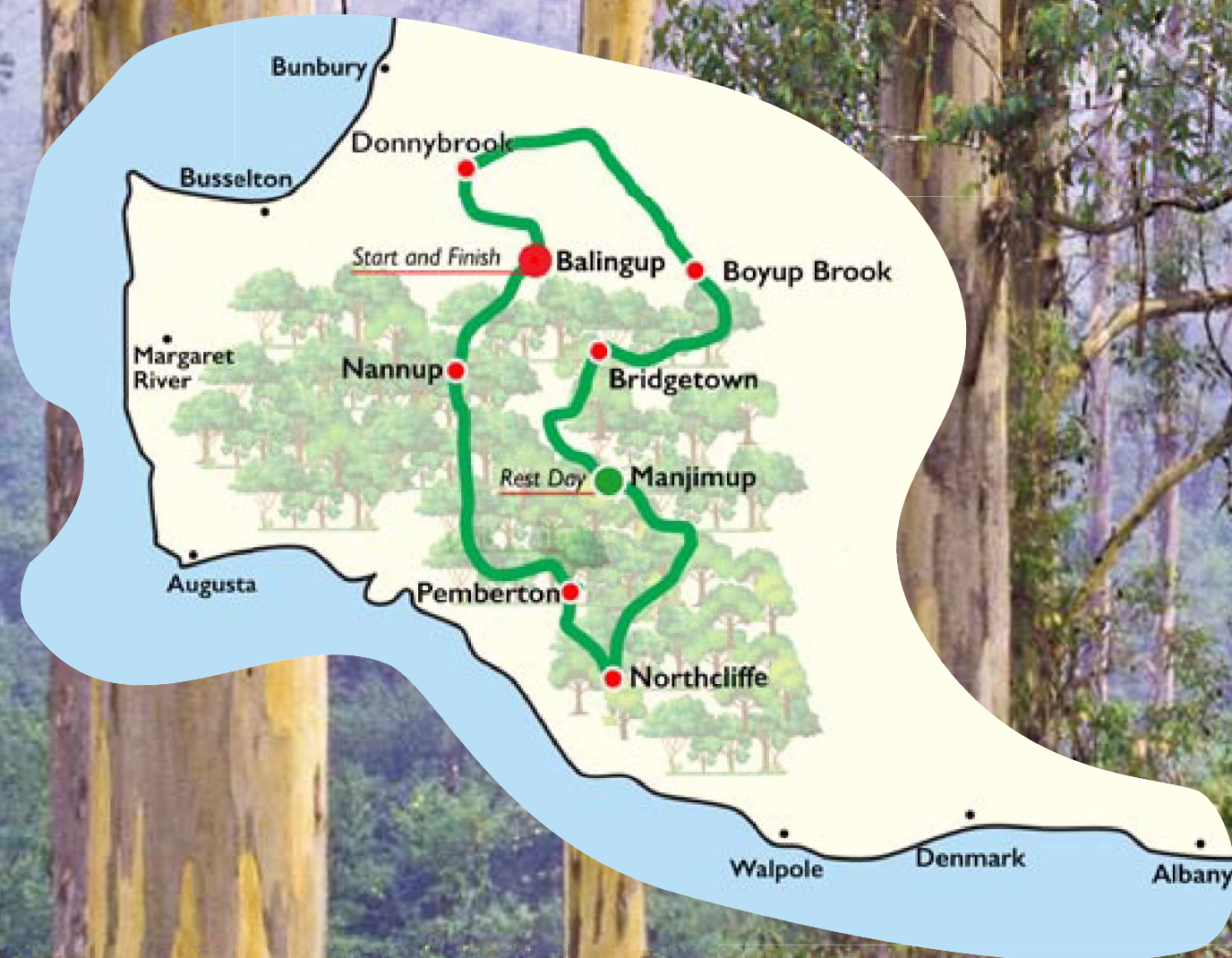


Cycle Touring
Association of WA (Inc)
presents

On Your Bike

Southern Forests Tour 2022



Saturday 15 — Sunday 23 October 2022

**Balingup — Donnybrook — Boyup Brook — Bridgetown
Manjimup — Northcliffe — Pemberton — Nannup — Balingup**

Southern Forests Tour 2022

Forests, farms, food trails and folklore – explore the finest features of our forests on the Southern Forests 2022 On Your Bike tour. Join us in touring this very special part of the south west with a long and rich cultural heritage. The Wardandi and Bibulmun people lived in this forest Country for nearly 50,000 years and European settlement commenced in the 1840s.



