

# 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
- General cleanup

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.
- A qualified bicycle mechanic with a supporting vehicle.
- First aid and medical support.
- 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 Tour apparel.
- 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 to the Cycle Touring Association of WA (Inc) for the remainder of 2018. 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.
- Standards approved cycling helmet.
- Unbreakable plate, bowl, mug, eating utensils 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 day and the last day, we do not provide lunch during the tour. Participants will be advised during the tour as to where lunches may be purchased.
- Your own sense of adventure and be prepared to have fun!

## LUGGAGE

- Your total allowance is 20 kg, of which no one bag can be more than 12 kg. Luggage will be weighed at check-in.
- Please pack your gear into 'soft duffel' type bags. Suitcases are not acceptable.
- A luggage drop off prior to the start of the tour is available to make getting to Kwinana easier on the trains. Luggage can be dropped off to East Victoria Park no later than the Thursday evening before the tour by contacting Terry on 043 9922 765. 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 Dardanup. The transport will leave from and return to the car park at the Kwinana Railway Station, off Thomas Road.

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 Dardanup, vehicle parking for the duration of the tour will be available at a private property near Dardanup for a small fee of \$10, payable on the day. The property owners and the Cycle Touring Association of WA (Inc) accept no responsibility for any theft or damage whatsoever to the vehicle whilst it is parked at the property.

## SAFETY

- Standards approved cycle helmet must be worn while cycling.
- Headphones or thongs must not be worn while cycling.
- Alcohol may only be consumed in accordance with relevant legislation.
- 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 7 October 2018. 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 coffee / morning tea.

**Leader: Terry 043 9922 765**

## AGE CONDITIONS

Persons under the age of 18 on 20 October 2018 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.

- Entry for CTA member \*or 1st OYB tour \$750  
(\* current CTA membership valid to 31/12/2018)
- Entry for non member \$795
- Optional Transport  
Kwinana Railway Station to Dardanup and return \$40

## REFUND POLICY

Cancellations received by Friday 21 September 2018 will receive a refund of 80% of the payment. Cancellations received after that date will only receive a 20% refund.

# The Cycle Touring Association of WA (Inc)

presents

## On Your Bike Tour 2018

# Toasting the Valleys

# 30TH Anniversary Tour

## Saturday 20 – Sunday 28 October 2018

Dardanup — Donnybrook — Balingup — Bridgetown —  
Nannup — Prevelly — Yallingup — Capel — Dardanup



**For General Enquiries:**  
Phone Terry on  
**0439 922 765**

**Email: [oyb@ctawa.asn.au](mailto:oyb@ctawa.asn.au)**  
**or write to:**  
**On Your Bike WA, PO Box 174**  
**Wembley WA 6913**



# Toasting the Valleys Tour 2018

*On Your Bike WA will be 30 years old this tour and you are invited to join us by "Toasting the Valleys" of the south west as we revisit some of the areas from the very first On Your Bike tour. Taking in the valleys of the Ferguson, Preston and Capel Rivers we make our way into the Blackwood River valley and the majestic jarrah and marri forests unique to Western Australia's south west. And just as you think it couldn't get any better, we head west to take in the beaches and fruits of the world famous Margaret River region. Enjoy all this and more over nine days of riding through the best cycling country this state has to offer.*

## Day 1 – Saturday 20 October

*Perth to Dardanup by coach 142 km (Kwinana Station)  
Dardanup to Donnybrook 47 km*

After picking up lunch at Dardanup it's On Your Bike as we head inland along the Ferguson Valley gradually climbing towards Gnomesville, home to more than 7,000 gnomes. We continue climbing for a few more kms before descending into the Preston Valley. We then head west following the Preston River downstream as we make our way to Donnybrook, best known as the apple capital of Western Australia, and our home for the first night.

## Day 2 – Sunday 21 October

*Donnybrook to Balingup 56 km*

Today we leave the Preston River behind as we head south along the Upper Capel Road towards the Capel River. We then turn east to follow the valley before climbing the hill up to Kirup for a well deserved morning tea stop. We continue east into the Wilga State Forest before turning south along Grimwade Road and enjoy a long descent into the Blackwood River Valley and our home for the night at the Balingup Sports Complex.

