

THE CHAIN LETTER

Newsletter of the CYCLE TOURING ASSOCIATION OF W.A. (INC.)

September/October 2018

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PRESIDENT'S REPORT

Spring is coming and with it a great season of cycling. First up is On Your Bike 'Toasting the Valleys'. This time Terry will lead us through the wine and fine food country of the south west from Donnybrook to Margaret River. Only a few places are left, so get your registrations in. After that we will have long-weekends in Yanchep and Northam and even an option to join mates to ride the Munda Biddi Trail.

Registration for Trevor's Victorian Goldfields Tour in 2019 is now full. (see information below)

Over the winter members enjoyed Kleber

and Stan's Toodyay Xmas in July even though some riders managed to get lost, less than a kilometre from the start! Self-organised small groups also rode in Japan (Christine, Miranda and Jude) and the Pilbara (Bruce and Stuart) while Patrick did his own solo epic through Britain and Europe. This is what the CTAWA exists to support.

If you are thinking of a solo or small group tour just ask around at club rides. You may be surprised at who else would like to ride the Melbourne laneways or throw themselves upon The Gobi Desert!

Services to members continue to be

improved. Club history including newsletters back to the club's beginnings is being digitised for online access (by member Natalie in Berlin!). Overstocked jerseys, OYB souvenir and other clothing items are being offered in a 'run-out' sale by clothing co-ordinator Jane (see advertisement later in newsletter).

We hope to see you on some of our shorter rides in the warmer weather over coming weeks as we all get in a bit of training leading up to the super-fun, non-strenuous club event, the On Your Bike 'Toasting the Valleys' tour.

Regards, Stuart

UPCOMING EVENTS

Social

Social Night—Thursday, 4 October, 2018, Loftus Centre, 99 Loftus Street, Leederville, meeting in the middle room on the right of the entrance at 7 pm.

Come along and enjoy the company of fellow members and cyclists, grab a bargain with hugely discounted CTA clothing on the night. Bring along your unused bike paraphernalia to swap or sell!



See page 9 for more details

Xmas Long Table Lunch

Sunday, 25 November 2018. Put this date in your diary. Further details will be in the next newsletter.

Coming Tours

The Overnighter of Choices

1 to 2 December 2018 (see page 7 for details).

Would you like to ride the Southern end of the Munda Biddi?

Monday, 26 November to Friday, 7 December 2018. (see page 7 for details).

Chilling out at Yanchep National Park Long Weekend

Saturday, 22 September - Monday, 24 September 2018

Have a great weekend exploring the Yanchep National Park and the surrounds.

See Page 6 and link to website below for full details or contact Stan 9345 3552, 0439 955 241 or stancds@netspace.net.au

<http://ctawa.asn.au/event/mountain-touring-bike-ride-to-henry-white-oval-campground-yanchep>

2018 OYB Annual Tour - "Toasting the Valleys" Saturday, 20 to Sunday, 28 October 2018

On Your Bike WA will be 30 years old this tour and you are invited to join us by "Toasting the Valleys" of the south west as we revisit some of the areas from the very first On Your Bike tour. **The brochure and entry form is now on the website. Get in early to ensure your place on the tour!** Tour Leader: Terry 043 9922 765.



Prevelly

2019—CTAWA Victorian Goldfields Tour

Due to unexpected demand from members to participate in next year's Victorian Goldfields Tour, registration in the event is now closed.

However, a final assessment of the situation will be undertaken in early December. In the meantime should you wish to be considered for possible inclusion following this review, please email your details to the Tour Leader, Trevor Knox teebs50@gmail.com. Your name will be entered onto a 'Wait List' on a first come, first served basis.

CTA LEADERSHIP

PRESIDENT

Stuart ☎ 0409 882 931
president@ctawa.asn.au

VICE PRESIDENT

John ☎ 0400 361 406

SECRETARY

Doug ☎ (08) 9447 2554

TREASURER

Christine ☎ (08) 9457 4779
treasurer@ctawa.asn.au

RIDES COORDINATOR

Liz ☎ (08) 9293 0398
rides@ctawa.asn.au

TOURS COORDINATOR

Stan ☎ (08) 9345 3552

EDITORS

Rosalee ☎ (08) 9341 5221
 Hilary ☎ 0405 427 246
editor@ctawa.asn.au

WEB SITE

Gus ☎ 0401 176 323
webmaster@ctawa.asn.au

CLOTHING

Jane ☎ 0419 969763
clothing@ctawa.asn.au

OYB TOUR LEADER

Terry ☎ 0439 922 765
oyb@ctawa.asn.au

ACHIEVEMENT RIDES

Arie ☎ 0419 043 229
achievementrides@ctawa.asn.au

SOCIAL COORDINATOR

Steve ☎ 0420 224 911
social@ctawa.asn.au

Please send all correspondence to:
PO Box 174 Wembley WA 6913
 CTA Email: info@ctawa.asn.au
 Website: www.ctawa.asn.au

DEADLINES: Contributions for the next issue (November/December) should be sent to the Editor (editor@ctawa.asn.au) no later than **6 October 2018**.

