

# THE CHAIN LETTER

Newsletter of the CYCLE TOURING ASSOCIATION OF W.A. (INC.)

Summer 2020/21

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## PRESIDENT'S REPORT

Hello fellow Cycle-tourers

Summer's here! Yay! Get out the sunscreen and don't forget your water (I know from experience that heat exhaustion can creep up on you and can have serious consequences). Drink!

The Newsletter is now purely on-line and is published quarterly. Also moved online are the 'Rides List' of shorter day rides (<http://ctawa.asn.au/events/list>) and the progressive completions by riders in the Achievement Rides series. These changes reflect the reality that members now find upcoming events through the CTAWA website, CTAWA emails and the CTAWA Facebook group (<https://www.facebook.com/groups/2238896839539480>). All members can join the Facebook page and put up posts of CTAWA-related things you have done, bikes and bits you might have to swap or sell, and post memories of rides gone by (Matthew King has posted some pictures of the earliest CTAWA tours in the 1970s - such simple clothing, so much hair!).

The last major club event of 2020 is the Christmas Long Table Lunch at The Henley Brook on 6 December. Remember to RSVP to the Social Co-ordinator for booking purposes ([social@ctawa.asn.au](mailto:social@ctawa.asn.au)). And thanks to our Social Co-ordinator Charlie and speakers Keith McBurnie, Randell and Shane for their re-

ports on, respectively, how to organise a 9 week tour of the central Europe without going there and how to ride the mountain bike 'The Thing of Kal-amunda' (Randell's bike) from Perth to Kalbarri.

The Annual General Meeting will be at 'The Rise' in Maylands on Sunday 21 February. More information, committee reports and the call for nominations to the committee will be published in due course (<http://ctawa.asn.au/ctawa-2021-agm-documents>) and circulated by email.

Planning for several multi-day tours in 2021 is progressing although we think it wise to stay within WA at least for the first half of 2021 until more certainty evolves around travel in these Covid 19 times. There is always room for more rides and tours so please don't be shy about putting your hand up to propose or lead a ride.

In the meantime, keep riding and ride safe.

Regards, Stuart



## UPCOMING EVENTS

**Tours. Put these ones in your calendar.**

- \* Annual General Meeting— Sunday, 21 February 2021 (see Page 3, 4 for details)
- \* Grain Silo Art Tour—Saturday 17 April 2021 to Saturday 8 May 2021 ( See Page 22 for details)
- \* On Your Bike 'Heart of the Great Southern' tour—Saturday, 2 October to Sunday, 10 October 2021 ( See Page 19 for details).

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**CTA Email: [info@ctawa.asn.au](mailto:info@ctawa.asn.au)**  
**Website: [www.ctawa.asn.au](http://www.ctawa.asn.au)**

**The Chain Letter**

The Chain Letter is published by the Cycle Touring Association of WA (Inc.) every two months.

We welcome articles and photos on:

- Rides you have done, in WA or elsewhere in Australia or the world
- Articles on bicycles, cycling gear, maintenance or safety
- News of members—whether related to rides or not
- Health, physiology, exercise programs or anything else related to the rider
- Riding tips or techniques
- Cycling trivia or quizzes
- Letters to the Editor...

The Editor will be grateful!! Copy and photos (at least 500kB) should be sent to: [editor@ctawa.asn.au](mailto:editor@ctawa.asn.au).

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**Housekeeping**

**Please shoot us an update if your contact information changes** (so we can keep our database up to speed).

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

**Safety Issues**

**If you have safety issues — email [info@ctawa.asn.au](mailto:info@ctawa.asn.au)**

All riders are encouraged to report path and road hazards observed during their rides. You should email a clear summary, subject ‘Hazard report’, including details of the location and the problem (with a photo if you have a camera at the time) to: <https://www.transport.wa.gov.au/activetransport/online-hazard-report-form.asp> and/or [enquiries@mainroads.wa.gov.au](mailto:enquiries@mainroads.wa.gov.au) (send a copy to [info@ctawa.asn.au](mailto:info@ctawa.asn.au)).

