over and stick with it
- Try not to wriggle about when cornering or braking
- Stay very still as the motorcycle is coming to a stop
- Keep your feet on the foot pegs at all times, until your rider tells you otherwise
- Wear the gear – invest in quality riding protection

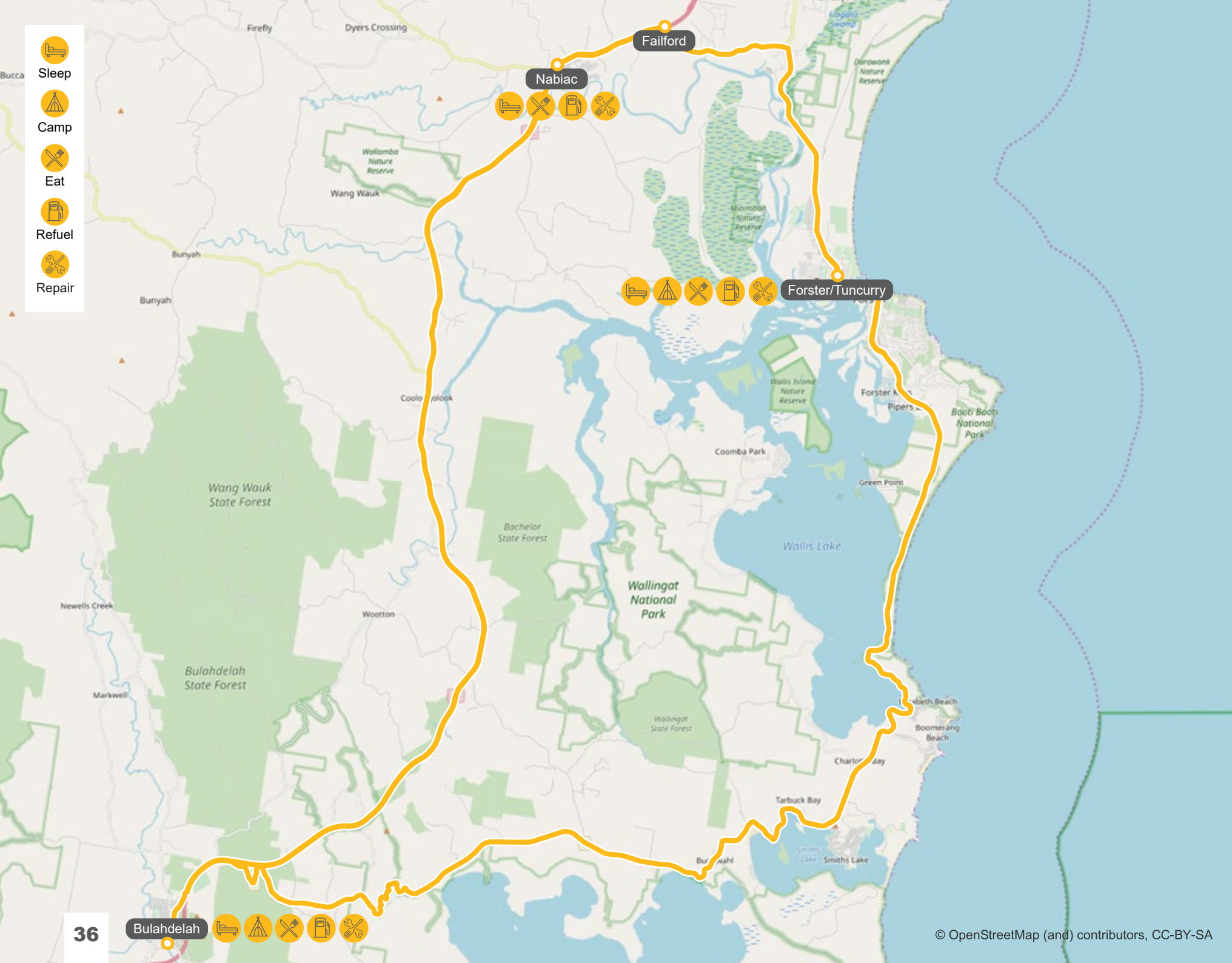


-  Sleep
-  Camp
-  Eat
-  Refuel
-  Repair



Bucketts Way: Twelve Mile Creek, Stroud, Gloucester, Krambach, Nabiac, Bulahdelah

