

THE CHAIN LETTER

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

May/June 2019

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PRESIDENT'S REPORT

Hello friends,

That Victorian Goldfields Tour was a great way to spend a fortnight, wasn't it? After the usual strain and pain of the first three days which included most of the hills the rest was a doddle. Fine skies and calm air, temperatures less than sweaty but more than jacket-worthy, and superbly organised by Trevor who threw in great company to ride with. There were a few hiccups as usual; Jen's bike dropped a pannier and stripped the mounting lugs, Theresa and others got better at fixing punctures, Terry gave me his Billabong cargo shorts and left us to watch the Melbourne Grand Prix, a nameless rider tripped over a garden

ornament and busted her elbow (but is on the mend) and so on. All good now.

The next multi-day tour is to Windmill Farm at Bindoon on the WA Day Long Weekend, 1-3 June. This will be another friendly easy-paced ride with available chalet accommodation, so get it in your diaries now. For the more adventurous the 160 km (the old 'Century' or 100 miles) Achievement Ride on 18 May will get you out in the Avon Valley.

With the wet weather set in now it is time to remember the importance of riding carefully on greasy wet roads and having lights on for dull days. Fortunately, cyclists are not made of sugar so we can keep riding

in the wet without dissolving but please pay attention to keeping the shiny-side up.

In other news cycling advocacy groups WestCycle and Bicycle Western Australia (BWA) have announced their intention to merge. Hopefully the merger will create an organisation with both the large membership base and contacts in government to ensure that the needs of cyclists are listened to when planning and developing transport infrastructure in WA.

Keep riding, stay safe and I'll see you around the trails and roads.

Regards, Stuart

Events & Information

Social Night

Fitness and ageing with good health

Thursday, 23 May 2019 for 7 pm start

The Rise, 28 Eighth Avenue, Maylands

Join Sally, a Personal and Master REHAB Trainer, for the evening, as she discusses the importance of cross-training for cyclists in order to get the most out of your riding. Information will include strength training, flexibility and nutrition, and an understanding that there is more to staying fit and healthy into our mature years than just riding the bike, not taking away from the fact that this is a very good start. Sally will cover typical muscle imbalances that can occur for cyclists, especially if you also have a day job at a desk with a computer. The benefits of massage will also be included, plus an interactive session to provide suggested routines that can be done at home for everyone's benefit.

Sally's personal experience includes trigger point, and rehab massage, and is a member of Fitness Australia, and Australian Fitness Network. Her initial interest in this area came as a result of seeing her own parents deteriorate as they aged, and the desire to raise people's awareness of how important exercise, health and wellness are to enjoying life as you age. **Please RSVP to Teresa for catering purposes – Email: social@ctawa.asn.au**

Tours

WA Day Long Weekend Pannier Tour

Saturday, 1 June to Monday, 3 June 2019

Come and celebrate WA Day with your cycling mates as we ride to Bindoon's Windmill Farm on quiet back roads and through the Chittering Valley. *(see page 3 for more details)*

CTAWA—Christmas in July

Waroona Hotel, Saturday, 13 July 2019



This year, our annual Christmas in July function will be held in the small, picturesque country town of Waroona, located along the South Western Highway, some 110km from Perth. *(see page 4 for more details)*

2019 OYB - "Southern Ranges Tour 26 October—3 November

This circular tour, starting and finishing in the small township of Kendenup, will provide participants with the experience of riding through a wide range of scenery.

The tour passes through the Mount Lindesay National Park to Denmark. We then follow the unspoilt coastline and beautiful beaches to Albany. Before heading north to the majestic Porongurup National Park and then on to the Stirling Range National Park before returning east to the start.

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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, John Farrelly, by email achievementrides@ctawa.asn.au if any details shown seem to be wrong.

5000 in 4 Sunday, 31 Mar

John Farrelly
Christine Liddiard
Michael Penklis
Vanessa Pietrasik
Mary Roglich

Greg Atter
Judy Anderson
Josh Scott (non member)
Liz Marshall
Kleber Claux
Udeni Gunasekera

100 k, Saturday, 6 April

John Farrelly
Michael Penklis
Christine Liddiard
Kleber Claux
Greg Atter
Udeni Gunasekera

Achievement Ride Dates for 2019

Century Challenge, Saturday, 18 May
10000 in 8, Saturday, 8 June
200K, Saturday, 17 August
300K Brevet, Saturday, 14 Sep

See achievement ride descriptions on the CTA website
<www.ctawa.asn.au> for more details.

DEADLINES: Contributions for the next issue (July/August) should be sent to the Editor (editor@ctawa.asn.au) no later than **6 June 2019**

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.