Former Green Senator Scott Ludham sponsored an iPhone app, Bike Blackspot, for reporting bike hazards in Perth. It seems to be a useful easy-to-use reporting tool. Information goes to both the Minister of Transport and the Greens. The CTA does not support any political party.

**WELCOME TO NEW MEMBERS**

Silvana Patorniti	Bruce Shaddock	Phil Anderson	Teena EE
Tessa Bolton	Jo Sullivan	John Selby	Rob Loughman
Fred Worthington	Rick Poole	Gillian Strange	Linda Campbell
Alistair Campbell			

**DEADLINES:** Contributions for the next issue (Autumn 2021) should be sent to the Editor ([editor@ctawa.asn.au](mailto:editor@ctawa.asn.au)) no later than **25 February 2021**.

**DISCLAIMER:** Opinions or comments from contributors and members do not necessarily reflect those of the Club, its committee, the Editors, or its membership as a whole.

## Annual General Meeting

Sunday, 21 February 2021, 9:45 am for 10:00 am start  
The Rise, 28 Eighth Ave (Corner of Guildford Rd), Maylands

### AGENDA

#### 1. Welcome

#### 2. Apologies

#### 3. Minutes of the last Annual General Meeting (8th March 2020)

#### 4. Reports

- (1) President
- (2) Treasurer
- (3) Rides Coordinator
- (4) Achievement Rides
- (5) Social
- (6) Clothing
- (7) Website
- (8) Editor
- (9) OYB

#### 5. Awards

- (1) *Achievement Ride Recipients*
  - i. Merit Series
  - ii. Achiever Series
  - iii. Challenge Series
  - iv. Super Achiever Series
- (2) *Newsletter Article of the Year*
- (3) *Ride of the Year*
  - i. Single Day Ride of the Year
  - ii. Multi Day Ride of the Year
- (4) *Cycle Tourist of the Year*

#### 6. Election of Office Bearers for 2021

#### 7. General Business

- (1) Subscriptions
- (2) Appointment of Auditor
- (3) CTA Address
- (4) Other

### AWARDS

#### Achievement Rides Series

Merit Series – 50 and 100 km, and 5000 in 4.

Achiever Series – 50 and 100 km, and 5000 in 4 *plus* any one of: Century Challenge *or* 200 km *or* 300 km *or*

10,000 in 8 *or* 200 km in two consecutive days.

Challenge Series – 50, 100, Century Challenge and 200 km, and 10,000 in 8.

Super Achiever Series – 50, 100, 200 and 300 km, and 10,000 in 8.

#### Newsletter Article of the Year

This award is chosen by the Editor of the Chain Letter and recognises the best article submitted during the year.

#### Ride of the Year – Single day and multi-day

This is an opportunity for you to nominate your favourite ride, weekend away or tour. Choose the ride you enjoyed the most – nice weather, great atmosphere, interesting destination, good food, great company, achievement or fun? Two awards are given for Ride of the Year – one for a single day ride and the other for a multi day ride (weekend or tour). A list of all rides provided during the 2020 calendar year will be available at the AGM for members to vote for both categories. This award is an opportunity for you to show your appreciation to a ride organiser, and allow the club to recognise and reward their effort. Note that the On Your Bike Tour cannot be nominated.

#### Cycle Tourist of the Year

Nominations are called for the 2020 Cycle Tourist of the Year. The award is made by the CTA to the member who, in the opinion of the membership, has contributed the most to cycle touring and the CTA throughout the year. *Criteria for Cycle Tourist of the Year criteria provided on p. 4 of this Chain Letter.*

Note: If you believe no member has suitably demonstrated the qualities required for this award, you may nominate “No Award”. If the number of “No Award” nominations exceed the total number of member nominations, then no award is made that year.

**The closing date for nominations for 2020 Cycle Tourist of the Year is 21 January 2021.**

#### Election of the Committee Members for 2021

The committee consists of four office holders - President, Vice President, Secretary and Treasurer - and committee members for the positions of Rides

Coordinator, Tours Coordinator, Achievement Rides Coordinator, Social Coordinator, Editor, Webmaster, and Clothing Coordinator. Under clause 34 of the CTA Constitution, a member who wishes to be considered for election to the committee at the AGM must nominate for election by sending written notice of the nomination to the secretary at least 28 days before the annual general meeting; the written notice must include a statement by another member in support of the nomination.

