

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 requires volunteers from among the 'participants' - you - to help out with some of the daily tasks involved for the smooth running of the tour. Tasking areas include:

- Helping out at breakfast
- Baggage loading
- Helping out at and/or after the evening meal
- General cleanup

If you would like to help in any of these areas or the dozens of other little tasks, please tick the box on the Volunteers section on the entry form.

We Provide

- Transport to the start at Hyden.
- A real cyclist's 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.
- Morning tea by the roadside including tea, coffee and Milo. Fruit in season will be available.
- 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, bike and you - in case you forget yourself. 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.
- Automatic 6 month membership to the Cycle Touring Association of WA (Inc). 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. 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, tea towel for morning breakfast.
- All your camping gear - small waterproof tent, inflatable mattress and sleeping bag.
- Sufficient clothing, bathers and toiletries.
- Lunches: Except for the first day, 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 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 duffel' type bags. Suitcases are not acceptable.

A luggage drop off prior to the start of the tour is available to make getting to Midland easier on the trains. Luggage can be dropped off to East Victoria Park no later than the Thursday evening before the tour by contacting Terry on (08) 9472 9887. 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 the property.

Transport

The tour will be starting and finishing at a car park near the Midland Railway Station. As this is an out and back tour, transport is provided as part of the tour cost to take you, your luggage and your bike from Midland to Hyden.

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

Secure Parking

For those participants that need to drive to the start at Midland, limited secure parking for the duration of the tour will be available at a private property near Midland for a small fee of \$10, payable on the day. 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.

Safety

- Approved cycle helmet must be worn while cycling.
- Headphones or thongs 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 are not permitted to follow the ride, as they can be a hazard to cyclists. There will be sufficient official vehicles to meet our needs.

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 90 km. There will be an opportunity to ride with some of your fellow tourers on Sunday 4 September 2011. You are warmly invited to join the group, which will start at Murdoch Railway Station at 8:30am, for a scenic ride to an eatery for delicious delights for morning tea.

Leader: Terry (08) 9472 9887

Age Conditions

Persons under the age of 16 on 1 October 2011 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.

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 5 November 2011.

Tour Costs and Payments

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

- Adult Entry for CTA Member * or 1st OYB tour \$590.00
(*current CTA membership valid to 31/12/2011)
- Adult Entry for non member \$630.00

Refund Policy

Cancellations received by Friday 2 September 2011 will receive a refund of 80% of the payment. Cancellations received after Friday 2 September 2011 will receive a refund of 20%.

The Cycle Touring Association of WA (Inc.) presents On Your Bike Tour 2011



Riding the Wave



Saturday 1 - Sunday 9 October 2011



For General Enquiries:
Phone Terry on (08) 9472 9887

Email: oyb@ctawa.asn.au

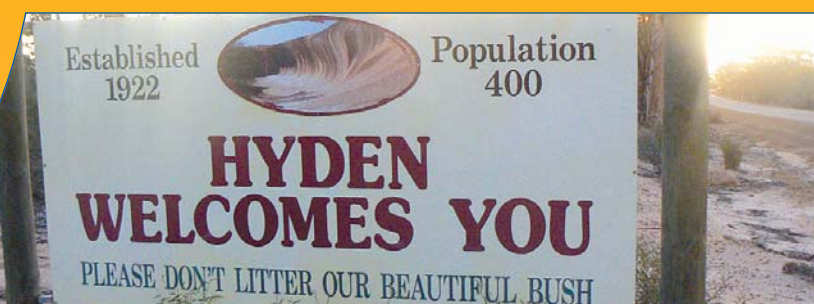
or write to:

On Your Bike WA, PO Box 414,
Mount Hawthorn WA 6915



The 23rd On Your Bike Tour starts at the small wheatbelt town of Hyden, famous for a spectacular granite outcrop known as Wave Rock. We wave goodbye to Hyden then explore the changing rural landscapes and charming farming communities of Western Australia's Wheatbelt region as we make our way back west to Midland. Along the way we will experience the quirky tin horses of the Tin Horse Highway, magnificent granite outcrops, beautiful nature reserves, dazzling wildflower displays and the splendour of the forests in the Perth hills.

Riding the Wave Tour 2011



Day 1 - Saturday 1 October Perth to Hyden by coach 322 km Wave Rock Loop 11 km

You and your bike will be picked up from Midland as we head east towards Hyden, stopping en route at Corrigin for morning tea, before arriving at the Hyden Sport and Recreation Centre for lunch. After setting up camp there is a short 11 km ride to see the famous Wave Rock and Hippos Yawn. While there, why not check out some of the other attractions including the wildlife park and the Lace Place, which houses Australia's largest collection of lace on public display. For those that want to stretch the muscles, why not ride out to The Humps and Mulkas Cave with its hundreds of images of Aboriginal rock-art.



