

duffel of kit bag - not exceeding 1 metre in length and a waterproof liner for the clothing and sleeping bag.

▲ Lunches: except for the first and last days, we do not provide lunches (despite encouraging you to over-eat at other times). These you may purchase for yourself at local shops.

CAMPING

We will camp in recreational 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 Armadale

Railway Station terminus. Or, you may wish to join the tour at Mt Barker. Those driving to Mount Barker with bikes and luggage will then take their cars to a secure parking place 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').

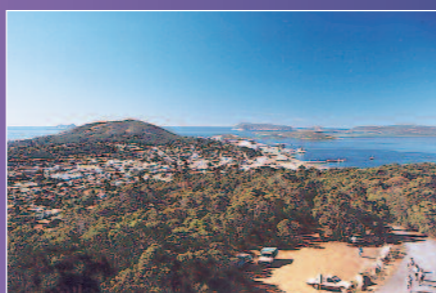
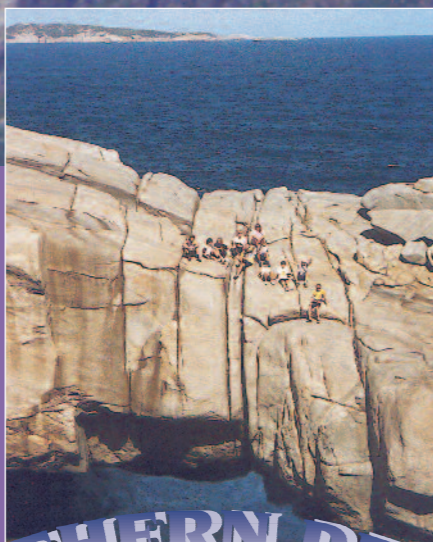
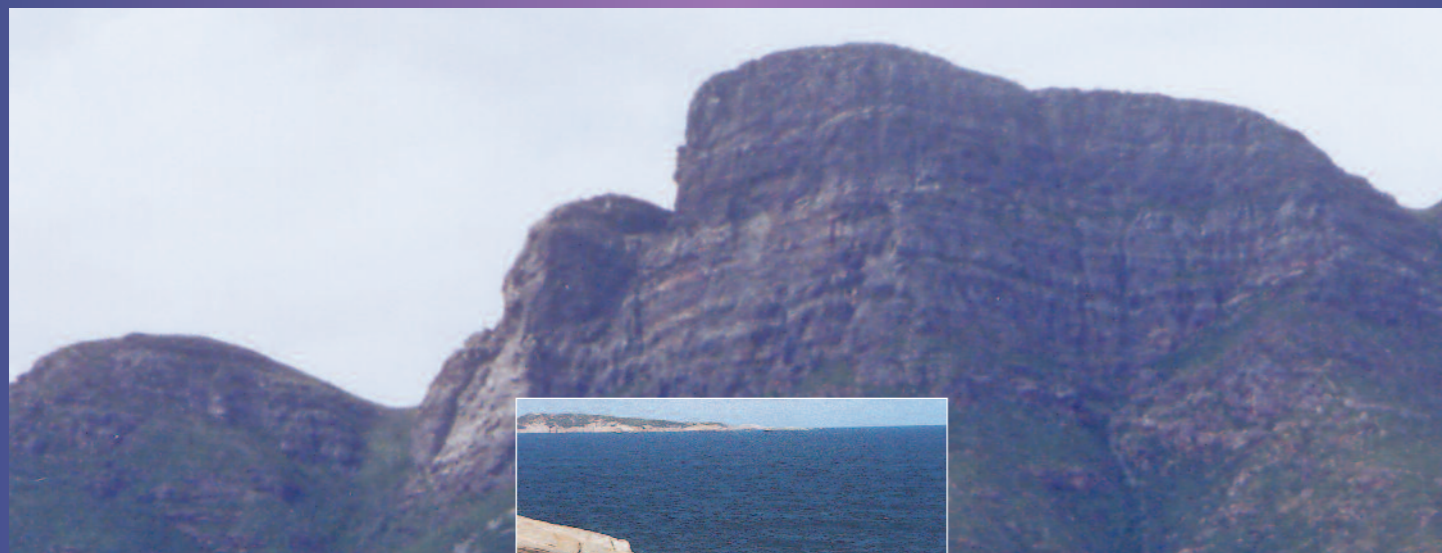
AGE CONDITIONS

Persons under the age of 16 on the 16th October 1999 may not, we are sorry, 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

Full payment with Official Entry Form must be received by Friday 17th September 1999.

Tour cost + Transport for You and Bike: \$ 385.00,
Tour cost NO Transport: \$ 340.00.
Cheques should be made payable to: 'On Your Bike WA' and mailed to: PO Box 282 Inglewood W.A. 6052.



