

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 2019. 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.
- AS/NZS 2063:2008 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 Armadale 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 0439 922 765. 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 Kendenup. The transport will leave from and return to the car park adjacent to the Armadale Train 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 Kendenup, vehicle parking for the duration of the tour will be available at a private property near Kendenup 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

- AS/NZS 2063:2008 Standards approved cycling 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.
- 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 80 km. There will be an opportunity to ride with some of your fellow tourers on Sunday 13 October 2019. You are warmly invited to join the group, which will start at Bullcreek Train Station at 8:30am, for a scenic ride to an eatery for coffee / morning tea.

Leader: Terry 0439 922 765

AGE CONDITIONS

Persons under the age of 18 on 26 October 2019 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 (* current CTA membership valid to 31/12/2019) | \$785 |
| • Entry for non member | \$825 |
| • Optional Transport Armadale Train Station to Kendenup and return | \$55 |

REFUND POLICY

Cancellations received by Friday 27 September 2019 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 SOUTHERN RANGES TOUR 2019



Saturday 26 October to Sunday 3 November

**Kendenup • Mount Barker • Denmark • Albany
Porongurup • Stirling Range • Cranbrook • Kendenup**



For General Enquiries:
Phone Tony on
0408 955 908

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



SOUTHERN RANGES TOUR 2019

The 31st On Your Bike tour invites you to join us to explore the wonders and delights of the "Southern Ranges". We have visited this area on a few past tours and now it is time to visit this region again. This circular tour, starting and finishing in the small township of Kendenup, will provide participants the experience of riding through a wide range of scenery. The tour passes through the Mount Lindesay National Park to Denmark. We then follow the unspoilt coastline and beautiful beaches to Albany. From there we head north to the majestic Porongurup National Park and then on to the Stirling Range National Park prior to heading west to return to the start.

DAY 1 - SATURDAY 26 OCTOBER

Perth to Kendenup by Coach - 318km
Kendenup to Mount Barker - 23km

There are two options available for participants to get to the start at Kendenup. One is taking the organised return transport option from Perth which will transport you, your luggage and bike to Kendenup. Or drive to Kendenup where there will be a parking area to park your vehicle for the duration of the tour. Lunch and refreshments will be provided at Kendenup and then it is On Your Bike to ride to Mount Barker along quiet country roads. In the distance, you will see the Porongurup Range where we will be cycling to and camping on Day 5 and 6.

DAY 2 - SUNDAY 27 OCTOBER

Mount Barker to Denmark - 63km

After a short climb out of Mount Barker we head downhill for the next 10km, passing through a flourishing wine area with some highly prized and grand establishments. We then turn south and head towards Denmark passing through undulating forests with a plethora of wild flowers in Mount Lindesay National Park and then farming land prior to arriving at the coast.

DAY 3 MONDAY 28 OCTOBER

Denmark to Albany - 74km

From our campsite we cycle the short distance into Denmark where you can enjoy a coffee and deplete Denmark's bakeries of a delicious sweet treat! We then follow Wilson's Inlet on the way to Albany, passing through the areas of Bornholm and Torbay. There is a picturesque lunch stop at Cosy Corner where you can take a dip in the great Southern Ocean. On arrival in Albany we follow the coast skirting the edge of town and look out for the giant sea horse painting on the grain silos on your right.

DAY 4 TUESDAY 29 OCTOBER

Rest Day - Explore Albany

You can leave your tent standing today! It is time to explore the wonders of the historic town of Albany. A visit to the National Anzac Centre is highly recommended where you can experience the World War 1 legends in a state-of-the-art museum. A cycle to the recently refurbished lookouts at The Gap and Natural Bridge are also recommended. The Gap lookout provides fantastic views of the surging power of the Southern Ocean, a spectacular channel in the 40 metre high coastal granites of Torndirrup National Park and both lookouts provide outstanding views of the Southern Ocean. Participants contemplating a short ride or walk can visit the coffee shops at Emu Point or Middleton Beach. Others looking to strengthen the legs can cycle the three peaks of Mount Melville, Mount Clarence and Mount Adelaide!

DAY 5 WEDNESDAY 30 OCTOBER

Albany to Porongurup - 48km

Today we leave Albany and head north to the Porongurup National Park via Lower King. We pass through forest and open farming land with the distant Porongurup Range getting ever closer. After setting up camp, there may be time to explore the local peaks such as Castle Rock or to sample the local produce.

DAY 6 THURSDAY 31 OCTOBER

Rest Day - Explore Porongurup

Our second rest day and where to go today? We are spoilt for choices as there are numerous walking trails near the campsite, which offer fabulous views of the Porongurup Range. A short cycle to the world class Sky Walk at Castle Rock is recommended with panoramic views of Albany and the Great Southern Ocean on a clear day. There are wineries within walking distance of the campsite to visit and relax over lunch or other wineries further afield.

DAY 7 FRIDAY 1 NOVEMBER

Porongurup to Stirling Range - 57km

Today there is an opportunity for the energetic cyclists to depart early to arrive into camp with enough time to climb Bluff Knoll (1073m). For the more leisurely paced cyclist we will meander through canola and wheat fields and native vegetation prior to camping in the shadow of the Stirling Ranges.

DAY 8 SATURDAY 2 NOVEMBER

Stirling Range to Cranbrook - 70km

Our penultimate day involves an initial climb as we head south into the Stirling Range National Park up the Chester Pass. We leave Bluff Knoll behind and pass along the foot of the peaks of Trio, Toolbrunup and many others before turning west along a more gentle road to Cranbrook. On our right there are many salt lakes which are a haven for bird life and if you are lucky you might see the Hooded Plover.

DAY 9 SUNDAY 3 NOVEMBER

Cranbrook to Kendenup - 26km
Kendenup to Perth by Coach - 318km

Today is the final short cycle leg of the tour and we will be cycling along quiet back roads as we head south through Tenterden and follow the railway line to Kendenup with a final glance of the Southern Ranges in the distance. Refreshments and a take-away lunch will be provided at Kendenup. It is back on the coach for participants using the organised transport or in your car before heading home. We hope that you have enjoyed exploring the secret delights of the Southern Ranges and will come back for more!

