

Safety

- Approved cycle helmets must be worn when cycling.
- Head phones or thongs must not be worn when cycling.
- Alcohol is not to be consumed during the organized rides.
- Rowdy behavior in the camp site will not be tolerated.
- You are encouraged to make your own arrangements for personal insurance.
- Private support vehicles may not follow the rides, as they can be a hazard to cyclists. There will be sufficient official vehicles to meet needs.

Camping

We will camp in recreation reserves of sports centres, and we must comply with such rules as they may have.

Transport

The tour will be starting and finishing at a car park adjacent to the Midland Railway Station terminus. Alternatively, for country participants and those unable to arrange for transport to the start, limited, secure parking for the duration of the tour, is available at a location nearby. However, the property owners and The Cycle Touring Association of W.A. (Inc) accept no responsibility for any theft or damage whatsoever to the vehicles whilst they are parked there. On the tour, official support vehicles will meet day-to-day needs. No private support vehicles are permitted (see "Safety").

Age Conditions

Persons under the age of 16 on the 20th September 1997 may not, we are sorry to say, take part in the tour. Those under the age of 18 on that date must have a parent's or guardian's consent before they can take part.

Payment

All payments must be received before 30th August 1997. Cheques should be made payable to On Your Bike W.A., and posted to: PO Box 282 Inglewood W.A. 6052.

Cancellations

Written cancellations received by the 30th August 1997, will receive a refund of 80% of the payment. Written cancellations received after 30th August, but before 20th September 1997, will receive a refund of 20%.



Enquiries

For general enquiries telephone
(09) 271 9409 or (09) 458 7519

email: homie@opera.iinet.net.au

or write to:

On Your Bike W.A.
PO Box 282
INGLEWOOD WA 6052

Organized by:

The Cycle Touring Association of
W.A. (Inc).



Spring On Your Bike Tour '97



Visiting:



Bindoon

Bolgart

Wongan Hills

Northam

York

Wundowie

20 - 28 September 1997

Organised by:
The Cycle Touring Association of W.A.

Day 1

*Saturday 20th September.
Midland to Bindoon 73km.*

Heading north from Midland we will be passing through the Swan Valley famous for its wineries and table grapes to lunch at Bullsbrook. A climb out of Bullsbrook before dropping down into the Chittering Valley and the start of wildflower country. We ride past orange groves and follow the Brockman River to our first overnight stay at the “Chinkabee” complex in Bindoon.

Day 2

*Sunday 21st September.
Bindoon to Bolgart 70km.*

Before heading off, you may want to visit some of the attractions of the Bindoon “Be Active Wildflower and Wool Weekend”. Up the hill to Keaney Agricultural College before heading east through the Julimar State Forest, known for its abundance of wildflowers and picturesque valleys. Heading north from Dewars Pool the timbered areas change to the more open and lightly vegetated countryside of the Victoria Plains. We will be rolling out our swag at the old football oval in Bolgart.

Day 3

*Monday 22nd September.
Bolgart to Wongan Hills 61km.*

As we head north through large wheat properties, keep your eyes open for splashes of everlastings on the side of the road. After lunch at Calingiri, we head east into old sandalwood country with the undulating hills a delight to ride. Approaching Wongan Hills the popular water recreation area of Lake Ninan appears on our left. We continue into town to our overnight stop at the very comprehensive facilities of the sports and recreation ground.

Day 4

*Tuesday 23rd September.
Rest Day at Wongan Hills.*

A tour is available, to take those interested in the local flora and fauna to nearby reserves and/or the very modern and interesting Agricultural Research Station, at your own expense. Alternatively, you can spend the day looking around Wongan Hills, visiting the Pioneer Museum, walking the 2.5 km Xmas Rock Walk, riding up Mt. O’Brien (approximately 10 km from town) or just relaxing in a cafe.

Day 5

*Wednesday 24th September.
Wongan Hills to Northam via Goomalling 93 km.*

To-day will be our longest on the tour, as we pass through large pastoral properties on our way to lunch at Goomalling.

Approaching Northam the landscape changes to areas of natural forest, with their full complement of native flora, as the Avon Valley weaves its spell over this area. Perhaps a cool drink by the Avon River would be a good idea before rolling into the Northam Recreation Centre for a well earned rest.