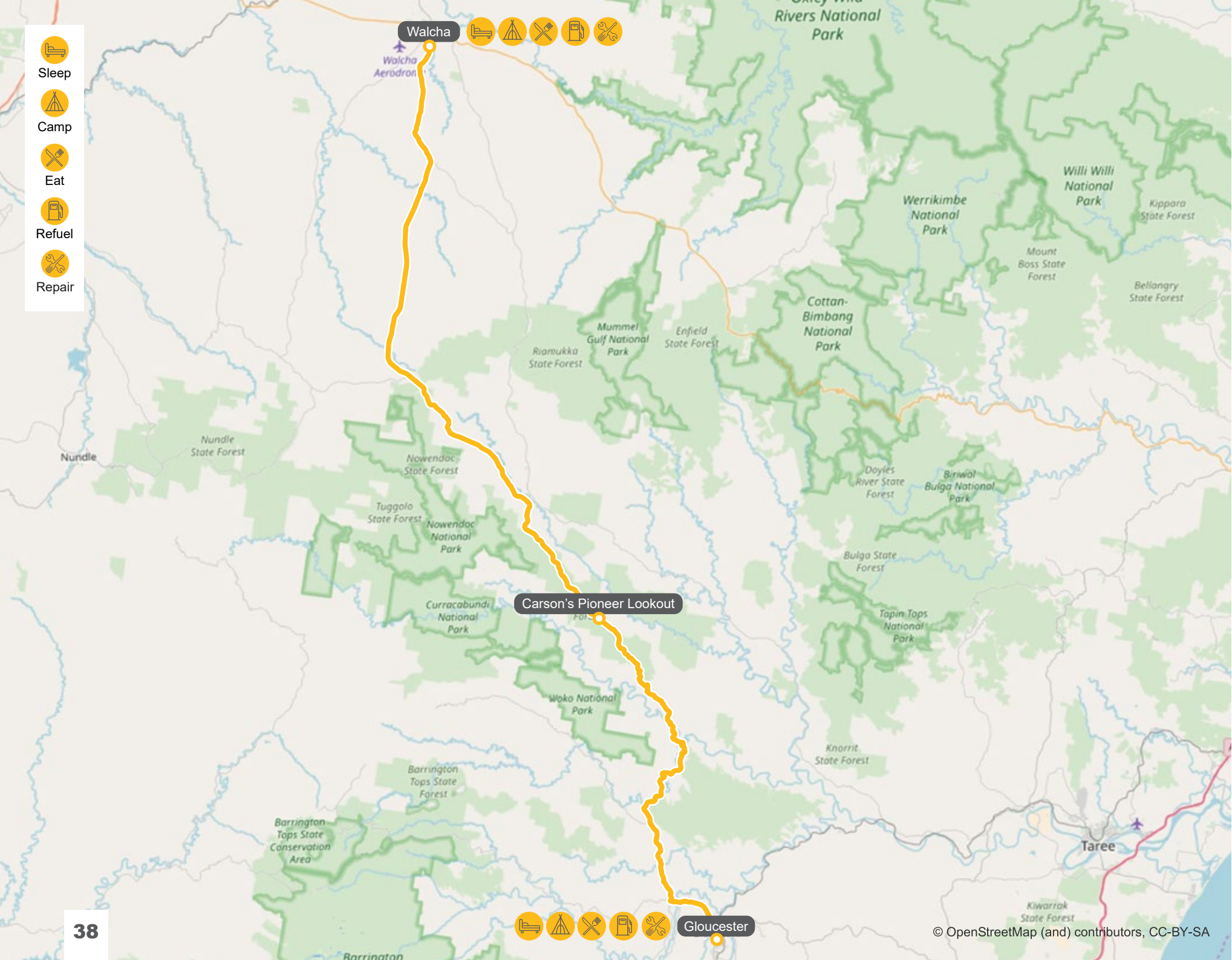
-  Varied road types, narrow winding sealed country roads
-  Rough sections, loose gravel, wildlife/livestock, crests, tight corners, heavy vehicles, black ice (winter)
-  Countryside, mountains, bush, country towns
-  Approx. 130km
-  Day trip or overnight
-  Fuel at Booral, Stroud, Gloucester, Krambach and Nabiac, hotels, takeaway food, cafes, hotel bistros



The Lakes Way: Bulahdelah, Nabiac, Failford, Forster to Bulahdelah

Varied road types, narrow winding sealed country roads Rough sections, loose gravel, wildlife/livestock, crests, tight corners, steep descent, narrow shoulders Countryside, mountains, ocean and lake views Approx. 90km Day trip or overnight Hotels, clubs, cafes, caravan parks, service stations, major centres at Bulahdelah, Pacific Palms and Forster

-  Sleep
-  Camp
-  Eat
-  Refuel
-  Repair



Thunderbolts Way: Gloucester to Carson's Pioneer Lookout then onto Walcha

-  Varied road types, narrow winding sealed country roads
-  Rough sections, loose gravel, wildlife/livestock, crests, tight corners, heavy vehicles, black ice (winter)
-  Countryside, mountains, bush, lookout views
-  Approx. 150km
-  Day trip or overnight
-  Gloucester, Barrington service station and Walcha

MOTORCYCLING INJURIES

CAN YOU IDENTIFY SIGNS OF AN INJURY?