Under Clauses 35 - 'Election of office holders' and 36 - 'Election of ordinary committee members' if there are either, in the case of officers, no nominations, or, in the case of ordinary committee members, unfilled positions, nominations and seconders from the floor will be accepted.

Nominees, proposers and seconders must all be voting members of the CTA. A summary of the roles and responsibilities for each of these positions is given below;

#### **President:**

Provides direction and leadership for the club and committee members. Has a vision of why the club exists and where it should be going. Communicates this vision to others.

#### **Vice President:**

Stands in for the CTA President in the President's absence. Assists the President and other committee members when needed. Helps to coordinate the committee and club functions. Acts as the club safety officer.

#### **Secretary:**

Attends meetings and takes minutes of the meeting. Retains records of CTA committee meetings and sends meeting reminders at least one week prior to meeting. Attends to any outgoing correspondence as required. Prepares documents for the AGM and ensures notice of meeting is sent to all members at least 42 days prior to the meeting.

#### **Treasurer:**

Keeps the financial books/electronic files up to date for the CTA, including a proper record of all payments and monies received and the current cash at the bank. Processes membership subscriptions and reports on the current membership numbers and new members monthly.

**Rides Coordinator:**

Prepares the CTA Rides Calendar for the year, including updating the rides list and calendar on the CTA website and prepares rides information for the bi-monthly newsletter. Organises ride leaders for Wednesday and Sunday rides.

**Achievement Rides Coordinator:**

Works with the Rides Coordinator to schedule all achievement rides throughout the year, including updating the CTA website. Arranges support for the achievement rides and maintains the list of all riders who meet criteria for the various AR series. Arranges badges and awards for the AGM.

**Editor:**

Produces the CTA’s quarterly newsletter “The Chain Letter”. Corresponds with

contributors to The Chain Letter, helps to set formatting standards for CTA publications and formats the main events calendar.

**Webmaster:**

Maintains the CTA website.

**Social Coordinator:**

Organises the social events held by the CTA. The main events are the regular Social Nights held for members and the Annual General Meeting.

**Clothing Coordinator:**

Ensures that adequate supplies of CTA clothing are held on hand, and are distributed to buyers in a timely manner. Maintains adequate records of sales and money. Ensures all stock is securely stored and reports to the CTA committee

(monthly) and at the AGM on stock and sales during the year.

**Committee positions are open for 2021, please send Expressions of Interest to Stuart at :**

[president@ctawa.asn.au](mailto:president@ctawa.asn.au) or phone 0409 882 931

**Note:**

There will be a link set up on the CTAWA website with nomination forms for Committee positions; 2020 Cycle Tourist of the Year and the different Awards. Members will be advised by email.

**Nominations - 2020 Cycle Tourist of the Year**

**Nominations are called for the 2020 Cycle Tourist of the Year.** The award is made by the CTA to the member who, in the opinion of the membership, has contributed the most to cycle touring and the CTA throughout the year. Criteria to assist in selecting the Cycle Tourist of the Year is provided below. Note: If you believe no member has suitably demonstrated the qualities required for this award, you may nominate “No Award”. If the number of “No Award” nominations exceed the total number of member nominations, then no award is made that year.

**Criteria**

Nomination for Cycle Tourist of the Year may be based on:

**Tour Achievement:** The person may have realized a personal goal to cycle tour (perhaps across Australia or overseas) and involved the CTA by organizing and leading it as a CTA tour. The achievement of a personal challenge on its own is not as important as meeting that challenge and assisting other members in that goal.

**Leadership:** The person demonstrated an outstanding display of leadership, which provided direction to the CTA during the current, or previous year. This may have been a drive towards more touring, or social endeavours, or cycle education, or a membership drive, etc. Generally this would relate to CTA Presidents, but this is by no means a necessary condition.

**Club Support:** The person has consistently been there for the Club over a number of years. This award would be in recognition of their services in a Committee role, Ride Leader role, Ride Organiser role, Tour Leader role, and Public Relations/Social role over the current and/or previous years.