WELCOME TO NEW MEMBERS

Brigid O'Brien
Judy Anderson
Linda Tompkins
Randal Miller

John Shaw
Harry Briggs
Ric Butcher
Austin Mullen
Gary Pinnegar

Upcoming Event

WA Day Long Weekend Pannier Tour ('Towel & Undies')

Saturday, 1 June to Monday, 3 June 2019

Leader: Kleber

Phone: 9354 7877 or

Email: kleberc@bigpond.com

Come and celebrate WA Day with your cycling mates as we ride to Bindoon's Windmill Farm on quiet back roads and through the Chittering Valley. This will be a towel and undies tour with our hosts Milton and Joan offering excellent shared chalet accommodation at the farm stay.

Saturday, 1 June @ 8.30am

80 km: leisurely, some hills.

Meet at Midland Train Station. It will be on quiet back roads to our morning tea stop at Ginger's Café and to purchase lunches to be enjoyed on the way. It will be a short ride to Bullsbrook then through the Chittering Valley and if you are still hungry you can stop for afternoon tea at the famous Bindoon Bakery. It's then only a few km's to be able to settle into our accommodation for the next couple of days.

Sunday, 2 June @ the time everyone is ready.

50 km: leisurely, some hills

With unloaded bikes and a good sleep, the 50 km loop to Gingin and back through some beautiful forests will be a "ride in the park". We will be well fed at the CU @ The Park café for lunch. Afternoon coffee and cake at the Bindoon Bakery will be essential on our return.

Monday, 3 June @ 8.00am

80 km: leisurely, some hills.

We will be seeing the trees from the other side as we retrace some of the route through the Valley before heading towards Muchea for the lunch stop. We continue on Railway Pde and then through the Vines to the PSP on West Swan Road to the afternoon tea stop at the Margaret River Chocolate Factory. After we have filled our panniers with chocolate it's only a short distance to the finish at Guildford Train Station.

Accommodation:

Accommodation consists of multi room chalets with communal lounges and private en-suites. You will only need to bring your toiletries. Some rooms have a mix of both double and single beds, so please be aware that bunking in with others may be necessary so ear plugs should be a consideration. Secure bike storage is available.

As numbers are limited, it is recommended that you book early to avoid disappointment. Depending on the

response, I will endeavour to place couples in a room to themselves. Also, if there is space available, we will welcome non cycling partners after club members have been offered a place.

Meals:

At 7.00 pm the evening meals will be a roast or B.B.Q. with vegetables and desserts to follow.

The cooked breakfast or the usual cereals will be available on Sunday at 7.30 am and Monday at 6.30 am.

Soft drinks, beer and some wine will be available for purchase from the fridge or you are welcome to bring your own drinks.

Please advise the tour leader if you require a vegetarian option.

Costs:

Costs for the two nights' accommodation and all the meals will be \$160.00 per person.

Please have the correct money available to pay at Midland Train Station.

Chittering Valley



Fancy a Mountain Bike holiday in Bali?

A group of us are travelling up to do a bike ride in Bali in June (16 – 23) and would love to share the week with you. There are 4 days of riding 35 – 55 km, plus a diving day (snorkeling) and a sunrise mountain climb.

The tour includes accommodation, full support, airport or other venue pickup and return, mountain bike and most meals.

Twin share is \$1800 app. BYO bike and it is \$1600 app.

Take a look at the link below for a full description. Add your booking via the link mentioning Liz

and Richard Marshall or Steve Napier.

<https://infinitymountainbiking.com/longer-rides/bali/bali-mtb-explorer.html>

***In Memoriam* William (Bill) Denby**

Well known OYB participant Bill Denby passed away on Friday 12 April. Many CTAWA members will have ridden with Bill and remember his claim to be the oldest rider at several successive OYBs.

The CTAWA offer our sympathies to his family and friends and will remember him over coffee and cake at rides to come.

Vale Bill.

Upcoming Event

CTAWA—Christmas in July

Waroona Hotel, Saturday, 13 July 2019

This year, our annual Christmas in July function will be held on Saturday night, 13 July 2019 in the small, picturesque country town of Waroona, located along the South Western Highway, some 110km from Perth.

The venue in the centre of town is the Waroona Hotel, a 1920's country pub located at 16 Fouracre Street, Waroona.

Mine host, Toni Andersen has put together an accommodation and Christmas dinner package to meet our requirements.

Accommodation

With only 11 rooms of various sleeping configurations (most with shared bathroom facilities), the capacity to stay at the hotel is limited to 15 people at a cost of \$45.00 per person (including a continental breakfast on Sunday morning).

However, the nearby Drakesbrook Hotel Motel (only 1 km away) at 8229 South Western Highway, Waroona is available to cater for overflow accommodation requirements on a self-booking basis. When making a reservation (preferably during the morning) on 9733 1566, ask specifically for Joe Angie (the owner) who is prepared to extend a discount on room rates to CTAWA cyclists.

