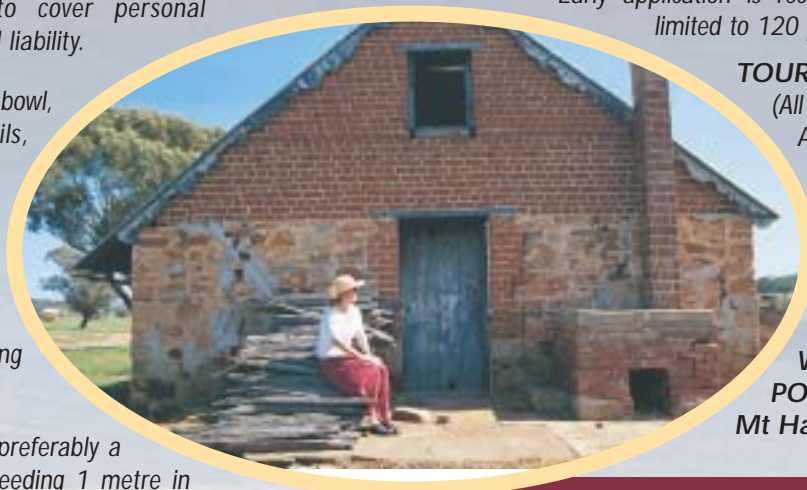


# Heartland Heritage Tour 2003

## What You Provide

- ♥ A bicycle – with a wide range of gears. *It must be in good mechanical condition and we strongly recommend that you have it serviced at your local bike shop a month or so prior to the tour.* Please carefully read the 'Conditions' section on the Entry Form regarding this.
- ♥ Bicycle accessories - water bottles, pump, tools, spare tubes and a lock.
- ♥ An approved cycle helmet and a good rain jacket.
- ♥ Your own insurance to cover personal belongings, accidents and liability.
- ♥ An unbreakable plate, bowl, mug, eating utensils, teatowel 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 can be purchased at local shops.



## Age Conditions

Persons under the age of 16 on the 4th October 2003 may not, we are sorry, take part in the tour. Those over the age of 16 but under 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 COSTS:

(All prices include GST)  
 Adult Entry: \$ 390.00  
 + Option: Transport -  
 Midland to Walebing and  
 return \$ 55.00

Cheques should be made payable to **On Your Bike W.A.** and posted to:  
 PO Box 414  
 Mt Hawthorn WA 6915.

## Cancellations

Written cancellations received by Friday 5th September 2003 will receive a refund of 80% of the payment. Written cancellations received after Friday 5th September 2003 will receive a refund of 20%.

## Volunteers

Are you willing to give an hour or so of your time per day to help out with some of the daily tasks involved for the smooth running of the tour, if so please read on. This tour is organised by a sub-committee of volunteer members of the Cycle Touring Association (a non-profit organisation) and requires volunteers from among the "participants" - you - in a number of different areas such as:

- Helping out at breakfast.
- Helping out at evening meal.
- Helping out after evening meal.
- Baggage Loading.
- General Cleanup

As a volunteer, you will also get something back from the event. You will meet lots of people you would simply not have met any other way. You contribute to this fabulous event and have a sense of being part of something that about 120 people enjoy. If you would like to be a volunteer, please tick the "Yes" box on the volunteer section on the entry form.



For general enquiries  
 telephone:  
 John (08) 9332 5550  
 Email:  
 oyb@ctawa.asn.au

Or write to:  
 On Your Bike W.A.  
 PO Box 414  
 MT HAWTHORN  
 WA 6915

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



On Your Bike WA Tours  
 Presents

# Heartland Heritage Tour 2003



4 - 12  
 October  
 2003



# Heartland Heritage Tour 2003

## Day One - Saturday 4 October Perth to Walebing by Coach Walebing to Moora - 33km

We unload your bikes at the heritage listed Walebing Homestead where lunch awaits us. Our cycling adventure begins with a gentle ride into Moora on quiet country roads.

flat countryside which is mostly sandhills. Again, you will notice how green the vegetation is looking after the fires last summer.

