

The Fine Print

VOLUNTEERS

'On Your Bike' is organised by a sub-committee of the Cycle Touring Association of WA (Inc) on a totally not-for-profit basis and requires volunteers from among the 'participants' – you – to help out with some of the daily tasks involved for the smooth running of the tour. Tasking areas include:

- Helping out at breakfast;
- Baggage loading and unloading;
- Assisting with/or after the evening meal; and
- General clean-up.

If you would like to help in any of these areas or the dozens of other little tasks, please tick the box on the Volunteers section on the entry form.

WE PROVIDE

- A real cyclist's breakfast of cereal, toast, a variety of toppings, tea and coffee and most importantly the famous 'On Your Bike' porridge. If you think you need a good 'stick to your ribs' start to the day before a long ride then the porridge will fit the bill.
- Morning tea by the roadside including tea, coffee and Milo. In-season fruit will also be available.
- A 'Sag Wagon' if it's all too much.
- A hearty three course evening meal provided by local organisations. If you require vegetarian meals then please indicate on the entry form.
- A vehicle to transport all your luggage between campsites.
- Signposting where appropriate.
- First aid in case of mishaps.
- Identification tags for your luggage, bike and you – in case you forget yourself. Tour guide with maps and route descriptions will either be posted to you or available electronically closer to the tour. Please indicate on the entry form your preference.
- Commemorative garment.
- A shoulder to cry on and/or a pat on the back when you achieve your personal aims.
- The best 9 days of fun you will have this year.
- Complimentary membership for 2016 to the Cycle Touring Association of WA (Inc). This offer only applies to non-members of the CTA who have not taken part in a previous On Your Bike tour.

YOU PROVIDE

- A human-powered reliable bicycle with a wide range of gears. Power-assisted bicycles (battery or combustion engine) are not permitted on OYB tours. The bike must be in good mechanical condition and we strongly recommend having it serviced at a local bike shop at least a month before the tour. Please read the 'Conditions' section on the entry form.
- Cycling accessories – water bottles, pump, spare tubes, tools and a bicycle lock.
- Your own travel insurance.
- Approved bicycle helmet.
- Unbreakable plate, bowl, mug, cutlery and a tea towel for drying your utensils after breakfast.
- All your camping gear – small waterproof tent, inflatable mattress and a sleeping bag.
- Sufficient cycling and casual clothing, bathers and toiletries.
- Lunches: Except for the first and last day, we do not provide lunch during the tour. Participants will be advised en-route as to where lunches may be purchased.
- Your own sense of adventure and preparedness to have fun!

LUGGAGE

- Your total allowance is 20 kg of which no one bag can be more than 12kg. Luggage will be weighed at check-in.
- Please pack your gear into 'soft duffle' type bags. Suitcases are not acceptable.

LUGGAGE DROP OFF

A luggage drop off prior to the start of the tour is available to make getting to Armadale easier on the train. Luggage can be dropped off to East Victoria Park no later than the Thursday evening before the tour by contacting Terry on (08)9472 9887. The property owners and the Cycle Touring Association of WA (Inc) accept no responsibility for any theft or damage whatsoever to luggage whilst it is at the property.

TRANSPORT

Transport will be available for you, your luggage and your bike to get to the start at Borden. The transport will leave from and return to the car park adjacent to the Armadale Railway Station.

On the tour official support vehicles will meet the day-to-day needs.

VEHICLE PARKING

For those participants that choose to drive to the start at Borden, vehicle parking for the duration of the tour will be available at Borden.

The property owners and the Cycle Touring Association of WA (Inc) accept no responsibility or liability for any theft or damage whatsoever to the vehicle whilst it is parked at the property.

SAFETY

- Approved bicycle helmet must be worn while cycling.
- Headphones or thongs must not be worn while cycling.
- Alcohol may only be consumed in accordance with relevant laws.
- Rowdy behaviour at the campsite will not be tolerated.
- Private support vehicles are not permitted to follow the ride as they can be a hazard to cyclists. There will be sufficient official vehicles to meet our needs.