Dinner cost

The cost of the Christmas dinner at the

Waroona Hotel will be \$35.00 per person. Beverages can be purchased from the bar. All payments to the Waroona Hotel, either bed & dinner (\$80), or dinner only (\$35), to be made at reception upon arrival. Names will be checked off and payments by credit cards are acceptable.

Ride Details:

As a touring club, cycling to and from the venue is encouraged with only the necessity to carry a light bag with a change of clothes and your toiletries. Secure overnight storage of bicycles is available at the hotel.

The route <https://ridewithgps.com/routes/28052290> on Saturday 13 July 2019 starts at the Armadale Train Station at 9.00 am cycling along quiet sealed back roads through Byford, Serpentine and Pinjarra to Waroona. There are plenty of opportunities for morning tea and lunch stops along the way.

The return journey <https://ridewithgps.com/routes/28061728> on Sunday 14 July 2019 commencing after breakfast takes us via Dawesville back to the Mandurah Train Station with access also for a lunch venue along the way.

For some, the possibility of inclement weather in July may lead to the choice of travelling by car to attend, nonetheless your support of this event to make sure it is a success is welcomed.

For room allocation purposes and numbers attending the Christmas dinner can you please email me your details at teebs50@gmail.com In fairness to other CTA members, please abide by your initial commitment to the event as late withdrawal may deny attendance by others.

As the Waroona Hotel can only cater for a maximum of 45 diners, please book early to ensure you don't miss out!

Organiser: Trevor Knox, (08) 9345 1048
040 202 9608 or teebs50@gmail.com .



Your reward for riding to Waroona—the bakery!!

CTA Riders Out and About



Thanks to Graham Blackwell for sending in these photos of group admiring “Sculptures by the Sea” at Cottesloe on 10 March, the ride was led by Chris O’Brien—he called his ride ‘City to Rusty Things on Beach Sand’! Chris led the ride while 40 other members were away on the Victorian Goldfields Tour.

Lift out Rides Calendar for May/June 2019

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

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.

Crystal Climb

Sunday, 5 May @ 8:00 am

67 km: moderate, some hills

Starting at the toilet block in Charles Paterson Park at Burswood it's flat ground until the only significant climb of the day (the short but steep climb up Crystal Brook Road) to Lesmurdie. After coffee at '42 on Haynes' we have the lovely roll down the Zig Zag to Helena Valley and back on the bike path to Burswood. Leader: Stuart, 0409 882 931

Western Suburbs Meander

Wednesday, 8 May @ 8:00 am

45 km: moderate, some hills

Meet at South of Narrows Bridge by the toilet block. West and North - Maybe a hill or two. But the view of the ocean and fresh sea breezes make it all worth while. Coffee along the way - let's try someplace new.

Leader: Rita, 9385 2562, 0423 056 595

Lizzie's Leg Burner

Sunday, 12 May @ 8:30 am

47 km: moderate, hilly

Meet Gosnells Train Station, riding up Crystal Brook Road, where Lizzie's legs will burn, coffee in Kalamunda, cruising through the beautiful Bickley Valley before whizzing down Mills Road East to the start.

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

Explore North Link

Wednesday, 15 May @ 8:15 am start

50 km: moderate, flat

Meet at Burswood, gazebo near the toilets and outdoor cinema. This is a flat ride and takes us east to Tonkin Hwy where we will turn north to chart a route into the unknown. Coffee is always a must, perhaps in Whiteman Park. Leader: Noel, 0419 964808

Century Challenge Achievement Ride

Saturday, 18 May @ 6:30 am for 7:00 am sharp start

160 km (100 miles): brisk, some hills

Meet behind BAKER'S HILL Pie Shop, 4617 Great Eastern Highway, Baker's Hill (there is parking behind Pie Shop). Check website for route. Contact: John, 0400 361 406 or achievementtrides@ctawa.asn.au

Stirling Markets Coffee Run

Sunday, 19 May @ 8:30 am

30 km: moderate, some hills

Meeting at Stirling Train Station. Easy peasy ride circling around lakes, native bush land and golf courses before we visit the Stirling Markets in Stirling for coffee and cake and a wander around or just sitting on the grass scoffing ourselves. If you like to purchase fresh produce, bring your panniers. There is some yummy bread, cakes, fruit and vegetables, spices and other good stuff. Leader: Stan, 9345 3552, 0439 955 241 or stancds@netspace.net.au;

Go Vegetarian!

Wednesday, 22 May @ 8:30 am

50 km: moderate, some hills

Meeting at Midland Train Station. A gentle ride through the Swan Valley and past the street with eight O's. You guessed right, coffee at the vegetarian Swan Valley Cafe.