## Day 3 – Monday 22 October

*Balingup to Bridgetown 48 km*

We head east out of Balingup gradually climbing along quiet back roads as we make our way to the timber and mining town of Greenbushes. After morning tea we then continue south along Maranup Ford Road through more forests before a steep descent through open farmland and across the Blackwood River. After another climb we turn east following the banks of the Blackwood River then climb one last time before our final downhill run into Bridgetown. Make your way along the main street of one of the most picturesque towns in Western Australia as we head to the Bridgetown Showgrounds to set up camp for the night.

## Day 4 – Tuesday 23 October

*Bridgetown to Nannup 62 km*

As you will see today, all roads out of Bridgetown are UP! We start by retracing our steps for the first 5km before turning south towards Donnelly River Holiday Village, a former sawmill township. After a morning tea stop we continue along the gently undulating roads through the jarrah and marri forests towards Nannup, finishing the day with a thrilling downhill run as we make our way to the Nannup Community Centre.

## Day 5 – Wednesday 24 October

*Nannup to Prevelly 82 km*

Today is the longest riding day but thankfully we leave all the big hill climbs behind. We start by heading north out of Nannup before turning west into Mowen Road and ride through what seems like endless jarrah and marri forests. After stopping for morning tea in the middle of the forest, we continue west before emerging into open farmland. We pass through the small locality of Rosa Brook before reaching Margaret River. Stop for coffee and cake before the final 3 km to the beachside town of Prevelly, situated at the mouth of the Margaret River and famous for its top class surfing.

## Day 6 – Thursday 25 October

*Rest Day in Prevelly*

Rest day – time to explore! A short walk from our camp at the Prevelly Caravan Park is the beach where you can hire a surf board or stand up paddle board and enjoy the ocean. For those that don't want to get completely wet there are also canoes and kayaks available to hire and you could paddle up the tree-lined Margaret River and see this area from a very different viewpoint. If all that sounds too much, just relax at one of the many cafes within Prevelly or the nearby Margaret River and enjoy the fabulous produce of the region.

## Day 7 – Friday 26 October

*Prevelly to Yallingup 55 km*

Having given our legs a rest we get back on the bike today and head into Margaret River then turn north along the "Rails to Trails" route to Cowaramup. This picturesque trail follows the old railway route and has very gentle grades and some quaint little timber bridges. After stopping for morning tea we re-join the road and wind our way north through the heart of the Margaret River wine region. En route we will pass many wineries, Margaret River Nougat, the Margaret River Chocolate Company, the Bootleg Brewery and the Natural Olive Oil and Soap Factory. Many of these also have cafés so there is no excuse for going hungry on this day. After many twists and turns we eventually arrive at Yallingup and our home for the night at the Caves Caravan Park. After setting up camp, take a walk along one of the walk trails and discover the beauty of this coastline, or take a swim in the legendary surf.

## Day 8 – Saturday 27 October

*Yallingup to Capel 66 km*

Today starts with a gentle climb out of Yallingup before descending more than 130m to the coast at Dunsborough. We then turn east and follow the cycle path along the coast all the way to Busselton for morning tea. Take some time to explore this bustling south west town including the refurbished Busselton Jetty which stretches 1.8 km across Geographe Bay and is the longest timber-piled jetty in the Southern Hemisphere. Leaving Busselton we continue along the coast before heading inland through the Tuart Forest National Park which contains the largest remaining tuart forest in the world. We leave the forest and pass through open farmland before reaching our final campsite at Capel.

## Day 9 – Sunday 28 October

*Capel to Dardanup 34 km*

*Dardanup to Perth by coach 142 km*

Our last day is another flat ride as we head east out of Capel along a series of back roads through coastal farmland to Boyanup. We cross South Western Highway and then continue north to where we began at Dardanup. We hope that you have enjoyed the last nine days having ridden almost 450km through some of the most beautiful country in Western Australia. So let's all wish On Your Bike WA a very happy 30th birthday, and may there be many more to come.