**Innovation:** The person may have introduced a radical change in thinking for the club membership in general, or altered the customary thinking of the role or proposed direction of the CTA. Innovative ideas may have been the introduction of club uniform, or major improvements to newsletters or ride descriptions. The introduction of an Achievement/Challenge series,

progressive dinners, evening social rides or other ideas which galvanize and focus the general club membership.

**Note 1:** The Cycle Tourist of the Year is not a reward for completing all the Achievement or Challenge series, or having ridden a given number of kilometres etc., since these are personal goals which do not reflect the needs or involvements of the general membership.

**Note 2:** The above criteria was compiled as a guide to help people understand what they are voting for. Someone may fit into one or more of the criteria. You may feel someone deserves it for other reasons. If you feel someone deserves the award, nominate them, but if you feel no one deserves it, then you may cast a no award vote.

# On Your Bike 'Tiny Towns Tour'

3rd October to 11th October 2020

by Jude Comfort



Start at Calingiri



Lake Ninan

Despite a very trying year with Covid 19, the slightly smaller Tiny Towns On Your Bike went ahead and was a huge success. I have done some OYBs in the past but not for quite a few years. Like others I had thought I would be overseas at this time. The general winning format was still the same but the location was as usual, different. And although the eastern wheatbelt might not be considered the most exciting landscape, what an insight we all got into Tiny Towns and this predominantly grain growing area.

The tour started well with a very sumptuous morning tea in Calingiri to get us on the way. Old friends were greeted, bikes were inspected, piles of luggage made their way into our blue Thrifty truck, cars were parked and excitement was high. It was a fast start for a short couple of hours cycling to Wongan Hills via Lake Ninan, our first salt lake with the benefit of a side, almost tail wind. Getting into the routine of finding bags, setting up camp, working out where the snorers were, showers, cups of tea and evening drinks and the excellent evening meal and briefing; our first night was just a taste of what to expect for the next 7 nights.

The whole route can be found on the CTA website <http://ctawa.asn.au/event/2020-on-your-bike> but in summary our 550km route took us in a figure of eight from Calingiri to Wongan Hills, Koorda, Beacon, Mukinbudin, Bencubbin, Koorda, Wyalkatchem, Goomalling and back to Calingiri. Our distances ranged from our first afternoon of 40km riding to our longest day 88km into Koorda. Most people found the first half of the trip to Mukinbudin, our rest day, definitely harder than the second half. And the wind became the major topic of conversation as we were slammed by unfriendly head winds on these longer days (three days of over 80km!) when some of us were definitely trying to find our fitness as well. There was the incentive to ride fast enough to keep the flies at bay – estimates varying between 17 to 22 kph. As we headed more easterly the crops became leaner and we were reminded that growing grain does not bring a guaranteed return. However we did it and the rest day was much appreciated especially



Brian and Mike on the Tandem,



The band had everyone up and dancing.

for those, and there seemed to be quite a few of us, who had unexpected saddle soreness. Flynets were the fashion accessory on this day for sure.

Over half of the 110 participants opted to join the morning bus trip out to look at two of the larger granite outcrops outside Mukinbudin. However there was no rock climbing until we had another delicious morning tea at the historical site of Bonnie Rock town; nicely plumped scones topped with jam and cream. Then onto Beringbooding Rock which boasts the largest rock water catchment tank in Australia, built in 1937 and holding two and a quarter million gallons. Finally to Elachbutting Rock which had an interesting Rock Wave which

definitely challenged the more well known Wave Rock.

The second half of the tour gave us a kinder wind and a bit more fitness and some shorter days. The Bencubbin Hotel (town population 240) had closed down and indicated the precarious nature of many of these tiny towns that have experienced a loss of population, amalgamated farms, and economic struggles. The importance of the CRCs (Community Resource Centres) was bought home here where we were welcome to escape the flies and access the free Wi-Fi. As we stayed at shire recreation grounds throughout the importance of sport facilities for these towns was really apparent. Goomalling (population 560) for example had approximately 6 tennis courts, grassed oval, hockey ground, netball courts and bowling greens all around a well-equipped recreation centre with good social facilities. We were warmly welcomed at the bar and with room to seat the 110 of us for another delicious evening meal.