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

Social Night: Fitness and ageing with good health

Thursday, 23 May @ 7:00 pm

Meeting at The Rise, 28 Eighth Avenue, Maylands

Join Sally, a Personal and Master REHAB Trainer, for the evening, as she discusses the importance of cross-training for cyclists in order to get the most out of your riding. Information will include strength training, flexibility and nutrition, and an understanding that there is more to staying fit and healthy into our mature years than just riding the bike. (see page 1 for full details or contact : Teresa social@ctawa.asn.au)

Leisurely Meander

Sunday, 26 May @ 8:15 am

30 km: leisurely

Meet at the Raffles, Canning Bridge. This is a leisurely and flat ride in the southern suburbs, stopping for a coffee break along the way. Leader: Teresa 0477708507

Around the River

Wednesday, 29 May @ 8:00 am

42 km: moderate, some hills

Meet at Narrows South near toilet block. Ride via Applecross, Fremantle, UWA, stopping at Keanes Point for coffee.

Leader: Brian 0438 110 571

WA Day Long Weekend Pannier Tour

Saturday, 1 June- Monday, 3 June @ 8:30 am

Meet at Midland Train Station. Come and celebrate WA Day with your cycling mates as we ride to Bindoon's Windmill Farm on quite back roads and through the Chittering Valley. (see page 3 for full details)

Leader: Kleber 9354 7877 or

kleberc@bigpond.com

North and South of the River, Fremantle Loop

Wednesday, 5 June @ 8:30 am start

50 km: moderate, some hills

Meet at Millpoint reserve, western side of the Narrows Bridge. This route takes us along one side of the river to Fremantle for coffee and then back again along the other side of the river.

Leader: Connie 0407 640 012

10000 in 8 Achievement Ride

Saturday, 8 June @ 8:00 am for 8:30 am sharp start

115 km: Achievement, leisurely, hilly

Meet at the Kelmscott Railway Station for registration and map/ride description (you will need it). This is the clubs hilliest ride which requires you to climb and descend 10,000 ft within 8 hours. You will climb a total of 2100 metre. Contact: John, 0400 361 406 or achievementmentrides@ctawa.asn.au

Sunday, 9 June—PLEASE CHECK WEBSITE FOR DETAILS

Western Suburbs Meander

Wednesday, 12 June @ 8:00am

45 km: moderate, some hills

Meet at South of Narrows Bridge by the toilet block West and North - Maybe a hill or two. But the view of the ocean and fresh sea breezes make it all worth while. Coffee along the way - let's try someplace new. Leader: Rita Mobile 0423 056 595

Variety is the Spice of Life

Sunday, 16 June @ 8:30 am

70 km: moderate, some hills

Meet at the south side of the Narrows Bridge(next to the toilet block). This ride will include something for everyone, river, ocean, shared bike paths and roads. A hill, a down hill, & some flat so depending on which way the wind is blowing.... may pick up the pace!- and of course a rewarding coffee and chat with fellow cyclists. Ride leaders Cliff & Rita Mobile 0423 056 595

Railway Heritage Trail

Wednesday, 19 June @ 8:15 am

50 km: moderate, mountain bike - hilly

Moderate 15-35km/h, Mountain bike - Meet at RSL Bellevue, ride to Railway Heritage Trail up through Darlington. Coffee in Mundaring then across to Mount Helena where the track heads gradually downhill. Leader: Noel, 0419 964808

Sunday, 23 June—PLEASE CHECK WEBSITE FOR DETAILS

Let's do some Hills

Wednesday, 26 June @ 8:30 am

45 km: moderate, -hilly

Meet at Midland Train Station. It's not as bad as it sounds. From there up through Darlington and the John Forrest National Park to Mundaring for coffee at the Dome. After the break it's mainly downhill!

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

Another Tandem Tootle

Sunday, 30 June @ 8:30 am

45 km: leisurely, flat

Meet at Greenwood station. Travel up to the end of Freeway bike path and return via Dome in Joondalup for coffee, then back to Greenwood via Lake Joondalup.

Leader: Brian 0438 110 571

Tour Report -Victorian Goldfields Tour Monday, 11 March to Sunday, 24 March 2019

By Rosalee McAuliffe

Leader: Trevor Knox

Forty CTAWA riders joined the full pannier tour of the Victorian Goldfields Region in March 2019.

On Saturday 9 March, a group of thirteen riders gathered together on arrival at Melbourne Airport with their bike boxes to wait for John Monos from the Melbourne Bicycle Touring Club. He had offered to transport our boxed bikes to Braybrook Caravan Park in his van and trailer. Trevor had previously arranged with John to do the transport which was greatly appreciated.

