

CYCLE TOURING ASSOCIATION OF W.A. (INC.)

EDITOR: Ian Hore

AUGUST/SEPTEMBER 1984
ISSUE NUMBER 60

tour notes



BALI TOUR. MAY 1984

TOUR INTRODUCTION

Twelve inoculated, passported, departure taxed and insured cycling apostles departed for the Promised Land (Bali) via the Flying Kangaroo promptly at 11.15 am on Sunday 13 May 1984. Bearing in mind that the Promised Land (PL) is closer than the Opera House we arrived safe and sound and full of Oz food and lubricant 3.5 hours later.

We were allowed to leave our panniers on the bikes as soft packing and to load and unload the bikes from the aircraft containers so avoiding any damage or scratched paintwork. Customs formalities at the PL were minimal and after reinflating our tyres we pedalled the 6km to Kuta to start the Cycle Touring Association of W.A.'s (and Australia's?) first group overseas tour.

The tour cost for fourteen days was \$570 - \$670 consisting of;

Air Fare \$266, Australia Departure Tax \$20, Insurance \$46, Tour T-Shirt \$9.00, PL Departure Tax Rp 4000 = \$4.00.

Accommodation - \$4.50 average per night = \$63

Food and drink (depending on how many banana pancakes you ate) - \$11 x 14 days = \$154

Essentials like a sarong \$4, massages at Kuta \$1 each and at least 5 repeats.

Not so essentials like gifts for others, more sarongs, PL tee shirts, wood carvings, gold, silver, etc. \$0 to \$100

The Twelve Apostles were;
Allan Booth, Stephen Booth, Martin, Helen, Scot & Kim Bunny, Bill Cooper, Bill Dickinson, Dale & Margaret Neill, Mel Posner and Iain Smith.

TOUR ITINERARY

MONDAY 14 DAY 2

Monday saw an early start for the ride down around the southern extremity of Bali through dry impoverished villages and across to the Nusa Dua Hotel and two new international-standard hotels still under construction - an interesting blend of rough roads, potholes, short steep climbs and an ancient cement kiln. A total of 80km was cycled before retiring to the beach. Highlight of the day was the Chinese master craftsman cooking our dinners on a wok at a minimum cost restaurant.

DAY 3

An easy educational ride in a loop taking in the busy Denpasar markets. Total 40km.

DAY 4

Start of the circumnavigation in earnest! A long day broken by an extended breakfast stop at Klungkung, capital of one of the former kingdoms of Bali, then on through a variety of rain forest, volcanic lava plains and coconut-lined ocean beaches to another former capital, Amlapura. Highlight of the day was the Balinese Royal Feast.

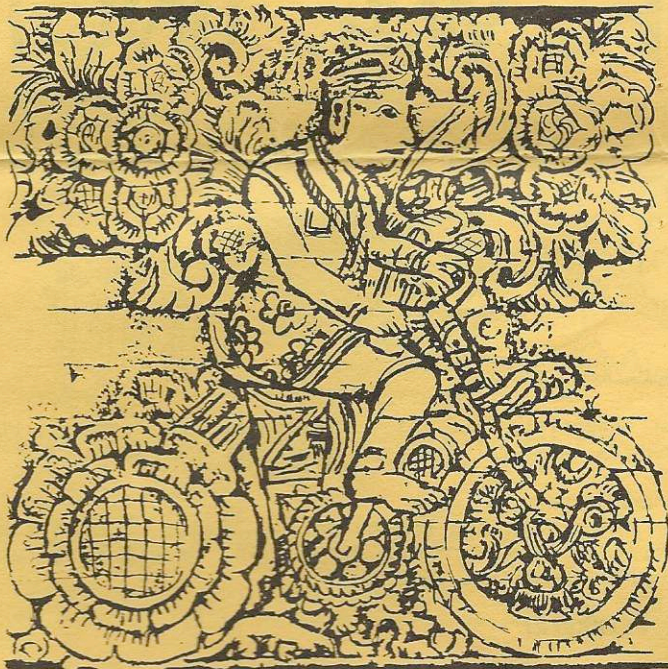
DAY 5

The hill climbers' special! 30km uphill all the way without a single flat or down hill stretch. The last 500m was a knee-sapping grade requiring sub-30inch gears. The breathtaking view from Putang Bungalows down to the ocean only 4km away but 1000m below was one of the tour high spots. Unfortunately the cloud blew up the valley shortly after our arrival, blocking most of the view.

DAY 6

After descending 30km back down to Amlapura - a day's ride up but only 80 minutes down - it was 20km uphill and over the east end of the main volcanic range to descend through paddy-fields onto the north coastal lava plain. By contrast to the tropical south, this area is in the rain shadow of the major volcanoes and dry, rocky country given to citrus production rather than rainforest and rice paddies.

Due to a mix up at Amlapura most riders missed a decent breakfast and paid the penalty later in the day with the "bonk". Contrary to expectations the road was mainly sealed, except for numerous floodway crossings of dry river courses. The hot bumpy day finished at the cold spring oasis of Air Sanih where tired bones were soaked in the crystal clear springs water pool. At 11 hours this was the longest day and we covered 150km in nine hours riding.