The riding conditions were excellent with few hills, little traffic, long stretches of good tarmac roads, easy to follow signage, roadside nature reserves and wildflowers in abundance. The days were, as promised, with big blue skies and temperatures generally in the 20s. One very very small shower saw a very rapid tent pack up but wet weather gear was not required. The night sky saw a full moon rise over the tent city on the first night and lots of stars especially as the nights got darker.

One of the real positives of OYB is the community interaction and support that we are able to bring to some of these towns. Locals were interested in what we were doing and likewise many organisations and businesses had the opportunity to raise funds or economic returns from feeding us and looking out for us. Who could forget the pig on the spit dinner (sorry vegetarians) prepared by the tennis club at Goomalling or the meal with the overly complex ordering cards and vouchers put on for us by the Koorda Pistol Club?



All the volunteers at Goomalling

On the second last night the announcement of the 2021 tour was made. This will be run by a team headed up by Brian and will see a riding route through more rural settings around Narrogin, Katanning etc. Watch this space for more details and register early so you don't miss out. OYB is a special adventure. Thank you, Trevor Knox and the other OYB committee members, for delivering a fun and different OYB in 2020.



Elachbutting Rock

Jude Comfort



## OUT AND ABOUT

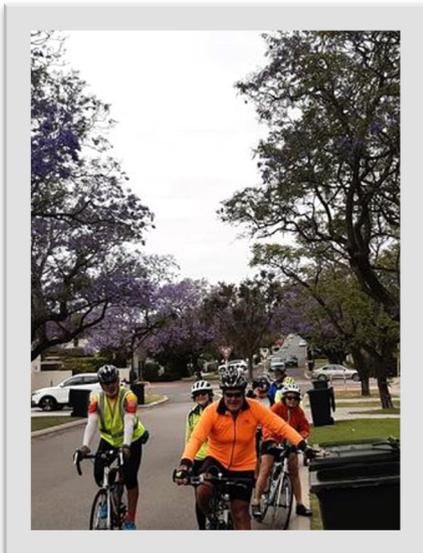
In these Covid19 self-isolating times many of the CTAWA crew are keeping fit and riding around the city. Social group rides (with some conditions) have now resumed. Here's some photos.



**The band crankin' on the Tiny Towns Tour**



**A morning ride along the coast with a coffee stop at Scarborough Beach.**



**Checking out the Jacarandas in Applecross.**



**A weekend ride to New Norcia.**



**On the Heritage Rail Trail to Northam on Liz's Kep Track Tour.**



**Celebratory drinks for reaching Northam at the Duke's Inn.**

## CARS V BIKES



**Logic in this one ... these healthy people are devastating this county's GDP.**

The CEO at Euro Exim Bank Ltd. got economists thinking when he said:

A cyclist is a disaster for a country's economy. He does not buy a car and does not take a car loan. Does not buy car insurance. Does not buy fuel. Does not send his car for servicing and repairs. Does not use paid parking. Does not become obese.

Yes and he stays well, damn it!

Healthy people are not needed for an economy. They do not buy drugs. They do not go to hospitals and doctors. They add nothing to a country's GDP.

On the contrary, every new McDonalds outlet creates at least 30 jobs: 10 cardiologists, 10 dentists, 10 weight-loss experts apart from people working in McDonalds outlets.

Walking is even worse. Those people do not even buy a bicycle.....

DON'T forget to GIGGLE

(Sent by Kleiber Claux)

*There is one expense that cars and bicycles share, that's a \$1000 fine (recently increased from \$400) for talking on your mobile phone and it can be dangerous so please don't do it. [Cyclist hit with \\$400 fine for talking on mobile phone while riding bike - ABC News](#)*

*The Editor*

## VLOGS AND BLOGS

1. Jessica De Korte has many videos on cycling in the Netherlands and Europe and also on cycling equipment [\(2\) Bike & boat tour in The Netherlands - Round trip Amsterdam - IJsselmeer - YouTube](#)
2. The Colmandsamstreks team start cycling around the world. [\(2\) Cycling the world- \(Part one\) - YouTube](#)
3. Scott Anderson heads to California. [California Dreamin' - Winterlude 2020 - CycleBlaze](#)

Above is a few vlogs and blogs (journals) that fellow cycle travellers have put together about their journeys. If you can't be out there on the open road yourself, the next best thing is following other cycle tourers I reckon. If you find any other journeys on the internet that you enjoy, please let me know.