SOUTHERN PEAKS TOUR 1999

For general enquiries telephone (08) 9271 9409 or (08) 9728 3105

Email: homie@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)


Bikewest



CANCELLATIONS

Written cancellations received by Friday 17th September 1999 will receive a refund of 80% of the payment. Written cancellations received after Friday 17th

ON YOUR BIKE WA



SOUTHERN PEAKS TOUR 1999

16 - 24 OCTOBER 1999



SOUTHERN PEAKS TOUR 1999

DAY 1

SATURDAY 16th OCTOBER 1999
PERTH TO MOUNT BARKER BY COACH 329km

After having lunch at Frost Park in Mount Barker, collect your gear and pitch your tents on the oval, then it's On Your Bike for a smorgasbord of places to see. Some may wish to check out the results of the week long wine festival that concluded on Friday. Visit the old Railway Station or the Art Gallery in the local library or just unwind.

DAY 2

SUNDAY 17th OCTOBER 1999
MOUNT BARKER TO DENMARK 57km

Today sees us leave Mount Barker and head down hill for the first 10km, through a flourishing winery area, past some highly prized and grand establishments, before turning off and heading towards Denmark through undulating forest, wild flowers and farming land.

DAY 3

MONDAY 18th OCTOBER 1999
DENMARK TO ALBANY 65km

After cleaning out Denmark's bakeries of the delicious fruit buns, we follow Wilson's Inlet on the way to Albany, passing through the areas of Borholm and Torbay. There is a picturesque lunch stop at Cosy Corner where one can take a dip in the great Southern Ocean. On arrival in Albany we can take up the option of the indoor pool, spa or sauna at the Albany Leisure and Aquatic Centre where we will be staying for

the next two days.

DAY 4

TUESDAY 19th OCTOBER 1999
REST DAY IN ALBANY

What you do today is up to you. Explore the historic city of Albany, visit the Gap and Blowholes en route to the Whale Station museum. If that is not enough, enjoy the views from the southern peaks of Mount Melville, Mount Clarence and Mt Adelaide. On the way back, visit the Old Strawberry Farm, watching out for the low door frames! Or you can lounge around by the heated pool, spa or sauna and when you have had enough, challenge a friend to climb the indoor wall.

DAY 5

WEDNESDAY 20th OCTOBER 1999
ALBANY TO PORONGURUP 58km

We leave Albany and head north to the Porongurup National Park via Oyster Harbour. We pass through forest and open farming land with the distant Porongurup Range in the background looking awe inspiring. After setting up camp in the Caravan Park, one can set off and explore the local peaks such as Castle Rock or go off and sample the local produce.

DAY 6

THURSDAY 21st OCTOBER 1999
PORONGURUP TO BORDEN 92km

Today will see the energetic ones departing early to check out the local sites and tastes, leaving others to meander through canola and wheat farming areas in the

shadow of the Stirling Ranges. We pass by Bluff Knoll (1073m in height) and a Dutch windmill nestled amongst grapevines prior to reaching Borden.

DAY 7

FRIDAY 22nd OCTOBER 1999
BORDEN TO GNOWANGERUP 37km

A short day today will give you plenty of time to wander around Gnowangerup and visit its museum and Art's council.

DAY 8

SATURDAY 23rd OCTOBER 1999
GNOWANGERUP TO CRANBROOK 80km

Today sees us leave Gnowangerup behind as we travel through gentle undulating farming land, stopping for lunch in Tambellup. We pass a pink lake prior to Cranbrook where an excellent stage awaits us for the traditional On Your Bike Concert!

DAY 9

SUNDAY 24th OCTOBER 1999
CRANBROOK TO MOUNT BARKER 55km

We leave the concert town of Cranbrook and head to Mount

Barker via Kendenup with a final glance at the Southern Peaks in the distance. After lunch in Mount Barker its back on the bus to Perth, where you can start planning for next years tour!

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 the entry form).
- ▲ Backup vehicles to transport luggage between campsites.
- ▲ Sign posting 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 month membership of the Cycle Touring Association 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.

TRAINING

Cycle regularly on quiet roads before the tour. 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 tour you should ride for a 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 19th September 1999. 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.

Leader: Tony Humphreys

Telephone: Work: (08) 9725 5631
Home: (08) 9728 3105

SAFETY

- ▲ Approved cycle helmet 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 behaviour in the camp site will

not be tolerated.

- ▲ Provide your own insurance to cover personal belongings, accidents and liability.
- ▲ Private support vehicles may not follow the rides, as they can be a hazard to cyclists. There will be sufficient official vehicles to meet all needs.

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.
- ▲ Your own insurance to cover personal belongings, accidents and liability.
- ▲ An unbreakable plate, bowl, mug, cutlery, 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