PURA MADUWE KARANG "TEMPLE OF THE OWNER OF THE LAND"
"An Official Riding a Flowery Bicycle"

DAY 7

Only a short jaunt into Singaraja for changing travellers cheques', which was a major problem when away from the popular tourist areas, then out 7km to Homestay Agung at Antura village right on the beach front. From the bungalow to the waters edge was 4m!

DAY 8

A rest day passed in temple visiting, scuba diving, snoozing and banana pancake eating as the various moods required. Our homestay hosts turned on a special Bali feast complete with homemade palm beer vintaged that morning

DAY 9

Took us across the eastern tip of the island to the UNfeature of the tour - a night in a \$1 homestay directly across the road from a Muslim mosque

DAY 10

Opened with us being forced off rock hard beds at 3.30 am by a recorded muzin calling the faithful muslims to prayers. Twelve bleary eyed cyclists were on the road with the dawn at 5am for probably the hardest day's ride. The main road from the Java ferry terminal village of Gilimanuk down to Denpasar crossed numerous deep steep gorges cut into the volcanic soil. The climbs back out of the gorges in the steamy humidity took such a toll that the lunch time stop cafe staff could not keep up with the repeat orders for tea, coffee and boiled water to re-hydrate 12 bone-dry pedallers. The evening meal was eaten by the cliff edge, overlooking the famed island temple at Tanah Lot.

DAY 11

Saw us cutting across country on a very rough minor road to Ubud the art centre of present day Bali. Two and a half days were spent relaxing in the cooler air of elevated Ubud sampling local arts (the Neills), museums, buying sarongs (the Bills), just watching the rice grow (the Bunnys), or dozing over a book (the Booth boys).

DAY 14

Returned us down hill to Kuta for one last foray through the tourist shops, one last coconut oil massage and swim at Kuta beach.

Sunday 27 May

Our final day and all too soon we packed our bikes and arrived back in the land of Oz at least 5kg lighter than when we departed and all sporting a healthy tan.

Martin Bunny

CLOTHING

Bali's climate is definitely tropical. Being a relatively small island near the equator, daily temperatures remain fairly steady at about 30 degrees maximum and 22 degrees minimum. Humidity is generally high and hence clothing is difficult to dry

Cycle clothing; touring shoes, 3 pairs of socks, 2 pairs of cycle knicks or touring shorts, 2 cycle shirts*, or casual shirts.

Casual clothing; thongs or sneakers, (I preferred sneakers for walking along dark streets and 'gangs', 1 pair socks, long trousers or skirt/ slacks for ladies (useful for night to prevent mosquito bites and for entering temples), 2 casual shirts, jumper. Most of the casual items can be purchased locally very cheaply.

Other comments on clothing;

- *Lycra shirts proved to be less comfortable than cotton mixture shirts.

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- a large hat is essential when not cycling as the sun is fierce during the mid-day sun.
- when cycling, a scarf or knotted handkerchief over the back of the neck was found to be necessary to keep sunburn/sunstroke at bay.
- if you cycle in the mountains a jumper may be necessary. Expect a 6 degree drop for every 1000m climbed.

ACCOMMODATION

Visiting Bali is a new and interesting experience for most. Travelling by bicycle and staying in "losmens" is more than interesting - it was a truly fascinating and sometimes exhilarating experience.

Losmen (or Homestays) are spread throughout the island. They are something half-way between a youth hostel and a small hotel. Cost vary from \$5.00 to \$10.00 for a double room.

Losmen are usually built like a large family home. A number of individual rooms or cottages face onto a central garden area which includes a communal eating area. A high wall surrounds the whole complex.

A room is usually simple and neat comprising 2 beds, a cupboard or two and often an attached en-suite called a 'mandi'. A 'mandi' consists of a toilet (a hole in the floor device with foot supports either on which one adopts a frog-like position in order to ensure reasonable accuracy) and a tiled tank holding about 100 liters of water. With a dipper you pour water from the tank over yourself, soap yourself up and then rinse away with more dippers of water. Although basic by western standards, it is most refreshing and a lot of fun if your room-mate assists.

There were many memorable overnight stops however, I believe the Monkey Forest Hideaway in Ubud takes some beating. This losmen is situated right on the fringe of a dense forest about 2km from Ubud. It consists of 4 bedrooms and a small restaurant. Our room was constructed of bamboo with a thatched roof. It looked out onto a dense jungle like setting. Huge palms and ferns restricted visibility to just 3 or 4 metres. Attached to our bedroom was our 'tea house' a rectangular structure on bamboo poles about 5m above the ground. The 'tea house' could seat about 6-8 people and one felt a part of the forest setting itself.

A stream ran right underneath our room and ended up in a natural rock crevice 300m away. By following a winding path you came upon an idyllic rock pool, all dark and green shrouded, with a waterfall in one corner. Swimming there was delightful.

Our room there cost 5000 rupiah a double room (roughly \$6.00) the cost including kerosene lanterns, mosquito coils, thermos of tea and breakfast the next morning.