Day 2 - Sunday 2 October Hyden to Kulin 87 km

Today we head out of town as we start our long journey back west. After morning tea at Kalgarin we turn south along some very quiet back roads before turning west again in search of the Tin Horse Highway. As we pass Jilakin Lake and Rock, the home of the annual Kulin Bush Races, keep your eyes out for the more than 50 tin horse sculptures that line the road on the way to Kulin including "Fillypoosis", "Rocky the Italian Stallion", "Waterloo Boy" and the "Australian Defence Horses". Our home for tonight is the Freebairn Recreation Centre located opposite the big water slide.

Day 3 - Monday 3 October Kulin to Corrigin 54 km

A shorter ride today as we continue through Kulin and enjoy more of the amusing sculptures of the Tin Horse Highway. Along the way keep your eyes out for the "Four Horsemen of the Apocalypse" and the "West Kulin Whoppa". After reaching the end of the Tin Horse Highway we continue for another 23 km into Corrigin and our home for the night at the Cyril Box Pavilion. Corrigin is clearly a proud farming community and very



fond of dogs. About 5 km west of town is the famous Dog Cemetery with some touching tributes to man's best friend. Corrigin also holds the "Dog in a Ute" world record for 1527 dogs and utes in a queue, commemorated by the big dog statue in the middle of town.

Day 4 - Tuesday 4 October Corrigin to Bruce Rock 75 km

Today we wind our way past the big dog statue and the giant tractors in the middle of town before heading north alongside the railway to Babakin for morning tea. We then continue north along this little back road with the salmon gums giving an eerie hue to the roadside as we make our way to the small town of Ardath and its picturesque old Hotel, made famous by a Swan Beer commercial. After avoiding the main roads we finally arrive in Bruce Rock, named after a low granite outcrop which lies to the east of the town and which was named after a sandalwood cutter named John Rufus Bruce who set up his camp near a soak at the base of the rock. Our home for the night is at the Bruce Rock Recreation Centre.



Day 5 - Wednesday 5 October Bruce Rock to Quairading 78 km

After heading north for the last two days to the crest of our virtual wave, today we turn and head west again. En route we will stop for morning tea at the quaint little township of Shackleton, home to the world's smallest bank. Shortly after morning tea we pass close to Kokerbin Rock, the third largest monolith in Australia. If you're energetic the optional detour is a 20 km round trip with a couple of kilometers of gravel near the rock. The area contains a mini wave rock, dog rock, devils marbles and a road to the top of the rock provides panoramic views of the countryside. We then continue along the same road into Quairading and our home for the next two nights at the Quairading Sports Ground.



Day 6 - Thursday 6 October Rest Day in Quairading

Rest day - time to relax those weary legs and rest that bottom on a more comfortable seat. The name 'Quairading' is derived from the Aboriginal word 'Kwirading' meaning 'home of a small bush kangaroo'. Today the town is known as the 'Grain Centre of the West'. There are a number of things to do in and around Quairading. Visit the Old Railway Station where there are some unique natural wood sculptures on display, or the museum with vintage farm machinery in working order. If you enjoy the more natural surroundings, take one of the walk trails through the Quairading Nature Reserve, about 2 km west of town or visit Toapin Rock and the historic Toapin Weir about 5 km out of town.



Day 7 - Friday 7 October Quairading to York 88 km

Today is the longest day of the tour as we continue along the rolling countryside and into the Avon Valley region. We stop for morning tea at the small township of Mawson where we turn off the main road and head towards Beverley. The Avon River flows through the town and there is a picnic area on the banks of the Beverley Town Pool where you can enjoy a picnic lunch and look for a variety of birdlife.

After lunch we continue north to York, which is WA's oldest inland town and one of its most charming. Our home for the night is the York Caravan Park.

Day 8 - Saturday 8 October York to Bakers Hill 49 km

Today is a short ride which will give you time to explore the historic York town site before riding north through farming land to Spencers Brook for morning tea. From there the road to Clackline abounds with wildflowers and birdlife before heading west into Bakers Hill. For those with suitable bikes that wish to avoid the traffic, there is an alternative route along the Golden Pipeline Heritage Trail for the last 7 km from Clackline to Bakers Hill. Tonight we are staying at the Bakers Hill Recreation Centre and after our final dinner there is the traditional On Your Bike Concert to keep us all entertained.



Day 9 - Sunday 9 October Bakers Hill to Midland 61 km

Our last day is an undulating ride along a series of back roads as we pass through several small town sites in the Perth hills, savouring the beauty of the flowers and the forests. For those with suitable bikes there is an alternative route all the way to Midland along the very beautiful and exhilarating old railway heritage trail. We will all stop at Chidlow for morning tea before we wind our way through Mundaring and then the big downhill to Midland. We then bid our final wave goodbye... until next year's tour.