Day 1: Saturday, 15 October 2022

Perth to Balingup by coach - 197 km / Balingup to Donnybrook - 48 km

There are two options available for participants to get to the start at Balingup.

One is taking the organised return transport option leaving from the Kwinana Train Station carpark on the Mandurah line. This will transport you, your luggage and bike to Balingup. Or drive to Balingup for pre-arranged parking of your vehicle for the duration of the tour.

Lunch and refreshments will be provided at the Balingup & District Sports ground and then it is on your bike heading northwards to Donnybrook.

The ride is on quiet country roads. The initial climb north-east leads through farmland to the Kerr Conservation Park. After enjoying a lovely ride under the canopy of this old-growth Jarrah forest we will curl back towards Kirup and then descend through farmland. Take a look at the old Brookhampton Hall (built in 1899) before arriving at Donnybrook.

Brookhampton Hall



Day 2: Sunday, 16 October 2022 Donnybrook to Boyup Brook - 78 km

Stretch your legs for a ride through rolling farmland along the Donnybrook Boyup Brook Road today. First we head east following the Preston River up its valley. Along the way take a look at Yabberup Hall, used as a gathering point for local families since 1894. We then turn south-east tracing the Preston to its headwaters near Noggerup before pushing on to Boyup Brook. As you are riding through the town take a look at some of the quirky street sculptures and wall art by local artists.

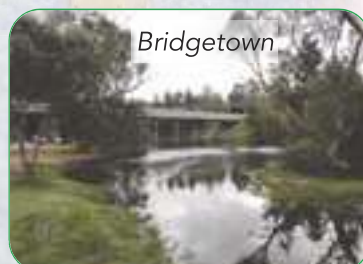
Boyup Brook



Day 3: Monday, 17 October 2022 Boyup Brook to Bridgetown - 54 km

After packing up we continue south east before turning westwards towards Bridgetown. Shortly after leaving Boyup Brook we will cross the Blackwood River – the largest river in the south west. As we ride through rolling farmland we will see the full range of horticulture produced in this region – vineyards, orchards and vegetable crops. We cross the Blackwood River again about half way along the ride before returning to it at Bridgetown. Enjoy the Bridgetown Art Trail – an eclectic mix of sculpture and murals by local artists.

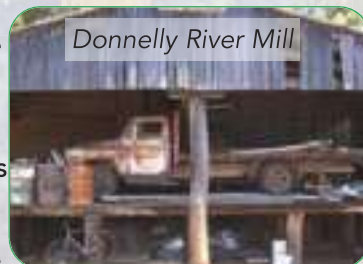
Bridgetown



Day 4: Tuesday, 18 October 2022 Bridgetown to Manjimup - 55 km

As we leave Bridgetown we cross the Blackwood River again and follow it briefly before climbing out of the river valley as we head south. Enjoy the rolling farmland on quiet country roads before heading south west and entering the tranquility of nature in state forest. About half way along the ride, before turning south east towards Manjimup, go a few extra kilometres to pay a visit to the Donnelly River Village. This historic mill town nestled in the heart of the northern extent of remnant Karri forest is the perfect place to take a little time out from the ride. Resume the ride south-east through Jarrah forest before coming out again onto farmland on the way to Manjimup.