By late afternoon the majority of riders on the tour had arrived at the caravan park, tents were erected, chalet accommodation found and bikes put back together. On Sunday a few people went into central

Melbourne city which was buzzing with people who were celebrating the Moomba Long Weekend Festival.

Day 1: Braybrook CP to Macedon – 71.7 km

Daylight saving was a rude awakening for many people, as it meant packing up in the dark, others were happy to sleep in and take a more leisurely start to the day. After many twists and turns getting out of Melbourne, a stop at Sunbury seemed a good idea for lunch and a rest before heading on for the remainder of our journey. Sunbury Hill on Riddell Road proved the first long climb of the day, which tested the legs and energy of most riders, especially with fully loaded bikes. There were a few weary people at the end of the challenging first day's ride, the camp ground at

Macedon CP, although fairly dry for the time of the year, had lovely tall trees and a good camp kitchen and facilities, the IGA for a small town, provided a good supply of provisions for campers. John Monos who lives near Macedon, offered to take a few riders to see the views from Mount



A few riders preparing to start 1st day's ride
(Report continued on next page)

Macedon and onto a local eatery for dinner. Louise, Jeremy and Sylvia said the views were magnificent. Macedon is on the country rail line from Melbourne to Bendigo.

Day 2: Macedon to Daylesford – 54 km

On this day we thought we had to ride 68 km and had a wonderful surprise to find it was only 54 km in the end. One rider even dispensed with her panniers and swapped bikes with John and his friend Peter from Macedon who happily rode her bike with panniers. Liz took Richard for a ride in the bush and said it was only a slight detour – those Garmins can be tricky! It seemed a good idea to stop at the Woodend Café for morning tea, however the invasion by so many riders sent the poor staff into chaos. The next stop at the Trentham bakery was favoured by riders, however they quickly sold out of pasties when our lot landed there, 40 hungry cyclists can be hard to cater for in small country towns. We rode on the Domino trail from Trentham to Lyonsville through some nice shady areas on the way to Daylesford. Daylesford has many old historic buildings, built from the prosperous goldmining years, including the iconic Town Hall and Post Office built in the late 1800's. With the nearby spa town of Hepburn Springs, this is a popular place to stay and explore over a few days. Unfortunately there was a long haul up to the caravan park which had a reasonable camp kitchen and camping ground.

Day 3: Daylesford to Castlemaine – 65 km

It was a chilly start to the day, however once on the road we quickly warmed up on the bike. A few people stopped off at Cricket Willow, where the iconic Crockett brand of cricket bats are manufactured from the Willow trees grown on the property. Another popular stop on the Hepburn Springs-Newstead Road was to look at the amazing sculptures created by Issa Quattara which are displayed around his yard, just before the turn off to Newstead. Many riders stopped at the café in Newstead for a morning tea break and then onto Maldon for lunch.

The Overland Steam train runs from Maldon to Castlemaine and is a great tourist attraction. A few riders decided to experience the steam train trip instead of riding to Castlemaine. In hindsight, this was a wise decision not to ride the trail which runs alongside the train track between Maldon to Castlemaine. The



Dave, Barb, Frank and Mary on train from Maldon to Castlemaine!

unsealed trail was bumpy and rough and difficult to negotiate in some sections.

At the Castlemaine Caravan Park there was a busy train track running overhead and main road adjacent to the campsite, which did not offer the best nights rest. Castlemaine's town was established during the gold rush times in the area (around 1853), and built up to 35,000 inhabitants during the peak of the early gold mining (population is now around 6,700). It is a lovely historical town, with many tourist attractions in the area and would be well worth a longer visit.

Day 4: Castlemaine to Heathcote – 60 km

It was a hilly start for riders out of Castlemaine with a ride upwards of around 13 km. Once past the huge ascent, we then had rolling up and down hills all the way to Heathcote. Traffic was pretty light, however sometimes there was not much room to manoeuvre on tight uphill bends if traffic was following behind. We rode over the historical Redesdale Bridge, one of the oldest lattice truss bridges in Victoria (built around 1868), which spans the Campaspe River near Redesdale. There was a long ascent from the bridge! Most stopped at Redesdale for a lunch



Rosalee, Christine and Jen at Major Mitchell's cairn on the way to Heathcote.

break. We enjoyed the facilities and campsite at Heathcote, fabulous green grass and trees with excellent camp kitchen. Lovely old town, with a lot to offer, fantastic information Centre and as

with all the old goldfields towns many historical buildings.