FOOD

Eating out in Bali is incredibly cheap. Margaret and I paid for our accommodation, all meals and drinks for less than \$7.50 a day. One can indulge in a sumptuous meal for about \$5.00 or eat a bowl of white rice for 50 cents.

One of the westernised Bali specialties is the range of thick fruit drinks. Mango, banana, papaya or avocado - so thick they have to be eaten with a spoon and costing about 40-60 cents. Rice and noodle dishes are common and with chicken, pork or fish addition cost \$1.20 to \$1.60 each.

Obtaining supplies of clean drinking water was somewhat of a problem. There was a tendency to drink bottled soft drinks from Warungs (wayside stalls) to reduce the risk of contamination. However one soon tired of the warm and sticky 7-ups and I developed a craving for a tall glass of cool water.

Gastronomic Highlights

Gemini Restaurant in Kuta; undoubtedly the most flamboyant chef I have ever seen. His performance would do the 'Ritz' or Parmelia proud. His grilled crab in garlic sauce was the best crab I have ever tasted. A gastronomic and entertainment extravaganza.

Second only to the Gemini was the Royal Palace at Amlapura where we were treated to genuine Balinese food. The afternoon tea reception consisted of tea with exquisitely prepared rice cakes. The cakes were made from sticky rice sugar, coconut and coffee. Each cake was woven or bound inside strips of banana palm.

There were a few gastronomic disasters.

At Yeh Sanih 5 of us ordered 5 different dishes. However on arrival the five dishes appeared identical. When quizzed, our host went to great pains to explain how each was different by delicately plucking and probing each dish, thereby uncovering ingredients that had been cunningly hidden under a grain of rice.

However my most memorable meal was when 12 sweaty cyclists arrived for lunch at a sleepy little restaurant in Klungkung. Orders were taken by a Balinese lad who wished he hadn't wagged school after all. After a period of time some food arrived - and some didn't. Then the food that hadn't, did, disguised as something else. To top off our luncheon, Iain Smith's iced coffee arrived - boiling hot with an ice block. You have all heard of Irish Coffee - well this was Scottish coffee Balinese style.

Footnote (foodnote)

For the record book, 237 banana fritters and pancakes were consumed. Stephen Booth with 31 headed the list closely followed by Scott Bunney with 29. Scott explained his Narrow Defeat by saying that he was in fact sick for 2 days.

Dale Neill

Limerick to Mel Possner

There was a young cyclist named Mel
Who bought everything there was to sell
So he sought and he sought
More than he ought
So he could no longer locate his bell

Dale Neill

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100km ACHIEVEMENT RIDE

Congratulations to everybody who completed the 100km Achievement Ride. For the couple of people who narrowly missed on completing the course within the time limit, I'm sure it will be different next year. Once again this year we have had record attendances and a superbly organised event. Thank you John and all your helpers for your organization including such lovely weather.

Hr Min Sec		Hr Min Sec	
Graham Austen	4 52	Paul Kittler	3 28 35
Michael Adams	4 11	Carmel Loughney	5 00
Kevin Abbey	4 34	Aileen Martin	4 17
Allan Booth	4 17	Peter Mallin	4 37
Ron Bowyer	4 41	Ron Masterman	3 52
Alan Bourne	4 22	Fiona Neall	3 33 55
Susan Bailey	4 15	Dale Neill	3 45
Martin Bunny	3 47	Neil Porteous	4 22
Helen Bunny	4 44	Stephen Penman	4 41
Kim Bunny	4 00	Michael Petrossian	*
Scott Bunny	3 42	Paul Smeets	4 17
Stewart Bonser	3 28 35	Iain Smith	3 52
Stephen Booth	4 03	Stewart Stockdale	4 21
Dennis Braddon	3 33 55	Len Sciaresa	4 00
Peter Cooksey	3 33 55	Ian Staniland	4 03
Craig Cooper	*	Bill Shortman	*
Bruce Campin	*	Max Talbot	4 17
David Doust	4 03	Paul Talbot	4 17
Richard Evennett	4 41	Bill Tompson	4 40
Jason Gregory	3 45	Phil Torkildsen	4 43
Karen Hosking	4 52	Terry Teoh	3 45
Michael Hutson	*	Tony Willis	3 28 35
Rodney Hore	4 41	A. Willis	4 17
Ian Hore	4 43		
Terry Holbrook	4 48		
David Hartley)		* Retired or did not complete the course within time limit.	
Barry Tanian)	4 12		
(On a tandem)			

Ten years ago Wayne Lally organized a ride through Walyunga Park for racing and non-racing cyclists. On one of the big hills while waiting for the slower riders, a discussion took place on the need for some social cycling in Perth. The discussion was on forming a cycling group where all sorts of people would be able to take an active part and include friends and family. The common bond between all these people was to be an interest in pedal power not the hustle and bustle of the racing.

One who was there,
Mick Russell.

In reply to Mick's letter, thank you for writing, as I know the article has caused some discussion amongst club members. The particular article "The Ideal Touring Cyclist or Besotted With Cycling" while being a general article on safety, attitude and cycling equipment, it has raised some comments on the paragraph about fitness.