Donnelly River Mill



Day 5: Wednesday, 19 October 2022 Rest Day explore Manjimup and surrounds

Get your washing done early because there is a lot to see and do in Manji. Explore the Manjimup Heritage Park – home to the State Timber, Steam and PowerUp Electricity Museums as well as the Historical Hamlet. Feeling more active? Then check out the Manjimup Heritage Park with adventure playground and

Manjimup entrance



Starting at Balingup we head northwards to Donnybrook then southwards to Boyup Brook. Enjoy riding through remnant Jarrah forest and rolling horticulture farmland. We then cross the Blackwood River three times as we ride west to Bridgetown then south to Manjimup. Lots to see and do in Manji on the 'rest' day. Then into the heart of Karri forest country as we head south to Northcliffe before turning north again to Pemberton and then Nannup. Finally a lovely ride north-east along the meandering Blackwood River before returning to Balingup and then home.



tallest slide in the southern hemisphere or go to the AquaCentre which is heated for use all year round. Feeling arty? Take a look at the Manjimup Art Gallery or Wood Turners Studio. Maybe you just want to chill out and enjoy one of the nine restaurants/cafes or one of the five wineries near the town.

Day 6: Thursday, 20 October 2022 Manjimup to Northcliffe - 58 km

On the road again heading south-east from Manjimup along Muir Highway. Mostly downhill today as we head closer to the coast. The first part of the ride is mainly through remnant Jarrah forest with some rolling farmland. Then we turn off onto the quieter Wheatley Coast Road and curl around to head south-west towards Northcliffe. Enjoy riding through towering forests of Karri, Marri and Jarrah with some patches of farmland. You might like to check out the Quinninup Karri Lake Trail on the way. When you get to Northcliffe treat yourself to the Understory Sculpture Walk - unique art in nature trail as you walk through the majestic forest.



Understory Sculpture Walk

Day 7: Friday, 21 October 2022 Northcliffe to Pemberton - 32 km

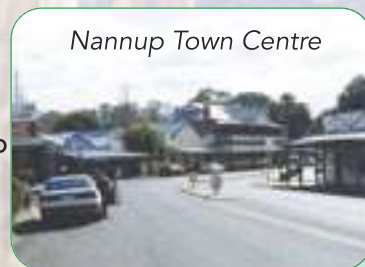
Today's short ride to Pemberton will take us through the heart of Karri forest country. Heading north-west from Northcliffe we will cross through farmland before entering the majestic Karri forest and descend to the Warren River. Shortly after crossing the river you have the option of a short diversion off the road to see The Cascades waterfall. Alternatively you can push on to Pemberton and catch the Pemberton Cascades Tramway back through towering Karri and Marri forest over trestle bridges to see The Cascades. Lots of quality art, woodcraft and jewellery as well as many restaurants and cafes if you want to just chill out in Pemberton.



Pemberton

Day 8: Saturday, 22 October 2022 Pemberton to Nannup - 79 km

Early start for the longest ride of the tour today. Heading north-west through the Big Brook Karri forest before turning south-west to join the Vasse Highway. A short while later you could slip in to see the Beedelup Falls before continuing on our ride through the tall Karri timbers of the Greater Beedelup National Park. As we push northwards towards Nannup the scenery changes to be mostly Jarrah forest. At Nannup we have finally returned to the Blackwood River. Put your feet up and enjoy a cuppa in this well preserved heritage timber town from the early 1900s.



Nannup Town Centre

Day 9: Sunday, 23 October 2022 Nannup to Balingup - 43 km / Balingup to Perth by coach - 197 km

The last day takes us back to where we started on Day 1 of the tour. We head north-east following the Blackwood River along on its southern side. A short distance along off to your left the Reveley Bridge provides a nice view of the River and its banks. Enjoy a lovely easy ride along a quiet road following the meandering path of the Blackwood River. We then cross the Blackwood and follow a valley in a north-easterly direction to arrive at Balingup. First settled in 1850, the town was established in 1898 when the railway from Bunbury that would eventually go to Northcliffe was constructed.

Refreshments and take-away lunch will be provided at the Balingup & District Sports ground before we head home.



Balingup Town Sign

The Fine Print

Volunteers

'On Your Bike' is organised by the Cycle Touring Association of WA (CTA) on a not for profit basis and requires volunteers from among the 'participants', you, to help with some of the daily tasks involved for the smooth running of the tour.

