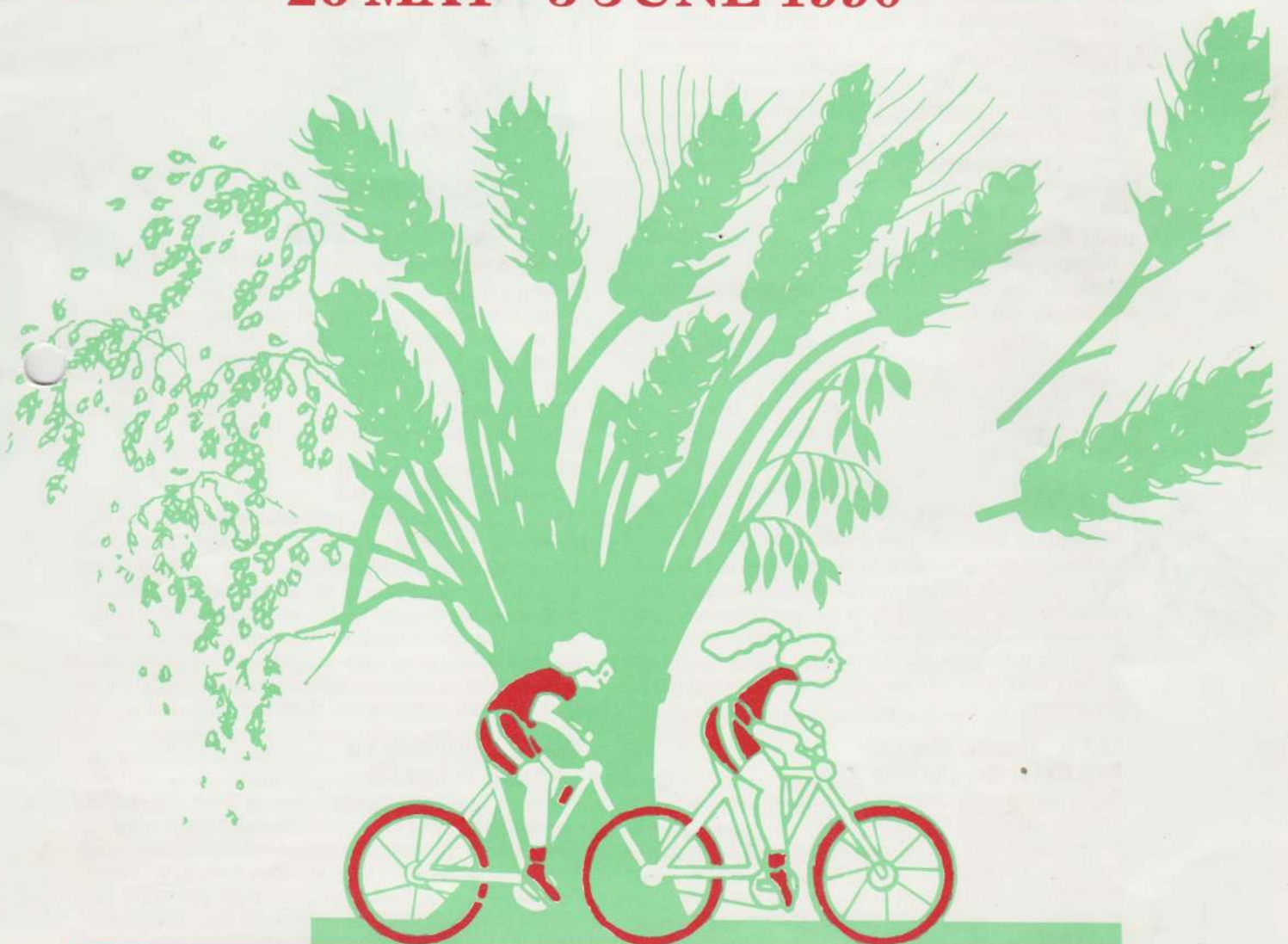


LEADER: JOHN SHERWOOD

ON
YOUR BIKE
WA
CENTRAL WHEATBELT TOUR
90



26 MAY - 3 JUNE 1990



TOODYAY - CALINGIRI - WONGAN HILLS - DOWERIN - CUNDERDIN - YORK - NORTHAM



This year's "On Your Bike WA" tour is concentrated mainly in the Avon Valley, the oldest area of inland settlement in Western Australia. We also take in the Victoria Plains, a very fertile wheat growing area. The area covered contains many historical buildings and numerous museums. From a cycling point of view, the roads are quiet and sufficiently undulating to make the journey interesting without being too difficult. The country side varies from timbered areas to the open farm land from Wongan Hills through to Cunderdin. Watch out for the varying types of Eucalyptus trees which line our route.