TRAINING

Cycle regularly on quiet roads before the tour. Use the bike and clothing you anticipate using on the tour to ensure you address any problems before the tour. During the six weeks prior to the tour you should ride for at least 50 km each weekend and try to complete one or two rides of about 90 km. There will be an opportunity to ride with some of your fellow tourers on Sunday 18 September 2016. You are warmly invited to join the group which will start at Bullcreek railway station at 8:30am for a scenic ride to an eatery for a coffee / morning tea.

Leader: Terry 0439 922 765

AGE CONDITIONS

Persons under the age of 18 on 30 October 2016 may only take part in the tour at the discretion of the organisers and must be accompanied by a parent or guardian.

TOUR COSTS AND PAYMENTS

FULL payment is required with the entry form. Early application is recommended as the tour is limited to 130 participants. All tour costs include GST.

• Entry for CTA member *	\$775
(* current CTA membership valid to 31/12/2016)	
• Entry for non CTA member	\$820
• Entry for 1st OYB tour	\$775
Options	
• Transport – Armadale to Borden and return	\$130
• Rest Day Activities – Bremer Bay	
• Discover Scuba Diving	\$140
• Quad Bike Tour	\$110
• Rest Day Activities – Stirling Range	
• Orchid and Wildflower Tour	\$49

REFUND POLICY

Cancellations received by Friday 30 September 2016 will receive a refund of 80% of the payment. Cancellations received after Friday 30 September 2016 will receive a refund of 20%.

The Cycle Touring Association of WA (Inc)

presents the

2016 On Your Bike Bay to Bluff Tour

Saturday 22 to Sunday 30 October



For General Enquiries:
Phone Terry
on 0439 922 765

Email: oyb@ctawa.asn.au
or write to:
On Your Bike WA, PO Box 174
Wembley WA 6913



Borden Ongerup Jerramungup
Bremer Bay Boxwood Hill Stirling Range
Gnowangerup Borden

Bay to Bluff Tour 2016

Cycling on sealed, quiet country roads to the western gateway of the Fitzgerald River National Park and then through the acclaimed Stirling Range National Park, the 28th On Your Bike Tour will explore this biodiverse area within the Great Southern region of Western Australia. This loop tour starting and finishing in the small town of Borden will allow participants to experience a wide range of scenery. From agriculture to flora and fauna unique to this southernmost area of the State's land division, to the unspoilt coastline and beautiful beaches of the fishing community of Bremer Bay and finally the majesty of the Stirling Range, with Bluff Knoll its highest peak, one of only a few places in WA to occasionally experience snowfalls. With a generally cooler climate, this region of the state is ideal for cycle touring.



Day 1 – Saturday 22 October
Armadale to Borden by coach 350 km
Borden to Ongerup 29 km

Departing in the morning from the Armadale railway station, participants taking the transport option will be transported directly to Borden, along with their bikes and luggage, arriving in time for a supplied lunch with those participants starting from Borden. The first leg of our cycling tour begins in the afternoon with a short ride to ease you into the saddle to our overnight stop at the Ongerup Sporting Complex. Established on a now defunct railway route in 1912, Ongerup is a very small town existing to primarily service the local agricultural community.



Day 2 – Sunday 23 October
Ongerup to Jerramungup 42 km

A very straight forward ride today of modest distance takes us further east through the flat farming land interspersed with pockets of native bushland. Our stop for the night is Jerramungup, a farming area first settled by Europeans prior to 1848 and Hassell Homestead, the historic home of a pioneering family whose descendants occupied this land for over a century. The current townsite of Jerramungup was not established until 1953 to support a war service land settlement project for men returning from World War II. Our venue for tonight's sojourn is the recently refurbished Jerramungup Sport and Recreation Complex.



Day 3 – Monday 24 October
Jerramungup to Bremer Bay 99 km

Whilst today is the longest ride distance on tour, take comfort in the fact it is predominately downhill all the way, with a following rest day in Bremer Bay to recuperate. The route heads due south along the highway before turning off at the locality of Gairdner for a morning tea stop. From there we cycle further south before heading due east, arriving for a well-earned rest for two consecutive nights at the Bremer Bay Caravan Park.