DISCLAIMER: Opinions or comments from contributors and members do not necessarily reflect those of the Club, its committee, the Editors, or its membership as a whole.

The Chain Letter

The Chain Letter is published by the Cycle Touring Association of WA (Inc.) every two months.

We welcome articles and photos on:

- Rides you have done, in WA or elsewhere in Australia or the world
- Articles on bicycles, cycling gear, maintenance or safety
- News of members—whether related to rides or not
- Health, physiology, exercise programs or anything else related to the rider
- Riding tips or techniques
- Cycling trivia or quizzes
- Letters to the Editor...

The Editor will be grateful!! Copy and photos (at least 500kB) should be sent to: editor@ctawa.asn.au.

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Achievement Ride Successes

According to our records, the following people have completed Achievement Rides. Please contact Achievement Rides Coordinator, Arie Lemson, by email achievementrides@ctawa.asn.au if any details shown seem to be wrong.

Century Challenge T2	50 K T2	and 16 minutes!)
Connie van den Ende	Christine Liddiard	50 k and 5000 in 4 (Brevet)
Noel Eddington	John Farrelly	Liz Marshall
Liz and Richard Marshall	Arie Lemson	
Rita Miller	200 K	
Arie Lemson	Bruce Robinson (in 11 hrs	

Achievement Ride Dates for 2018

300K Brevet Saturday 15 Sep 2018	on the CTA website
10000 in 8 T2 Saturday 13 Oct 2018	< www.ctawa.asn.au > for more details. ** Please also check website, as dates and details may change.
5000 in 4 T2 Sunday 11 Nov 2018	
See achievement ride descriptions	

WELCOME TO NEW MEMBERS

Cameron Blyth	Les Brindise	John Payne
Sharren Miller	Trish Brindise	Jonathon Stock

FIRST AID COURSE? Those wishing to learn First Aid or to refresh their existing First Aid Certificate (now the HLTAID003 Provide First Aid certificate) before the On Your Bike 'Toasting the Valleys' tour are invited to join other CTAWA members for the one day practical session on **Saturday 29 September** after completing a short on-line training course. The course is \$99 and is run commercially by the CBD College in the Perth CBD. Those interested should contact me at president@ctawa.asn.au to co-ordinate or call on 0242639622

Social Night—19 July, 2018

TBE Presentation

There was a good attendance on Thursday, 19 July to hear about the latest trends and general bike riding information from Michael, Ian and Nuno, representing TBE bike shop.

Michael was the main presenter with assistance from Ian and Nuno. It was interesting to hear about how bike riding and consequently sales of bikes has taken off in the last couple of years. According to Mike, bike sales in general have now gone to another level with so many different types now available eg road bikes, commuters, triathlon, mountain bikes, E bikes and kids bikes.

Trends in Bikes

In his opinion one of the more noticeable trends will be bikes with disc brakes and he envisages in the future rim brakes will virtually be non existent. He suggested that perhaps disc brakes work better in the wet. Another example he gave, was if you accidentally buckle a wheel with disc brakes you can at least get home (compared to rim brakes where there could be a problem).

Another trend he mentioned is the change in tyre and wheel sizes with 25"

or even 28" being the preferred tyre on road bikes. The 700c x 25" road bike tyre being more comfortable to ride around on than on 23" or narrower, it is also more aero dynamic, this can also give riders more riding confidence. He also seems to think that in future we will see many more bikes with tubeless tyres. Wheel sizes for Mountain Bikes currently are 26", 27", 27 1/2", 29", with the bigger wheel covering more km. Sales now are more towards 29" wheels.

Tyres

There were a few questions from the floor and the one thing that always annoys riders is dealing with punctures, he seemed to think Schwable and Continental Gator skins were good tyres, with good puncture resistance. He also recommended that at least once a week we let our tyres down a bit, get a pick and check for any glass that may have got imbedded in the tyre, he said that we would be surprised what we can find and could avoid a puncture on the next ride out.

Bike Frames

It was also interesting to hear him say that there is now a swing by some manufacturers to go back to an aluminium frame, whereas in recent years carbon frames were considered the more popular material.