Green Head has several look-outs, walking trails and a few shops serving essentials like coffee and snacks.

Jurien is quite a large centre with all of the cycle tourist's staples!

## Day Two - Sunday 5 October Moora to Badgingarra - 61km

Your first opportunity on this tour to experience the fortifying effect of an "On Your Bike" breakfast!

We leave Moora and travel to Badgingarra by the aptly-named North West Road. This offers a good riding surface, light traffic and a vista of rolling hills dotted with small clumps of trees. Look for wildflower displays along the road verges, including many banksia trees typical of the area.

## Day Seven - Friday 10 October Jurien to Waddi Farms - 70km

We leave the coast by another road just to the north of Jurien and head back through more wildflower country, finally re-connecting with the track we had taken to Cervantes. This returns us to another brief encounter with the Brand Highway before bringing us to the rather imposing entry to Waddi Farms. There is 5km of freshly-graded gravel to cover before reaching our home for the night among the alpacas and emus.

## Day Three - Monday 6 October Rest Day in Badgingarra

A day of relaxation, preparation for the ride ahead and an opportunity to participate in lawn bowls and tennis at the Recreation Centre.

## Day Four - Tuesday 7 October Badgingarra to Cervantes - 90km

Not the shortest route, but a leisurely meander through more farming country and nature reserves which avoids heavy traffic. We actually pass the entrance to Waddi Farms (see Day Seven) before crossing the busy Brand Highway. You will see wonderful regeneration of previously burnt areas before your first glimpses of the ocean. Notice the turn-off to Nambung National Park (The Pinnacles) just before you arrive at the Cervantes Gym Hall for a well-earned rest.

## Day Five - Wednesday 8 October Rest Day in Cervantes

We call it a "rest day", but you will probably wish to take advantage of riding to The Pinnacles which is only 19km to the south on good sealed road. Otherwise, there are the usual attractions of the sea-side, swimming, fishing, eating, drinking coffee etc.

## Day Six - Thursday 9 October Cervantes to Jurien via Green Head - 91km

Refreshed after your rest day, you are ready to tackle the ride to Green Head and back to Jurien. You have an excellent road and fairly

Don't start the day too early as we have planned a short trip for the return to your starting point.

There are no sharp hills to worry about, so relax and enjoy your last opportunity to share a cycling experience with your friends. A light lunch is served at the Homestead before you board the coach for the return trip to Perth.

## Day Eight - Saturday 11 October Waddi Farms to Moora - 69km

With the 5km of gravel behind us, there is a gentle ride to Moora, bypassing the wonderfully named Dandaragan but using the road named for the town. An earlier arrival back at Moora means that there is plenty of time to prepare for the traditional evening Farewell Concert.

## Day Nine - Sunday 12 October Moora to Walebing - 23km Walebing to Perth by Coach



## 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).
- ♥ Back-up vehicles to transport luggage between campsites.
- ♥ Signposting where appropriate.
- ♥ A bike mechanic will be available and bike repairs will be charged at commercial rates.
- ♥ First Aid support.
- ♥ Identification tags for your luggage, bike and you - in case you 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.

## 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 at 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 tourers on Sunday 31st August 2003. You are warmly invited to join the group, which is scheduled to leave Point Walter at 9am, for a scenic ride to a secret eatery.

Leader: John (08) 9332 5550

## 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.
- ♥ Private support vehicles may not follow the rides, as they can be a hazard to cyclists. There will be sufficient official vehicles to meet our needs

## Camping

We will camp in recreational reserves of sports centres, and we must comply with such rules as they have.

## Transport

The tour will be starting and finishing at a car park east of the Midland Railway Station, opposite the Commercial Hotel. Alternatively, for country participants and those who are unable to arrange transport to the start, parking for the duration of the tour is available at the Walebing Bed and Breakfast Homestead. 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').