THE ITINERARY

DAY 1 Saturday May 26th Midland to Northam by bus Northam to Toodyay by bicycle 27km

Meet at the Midvale Speed Dome, the new cycling complex near Midland at 10.00am for an 11.00am departure and travel to Northam by bus. Collect your bicycle and ride 27km to Toodyay, one of the first inland towns to be established in Western Australia. The town is also known for its "Folk Festival" which is held in September each year. Just out of the town is the Hoddywell Archery Park, which is open to the public. We stay at the Showgrounds, only a few hundred metres from town.

DAY 2 Sunday May 27th Toodyay to Calingiri 60km

We now leave the Avon Valley and head into the Victoria Plains, a major wheat and sheep growing area. The country side changes from the timbered areas around Toodyay to the more open and lightly vegetated country side in the Victoria Plain. At this time of the year the grain crops should be showing through the soil, giving an appearance of green fuzz. We camp overnight at the football ground, just east of town.

DAY 3 Monday May 28th Calingiri to Wongan Hills 40km or 80km

A choice of two rides today to the very neat and tidy town of Wongan Hills, our most northerly point. A short 40 km ride directly to Wongan Hills or a longer 80km ride via Yerecoin and Piawaning. The latter ride takes us past the tallest hill in the area, Mt O'Brien. We stay overnight at the very comprehensive facilities at the sports and recreation ground.

DAY 4 Tuesday May 29th Rest Day at Wongan Hills

Buses have been arranged to take anyone interested to the Spanish influenced town of New Norcia, founded by the Benedictine Order in 1846 and the home of a superb art collection, unfortunately now closed to the public. Alternatively, you can spend the day looking around Wongan Hills, visiting the Pioneer Museum, or riding up Mt O'Brien, approximately 10km from the town. Here spectacular views of the surrounding country side can be seen. To the south and approximately 10km from the town is Lake Ninan, a popular water recreation area.

DAY 5 Wednesday May 30th Wongan Hills to Dowerin 73km

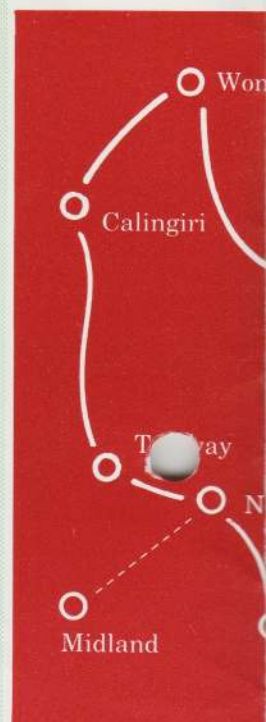
A longer ride today as we proceed to Dowerin, which in August hosts one of the largest agricultural machinery shows in the Southern Hemisphere. We stop for lunch at Goomalling, 49 km from Wongan Hills. From here it is only a short ride to Dowerin. We will be staying at the football ground which forms part of the complex that holds the popular machinery show.

DAY 6 Thursday May 31st Dowerin to Cunderdin 71km

Another longer ride along quiet undulating roads to Cunderdin which is on the great Eastern Highway and was the site of one of the original water pumping stations for the Mundaring-Goldfields pipeline. The pumping station has now been converted into a very good museum that houses an excellent collection of old farm implements and machinery, as well as exhibits of the Meckering earthquake of 1968. We camp at the trotting track, which is adjacent to the town itself and offers excellent facilities.

DAY 7 Friday June 1st Cunderdin to York 73km

Today we head for the historic town of York, famous for its Jazz Festival and once the commercial centre of the Avon Valley. The town is reported to have retained more of its original buildings than any other town in Western Australia. Many of the buildings are more than 100 years old and have been beautifully restored. As you approach York, the imposing Mt Bakewell stands out as the tallest hill in the area. During this ride we move from the typical farming country of the central wheatbelt to areas of natural forest with their full complement of native flora.



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DAY 8 Saturday June 2nd Rest day at York

Today you have a choice of riding to Beverley (65km return trip), a town famous for its aeronautical museum. It is also the centre of a very active soaring (gliding) club. We will be arranging some trial flights (weather permitting) for those who are game enough to give it a try. A visit to the Avondale Research Station, some 6km out of town, is also worth the effort. It contains an 1850 homestead, complete with barn, stables and silo. Those who would like a restful day can visit the numerous attractions around York, like the York Motor Museum, Balladong Farm, Hillside Studio and Residency Museum. An added bonus is the annual Theatre Festival, which York will host during the weekend.

DAY 9 Sunday June 3rd York to Northam by bicycle 35km Northam to Midland by bus

A late start today to enable you to see the many sights around York that you may not have had time to see the previous day.