Tasks include:

- Breakfast assistance in the morning
- Baggage loading in the morning
- Assisting with the evening meal
- Breakfast setup after the evening meal
- General clean-up in the morning
- Minor bike repairs in the afternoon

If you would like to help in any of these tasks or the numerous other small 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 infamous 'On Your Bike' porridge. If you need a good start to the day before a long ride then the porridge will sustain you.
- Morning tea on route including tea, coffee and Milo. In-season fruit will also be available.
- A two course evening meal provided by a local organisation. If you have a dietary requirement, please indicate on the entry form.
- A 'Sag Wagon' if you or your bike require assistance on route.
- Luggage transport between campsites.
- Signposting on route for turn off locations.
- Support vehicle for potential minor repairs on route.
- Volunteers at camp to assist with minor bike repairs.
- First aid support.
- Name badge and three luggage labels (two for your luggage and one for your bike).
- A tour booklet containing route directions and profiles and town maps and historical information. Additionally, an electronic copy of the route directions will be available on the CTA Website
- Commemorative apparel, being a fleece long sleeve jacket for 2022.
- A shoulder to cry on and or a pat on the back when you achieve your personal goals.
- The best nine days of fun you will have this year!
- Complimentary membership for the remainder of 2022 to the Cycle Touring Association of WA (CTA). 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 reliable bicycle with a wide range of gears. The bicycle 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.
- An eBike may be granted with prior approval from the OYB Organising Team. You will need to provide the following details:
 - The weight of your eBike
 - The range (distance) your eBike can travel before recharging
 - The reason you require an eBike, for example, any medical conditions
- Cycle helmet in accordance with AS/NZS Standards.
- Cycling accessories: water bottles, pump, spare tubes, tools and a bicycle lock.
- All your camping gear: small waterproof tent, inflatable mattress and a sleeping bag.
- Breakfast utensils: unbreakable plate, bowl, mug, cutlery and a tea towel for drying your utensils.
- Sufficient cycling and casual clothing and toiletries.
- Travel insurance, if required.
- Lunches: Except for the first and last day, we do not provide lunch during the tour. Participants will be advised during the tour where lunches can be purchased.
- Your 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 duffle' type bags. Suitcases are not acceptable.

Luggage Drop Off

Luggage drop off locations prior to the start of the tour will be available for participants. Luggage can be dropped off no later than the Thursday evening before the tour either south of the river to East Victoria Park by contacting Terry on 0439 922 765 or north of the river to Karrinyup by contacting Brian on 0438 110 571. 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 either property.

Transport

Transport will be available for you, your luggage and your bike to get you to the start in Balingup and return you at the end of the tour. The transport will leave from and return to the car park at the Kwinana Train Station.

Vehicle Parking

For those participants electing to drive their own vehicles to the start in Balingup, pre-arranged parking for the duration of the tour will be available. A small donation fee of \$10 may be required, payable in cash. 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

- AS/NZS Standards approved cycle helmet must be worn while cycling.
- Headphones must not be used while cycling.
- Alcohol may only be consumed in accordance with relevant legislation.

COVID Policy

Proof of your up to date COVID 19 vaccination status will be required for joining the tour. Your vaccination certificate or a photo of your certificate will need to be submitted with your entry form.

The tour will be using venues that are currently subject to COVID 19 regulations and protocols.

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 30 August 2022. You are warmly invited to join the group which will start at the south side of the Narrows adjacent to the Toilet block for a scenic ride to Leighton Beach for morning tea.

Leader: Brian 0438 110 571

Age Conditions

Persons under the age of 18 on 15 October 2022 may only take part in the tour at the discretion of the OYB Organising Team and must be accompanied by a parent or guardian.

Tour Costs and Payments

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

- | | |
|---|----------|
| • Entry for CTA member | |
| • or First Time OYB tour participant | \$685.00 |
| • Entry for non CTA member | \$720.00 |
| • Optional Transport (Kwinana Train Station to Balingup and return) | \$50.00 |
| • Optional Tram Ride in Pemberton | \$25.00 |

Refund Policy

Cancellations received by Friday 17 September 2022 will receive a refund of 80% of the payment. Cancellations received after that date will only receive a 20% refund.



For General Enquiries

Phone:

Brian 0438 110 571
or Christine 0400 570 077

Email: oyb@ctawa.asn.au

or write to:

On Your Bike WA, PO Box 174
Wembley WA 6913