E-Bikes (pedal assisted)

E-bikes (or pedal assisted) seem to be selling more in Europe and appear to be in some cases, the majority on shop floors. There were a few questions regarding the battery range (50-100 km), speed (not allowed to exceed 25 km/hr), battery life - have a 2 year warranty, however should last 5-6 years and price of new battery (\$400-\$500). You can still have a reasonable work out on E-bikes, even though they are heavier, it is a matter of putting into a lower range. Also airlines will not transport an E-bike if it has the battery in it.



Michael (TBE), Trevor and Steve

Maintenance

One question that interested everyone was the main maintenance issues that come through the TBE workshop. It appears chains and bearings do need the most attention. A tip from Mike is to clean your bike regularly (eg get dirt off) the chain will last longer. Mike seemed to think that Squirt is a good lubricant, you put it on, wipe it off, then put it on again.

Everyone agreed that it is really worthwhile to have a bike fit, this will help overall efficiency and comfort when riding. TBE have staff who can do a bike fit.

The evening concluded with the usual supper and an expression of appreciation to Mike, Ian and Nuno, from TBE for their interesting presentation and information and also to Steve who once again organised a good meeting.

TBE (The Bicycle Entrepreneur), have shops in, Myaree, Osborne Park, Perth City, Nedlands and Belmont.



Kleber and Arie eying off a nice road bike from TBE

Charles LOCKWOOD: *The Cycle Touring Association of WA (Inc) wish to convey our deepest sympathy to Rose-Marie and family on the sad passing of Charles on 17 June 2018. Charles was a member of the CTAWA for several years. Charles jointly lead the 1995 OYB "Beach Tour".*

Thank you to Sharon Veleff for notifying the CTAWA of Charles' sad passing.

'Xmas in July' - 7-8 July, 2018

Toodyay

By Sally Nyari

It was a beautiful morning when we all caught up at 9:00 am at Midland train station for the start of the 'Xmas in July' weekend ride to Toodyay. The riders were Kleber (the leader), Arie, Trevor, Greg, John, Jane, Noel, Rita and Cliff, Anne, Ken, myself and Stuart (nominated as tail end 'Charlie' for the ride). Stan was with us the whole way playing the role of driver, photographer, lunch coordinator and corner marker. Apparently he had an altercation with a shopping trolley and was unable to ride??!! Less than 400 m from the start we managed to lose Cliff and John when they got caught at the traffic lights. Arie went back to get them, Kleber always the very attentive leader, reminded Stuart to pay attention, once all gathered, we were soon off again.

We headed north and travelled towards Gingers café for morning tea and to collect our lunches for the day. We then had the most gorgeous ride through the Chittering Valley with the creeks running the strongest we can remember.

Anne's puncture was fixed before Kleber took over tail-end duties as we climbed up into the Julimar State Forest.

We stopped at a lovely secluded spot for lunch, however the surrounds looked a bit like a graveyard for the local road kill and broken furniture (including a lot of bones!).

The many, many hills on the last 30 km into Toodyay, caused some pain for most of us. There were a few speedy ones (Cliff, Rita and Ann) who seemed to disappear into the distance, while the rest of the riders plodded ever more slowly over the lumps. Trevor and Noel, finally caught Sally to regain their pride, leaving Greg to keep an eye on Stuart who were well behind.

At night as the temperature fell, the fire place in the main bar at The Freemasons became a popular place for the riders to group around while waiting for their dinner.

We had a great dinner with lots of food and drinks and the best company. Along



Noel and Sally pictured on ride to Toodyay

with all the riders, we also had Noel's wife Connie join us, Stuart's partner Robyn, Arie's wife Kristina and my partner Ian. My friend Nathalie stayed the night as she had really wanted to complete this ride, but unfortunately had to work. Another member Christina also came to catch up with everyone and stay the night. Nothing like a few friends, reliving the ride of the day and of years past, over a filling meal and glass to cheer the spirits.

In the morning we had an 8:30 am start, the riders were broken up into a faster and leisurely group for the ride back to Perth. It was still a hilly ride to Bakers

Hill where we stopped for morning tea. At Bakers Hill we met up with some members from the BMW club (the motor bike ones) who were doing a club ride and funnily enough we found out that we appeared on their club's Facebook page – I guess all bike riders

should stay united! (My partner Ian is a member of this club, but not riding with them on the day.).

We had a lovely ride to Mundaring which was mostly downhill riding through Chidlow, Mt Helena and Darlington and then down through Stoneville and into Mundaring. We had lunch at the beautiful Artisan bakery and then rode just about completely all downhill to Midland!! Wow, I had to hold on so tight on some of the steeper hills, I am so doing the ride again next year! A huge thanks to Kleber for a great weekend away.