All rides organised by the Association are classified according to their degree of difficulty, ranging from easy one-star rides to strenuous, extra-hard rides. The aim of this system is to allow members to attend rides which suit their riding ability and experience. For a member who has just started cycling, is not fair to themselves or other riders if they elect to participate in a 80km "Gidgee Ride", classified "H", a hard ride, when they have never cycled more than twenty or thirty kilometers on the flat.

All riders are encouraged to pick rides which suit their fitness and, as their ability increases, to come on the longer, harder rides. Our Achievement Ride programme is specifically set up to allow individuals to gauge their own riding ability.

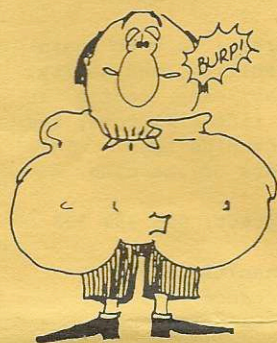
The committee has a strong commitment to helping all members of the club enjoy their riding. There is a responsibility on the ride leaders to maintain a riding pace which suits all the riders in attendance. All members tend to ride at slightly different speeds, especially up hills, and those who ride at a more gentle speed should not feel intimidated. Club rides are about the enjoyment of group riding.

To provide greater flexibility and more choice within each planned ride, the committee is encouraging all ride leaders to split groups of more than 15 people. The advantages are;

- two or three groups of 8 to 12 people are much easier for organisation.
- smaller groups are much easier to keep together and consequently much safer on the road.
- Smaller groups while arriving at the same destination can allow for different riding styles, a longer 'faster' ride, a specific scenic route, a gentle shorter ride etc.

Those members who attended the Northam Easter Tour or the Donnelly River Trip will know how well this policy is working.

The Editor



A Monsieur Lolito of France, ate a complete bicycle in 15 days, between March 17 and April 2, 1977.

LETTER TO THE EDITOR

A Converted Member

I am writng regarding an article in the last newsletter which seemed to me to be steering away from the real reasons why the C.T.A. was formed.

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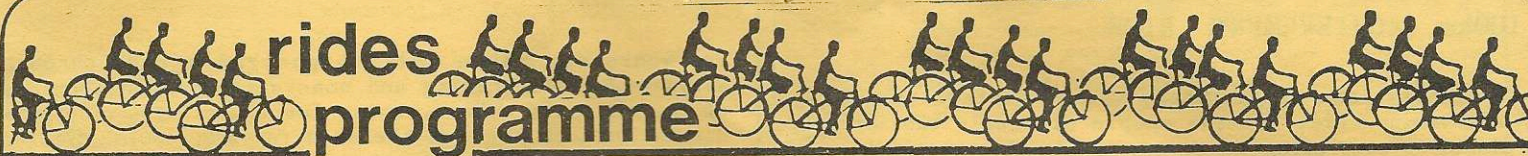
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PLEASE GAUGE YOUR OWN RIDING ABILITY AND CHOOSE RIDES WHICH SUIT YOU

July 29 **200 Km Achievement Ride**
Grade: XH Time: 7:00 am Distance: 200 km

The third in our annual series of achievement rides. This ride includes the Chittering Valley, Bindoon, Toodyay and featuring 'Big Gidgee' in a course which winds its way through the hills and back to Midland. Meet at Midland Town Hall and be prepared to depart at 7:00 am (arrive and register by 6:45 am). This ride is limited to members who have completed a 100 km Achievement Ride or similar ride in the last 12 months. Riders must complete the distance in the 12 hour time limit.

Cost: free to members (visitors \$6.00)
badges \$2.50

Leader: David Millward Contact: 385 8371

August 5 **Northern Suburbs Tour**
Grade: ** Time: 9:00 am Distance: 30 km

Meet at Carine Open Space (Beach Road) for a morning's ride through the northern suburbs returning to Carine around 11:00 am.

Leader: Geoff Dwyer Contact: 448 5385

August 12 **Tranby House**
Grade: ** Time: 10:00 am Distance: 40 km

Start from Guildford Post Office and wander through Bassendean and the shores of the Swan River to Tranby House. After an inspection of this historic house return to Guildford to find the oldest church in Perth (previous rides have failed in this quest).

Leader: Steven Booth Contact: 294 3682

August 19 **Kalamunda Coffee Shop**
Grade: H Time: 9:00 am Distance: 60 km

Meet at Stirk Park Kalamunda for a appetite building ride through the hills and tracks behind Kalamunda before returning to satisfy those appetites at David's coffee shop in Kalamunda.

Leader: Mick Russell Contact: 296 4851

August 26 **Aviation Museum**
Grade: ** Time: 11:00 am Distance: 30 km

Fly in for a visit to Perth's best collection of Aviation memorabilia and aircraft at the Bullcreek museum. Meet at Booragoon Shopping Centre (east entrance) for the ride through the suburbs to the museum.

Leader: Tony Willis Contact: 457 2191

September 2 **Rockingham Ride**
Grade: Time: 8:30 am Distance: 100 km

Meet at Fremantle Railway Station. Ride down to Rockingham for lunch and a tour of the area, returning to Fremantle mid-afternoon. Bring own lunch or money to buy lunch on the way.