Day 6

*Thursday 25th September.
Northam to York via Grass Valley 64 km.*

Today’s ride is one of the most picturesque as we head out on Southern Brook Road to Grass Valley. Take time out to take photos of the many valleys as you rest after climbing some of the more demanding hills. Care should be taken as we join the main Northam - York Road and head towards York, with the imposing Mr. Bakewell standing out as the tallest hill in the area. A Devonshire Tea might be in order before heading to the Forrest Oval Recreation grounds for our first night in York.

Day 7

*Friday 26th September.
Rest Day at York.*

For those interested in Aviation, a round trip of 65 km to Beverley to view the Aeronautical Museum, might be in order. Alternatively, a visit to the Avondale Research Station, some 6 km out of town, is also worth the effort. If this all seems too much, a restful day can be had visiting the numerous attractions around York, such as the York Motor Museum, Balladong Farm, Hillside Studio, the Residency Museum and many more. Maybe an afternoon nap is your way of relaxing.

Day 8

*Saturday 27th September.
York to Wundowie 60 km.*

Riding north along the Avon Way, following the Avon River, we travel through general farming land graced by lines of beautiful trees to Spencers Brook. The road to Clackline abounds with wildflowers and bird life before passing through Bakers Hill to Wundowie. As we pass through heavily wooded areas to our campsite, it would be a good idea to practice your singing for to-night’s famous On Your Bike concert.

Day 9

*Sunday 28th September.
Wundowie to Midland 53km.*

We will have been joined by a group of pannier tourists for the last night, who will also assist us to find our way down through the maze of back roads to Midland. An alternative, for those with mountain bikes, is to be guided down to Midland on the very beautiful and exhilarating bridle track. Savour the beauty of the flowers and forests as you wind your way down to Midland and the fond farewells of your new found friends.

We Provide

- A real cyclist’s breakfast of porridge, cereals, toast with a variety of toppings and coffee, tea or Milo. Plenty of everything and the famous On Your Bike porridge is guaranteed to stick to your ribs in anticipation of a hard day’s ride.
- Morning tea by the roadside. The chuck wagon will appear and provide cups of tea, coffee or Milo. Fruit in season may be available.
- A hearty 3-course meal in the evenings provided by a local community group. This will consist of lamb, beef or chicken dishes with vegetables and salads. Vegetarians will be well catered for. (Please indicate on entry form)
- Backup vehicles to transport luggage between campsites.
- Signposting where appropriate.
- Bike mechanics.
- First aid support.
- Identification tags for your luggage, bike and you - in case you forget yourself. Tour guide with maps and descriptions of the journey. These will be posted to you closer to the tour.
- Commemorative shirt with appropriate design.
- Shoulders to cry on if necessary and/or pats on the back when you achieve your cycling aims.
- Automatic 6 months membership of the Cycling Touring Association of W.A. (Inc). This offer only applies to non members of the CTA who have not taken part in a previous On Your Bike W.A. Tour.
- Memories of the best 9 days you will have this year.

What You Provide

- A bicycle - preferably with a wide range of gears - in good mechanical condition with water bottles, pump, tools, spare tubes and a lock.
- A cycle helmet and a good rain jacket.
- An unbreakable plate, bowl, mug, eating irons, tea towel and torch.
- A small waterproof tent, inflatable mattress and sleeping bag.
- A sufficiency of clothing and toiletries.
- A bag to hold all this - preferably a duffle or kit bag - not exceeding 1 metre in length and a waterproof liner for the clothing and sleeping bag.
- Lunches; except for the first day, we do not provide lunches (despite encouraging you to over-eat at other times). These you may purchase for yourself at local shops.

Training

Cycle regularly on quiet roads before the tour. Try to use the bike and clothing you anticipate using on the trip to ensure you solve any problems before the ride. During the six weeks prior to the event you should ride for at least 50 km each weekend and try to complete one or two rides of at least 90 km. There will be an opportunity to ride with some of your fellow tourists on Sunday 31st August. You are warmly invited to join the group, which is scheduled to leave the Raffles Hotel at Canning Bridge at 9 am, for a scenic ride around the river to a secret eatery.