At Northam there should be sufficient time to visit the various museums in the town or have a relaxing time by the Avon River, the start of the famous "Avon Descent". At 3.00pm it is back on the bus for the return trip to Midland.

ENQUIRIES

For general enquiries telephone (09) 2938170 or (09) 4478939 (AH) or write to "On Your Bike WA" C/- PO Box 174 Wembley WA 6014.

WHAT WE PROVIDE

Breakfast, evening meal and morning and afternoon cups of tea/coffee during the tour.
Back up vehicle, including transport of all luggage. Medical and mechanical support.
Commemorative badge, ID and luggage tags, route details and map.

WHAT YOU NEED TO BRING

1. We recommend that you ride a bicycle with a wide range of gears. Make sure your bike is in good mechanical condition and has provision for at least one water bottle. Carry a pump, spare tube, tools, bicycle lock and a good rain jacket.
2. Sleeping bag, small (water resistant) tent (unless sharing or hiring), inflatable or self inflatable mattress.

NOTE: If you do not have a tent, we can arrange to hire one for you at a cost of \$10 for the duration of the tour. The tents are described as "two person" measuring approx-



OFFICIAL ENTRY FORM 1990

One entry form per person - you may photocopy this form. Please use block letters.

Given Names.....
 Surname.....
 Address.....
Postcode.....
 Telephone: Work.....Home.....
 Sex: Male Female
 Age (If under 18 years)

COSTS

| | | |
|--|--------------|--------------|
| 1. Basic cost of tour | | \$200.00 |
| 2. Transport from Perth to Northam and return by bus | \$15 | \$ |
| 3. Transport of bike to Northam and return | \$10 | \$ |
| 4. Hire of tent | \$10 | \$ |
| | TOTAL | _____ |

I enclose my cheque/money order for \$.....
Note: Please do not send cash

CONDITIONS

1. I understand that participation in the "On Your Bike WA, Central Wheatbelt Tour 90" involves riding on public roads used by other traffic and I am aware of the general hazards involved in riding a bicycle. In my own judgement I have sufficient competence and experience to participate safely in the "On Your Bike WA, Central Wheatbelt Tour 90". I hereby release, exempt and indemnify the organisers, and all other persons involved in the organisation of "On Your Bike WA, Central Wheatbelt Tour 90" from all actions, proceedings, demands, costs, expenses and claims whatsoever made or taken by any person arising out of my participation in the "On Your Bike WA, Central Wheatbelt Tour 90".

2. Conduct which, in the opinion of the organisers, threatens the safety of other cyclists, the use of bad language or other unsociable or offensive behaviour may result in my exclusion from the tour without refund.

.....
 Signature of participant
 (or parent/gardian if under 18 years)

imately 1.8m x .9m (6' x 3'). They will accommodate one person with luggage or two persons without luggage. We do not recommend that you share one of these tents unless you are on good terms with your partner!

3. Plastic plate, bowl, mug, knife, fork, spoon, tea towel torch. These items, along with your clothing and toiletry items, will need to fit into a duffle or kit bag. Your bag should not be more than one metre in length and weigh no more than 15 kg. We recommend that your clothing, sleeping bag and mattress be placed inside waterproof bags in case of rain.

CAMPING

Camp sites will be mainly at local recreation grounds. Most have pavilions with an under cover area.

MEALS

Breakfast, evening meal and morning and afternoon cups of tea or coffee will be provided. You will be responsible for your own lunch.

TRAINING

Cycle regularly on quiet roads before the tour. During the six weeks prior to the event, go for rides of at least 50km each weekend and try to compete in at least one ride of between 80km to 100km during the last two weeks. If you have any doubts about your health see your local doctor.

SAFETY

In the interest of your safety and others:

1. It is recommended that you wear a hard shell helmet.
2. You must not wear headphones or thongs while cycling.

PRIVATE SUPPORT VEHICLES

We do not encourage private support vehicles because of the hazard they pose to cyclists or other road users.

PAYMENT

All payments must be received before the closing date of the 12th May, 1990. Cheques must be made payable to "CTA - On Your Bike WA" and forwarded to P.O. Box 174 Wembley WA 6014.

CONDITIONS

No person under the age of 16 years as at the 26th May 1990 will be allowed to take part in the tour. Children under the age of 18 years as at the 26th May 1990, must have their parent/guardian's consent before being allowed to take part.

CANCELLATIONS

Cancellations received prior to the closing date of the 12th May 1990 will receive a refund of 80%. Cancellations received between the 12th May 1990 and the 26th May 1990 will receive a refund of 20%.

All cancellations must be made in writing!

TRANSPORT TO START

Special bus transport from Midland to Northam has been arranged at an additional charge. Bicycles will also be transported for a small fee. You may, however, elect to join the tour at Northam where limited parking will be available. Please contact the organisers for more information about parking.