Day 5: Heathcote to Bendigo – 51 km

Riders were looking forward to riding away from the traffic on the O'Keefe Rail Trail to Bendigo, a distance of around 50 km. It was mainly a smooth ride along the trail, although still seemed to have many uphill along the way. Lake Eppalock's water levels were very low, a sign of a dry season. A few riders stopped at the halfway point of Axedale for refreshments, this is a quaint town that is nestled along



Mary, Sue and Frank at coffee stop on the way to Bendigo.

the Campaspe River which happens to feed out of Lake Eppalock. To the dismay of campers the Bendigo Big4 Caravan Park did not offer a good camping area. Consequently many people negotiated where possible to share cabins. Christine's broken spoke was repaired by Brian.

Day 6: Rest Day Bendigo

Everyone went their separate ways to investigate Bendigo, which was originally a gold rush boom town. Some opted to do the "hop on off" tram to see some of the sights and to look around the historical tram museum. Trams powered by

(Continued on next page)

different forms, were the main public transport in Bendigo from around 1890 until they ceased operating in 1972. Now, many have been restored and operate as a tourist attraction for Bendigo. There were many places of interest to visit around the city, with some doing the Central Deborah Gold mine tour (Rita said it was very chilly!), visiting the Golden Dragon Museum to look at the area's Chinese heritage. Walks around Bendigo's main area had many beautiful heritage buildings a long lost sign of past gold mining prosperity. Some riders also went into the Tudors to Windsors Exhibition which traces the history of the British monarchy from early times. Bendigo is a city now and well worth a further visit.

Day 7: Bendigo to Inglewood – 75 km

After a relaxing rest day riders were up early to start the day's ride due to a forecast of hot riding conditions. As there were not many places to stop for morning tea, Trevor had organised with the owners of the Raywood Hotel to open early for the riders morning tea stop. The staff were very welcoming and certainly appreciated our patronage. Later on a few stopped at Bridgwater Bakery for their award winning vanilla slice. All and all it was a great flat ride, however a few people suffered flat tyres from Caltrop, and particularly Steve who said he had 2 and a half flats (half a flat?). Bruce and Trevor also suffered punctures which they discovered at Inglewood Caravan Park. The Caravan Park was rustic in Australian style, quaint camp kitchen with lots of soft sofa's



Stuart, with Barb, Matthew and Theresa on the road to Inglewood

available to lounge on. A few people went to the iconic Empire State Hotel for dinner.

Day 8: Inglewood to Dunolly – 65 km

Interesting day's ride. Riding was quite

pleasant, we passed by a small place called Rheola (formerly named Berlin), where a plaque (2001) celebrated the 150th anniversary of gold being discovered in Victoria. The area is part of Victoria's 'Golden Triangle' and contained some of the richest gold fields.

It appears that a few riders did not take



Gus, Barb, Udeni, Teresa, Matthew, Theresa to Dunolly

the designated day's route, missing the turn towards Bealiba, instead following the sealed road directly to Dunolly. Others went into Bealiba which seemed to be only serviced by a local post office, come store, however Dave managed to get an ice coffee which he seemed to enjoy. Unfortunately after riding out on a small piece of bitumen we had nowhere else to go but to head for gravel! The gravel road had many corrugations, with limited smooth patches, however very quiet and peaceful.

The Dunolly Caravan Park, although sounding very nice on the website did not live up to the "tranquil lakeside setting" – there was a lake, however no sign of water, apparently in December a downpour had filled it up! The camping area was very basic and camp kitchen rustic. We were treated however with a beautiful ablution

block. Dunolly is a very historic area in terms of gold discoveries, starting in the 1850's when more gold nuggets were discovered in the surrounding areas than anywhere else in Australia, including the famous 69 kg "Welcome Stranger." Once

again, many historical building adorn the streets of Dunolly due to the 'golden days.'

Day 9: Dunolly to Avoca – 68 km

Nice early start for a lot of riders due to some predicted warmer weather. Most riders stopped at Maryborough for morning tea. Maryborough appears to be well serviced even though classed as a small town and is in the Shire of Central Goldfields. As with all the old goldfield towns there is a rich past which is seen in many of the grand buildings around the town. This town would certainly be worth another visit. On arrival at Maryborough it was interesting to see that some riders had done 22 km and some 32 km – was there a short cut?

It was a nice ride from Maryborough, although the Garmin in some cases sent us out of town on a round about route? Noel, Connie, Jen, Christine and Stuart did a detour to the township of Eddington (Noel's namesake), just prior to Maryborough. They found that Eddington, as with many of the towns that we cycled through, was now much smaller than it was in its hey day. The small school is now a private residence, as is one former church.