TREATMENT FOR MINOR INJURIES

The **RICE** method is a simple technique that helps reduce swelling, ease pain, and speed up healing.

REST

the casualty and the injured part

ICE

apply an ice pack wrapped in a damp cloth of cold compress for **15min, every 2-4hrs for 24hrs**

COMPRESSION

apply a compression bandage firmly to **extend well beyond the injury**

ELEVATE

the injured body part

MODERATE

headache and/or dizziness
memory loss
confusion
nausea and/or vomiting
wounds to scalp/face
altered response to commands/touch

COMPLEX

blood/fluid from nose/ears
pupils unequal in size
blurred vision

PAIN

at or below site of injury

SENSATION

loss or abnormalities such as tingling in hands or feet

MOVEMENT

loss or impairment below site of injury



Quick response saves lives

According to Roads and Maritime Services 3.4% of registered vehicles in NSW are motorcycles. However, 20% of lives lost on the road were motorcyclists or motorcycle passengers. In addition to that 12.6% of people hospitalised from road crashes were also motorcyclists or their passengers.

In a situation where a casualty requires resuscitation and is wearing a full faced helmet, the helmet is ideally removed by two people – one to ensure the head and neck are completely stabilised and the second to carefully remove the helmet in a way that minimises movement to the head and neck. In the case where there is only a single person to assist and the casualty has life threatening breathing difficulties the full face helmet must be removed immediately.

Casualties wearing helmets

A full-faced helmet should only be removed if the injured rider does not have a clear airway and cannot breathe. In all other circumstances the helmet should remain in place.

In a situation where a casualty requires resuscitation and is wearing a full-faced helmet, the helmet must be removed by at least two people - one to ensure the head and neck are completely stabilised and the second to carefully remove the helmet in a way that minimises movement to the head and neck.

Casualties encased in leathers

Bleeding wounds can be hidden from view or disguised by riding leathers. Often the puncture made in the leathers is not a true indication of the severity of the wound.

Remove or cut the leathers to expose the wound and stop any bleeding by applying direct pressure to the wound with bandages, clothing, or if ineffective and worst case, by tourniquet.

Casualties with severe burns

In the event of a crash, it is possible that a rider can be trapped underneath his/her bike. Extreme heat from exhausts and engine parts can be conducted and contained in leathers, burning the rider.

For all burns it is vital to expose the wound and cool it with running water until the affected area returns to normal temperature. Remove clothing from burnt area if possible. If it is stuck, cut around it, don't attempt to pull it off. Remove jewellery to prevent restricting circulation. Protect burnt area with sterile or non-stick dressing or closely woven material.

DRSABC - call 000

Danger – check to see if it's safe to approach

Response – check if person is conscious

Send – for help

Airway – protect airway, roll person onto their side and keep neck supported

Breathing – once on side check that the mouth is clear of obstructions such as blood/vomit and ensure they are breathing

Circulation – apply pressure with bandages/clothing to stop bleeding, keep person still
CPR should be delivered until the casualty is breathing and responding.



Contacts

- NSW Police - www.police.nsw.gov.au
- Motorcycle Council of NSW – www.mccofnsw.org.au
- Wheelskills Driver and Rider Training – www.wheelskills.com.au
- Motorcycle Accident Rehabilitation Initiative (MARI) – www.drwings.org.au
- Roads and Maritime Services Hunter Region - www.rms.nsw.gov.au
- First Aid for Motorcyclists – www.firstaidformotorcyclists.com.au
- MotoCAP Motorcycle Clothing Assessment Program – www.motocap.com.au
- Ride to Live - www.ridetolive.nsw.gov.au

Acknowledgements

Extensive rider consultation went into the review of Motorcycling the Hunter including hosting stakeholder workshops, surveys and community engagement at the MARI Ride during Motorcycle Awareness Month. Our thanks go to the many riders who provided input and offered assistance with content.

- NSW Police
- Motorcycle Council of NSW
- Wheelskills Driver and Rider Training
- Ulysses Club of Newcastle/Lower Hunter
- Ulysses Club of Lake Macquarie
- Motorcycle Accident Rehabilitation Initiative (MARI)
- Roads and Maritime Services Hunter Region
- First Aid for Motorcyclists
- NSW Centre for Road Safety



MOTORCYCLING
THE HUNTER