Leader: David Millward Contact: 385 8371

September 9 **Swan Valley Tour**
Grade: ** Time: 9:00 am Distance: 50 km

A leisurely ride to enjoy the sights along the Swan Valley, one of Perth's most scenic areas. Meet at Midland Town Hall.

Leader: Allan Booth Contact: 443 2200 (w)

September 16 **10000 in 8**
Grade: XH Time: 8:30 am Distance: 120 km

Bring out the hill climbing gears, it's here again. The true test of hill climbing ability (and sanity) for all cyclists. Following the same course as previous years, this year's ride will cover the hills area around Araluen and Canning Dam. This ride is a must for all fit members of the club.

Leader: Peter Cooksey Contact: 095 352 328

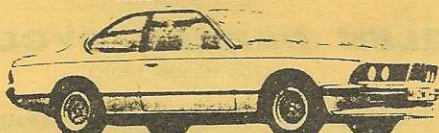
September 23 **Lake Leschenaultia Ride**
Grade: H Time: 9:00 am Distance: 120 km
Grade: H Time: 10:00 am Distance: 80 km

Dual start, meet at Perth Railway Station at 9:00 am and cycle to Midland to meet others at the Town Hall at 10:00 am. From Midland through the hills to picturesque Lake Leschenaultia for lunch. Return to Perth mid-afternoon. Bring own lunch or buy at shops on the way.

Leader: David Millward Contact: 385 8371

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rides programme

Sept 28 to Oct 1 **Noggerup Working-Bee**
Grade: *** Time: 7:00 pm Distance: 50 km

Arrange own transport to rendezvous at the Noggerup Youth Hostel on Friday evening. The aim of the weekend is to assist the YHA with the upgrade of the Noggerup Hostel, so bring some clothes suitable for 'non-cycling' activities. Rides through the surrounding countryside are also planned for the Sunday morning so bring the bicycle and riding clothes.

Cost: \$12.00 (seniors), \$9.00 (juniors)
Bring: Sleeping Sheet, Food for weekend.
Book: With Martin Bunney by Sept 16th

Leader: Martin Bunney Contact: 330 3659

October 7 **Yanchep Ride**
Grade: *** Time: 9:30 Distance: 80 km

Meet at Karrinyup Shopping Centre (Myer's entrance) for a moderate paced ride through the back roads to Yanchep for lunch. Families can rendezvous in the park. Bring a BBQ pack for lunch among the koalas and kangaroos.

Leader: David Millward Contact: 385 8371

October 13 to 14 **300 Km Endurance Ride**
Grade: XH Time: 3:00 am Distance: 300 km

The first of a new breed of achievement ride to test the rider's ability to the limit. See attached sheet for details.

Leader: Dale Neill Contact: 447 8168

October 20 **Cycle-Rogaining**
Grade: *-H Time: 12:00 M Distance: Variable

Combined with the W.A. Rogaining Association the CTA presents this unique new event, a six hour cycle-rogain. To fit in with the Rogaining Association this event is to be held on Saturday afternoon instead of our regular Sunday morning event. Full details of location and entry to the event will be published in the next newsletter.

Leader: Fiona Neall

NEW MEMBERS

Kevin Abbey	Karen Hosking
Graham Austen	Stewart Stockdale
Jason Gregory	Paul Cox
Duncan & Margaret Furphy	
University Cycling Club	

FORTHCOMING EVENTS

Keep the Australia Day long weekend in January free for a tour around Albany and surrounding district organized in conjunction with the Albany Youth Hostel and local riders.

YOUTH HOSTEL NOTICE

The Youth Hostel Association has advised the committee that it can no longer hire sleeping sheets for any group bookings. All club members will be required to provide their own sleeping sheets on future tours. Sleeping sheets can be bought from the Youth Hostel Association, 8 Victoria Avenue, Perth.

NEWS BREAK

It is good to see Rene Smeets back on his bicycle again after his fall and broken arm.

WHY TOUR?

What do I get out of Cycle Touring?

Well it gives a chance to get away from the city and the thoughts of work and such for the day, weekend or what ever the length of the trip. It allows one to see the countryside in different conditions, according to the season, and the various stages of crops grown in the particular area.

Sometimes it is just good to bowl along and not think of much, or enjoy a good chat with your riding companion(s). With touring, the joy for me is not so much the end of the ride but the bits in between. The idea is not to make it an ordeal but to enjoy the day and to treat each day as a separate event and not to worry about the next day's ride.

Of course there are days on which there will be headwinds, and hills, and rain (they usually hit all at once), but they all add upto making touring such an interesting and rewarding pastime.