Remnants of a once flourishing community can be seen when riding past Homebush, once a prosperous gold mining town. The old Lower Homebush Primary School is an example of the architecture during the gold mining era and was worth taking a closer look on the way past. I am sure we saw mounds where gold was mined in the earlier years as we rode past the Homebush area – perhaps dreaming while riding along! Avoca ended up having reasonable facilities, including a good IGA, which most Victorian towns



Richard, Liz, Sylvia and Jeremy riding to Dunolly

(Continued on next page)



Dinner time at Avoca-Bruce, Stuart, Teresa and Udeni—still daylight saving in Victoria!

seem to have and is a town in the Central Highlands of Victoria. At Avoca riders enjoyed walking through the lovely Avoca Chinese Garden a reminder of the Chinese heritage in the region when many Chinese people came to Australia from the 1850's in search of gold. The Avoca campground, although sparse, had lovely ablutions and camp kitchen.

Jenny had a broken bike rack and temporary repairs were made with a pipe clamp and cable ties, however she decided to go onto Ballarat directly to get it fixed.

Day 10: Avoca to Skipton – 80 km

There was a gradual rise out of Avoca, however after this part the terrain was fairly gentle. After about 26 km many riders stopped at Lexton for a quick coffee break. The next town was Beaufort (recently featured on "Backroads", an ABC program), for an early lunch. Unfortunately after our break we were confronted with a seemingly endless passing parade of truck traffic which made safe riding a bit tricky. It was interesting to see the Stockyard Hill Windfarm Project which will have 149 turbines and power 391,000 Victorian homes and is due to be commissioned in late 2019 – hence all the truck traffic on the road going to the work site. Stuart was very happy to see this renewable energy project being carried out. We had a quick look to see if there was any water in Lake Goldsmith, (needed to keep eyes on the trucks!), now all dry, apparently the whole area was under water in the 2011 floods.

Fortunately everyone survived the trucks and arrived at Skipton in one piece. Trevor had organised for us to stay at the Skipton Recreational Ground, which ended up being quite satisfactory, beautiful soft grass to peg our tents to and plenty of nice hot showers and toilets. We were fortunate to be able to use the fridge

in the kitchen of the main building. The football change rooms were converted into cooking areas by some campers, lots of benches and seats were available for cooking our evening meal and breakfast next day. A lot of people decided to eat out at one of the local cafes which they said was an excellent meal.

Day 11: Skipton to Ballarat – 70 km

The day started with some drizzle/scotch mist which meant having to pack up wet tents, adding more weight to our loads. Fortunately the mist soon cleared to start our ride on the Ballarat to Skipton Rail Trail, a nicely compacted track of 55 km in length. Most riders stopped at Linton for morning tea which was about 22 km from Skipton, at the very popular coffee shop which is well patronised by cyclists, great place for an early morning tea. The ride was wonderful, especially after contending with the heavy traffic the previous day, a few rises, with lovely shaded areas to ride along. We passed over Nimmons Bridge near Newtown, an impressive crossing on the rail trail, and one of the most iconic timber-trestle trail bridges still surviving in Australia, looking down on a deep ravine below. A few stopped to have a look at the next town off the trail at Smythesdale and also to have another coffee.

The trail eventually led us into the outskirts of Ballarat. We cycled into Wendouree, which is a suburb of Ballarat and followed Lake Wendouree around to a nice stop for coffee at a Café called Pipers by the Lake. Lake Wendouree is

apparently a man-made recreational lake. Across the road from our stop was the impressive looking Botanical Gardens. Noel and Connie who had arrived the day before were able to give us some information regarding our stay at the Shady Acres CP, advising that there was no supermarkets nearby, so best to do some shopping beforehand. So with another 11 km to go, shopping to do and apparently a huge uphill climb to the



Maureen and Frank on Nimmons Bridge crossing

caravan park, we all set off again. We had to contend with some busy traffic before and after we did our shopping, riding east along the busy Victoria Rd and upwards to the caravan park. Unfortunately for campers there was no camp kitchen and camping area was pretty dismal. Riders with booked chalets had a sigh of relief and offered the campers use of their kitchens and fridges. It was a noisy night for everyone due to the nearby Western Highway traffic.

Day 12: Rest Day Ballarat

Once again, most riders took the opportunity to explore Ballarat. Some brave souls even rode their bikes back down the 11 km to check out the city, while some others chose to employ friends/acquaintances to take them around, or catch a taxi into central Ballarat.

The places of high interest were the Botanical Gardens, with the beautiful gardens, that had a central glass house full of colourful Begonias. People were intrigued with the Prime Ministers Avenue, in the Botanical Gardens, a collection of past Australian Prime Ministers, they are bronze portraits, mounted on polished granite pedestals, - the recent ones are missing due to the many changes! Others went to Sovereign



Glenda, Ollie and Sue on the rail trail

(Continued on next page)



Glenda, Grant, Ken, Ollie, Trevor, Ian and Dave at Bacchus Marsh CP

Hill which is an open-air historical museum depicting Ballarat's first ten years after the discovery of gold in 1851, with costumed characters, buildings and businesses showing what a goldfields town would have looked like in that era. A few also ventured out to have a look at the historical Eureka Stockade site. We found Ballarat to be surrounded by many beautiful parks and buildings, a sign again of what prosperity the early gold mining boom brought to these towns. We agreed that Ballarat is certainly worthy of a longer visit.

