

South West Forests Tour 2000



CAMPING

We will camp in recreational reserves or 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. 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 in Capel. 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 21st October 2000 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 is required with the official entry form. Early application is recommended as the tour is limited to 120 participants.

Tour cost + Transport for

You and Bike: \$ 355.00

Tour cost NO transport: \$ 330.00.

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 Friday 22nd September 2000 will receive a refund of 80% of the payment. Written cancellations received after Friday 22nd September 2000 will receive a refund of 20%.

For general enquiries telephone:

Marion (08) 9271 9409 or

Ann (08) 9444 5160

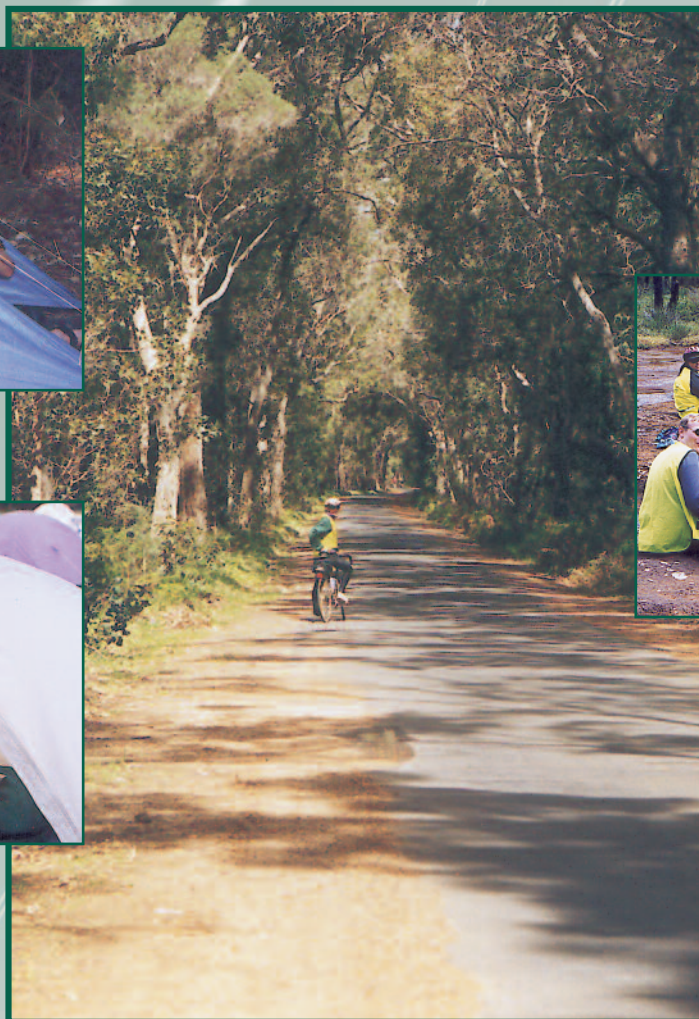
Email: homic@iinet.net.au

Or write to:

On Your Bike W.A.

PO Box 282

INGLEWOOD WA 6052



Organised by: The
Cycle Touring
Association of W.A.
(Inc)



On Your Bike WA

South West Forest Tour 2000
21 - 29 October 2000





Sou West Forests Tour 2000



DAY 1

SATURDAY 21st OCTOBER 2000
PERTH TO CAPEL BY COACH
CAPEL TO BUSSELTON 35km

After having lunch at Capel Town Hall it's On Your Bike for an afternoon ride along the back roads to Busselton. On arrival at the Geographe Leisure Centre you can relax in the indoor pool, spa or sauna. If you still want to burn off some energy you can give yourself yet another work out in the gym.

DAY 2

SUNDAY 22nd OCTOBER 2000
BUSSELTON TO MARGARET RIVER 61km

Today we ride through open farmland and head towards the region of Margaret River. After setting up camp there will be ample time to explore the area which offers gastronomic delights of world class wineries and gourmet vineyard restaurants; jams and condiment producers; an immense array of art and craft galleries.



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 await you and provide cups of tea, coffee or Milo. Fruit in season will 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

DAY 3

MONDAY 23rd OCTOBER 2000
MARGARET RIVER TO AUGUSTA 55km

There are many attractions on the ride today. We start by passing some of the most prestigious wineries of the Margaret River region which are establishments of great splendour. We carry on through the magnificent Boranup Forest where you can admire the awesome karri and jarrah trees. Maybe visit a few art and craft galleries. There are also several underground crystal caves en route and for those interested you can take in a guided tour.

DAY 4

TUESDAY 24th OCTOBER 2000
AUGUSTA TO NANNUP 88km

The ride today heads east along the Brockman Highway passing by Alexander Bridge. The open rolling farmland gradually transforms to the scenic karri and jarrah forests. We eventually arrive in Nannup for our first stop in this township.

DAY 5

WEDNESDAY 25th OCTOBER 2000
NANNUP TO PEMBERTON 76km

We leave Nannup and travel south through the heart of the towering eucalyptus forests. We pass the Donnelly River Winery which could be an ideal spot for lunch. You may wish to stop to admire the Beedelup Falls before arriving in Pemberton where will spend the next day.

DAY 6



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.

THURSDAY 26th OCTOBER 2000

REST DAY IN PEMBERTON

There is a lot to see and do in and around Pemberton. There will be an opportunity to take a relaxing train or tram ride up to the Warren River, or for the more energetic ones you can take a four wheel drive trip to the Yeagerup Dunes and test your sand boarding skills. You may wish to venture out to the Gloucester Tree and climb to great heights. Perhaps explore the many wood galleries and craft centres around town hoping NOT to put a big dent on the credit card! Maybe a scenic walk around the Big Brook Dam is more your style. The choice is yours.

DAY 7



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, 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 duffel kit bag – not exceeding 1 metre in length or 15kg 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.

FRIDAY 27th OCTOBER 2000

PEMBERTON TO NANNUP 96km

Today we ride back to Nannup along a different route than on Wednesday. We pass through the township of Manjimup and then on to the old mill town of Donnelly Mill which is nestled amongst magnificent karri forest. We follow the undulating forests all the way and end the ride with an awesome down hill into Nannup.

DAY 8

SATURDAY 28th OCTOBER 2000
NANNUP TO DONNYBROOK 85km

We say goodbye to Nannup once again and follow the Blackwood River which winds through the forests and undulating farmland. We pass through the township of Balingup and then on to Kirup where you might want to sample one of the famous Kirup pies. This will set you in good stead for the On Your Bike Concert tonight!

DAY 9

SUNDAY 29th OCTOBER 2000
DONNYBROOK TO CAPEL 37km
CAPEL TO PERTH BY COACH

Having survived the excitement of the concert we leave Donnybrook and head back to Capel along the rolling countryside. After lunch in Capel its back on the bus to Perth, where you can start planning for next years tour!



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 24th September 2000. You are warmly invited to join the group, which is scheduled to leave the Raffles Hotel at Canning Bridge at 9am, for a scenic ride around the river to a secret eatery. Leader: Ann Wilson ph (08) 9333 8871 (w) or (08) 9444 5160(h)

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 organised 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 needs.