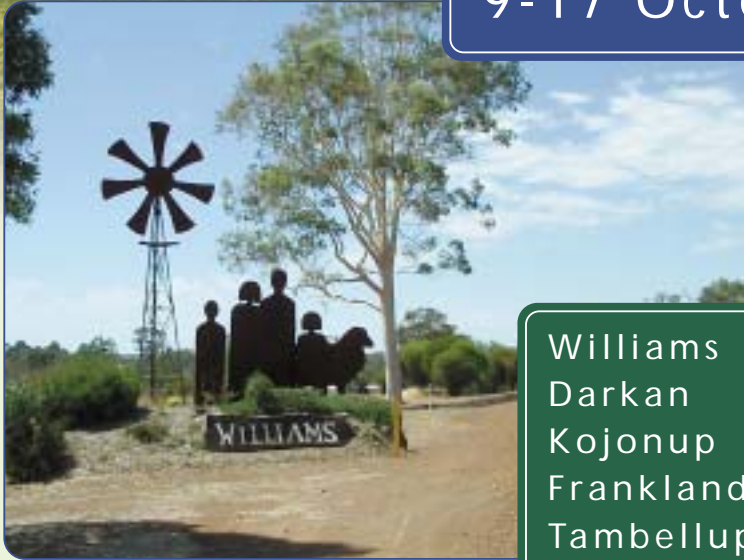


On Your Bike WA presents

SOUTHERN GATEWAY TOUR

9-17 October 2004



Williams	Start
Darkan	43
Kojonup	84
Frankland	79
Tambellup	82
Stirling Rng	Rest Day
Katanning	56
Wagin	93
Narrogin	62
Williams	40



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Day 1 • Saturday 9 October

Perth to Williams
Williams to Darkan 43 km

A coach will take you from Armadale to Williams where your cycle tour will start. This coach trip will take you through state forests, over the Bannister and Hotham rivers to the Williams river settlement. Lunch will be provided at the Williams Woolshed. After lunch you will cycle 43km to Darkan through undulating farm lands. You will pass by the disused railway sidings of Josbury and Culbin. Wildflowers can be seen in small road side reserves along the way. Camp tonight will be at the Darkan and Districts sports ground.

Day 2 • Sunday 10 October

Darkan to Kojonup 84 km

Your day will start with a hearty breakfast of porridge, cereal and toast. Once on your bike you will cycle south through the small township of Duranillin then to Moodiarrup where you will have morning tea on the banks of Lake Towerrining – a summer water playground. With your tank full you will continue on to Kojonup. On arrival it is suggested that you visit the Visitors Centre at the KODJA PLACE. With all the information on hand you can then see all that Kojonup has to offer. THE KODJA PLACE is a contemporary tourist complex with aboriginal culture, rural heritage and an Australian rose maze.

Day 3 • Monday 11 October

Kojonup to Frankland 79 km

Today your cycle journey will take you further south, farm lands give way to blue gum plantation, vineyards and olive groves. The Frankland District has a fast growing olive industry with numerous olive groves. As you cycle into Frankland you will notice many hectares of young olive trees. Small detours on the way will take you to some of the finest wineries in the area. Tonight the Frankland Community will tempt your taste buds at the Frankland District Country Club with a mouth watering three course meal.



Day 4 • Tuesday 12 October

Frankland to Tambellup 82 km

As you travel east you will leave behind the olive groves and wineries. As you approach the great southern town of Cranbrook you will see the Stirlings in the distance. You can explore them in comfort on your rest day by coach. Leaving Cranbrook you travel north beside the great southern railway line past small lakes to Tambellup where you set up camp for two nights.

Day 5 • Wednesday 13 October

Rest Day • Coach Trip to the Stirlings and Bluff Knoll

A scenic coach trip has been arranged to take you through the Stirling Ranges. For those of you who still have energy to spare, time has been put aside for you to climb Bluff Knoll.

Day 6 • Thursday 14 October

Tambellup to Katanning 56 km

All rested, today's short ride will be a breeze. A short run up the Great Southern Hwy will see you in Broomehill where the morning tea wagon will be waiting for you. Broomehill was an important centre in the gold rush years because the famous Holland Track started there. Prospectors would arrive in Albany and travel up to Broomehill then overland to the goldfields on the Holland track. After our morning tea you will then cycle on to Katanning, a busy town serving the agricultural industries. Take time to wander around and take in Katanning's history, or visit the adult play ground where you can revisit your childhood.

Day 7 • Friday 15 October

Katanning to Wagin 93 km

Today your ride will take you through wheat and canola fields, past salt lakes. You will visit Dumbleyung made famous by Donald Campbell when in 1964 he broke the water speed record (276.35 MPH) in the speedboat Bluebird. On your way from Dumbleyung to Wagin you may take one or both detours to Lake Dumbleyung. Arriving in Wagin you can

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view the Big Ram or visit the historical village. Your camp tonight will be at the show grounds, home to Woolorama, the biggest sheep show in Australia.

Day 8 • Saturday 16 October
Wagin to Narrogin
Agricultural College 62 km

You are now heading back into the western region of the upper great southern where farming practices are more varied. Today's journey will end at the Narrogin Agricultural College where future farmers and associated industries personnel get a sound grounding in agriculture. Tonight you'll be entertained at the famous On Your Bike Concert. If you have secret talent now is the time to show it.



Day 9 • Sunday 17 October
Narrogin Agricultural
College to Williams 40 km

You can not leave Narrogin without seeing the town so you will head east for a brief visit before heading back to Williams on quiet back roads. You will pass the Narrogin Airfield where you may see gliders in operation.

On arrival at the Williams Woolshed you will have light refreshments, say good bye to new and old friends. Don't forget to bring your photos and relive the memories at the On Your Bike Reunion.

See you there!

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 12th September 2004. 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: Allan (08) 9885 8067

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 adjacent to the Armadale Railway Station. 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 Williams Woolshed. 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').

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.
- **Luggage weight may not exceed a maximum of 18kg, of which no one bag can be more than 12kg. Luggage will be weighed at check-in.**
- 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 9th October 2004 may not, we are sorry, take part in the tour. Those over the age of 16 but under the age of 18 on that date must have a parent's or guardian's consent before they may participate.

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:	\$400.00
+ Option: Transport – Armadale to Williams and return	\$50.00
+ Option: Rest Day Coach Trip – Tambellup to Stirling Range (and return) includes morning tea and lunch	\$25.00

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 3rd September 2004 will receive a refund of 80% of the payment. Written cancellations received after Friday 3rd September 2004 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: **Allan (08) 9885 8067**

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)