Day 13: Ballarat to Bacchus Marsh – 57 km

We had a section of gravel and slight drizzle to contend with, shortly after leaving Ballarat, however after this section there was very pleasant riding on the way to Gordon where some riders stopped off for an early coffee break. Some others pushed on to the lovely town of Ballan for their morning tea stop. The riding was also

pleasant through the Werribee Gorge State Park area. As we approached the surrounds of Bacchus Marsh we looked down onto the township below from the upper level scarp. We had a sharp descent down from the scarp into the outer surrounds of the town.

There was an uphill ride from the busy central part of Bacchus Marsh to the caravan park. Our camping area was situated in a small section at the back of the park and had a good camp kitchen.

Trevor had arranged for a dinner at Flanagan's Hotel, as this was probably a final night for everyone before we headed into Melbourne and some people departed on their separate ways. At the dinner, Stuart our CTA President, said that out of a starting group of 40 participants, 38 completed the whole tour, having each cycled around 800 km plus. Unfortunately, Chanchal had a fall at the Daylesford caravan park and badly damaged her elbow which resulted in her having to have an operation at Ballarat. One other rider decided to finish at Bendigo. The group expressed their sincere appreciation on Trevor's great effort in organising the tour and presented him with a memento from the Goldfields Region and a voucher from the riders. Christine was also thanked for her hard work in handling the finances during the tour and was also presented with a voucher from the group. All riders gathered for a group photo taken by Frank.

Day 14: Bacchus Marsh to Melbourne – 58 km

The day started with a very pleasant descent from the caravan park, riding through the main town centre, the wind was behind us for several km. Unfortunately, after around 20 km, traffic gradually increased with riders often having little room to manoeuvre, and some roads having a limited hard shoulder to cycle on. We rode back through the areas of Eynesbury, Truganina, Laverton North, and the industrial areas of Brooklyn before joining up with the Sunshine West cycle path back to Sunshine railway station and then to Braybrook caravan park. All agreed it would have been a great ride without the traffic! At the caravan park, bike boxes were collected, bikes dismantled and packed away into their bike boxes. We said our final farewells to our fellow riders on the tour, with congratulations to each other for successfully finishing the tour around the Goldfields Region of Victoria. *Well done all participants, you were a wonderful bunch to ride with.*

Many thanks to Frank for taking the group photo at Flanagan's Hotel in Bacchus Marsh.



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!

CTA clothing is available as follows:

CTA jerseys:

- Short Sleeve Unisex (full zip)
- Short Sleeve Womens (short zip)
- Long Sleeve Unisex (short zip)
- Long Sleeve Womens (short zip)
- Long Sleeve Unisex (full zip)



CTA jerseys are available in a range of sizes, in both long and short sleeve and half and full zip. Sizing is deliberately small to aid in moisture absorption, however it is **recommended you try on a sample before selecting. Also the prices are now reduced!**

Please note: our previous supplier (Sprint Design) has now ceased operating. However, we still have a current stock of jerseys.

CTA Orange Fluoro Shirts (sizing is very large)

Short sleeve unisex style. Limited stock in size 16 only.

CTA Socks

Orange/blue socks with CTA logo — \$10 a pair

CTA previous years OYB jerseys

2017 sleeveless windproof cycling vest (Loaves to Fishes tour) sizes XS, M and 5XL.

2015 short sleeve jersey (Golden Heartlands tour) sizes XS, S and L.

Safe-Zone Mirror The 57 mm diameter 'Safe-Zone' mirror gives an improved vision of vehicles or other riders approaching from behind. Normally only available from on-line suppliers at between \$40 to \$55. CTA is able to offer these mirrors to members at **\$25** (you will need to contact the Clothing Coordinator to arrange a suitable time for pick up)..



These mirrors use two zip ties for mounting onto your helmet. If you are cycling overseas where traffic is left hand drive, these mirrors can be easily adjusted.

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



Top Left: Sue at 'Drive with Extreme Care' sign by Stockyard Hill; Middle Top: Richard and Frank helping Steve change his puncture; Centre: Richard and Grant leading riders before Willow Creek; Top Right: Sylvia and Jeremy on Domino trail; Bottom Left and Right: Girls having fun—Teresa, Theresa, Mary, Barb (left photo) and Louise (right photo)

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

2019

Renewal Adult membership	\$40
(If paid by 31 Jan	\$35)
New Adult membership	\$35
Concession:	
Full-time Students/Pensioners	\$25
Dependents under 18	No charge

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.