Group of riders ready to leave Midland Station (more photos on page 10)

Lift out Rides Calendar for September/October 2018

Ride Guidelines

All riders are responsible for showing up with a well-maintained bike. You must wear a helmet, and we recommend you bring a spare tube, puncture repair kit, tyre levers, pump and, if your bike is not fitted with quick release hubs, a spanner that fits your axle nuts. Most importantly, bring water!

Rides are described using the guidelines below. *If you are unsure of your*

suitability for a ride, or if you feel it may be too long for you, don't be put off. Please contact the leader before the day to discuss your suitability, or to see if you can do part of the route.

Terrain refers to the hilliness of the ride, and can be 'Mostly Flat', 'Rolling', 'Some Hills' or 'Hilly'.

Mountain bike rides (on tracks or unsealed roads) are described as 'MTB'.

Pace refers to the average speed on the

flat without breaks. Downhills may be faster, uphill slower. For rides with 'Hilly' terrain, consider choosing a pace one grade below your usual comfort level.

Social	Under 15 km/hr
Leisurely	15 – 20 km/hr
Moderate	20 – 25 km/hr
Brisk	25 – 30 km/hr
Strenuous	30 – 35 km/hr
Super Strenuous	35 km/hr or more

Contact: info@ctawa.asn.au

LIABILITY DISCLAIMER: While every effort is made by CTA ride leaders to ensure the safety of all participants on our rides, individual cyclists (whether they are members or not) are **not** covered by the club for injuries if an accident occurs. We recommend that you obtain personal accident insurance before taking part.

IMPORTANT: We do what we can to ensure the ride details are correct when going to print. However sometimes unforeseen circumstances can occur after publication of newsletter. **Therefore please check the website before going on a planned ride for full ride details. The Rides Calendar below is only a brief summary of the ride, for full ride details you will need to check the website.** Departure time is normally 15 minutes after advertised event time.

The Tandem Tootle

Sunday, 2 September @ 8:00 am

51 km: Moderate, flat

Meet at Greenwood Station We will head North from Greenwood to end of Freeway bike path, back to Joondalup for coffee at the Dome, then around the lake and back to Greenwood to finish.

Leader: Brian 0438 110571

Wild Bean Ride

Wednesday, 5 Sept @ 8:00 am

68 km: Moderate, flat

Meet at Deepwater Point Reserve, Dome Café Carpark. Yes, the New Dome Café is now open. Ride along The Esplanade to the Mt Henry Bridge before turning on to the PSP towards the Bull Ck Station and then on to the PSP down Kwinana Freeway to Wild Bean Café South Bound for refuelling before return. On location, the following refuelling stations are available: Wild Bean Café, McDonald's, Red Rooster and also BP Australia.

Leader: Udeni phone 0439 933 968

Catching up with the Canning

Sunday, 9 September @ 8:30 am

36 km: Leisurely, flat

Meet at the Raffles - Canning Bridge. Come and join NO MORE HILLS Kleber as he circumnavigates the Canning River mainly on shared paths. There will be a coffee break at Low Quay on the way.

Leader: Kleber 9354 7877 or kleberc@bigpond.com;

River meets the Ocean

Wednesday, 12 Sept @ 8:00 am

45 km: Moderate, some hills

Meet at the south side of Narrows Bridge (Toilet Block). Our ride is 45 - 50kms along bike paths and roads less travelled, enjoy views of the Swan River and the beautiful ocean. A hill or two or maybe not, coffee to refresh.

Leader: Rita 9385 2562, 0423 056 595;

300K Achievement Ride - Brevet

Saturday, 15 September @ 5:00 am

300 km: Achievement, Brevet, Moderate, hilly

300 km Very Hard. This ride will be run as a Brevet. Please refer to newsletter for more details. This is the clubs most challenging ride, having to complete 300km in 20 hours (average 15km/h) and is required to complete the Super Achiever Series. Riders need to have front and rear lights in good working order. Participants Must Book at least one week prior to the ride to arrange details, and to prove their ability to ride long distances before being accepted to start. achievementrides@ctawa.asn.au

Contact: Arie 0419043229;

Mountain Bikes

Sunday, 16 September @ 8:30 am

45 km: Moderate, hilly

Meet at the Midland Train Station at 8:30 am for a ride on the Midland Reserve Rail Trail. Spring is the time to enjoy our beautiful Perth Hills. Dust off your mountain bikes and enjoy the spring weather with a bush ride in our hills. . We will complete the loop in a counter-clock-wise direction stopping in Mundaring to fuel up at the Mundaring Bakery, then enjoy the downhill back to the Midland Train Station. This ride is suitable for mountain bikes only.

