

WHEELS, WHEATBELT 'N' WILDFLOWERS

We Provide

- A real cyclists 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.
- Tea, coffee and Milo by the roadside at the Morning Tea Stop.
- 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 bike mechanic will be available each evening at standard commercial rates.
- First aid and medical support.
- Identification tags for your luggage and bike. 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 shirt.
- 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.

You Provide

- A reliable bicycle with a wide range of gears. It 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, a bicycle lock.
- Your own travel insurance.
- Approved cycling helmet.
- Unbreakable plate, bowl, mug, eating utensils, teatowel for morning breakfast.
- All your camping gear: small waterproof tent; 'Thermarest' mattress, and sleeping bag.
- Sufficient clothing and toiletries.
- Lunches: Except for the first and last days we do not provide lunch. During the tour participants will be advised as to where lunches may be purchased.
- Your own sense of adventure and be prepared to have fun!

Luggage

- Your total allowance is 20kg, of which **no one bag can be more than 12kg**. Luggage will be weighed at checkin.
- Please pack your gear into "soft duffel" type bags. Suit cases are unacceptable.

Transport and Secure Parking

Transport will be available for you, your luggage and your bike to the start in Guilderton and back again at the end of the tour. The transport will leave from and return to Warwick Train Station. For those choosing to drive to the start, secure parking will be available for a small fee, of \$10, payable on the day in cash. The property owners and the Cycle Touring Association of WA (Inc) accept no responsibility for any damage or theft to the vehicle whilst it is parked at the property.

Safety

- Approved helmet **must** be worn while cycling.
- Head phones must **not** be worn while cycling.
- Alcohol may only be consumed in accordance with relevant legislation.
- Rowdy behaviour at the campsite will not be tolerated.
- Private support vehicles may not follow the ride under any circumstances.

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 ride. 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 16th August 2009. You are warmly invited to join the group, which will start at Deep Water Point at 8.30am, for a scenic ride to an eatery for delicious delights for morning tea.

Leader: Colin (08) 9418 1571 or 0433 512 833

Reunion Dinner

A post tour dinner has been arranged for tourers to get together to reminisce about experiences encountered on tour. A slide show presentation will be showing during the evening, so take lots of photos while on tour to contribute to the presentation. The dinner will be held at the Miss Maud Restaurant in Perth on Saturday 10th October 2009.

Entry Conditions

This tour is open to current financial CTA members only. **If you are not a member of CTA you will not be eligible for the tour.**

Tour Costs and Payments

FULL payment is required with the entry form. Early application is recommended as the tour is limited to 115 and no increase on this number is possible. (All tour prices include GST).

- **Adult entry** \$595.00.
- **Options –**
 - Warwick Train Station to Guilderton and return** \$25.00
 - Rest Day tours**
 - Hot Air Balloon Trip** \$300.00
 - York Winery Coach Tour** \$35.00

Refund Policy

Cancellations received by Friday 14th August 2009 will receive a refund of 80% of the payment. Cancellations received after Friday 14th August will receive a refund of 20%.



12 - 20 September 2009



Guilderton Gingin New Norcia
Wongan Hills Goomalling Northam
Toodyay Gingin Guilderton



For General Enquiries contact Colin on
 (08) 9418 1571 or 0433 512 833
 Or Email: oyb@ctawa.asn.au

Or write to: On Your Bike WA, PO Box 414 Mt Hawthorn WA 6915





WHEELS, WHEATBELT 'N' WILDFLOWERS



Welcome to the 21st birthday of On Your Bike and join us on the Wheels, Wheatbelt 'n' Wildflowers Tour. This year's tour takes in some of the most stunning and varied scenery that this fabulous State has to offer.

You will start at the mouth of the Moore River overlooking the Indian Ocean before cycling across the windswept coastal plain to the rolling countryside of WA's most famous farming area, 'The Wheatbelt'.

At this time of the year the wildflowers will be in full bloom. The visual feast of blues, yellows, purples, reds and greens will show you how the tour obtained its name. From here you will follow the mighty Avon River, famous for its annual race the Avon Descent, before entering the Julimar State Forest. You will finally rejoin the coastal plain and finish back where it all started 9 days ago.

We look forward to seeing you on what promises to be a great fun tour.

Day 1 – Saturday 12 September Perth to Guilderton by coach 90 km Guilderton to Gingin 48 km

For those of you who are taking the transport option to the start at Guilderton you and your bike will leave from Warwick Railway station. If you are making your own way to the start, secure parking will be available at a nearby property. Whichever way you choose you will get a taste of the magnificent scenery as you approach the start at Guilderton.

Guilderton is a sleepy little fishing village nestled on the mouth of the Moore River. You may be interested in taking a walk around the foreshore and along the beach before setting off on the tour. As you head inland the scenery quickly changes from sand dunes to coastal grasslands and eventually rolling hills as you near Gingin. For those interested in a late lunch there are several cafes and bakeries in town as well as the ever present country pub. Tonight we camp at the Gingin Sports ground.