Allan Booth

CYCLE TOURING ASSOCIATION OF W.A. (INC.) FOSTERING CYCLE TOURING AND PROTECTING THE INTERESTS OF CYCLISTS

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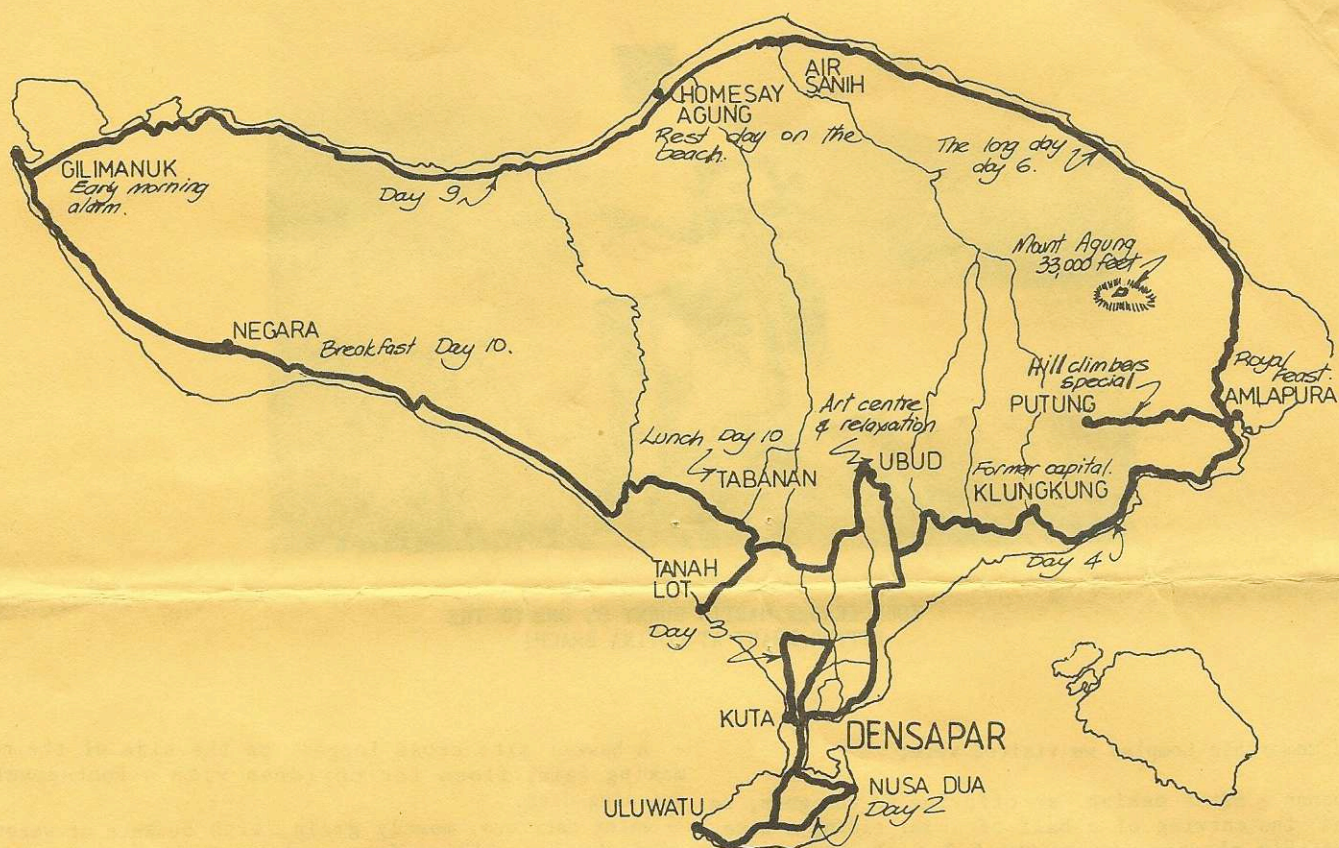
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BALI MUD MAP

TOUR HIGHLIGHTS

For myself the tour of Bali did not have any highlights, it was just one big highlight or should I say experience. An island such as Bali has no mercy on any of your senses; the sights, sounds, smells and feeling of the island are an overwhelming experience and here I hope to share a few of them with you.

In Bali there is one thing that dominates many aspects of life - religion. At the centre of religion is "Guhung Agung" or the Mount Agung volcano, "Navel of the World" as the Balinese call it. We got our first good look at Mount Agung while climbing the hills on our way to Uluwatu. Looking back towards Kuta the great truncated form of Agung rose up from the early morning mist thrusting its head into the clouds. At 33 000 feet it dominates the eastern half of Bali and everything living under the shadow of its sinister rim. As a volcanic eruption can spell death for the people and land, so its water breathes life into the fertile soil of Bali. Starting from high up in the mountains, the ever running waters of the rivers and streams have sculptured a landscape of deep ravines and gorges in the black basalt rock.