Leader: Rita & Cliff 0423 056 595 or 0401 951 919;

Chilling out at Yanchep National Park Long Weekend

Saturday, 22 September - Monday, 24 September 2018

Meet at the Clarkson Train Station on Saturday morning for a 9.30 am start for a short leisurely ride to Yanchep National Park, approximately 27 km on the back roads east of Wanneroo Road. There is no entrance fee for cyclists.

NOTE: It is important to contact Stan as soon as possible if you are planning on joining the long weekend ride. There are two accommodation options: 1) camping at the new Henry White Oval; 2) Yanchep Inn which you

will need to arrange (phone—95611001).

Check out website for full long weekend details eg camping costs, accommodation and eating options. <http://ctawa.asn.au/event/mountain-touring-bike-ride-to-henry-white-oval-campground-yanchep>

Leaders: Kleber 9354 7877 or kleberc@bigpond.com; Stan 9345 3552, 0439 955 241 or stancds@netspace.net.au;

Bridges and Tunnels of Perth

Wednesday, 26 Sept @ 8:45 am

47 km: Moderate, flat

Meet at Charles Paterson Reserve (By the toilets). Bridges and Tunnels provide a safe grade separated means of crossing busy roads railways and rivers. I'm sure I can show you some that you never know existed. Join in and see how many Bridges and Tunnels we can find on this ride to nowhere coffee.

Leader Noel 0419 964 808

It's a Mystery Ride

Wednesday, 3 October @ 8:00 am

55 km: Moderate, some hills

Meet at Burswood in the carp ark beside the community movies near Great Eastern Hwy. The ride will be approximately 55km and there will be great coffee along the way.

Leader: Connie 0407 640 012;

On Your Bike Prologue

Sunday, 7 October @ 8:15 am

45 km, Moderate, mostly flat

Meet at Bullcreek Station for a chance to meet some of your fellow OYB tourers

before the big event. Those not coming on the OYB tour are still welcome. We will ride through some of Perth's southern suburbs meandering past parklands and new housing estates on our way to a café in Riverton for morning tea and coffee before returning to the start.

Leader: Terry Bailey 0439 922 765 or oyb@ctawa.asn.au;

River meets the Ocean

Wednesday, 10 October @ 8:00 am

45—50 km: Moderate, some hills

Meet at the south side of Narrows Bridge (Toilet Block). Our ride is along bike paths and roads less travelled, enjoy views of the Swan River and the beautiful ocean. A hill or two or maybe not, coffee to refresh.

Leader: Rita 9385 2562, 0423 056 595;

10000 in 8 Achievement Ride - T 2

Saturday, 13 October @ 8:00am

115 km: Achievement, Brevet, hilly, hard ride.

This ride will be run as a Brevet. Time limit is 8 hours.

achievementrides@ctawa.asn.au

Contact: Arie 0419043229;

Head for the Hills

Sunday, 14 October @ 8:30 am

58 km: Moderate, hilly

Meet at Midland Railway Station at 8:30am for an 8:45 start. We'll climb to Darlington on Rycroft Road, then continue past Mundaring township to a quick look at Mundaring Dam. Then it is a moderate climb out on Mundaring Weir Road to Kalamunda for coffee at '42

on Hayne' (the old Tea and Coffee Merchant'). A breezy roll down the Zig Zag and through Bellvue to Midland Station.

Leader: Stuart 0409 882 931;

2018 On Your Bike - Toasting the Valleys

Saturday, 20 October - Sunday, 28 October

See website for further details

Leader: Terry Bailey 0439 922 765 or oyb@ctawa.asn.au;

Explore the Swan

Wednesday, 31 October @ 8:00 am

50 km: Moderate, some hills

Meet at Midland train Station at 8am. Depending on the temperature we do a more or less undulating loop through the Swan Valley.

Leader: Liz 0423 207 258; 9293 0398 or elsbethmarshall@gmail.com

Northern Exposure

Sunday, 4 Nov 2018 @ 8:30 am

60 km, moderate, flat

Meet under the Narrows Bridge north side. Explore the new cycle paths alongside the Tonkin Highway between Walter Rd in Morley & Benara Rd. We will ride from the Narrows Bridge, through East Perth then on the cycle path alongside the railway so the opportunity for some speed here for the speedsters. Eventually a look at the new cycle path, continuing & meandering north of the Reid H'way then south riding on quiet back roads to the start. Morning tea about 40 km.

