

## 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 tour to ensure you solve any problems you may encounter beforehand. During the six weeks prior to the tour you should ride for at least 50km each weekend and try to complete one or two rides of about 90km. There will be an opportunity to ride with some of your fellow tourers on Sunday 11th September 2005. You are warmly invited to join the group, which will start at Point Walter at 9am, for a scenic ride to an eatery for delicious delights for morning tea.

Leader: Tony 0408 955 908

## 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 the car park adjacent to the Armadale Railway Station. As this is an out and back tour transport is provided as part of the tour cost to take you and your bike from Armadale to Capel, where you will start cycling from. For those participants that need to drive to the start at Armadale, secure parking for the duration of the tour will be available at a private property a short distance from the Armadale town site. 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.

On the tour, official support vehicles will meet day-to-day needs.

No private support vehicles are permitted (see 'Safety').

## 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 day, 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 15 October 2005 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.

## RE-UNION DINNER

A post tour dinner has been arranged for tourers to get together to talk about experiences on tour and show off photos that you have taken. A slide show presentation will be given, so take lots of photos while en tour to contribute to the presentation. The dinner will be held at the Bibra Lake Function Centre on Saturday 26th November 2005.

## TOUR COSTS & PAYMENT

FULL payment is required with the Official Entry Form. Early application is recommended as the tour is limited to 120 participants.

The tour cost includes transport of yourself and bicycle from Armadale to Capel. All prices include GST.

- **Adult Entry for CTA Member \* or 1st OYB tour \$395.00**  
(\*current CTA membership valid to 31/12/05)

- **Adult Entry for non member \$435.00**

## CANCELLATIONS

Written cancellations received by Friday 16 September 2005 will receive a refund of 80% of the payment. Written cancellations received after Friday 16 September 2005 will receive a refund of 20%.

### For General Enquiries

Telephone:

Tony on 0408 955 908

Email: [oyb@ctawa.asn.au](mailto:oyb@ctawa.asn.au)

or write to:

On Your Bike WA  
PO Box 414, Mt Hawthorn  
Western Australia 6915



Organised by:  
The Cycle Touring  
Association of WA (Inc)



ON YOUR BIKE WA TOURS PRESENTS

# Surfing the Scarp



15-23 October 2005



CAPEL BUSSELTON NANNUP  
BALINGUP DARDANUP  
HARVEY WAROONA  
DWELLINGUP ARMADALE



# Surfing the Scarp



## DAY 1 Saturday 15th Oct

### ARMADALE TO CAPEL BY COACH

#### CAPEL TO BUSSELTON 30km

The coaches and bike transport we take us all from Armadale to Capel. After having an early lunch at Capel Town Hall it's On Your Bike for an afternoon ride along the back roads to Busselton. On arrival at the Kookaburra Caravan Park you can relax, or take a short walk into town and visit one of the many coffee shops. Or stroll along the longest timber jetty in the southern hemisphere and visit the Underwater Observatory located near the end. The Underwater Observatory extends to eight meters below the sea level and allows you to view an amazing marine world of schooling fish and tropical coral without getting your feet wet. Tours of the Observatory are held on the hour and run for 90 minutes, including a train journey to and from the Observatory and a 40 minute tour under the sea. Bookings are essential to participate, so if you are interested in the tour, please tick the "Busselton Observatory Tour" option on the entry form. The tour costs \$20 and is payable on the day at the Busselton Jetty office.

## DAY 2 Sunday 16th Oct

### BUSSELTON TO NANNUP 65km

Today we leave the coastal plains behind us for our first climb up the scarp. Looking back there is a panoramic view of Geographe Bay, on a clear day you may see the Cape Naturaliste lighthouse. We will be traveling along the relative quiet undulating Vasse Highway to Nannup through jarrah forests and farming lands. Keen eyes will see the relics from when the forests were milled for timber in the early part of the century.

## DAY 3 Monday 17th Oct

### NANNUP TO BALINGUP 43km

Start the day off in style by having coffee and cake in town like some of the regular On Your Biker's prior to a sedate ride along the left bank of the Blackwood River. Along the way you will past places to stay in the future; orchards; vineyards; general farming lands – some with spectacular views; new and old cheese factories prior to arriving in the quiet town of Balingup.



## DAY 4 Tuesday 18th Oct

### REST DAY IN BALINGUP

This day is yours to do as you wish. Maybe go for a walk on a section of the Bibbulman Track; hop on the mountain bike and check out the trails and swimming holes in and around the old town of Grimwade. Or take a leisurely wander around town checking out the galleries; coffee shops and places to taste, smell, touch and eat. Or find a shady tree and a good book to read and just relax.

## DAY 5 Wednesday 19th Oct

### BALINGUP TO DARDANUP 85km

Having re-charged your legs you will be ready for today. There are a number of short sharp hill climbs as you climb out of the valleys, but there are also a number of long exhilarating down hill runs as you follow the brooks and rivers onto the coastal plain to Dardanup. There is plenty to do today. For those riders that arrive in Dardanup early the Dardanup Pub do a very nice lunch, or the Dardanup Heritage Park is well worth a visit and you can easily spend a couple of hours there. If you are taking it steady, then maybe have a stroll around with the gnomes at "Gnomeville" before rolling down the last hill into Dardanup and stopping off at a few farms along the way.

## DAY 6 Thursday 20th Oct

### DARDANUP TO HARVEY 64km

Today we head out along the coast following the Leschenault Estuary and meandering through the paperbarks prior to joining the highway. Leaving the highway we turn East and head for Harvey situated at the base of the scarp, nestled amongst the orange orchards, dairy cattle and now recently the odd vineyard.

## DAY 7 Friday 21st Oct

### HARVEY TO WAROONA 41km

Today is a short day and so there is plenty of time to cycle to our next campsite in Waroona, the terrain is flat and there are no hills. Morning tea will be at the Historic Yarloop Mill Workshop. It opens at 10am and so you will be able to wander around. We continue through the old township of Hamel, which is well worth a stop and then it's only a short hop to Waroona in time for afternoon tea at a local eatery.

## DAY 8 Saturday 22nd Oct

### WAROONA TO DWELLINGUP 42km

The flat roads are now behind us and so today we begin by climbing out of Waroona on quiet back roads to Dwellingup via the old town site of Nanga. This section through dense jarrah forests and pockets of mining areas with a number of downhill runs will be exhilarating. The short day will allow you to take in many of the attractions of this once milling town and give you ample time to practice your singing and other talents in last minute rehearsals for tonight's infamous On Your Bike Concert.

## DAY 9 Sunday 23rd Oct

### DWELLINGUP TO ARMADALE 86km

Having survived the excitement of the concert we leave Dwellingup and head northwards back to Armadale. Today we enjoy the fruits of yesterday's labour as we ride mostly down hill through the forests to North Dandalup and then along the flat farming land to Armadale. Don't forget to bring your photos and relive memories at the On Your Bike Reunion.



## 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.