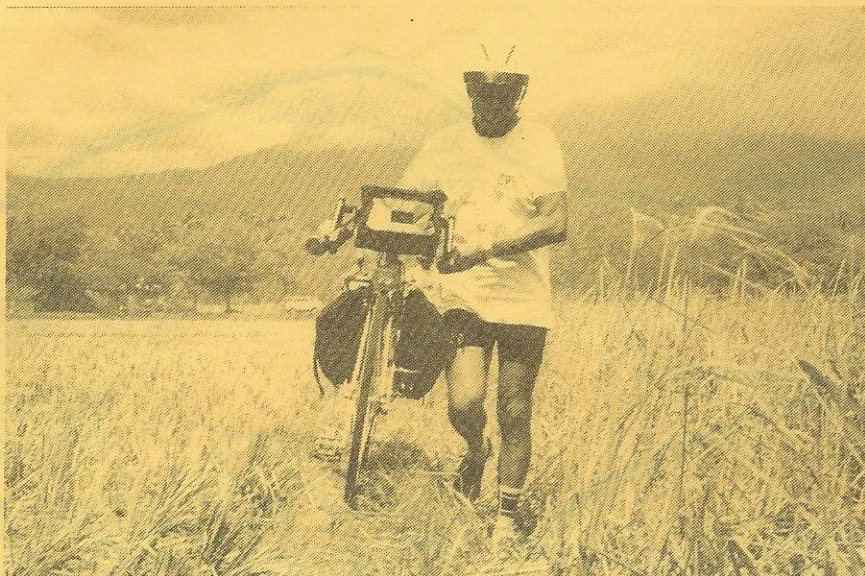
The ancient rice terraces climb up the steep mountain sides, with rice at all stages of growth from seedlings to mature plants, and so many shades of green it would bring tears to an Irishman's grass eye. The sides of the gorges are a labyrinth of vines and creepers. Riding through this scenery is pure magic.

But Bali is not all beautiful scenery. Its many temples and palaces leave the eye dazzled and the mind completely in a spin. The Pura Puteri or Puteri Temple at Klungkung,

with its Kerta Gosa (Hall of Justice) and floating pavilion are magnificent examples of Balinese architecture and exquisite Balinese painting. Towering stone-carved gateways covered with gods, demons and stylised figures from Bali daily life look menacingly down on you. Climbing the steps of the Hall of Justice you see that the ceiling of the hall is made up of panels, each one painted with scenes of horrible things that would happen to you in hell. The paintings are there to reinforce the theory that 'crime doesn't pay'. The Floating Pavilion is set in the middle of a man made lake with access by a narrow stone causeway and painted in the same style. Royalty would sit under the Pavilion while watching the administration of justice.

We had a taste of royalty at Puri Kangleman at the royal palace of Amlapura. The palace complex is really a small self-contained town within a huge red brick wall, the size of the houses and compounds being in relation to the importance of your duties in the royal household. The main buildings are the royal quarters set in the sumptuous gardens, these are surrounded by the meeting halls, reception rooms, guest rooms, banqueting pavilions, shrines and store houses. All are decorated with Balinese Ramayana reliefs and carved wooden panelling, much of it painted and gilded.

We had the privilege of staying a night as guests of the grandson of the last Raja of Karangasem. His hospitality was unlimited and we were wined and dined in Balinese style and treated to traditional dancing by his two daughters and a young Australian girl, Kathy an exchange student from Darwin. It was a lovely close to a beautiful day.



TOUR LEADER MARTIN BUNNY ON ONE OF THE
BETTER ROADS AT LOVINA BEACH!

The most memorable temples we visited were;

Kubutambahan - after making an offering to the gods, we inspected the carving of a Bali official riding a bike. A copy of this carving was on the C.T.A. T-shirt and is included in this newsletter.

Tanan Lot - "The temple on the rock" in the ocean and only accessible at low tide.

Tempaksiring - with its cool clear spring bubbling from the grey volcanic earth.

Ringdikrit - a Buddhist temple in the Balinese style built high in the hills inland from Lovina beach surrounded by coconut groves, vegetable gardens and rice fields.

Basaki - mother temple of all Bali, high on the slopes of Mount Agung.

Wonderful sights await you at every turn in Bali;

- old men ploughing the rice paddies with wooden ploughs drawn by bullocks.
- the duckman herding his ducks through the rice paddies with a plastic bag on a long bamboo pole. The ducks eat the pests in the rice fields.

- A hawker sits cross legged on the side of the road making fairy floss for children with a foot-powered spinning dish.

- water carriers, mostly girls, with buckets of water on their heads, walking from rock to rock up and down the mountain paths, never spilling a drop

- truck loads of villagers packed shoulder to shoulder on their way to or from a days work in the hills.

- the school children in their "Whirlpool" white shirts and blouses, waving and shouting their hellos.

- the rice and coconuts spread out on mats along the side of the road to dry.

- the washing of clothes on a flat stone in a local stream and the clothes spread out on the grass and shrubs beside the road to dry.

- the markets, bazaars and street traders add colour everywhere you go.

The Balinese people are very persistent, but also very polite. Indeed they all have a gentleness in themselves and a way of life that can only come from living on such a lovely island and having a religion and lifestyle that bind together their families and communities.

After experiencing Bali as we did the 'spirit of Bali' rubs off on you and I for one was very sad when we had to say goodbye and return home.

THANKYOU MARTIN

Ofcourse tours such as this don't just happen, it takes a lot of planning and research to get the tour of the ground and a lot of responsibility to shoulder while on tour. Marin Bunnys' untold efforts payed handsome dividends for all the riders on the Bali Tour in experiences, sights, sounds, people, and places which we will all remember for a long long time. Many thanks Martin from all the Bali Apostles for a wonderful tour and for adding a new dimension to what we all love doing - Cycle Touring.