Leader: Stan, Phone: 9345 3552 or 043 9955 241

Chilling out at Yanchep National Park Long Weekend Saturday, 22 September - Monday, 24 September 2018

Leaders: Kleber 9354 7877 or kleberc@bigpond.com; Stan 9345 3552, 0439 955 241 or stancds@netspace.net.au

We will be riding to the Henry White Oval Campground in the Yanchep National Park which is a new camp ground since early 2017 and is situated about 500 m east of the Inn. It is a beautiful setting surrounded by trees. Both tenting and non-tenting options are available.

Being a long weekend there should be plenty of opportunity to walk around the

Loch, visit the caves or the koalas and of course there is the Chocolate Drops Cafe. And that beautiful Inn. Into bird watching, bring you binoculars and bird books. I will, as the bird life is prolific. Good camera opportunities this weekend. So lots to do and what should be a very tranquil long weekend. See the link to full details on the website in the Rides Calendar (top of this page).

Confirmation and what you need to do:

1. Email Stan on stancds@netspace.net.au if you are

wanting to attend and how many.

2. Are you tenting or making your own arrangements.

3. Will you be partaking in the group BBQ on the first night being the Saturday night.

4. Will you be partaking in the evening meal at the Yanchep Inn on the second night being Sunday. Highly recommended.

5. Bring a sense of humour.

6. To help me, please email ASAP.

The Overnighter of Choices—Northam

Saturday, 1 December to Sunday, 2 December 2018

Start in Midland and overnight at Northam Caravan Park

If you are a decisive person, this is the ride for you!

The choices are:

- On the road or Kep track (87 km's on the Kep track, 100 km's on the road)
- Tenting or sleeping in the cabin
- Cooking or going out for dinner

Costs are: \$60 for a place in a cabin and

\$16.50 for a tent site.

If you are interested, please send me an e-mail with you preferred choice of accommodation and I will send you the payment details: elsbethmarshall@gmail.com

The caravan park is two km's out of town, has a fully equipped camp kitchen and all the cabins have a kitchenette.



Northam Bridge

Would you like to ride the Southern end of the Munda Biddi?

Monday, 26 November to Friday, 7 December 2018

A ride is being planned on our world class Mountain Bike track from Manjimup to Albany.

Distance: 485 km

Nights in huts: 4

Nights in towns: 7 (Manjimup, Pemberton, Northcliffe, Walpole (2), Denmark, Albany)

Maximum number of riders: 12

Approximate Cost: \$430 (inc bus transport, bike transport and hotel accommodation) or \$250 (inc bus transport, bike transport and campsite fees) Up to 12 bikes can be transported to Manjimup while 4 cyclists can travel with the transporter vehicle for a fee. The same arrangement will occur from Albany after the event.

Bus costs are based on TransWA buses at the full rate while Seniors can benefit from a half price rate.

Of course you may make your own arrangements for transport and accommodation but if we share accommodation, we do the savings.

Some of the things you'll need:

- * A good mountain bike with panniers to carry all your gear in;
- * Clothes, food, sleeping bag & mat, cooking and eating utensils including gas cooker;
- * Bike spares, including tyre and tubes, spokes, tools etc;
- * Mountain bike experience and enthusiasm.

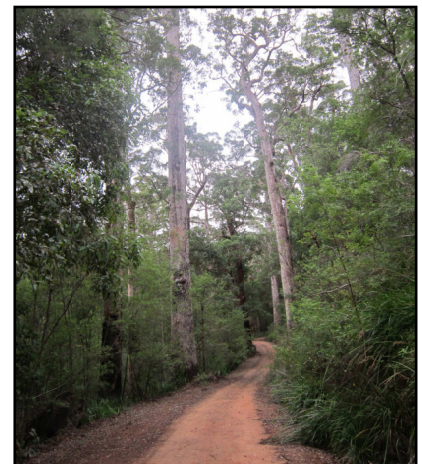
Almost all of this part of the track is rated **Easy** with a few sections rated **Intermediate** and a short stage into Denmark as **Difficult**. The Munda Biddi Foundation web contains valuable information, so if you wish to read up and decide if this event is for you check <https://www.mundabiddi.org.au/>

Check our club website: http://ctawa.asn.au/ctawa_files/touring/Suggested%20Packing%20List%20for%20Cycle%20Touring.pdf for a good list of all needs for a bike tour.

The CTA webpage contains more details

on this event.

A trial mountain bike ride is planned 1-2 weeks before the event using the Hills Heritage trail so we can meet up and test some of our gear. **Contact Steve Napier for registration on snap22@iinet.net.au or on 93312066 or 0420224911.**



Munda Biddi track—Valley of the Giants

Good News for Bike Riders!