Day 2 – Sunday 13 September Gingin to New Norcia 77km

Make sure you fill up with plenty of food for the road because after you leave Gingin there are no more shops until the end of the day. For the first part of today you will be cycling through more rolling hills, past isolated farms and Lake Nangar. Enjoy the downhills while they last because the second part of the day is quite flat as you follow the old Northern Railway Route

before meeting up again with the Moore River, this time at its upper reaches. Not too much further on you arrive at Australia's only Benedictine Monastic town, New Norcia, which will be our home for the night.

Day 3 – Monday 14 September New Norcia to Wongan Hills 57 km

Today is when you really enter 'The Wheatbelt'. This is some of the richest farming country in Australia and extends from Dalwallinu in the north and as far as Wagin in the South. With plenty of open space and a much shorter ride than yesterday you will have plenty of time to take in the amazing number and variety of roadside wild flowers. When they are in full bloom it forms a natural kaleidoscope of colour that will take your breath away and touch even the hardest of hearts. After the morning tea stop take some time to look around Lake Ninan Nature Reserve. With its large number of water birds and picnic facilities it's a perfect place for a rest. Wongan Hills is the end of the line for the day and you will have plenty of time to explore this pretty little town with its museum, visitors centre, cafes and of course country pub. Tonight's camp ground is the Wongan Hills Sports Centre.

Day 4 – Tuesday 15 September Wongan Hills to Goomalling 93 km

Top up well with 'On Your Bike' porridge at breakfast this morning because today is the longest ride for this tour. You start by heading back past the other side of Lake Ninan through more rolling hills and wheat farms towards today's morning tea stop at Calingiri. Fill up on the substantial delights provided by the local community group before rolling out again across more farmland and towards tonight's home at Goomalling Sports Club.

Day 5 – Wednesday 16 September Goomalling to Northam 60km

Today you will pass through more farming land, however, the nice easy flat land of the last few days gives way to bigger hills as you approach the Avon River Valley. It is a shorter ride today which will allow you lots of time to look around Northam with its many cafes and other attractions. There is plenty to do in this major wheatbelt provincial town. You can let your hair

down tonight because tomorrow is finally a day of rest. Our home for the next two nights is the Northam Country Club.

Day 6 – Thursday 17 September Rest day in Northam

If you are thinking about a sleep in today then forget it in a hurry! Amongst its other attractions Northam area is famous for, of all things, Hot Air Ballooning. A trip has been organised for those interested. You will need to be up well before dawn as the balloons go up just in time to catch the first rays of the sun each day. After that you are largely at the mercy of the wind,

WONGAN HILLS

NEW NORCIA

GINGIN

GUILDERTON

TOODYAY

GOOMALLING

NORTHAM

and of course the balloon pilot, as you drift silently over the roads you just covered or are yet to ride. Be aware that there is a minimum number requirement for this trip and if that number is not met it may be necessary to cancel with a full refund. Our apology in advance if this is the case. For the less adventurous you can try a relaxing coach trip that will take you to the York Olive Oil Company, the York Winery and drop you off for lunch in York before returning to Northam later in the afternoon.

If neither of these trips appeal, then we recommend a visit to the Northam Tourist Centre to find out more about what to see and do. Other possibilities include a round of golf (we'll be camping on the first fairway), a walk along the river or to again check out the cafes and bars of Northam.

Day 7 – Friday 18 September Northam to Toodyay 49 or 100 km

You will need to make a choice before you head out today of either the shorter 49km route or really push yourself to 'crack the ton' and go for the full 100km challenge via York. Whichever way you choose make the most of the first part of the day as you travel along the floor of the Avon River valley because after morning tea at Clackline the climbing starts again in earnest. At least the tall timber of the Clackline National Park will offer some welcome shade as you head towards the highest point of this year's ride. A stop at the Toodyay emu

farm or the Coorinja Winery is at least a good reason for a rest. Your home for the night is a little different this time as we will be staying at the Moondyne Caravan Park (named after Moondyne Joe). Dinner this evening is again a little different, with a BBQ provided by On Your Bike at the Toodyay Racecourse just across the road.

Day 8 – Saturday 19 September Toodyay to Gingin 77 km

The only way out of Toodyay is without a doubt up! So be sure to top up with plenty of breakfast and visit one of the bakeries in Toodyay before you tackle the hardest ride of this year's tour. Today you will travel along what was originally the old logging trail from what is now the Julimar State Forest down to the Avon River. The area hasn't been logged for many years now and the old trees form a natural cathedral for you to ride through. After morning tea there's a big downhill to look forward to as you make your way back towards the coastal plain. You'll soon be on familiar roads as tonight our home is back at the Gingin Sports Ground. No early to bed though, as tonight we have the final night 'On Your Bike' concert!

Day 9 – Sunday 20 September Gingin to Guilderton 48 km

Surely it can't be the last day already! Unfortunately it is and it's all along familiar road. Today the ride will track back along the same route as Day One as you make your way towards the finish in Guilderton where it all started nine days ago. With any luck the sea breeze won't kick in too early and you'll have a tailwind all the way to the end.

We hope that you will enjoy the nine days having covered over 500km through some of the best that WA has to offer. The best thanks that can be given to us is to see you again next year!

Kind regards: Colin, Tour Leader

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 it cannot be run without the help of the "Vollies". If you can help in areas such as clean up after breakfast, baggage loading, setup before or cleanup after dinner or any of the dozens of other little tasks required to make it all function then please tick the box on the volunteers section of your entry form.