Stephen Booth.

CYCLE TOURING ASSOCIATION OF W.A. INC.

PERTH TO BRIDGETOWN

300km ENDURANCE BICYCLE RIDE

Organisers: Dale NEILL 447 8168
John MARTIN 349 2310

Date: Saturday October 13th 1984 (Ride)
Sunday October 14th 1984 (Return by bus)

Start Point: Perth G.P.O

Finish: Bridgetown Y.H.A.

Start Times:

'18' Group: Start 3:00 am,
Plan to ride 300 km in 18 hours
ETA 9:00 pm, average speed 17 kmh
'16' Group Start 4:00 am,
Plan to ride 300 km in 16 hours
ETA 8:00 pm, average speed 19 kmh
'14' Group Start 5:00 am,
Plan to ride 300 km in 14 hours
ETA 7:00 pm, average speed 22 kmh

The Cycle Touring Association of W.A. Inc. has conducted achievement rides of 50km, 100km, and 200km since 1974. For the first time in 1984 a 300km endurance ride has been planned.

We have set time goals for three different groups each of which will have its own starting time and leader. It is hoped that this will enable all riders to finish at approximately the same time.

To assist organisers and the support crew it would be most beneficial for riders to remain in their groups until Balingup. The remaining 26km of hills should provide ample opportunity to demonstrate your superior qualities.

Riders can load all gear they do not wish to carry on the support vehicle 15 minutes before departure.

Riders are expected to be self sufficient in terms of food, drink, spares, and tools. Essential items should not be left on the support vehicle because riders may not see it again until they reach Bridgetown. The support vehicle will follow the riders all the way to Bridgetown. Overnight accommodation will be provided at Bridgetown Y.H.A. for a maximum of 15 riders. Alternative accommodation can be found at the Bridgetown Hotel. Riders will be transported back to Perth the following day on the bus. Bicycles will be carried in a trailer behind the bus.

Any person interested in going to Bridgetown in their own vehicle and offering support along the way would be most welcome and should contact Dale Neill on 447 8168.

Entry Date: Entries, on official forms, to be with Dale Neill by September 16th. Late entries, on official forms, will be accepted up until September 23rd with an additional late fee of \$5.00, provided vacancies exist.

Entry Fees:

C.T.A. Member No entry fee
Transport/Accom. \$7.00 - Total \$7.00
Visitor Entry fee \$10.00
Transport/Accom. \$7.00 - Total \$17.00

* Alternative accommodation available at Bridgetown Hotel. For further information contact Dale Neill.

* Riders are to provide own meals en route and at hostel.

Badges: \$2.50 each for eligible riders.

Entry Conditions:

- (i) Entrants must have completed a C.T.A. 200km achievement ride or satisfy the organisers of their ability to complete the course.
- (ii) A roadworthy bicycle including a lighting set in working order.

Route:

Stage	Towns	Dist	Total
1	Perth - Fremantle (north river side)	18	18
2	Fremantle - Mandurah	56	74
3	Mandurah - Pinjarra (1st shops open)	20	94
4	Pinjarra - Harvey	53	147
5	Harvey - Brunswick	21	168
6	Brunswick - Picton Jn.	21	189
7	Picton Jn. - Dardanup	8	197
8	Dardanup - Lowden (on Furguson Rd. at Lowden turn right to Donnybrook)	30	227
9	Lowden - Donnybrook	16	243
10	Donnybrook - Kirup	19	262
11	Kirup - Balingup	12	274
12	Balingup - Bridgetown	26	300

Cycle Touring Association

Perth to Bridgetown

300 Kilometer Endurance Bicycle Ride

Official Entry Form:

1. Name _____
2. Address _____
3. Telephone _____
4. C.T.A. Membership No. _____
5. Year of last completed 200km achievement ride _____
6. If you have not completed a C.T.A. 200km achievement ride,
please list qualifications:

7. Nominated Group (Please circle)
(a) '18' Group (b) '16' Group (c) '14' Group
8. Fees enclosed (please circle)
\$7.00 \$17.00 \$ _____

Signed _____

Please post direct to Dale Neill, 29 Garland Way, Trigg. 6020
Telephone: 447 8168

25th NOVEMBER 1984
10th ANNIVERSARY

LIMITED EDITION 10TH ANNIVERSARY CYCLING SHIRT

ORDER FORM

Since the Special General Meeting in June, the committee has, after further investigation, settled on the shirt design indicated on the right.

The shirts will be made by Betty Willis and will cost \$37.00

To place an order for the shirt please forward this application to;

Tony Willis
P.O. Box 174
WEMBLEY 6014

CLOSING DATE FOR ORDERING SHIRTS MONDAY AUGUST 14

NAME.....

Shirt Order

HEIGHT.....Cm
WEIGHT.....Cm
CHEST.....Cm

Please find enclosed a cheque for \$..... to purchase 10th Anniversary Cycling Shirt(s).

COLOURS:

Navy blue
Red
Light Blue

Yellow

Three rear pockets



MATERIAL:
Lycra

10th Anniversary
Logo