The McGowan Government is introducing a statewide container deposit scheme (CDS). Western Australia's container deposit scheme is expected to commence in early 2020. Although the CDS is still over 2 years away we are hoping the scheme will reduce the amount of broken glass on our bike paths and roads, and amount of punctured tyres suffered by cyclists.

A container deposit scheme allows consumers to take empty beverage containers covered by the scheme to a refund point in exchange for a refund. A refund of 10 cents will be available for all returned eligible beverage containers.

The scheme has many benefits including reducing litter, increasing recycling, protecting the environment and providing opportunities for social enterprise participation. It will

complement the [Litter Prevention Strategy for Western Australia 2015-20](#) and the waste strategy.

The scheme is intended to complement kerbside recycling and existing waste services. The refund will encourage people to collect and recycle beverage containers consumed away from home.

Note: glass containers for wine and spirits are not included as part of the CDS.

Karijini Unsupported Bike Tour



Article and photos by Bruce Robinson

Stu Crombie and I really enjoyed our three week 1150 km ride from the NW Coastal Hwy to Karijini and back to Karratha, with perhaps only 250 km on gravel. We caught the bus to Nanutarra, and took three days to ride to Paraburdoo, camping at a 24 hour campsite near Mt Stuart, and then staying at Cheela Plains station on the way. Paraburdoo had the FIFO canteen, with an “as much as you can eat” buffet and we camped on the soft rubber of the playground at the rock and concrete caravan park. Tom Price is only 80 kms or so, but it was up hill all the way, and into a moderate headwind, so the hardest day.

A rest day at Tom Price, and tour of the mine where the “Mount” used to be. A dingo took my Shimano sandal, but dropped it (with tooth holes) down the road. Then off to Karijini. Riding was lovely all the time, with vistas of hills and outcrops clear in the foreground or blue in the distance, so always something different to look at as we went.

The bitumen ended just short of the “Eco Retreat”, and it was a cultural shock to meet some seriously rough corrugations

for only some three km. We both had to stop to tighten our loads which were moving on the bumpy roads, after being OK on the bitumen. There were no tent sites left, but they took pity on us and offered a partially cleared new campsite on the outskirts.

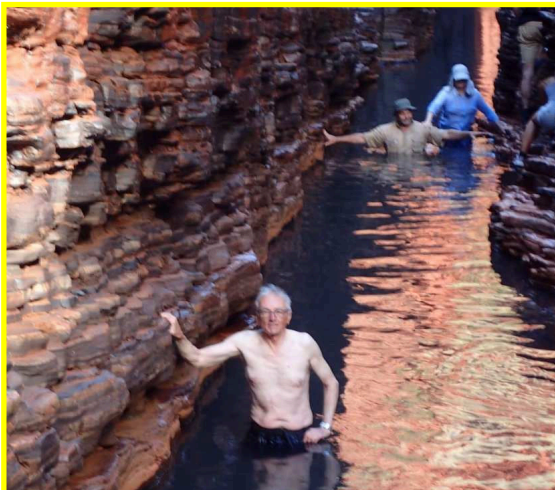
The next morning we set off on the rough 12 km road to Weano and Hancock gorges, where one can look down to where four gorges meet. We went down to Weano Gorge, but Stu decided he did not want to get wet, so I went on, down the narrow polished passages where one can often touch both sides of the gorge at once. Pools of water required wading or swimming but the water was cold down where the sun can't reach. The gorge was well signed, and there was a big pipe and rock slabs bolted to the walls to allow one to get down to “Handrail Pool”, and beyond, to where the gorge was closed to ordinary hikers. There were a lot of young European backpackers braving the pools wearing just their underwear, which covered more than a bikini would have anyway. On our return to the top, we had lunch, scrounging left-overs from a busload of elderly tourists. We then went down to the other narrow gorge, Hancock Gorge,



Riding on the rail access road, with iron ore train in the background

which was also labeled as “Class 5. For very experienced bushwalkers”. However, the primary-age kids at the campsite had been down the day before and through “the Sheep-Dip”, so we waded and swam down to Kermit's Pool, the end of the allowed section.

Then to Kalamina and Dales Gorges, a swim in the warm Fern Pool, then back to Tom Price and the five-day ride to Karratha along the rail access road, stopping at Millstream and Python Pool. Three camps by the road were a train-spotter's paradise. The trains were over 2 km long but we only heard them while we were up, and strangely they did not wake us up, although they were close by. At Karratha we saw the Burrup petroglyphs in an impressive landscape. Finally 24 hr bus trip back to the cold of Perth. A magic tour, and greatly recommended, especially with Stu's skilful Trangia cooking.