Day 4 – Tuesday 25 October
Rest Day in Bremer Bay

From relaxing on your rest day to getting out and about, the unspoilt coastline around Bremer Bay offers numerous recreational pursuits from fishing, surfing and wildflowers, to beach combing along some of the finest beach sand in the southern hemisphere. At certain times of the year Southern Right whales can be seen calving in the sheltered bays and, weather permitting, plenty of opportunities exist to swim in the magnificent turquoise waters of the surrounding bays and beaches. The Fitzgerald River National Park lies immediately north of the town, one of the largest national parks in Australia containing 20% of the State's described plant species. You can visit the Wellstead Museum and café to learn more about the pioneering history of the region. There are two optional tours to enjoy (numbers are limited), a scuba dive in the beautiful bays (3 hours including training video, no experience necessary and all equipment supplied) or a quad bike tour through the sand dunes (2 hours).



Day 5 – Wednesday 26 October
Bremer Bay to Boxwood Hill 62 km

Passing by sheep and cattle grazing land first opened up in 1860 by an early pioneer John Wellstead, today's ride is a gradual climb retracing part of our route back

out of Bremer Bay as we make our way to the next overnight stop at the Boxwood Hill Combined Sports Club. The town named after a local shrub was gazetted in 1963 and is composed of only a roadhouse and three houses, but is best known for its excellent facilities that support the district's various sporting clubs and social activities.



Day 6 – Thursday 27 October
Boxwood Hill to Stirling Range 77 km

Continuing along the Borden-Bremer Bay road towards Chester Pass Road, today's profile has an element of climbing at some places as we pass through large areas of natural bushland out of the Pallinup River valley to our morning tea stop at the Greaves Hill lookout. After enjoying the spectacular views across the landscape to the Stirling Range, we continue on through open farmland and head for our next rest day at the Stirling Range Retreat. Along the way we pass a popular tourist landmark the Lily Dutch Windmill, just north of the locality of Amelup, once a centre for the local Sandalwood trade.



Day 7 – Friday 28 October
Rest Day in Stirling Range

Enjoy the bonus of a second rest day on this tour in the Stirling Range National Park. Stretching 65 km from east to west, this is the state's most popular mountainous region with more than a dozen summits over 750 m. At 1073m, Bluff Knoll's cliff face is one of the most impressive on the mainland and attracts many day walkers seeking the experience of the views from the summit. Renown for bushwalking, abseilers and climbers, the park

also provides for wildflower and bird watching activities. The park is one of the world's most important areas for flora with 1500 species packed within its boundaries, including rare orchids, mountain bells and banksias, many of which grow nowhere else. There is an optional Orchid and Wildflower minibus tour (numbers are limited) covering more than 35 km through the National Park – see in three hours what may take a lifetime to find. If you're energetic take a trek up Bluff Knoll, or just relax in the tranquil bush setting of the retreat.



Day 8 – Saturday 29 October
Stirling Range to Gnowangerup 63 km

Our penultimate day involves an early initial climb as we head south into the Stirling Range National Park up the Chester Pass before turning north along a more gentle passage as we head for our final overnight stay at the Gnowangerup Sporting Complex. The town of Gnowangerup, derived from the Aboriginal term for "place where the Mallee hen (Gnow) nests", was gazetted in 1910 and the surrounding areas produce wheat and other cereal crops. Tonight is your opportunity to entertain on-stage with the traditional OYB concert.



Day 9 – Sunday 30 October
Gnowangerup to Borden 36 km
Borden to Armadale by coach 350 km

After breakfast it's the final short cycle leg of the tour to get our entourage back to Borden in time for morning tea and to pick up lunch before our return to Perth. Depending on comfort stops and traffic conditions en-route, we should arrive back in Armadale mid to late afternoon. Relax on the bus on the way home, savouring the memories and experiences of this tour over the past nine days and contemplate the adventures awaiting on next year's OYB tour.



Wellstead Museum



The road from Ongerup



Stirling Range