Bruce in Hancock Gorge, Karijini NP

The CTA Achievement Ride Series

The CTA conducts a series of 'Achievement Rides' (ARs) each year. These rides provide you with a graded set of challenges. Each ride must be completed within the set time limit, but is otherwise non-competitive. Each ride is supported by a volunteer and the series is coordinated by the Achievement Rides Coordinator. (See website for details and conditions)

Housekeeping

Please shoot us an update if your contact information changes (so we can keep our database up to speed).

Email: members@ctawa.asn.au

Safety Issues

If you have safety issues — email info@ctawa.asn.au

All riders are encouraged to report path and road hazards observed during their rides. You should email a clear summary, subject 'Hazard report', including details of the location and the problem (with a photo if you have a camera at the time) to: cycling@transport.wa.gov.au and/or enquiries@mainroads.wa.gov.au (send a copy to info@ctawa.asn.au).

You may also make hazard reports at : www.transport.wa.gov.au/activetransport/25460.asp

Former Green Senator Scott Ludham sponsored an iPhone app, Bike Blackspot, for reporting bike hazards in Perth. It seems to be a useful easy-to-use reporting tool. Information goes to both the Minister of Transport and the Greens. The CTA does not support any political party.

You wish to hire equipment? We have Rear Panniers, a small Rack Bag and a Trangia (camp stove). By hiring, you can sample cycling touring without investing in lots of equipment. And if you do decide to invest, you'll have a better idea of what you want for yourself. Cost is \$5 per 2 weeks, \$10 per month, plus a bond.

CTA Clothing Sale!



**FOR ONE NIGHT ONLY...
THE OCTOBER SOCIAL EVENING!**

Jerseys

Available in a range of sizes, in both long and short sleeve with either half or full zip. Please try on a sample before purchase.

Short sleeved were \$85 NOW \$50

Long sleeved were \$95 NOW \$60



HUGE REDUCTIONS ALSO AVAILABLE ON THAT NIGHT...

CTA hi viz orange shirts ss size 16 —\$MAKE A DONATION!!!

CTA OYB jerseys odd sizes...

2015 Golden Heartlands tour —\$MAKE A DONATION!!!

2017 Loaves to Fishes tour windproof vests —\$MAKE A DONATION!!!

Our range of socks and Safe-Zone Mirrors can also be purchased on the night. **CTA SOCKS \$10, MIRRORS \$25.**

Contact Jane, 0419 969763 or email clothing@ctawa.asn.au for any enquiries or orders.



FOR ONE NIGHT ONLY... BICYCLE PARAPHENALIA SWAP MEET AT THE OCTOBER SOCIAL EVENING!

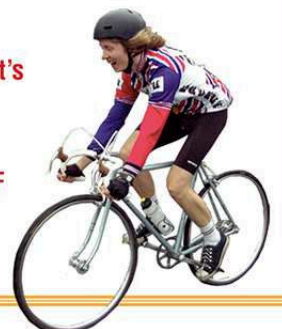
Bring along your UNUSED STUFF to swap or sell:

- those jerseys that no longer fit,
- the cycling shoes that are just that little bit too small,
- those 3 bike seats you have stashed in the garage,
- the still-reasonable MTB tyres still hanging off a hook in the shed years after you sold your MTB,
- the cranks you took off your road bike that are too good to throw away,

**Get rid of all that bicycle-related STUFF that's
stored in the shed**

**SWAP IT for different STUFF OR
SELL IT for money to buy replacement STUFF**

Contact Jane, 0419 969763 or
email clothing@ctawa.asn.au for details.





Above: Kleber, Stan and Ann, enjoying some Xmas fare.

Right: Rita and Cliff


Xmas in July
weekend at
Toodyay



Noel, Ann and Kleber at the turn off for Julimar strip.



Membership Details

CTA membership is from 1 January to 31 December. New members joining after 30 June may pay the half year membership price (1/2 of the prices shown below).

	Membership 2018
Renewal Adult membership	\$50.00
(If paid by 31 Jan	\$45.00)
New Adult membership	\$45.00
Concession:	
Full-time Students/Pensioners	\$33.00
Dependents under 18	No charge
Printed newsletter-additional	\$10.00

Membership forms can be downloaded from our website <www.ctawa.asn.au>. Please send your cheque and form to the Cycle Touring Association, PO Box 174, Wembley WA 6913. A receipt of payment is only issued on request.

The CTA is a non-Government organisation relying on membership fees, donations and volunteer labour to achieve our aims and objectives.

These monies help provide each member with a number of social evenings with suppers, weekend trips and tours at cost, to name a few of the material benefits.

For more information, send an email to info@ctawa.asn.au.

If undelivered please return to
PO Box 174 Wembley WA 6913
Western Australia