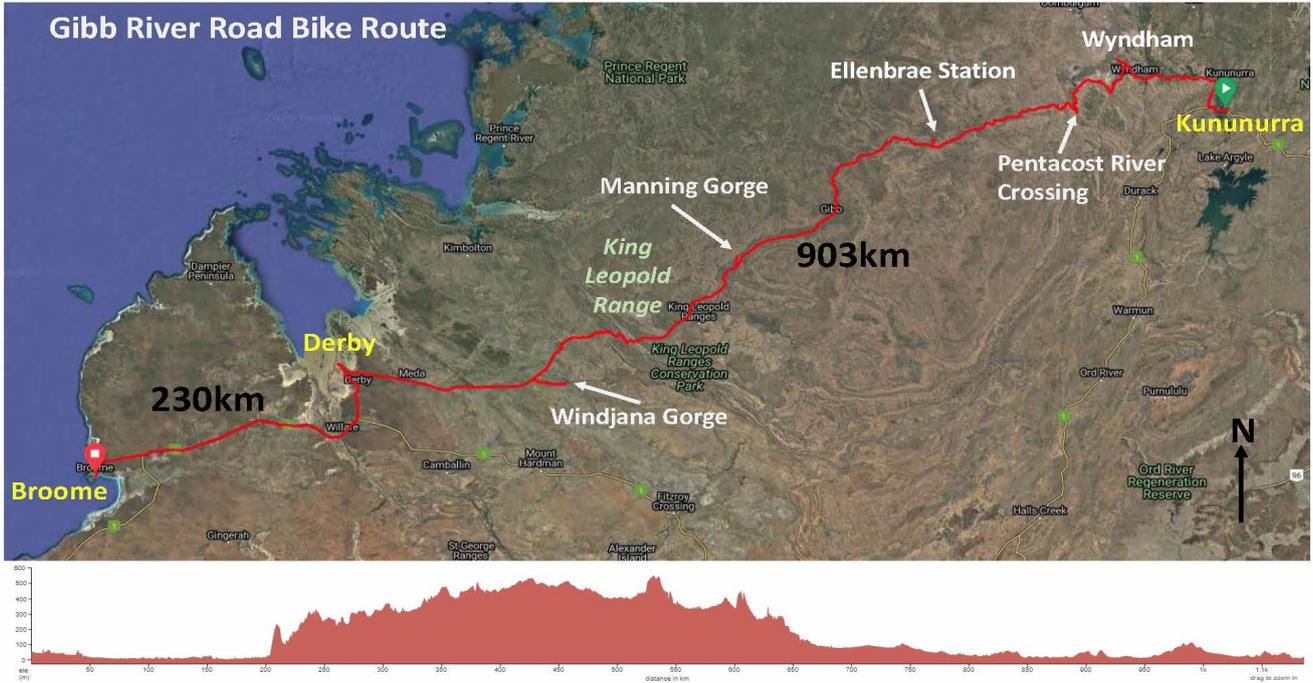
Regards

*The editor*

# Girls do the Gibb River Road

by

Linda Tompkins & Christine Liddiard



## Kununurra to Gibb River Road



**Gibb River Road (GRR) trip statistics**

Day	Start	Finish	Total Distance	Total ascent
1	Kununurra	Parry Creek Farm Campground	88.50	222
2	Parry Creek	Wyndham	56.10	488
3	Wyndham	Karunjie Track	43.02	219
4	Karunjie Track	~5km from Gibb River Rd	36.50	117
5	Karunjie Track	71km from Ellenbrae Station	52.20	621
6	GRR side camp	Ellenbrae Station	71.12	434
7	Ellenbrae Station	Kalumburu Turn Off	73.16	585
8	Kalumburu T/O	Hann River	53.83	184
9	Hann River	Manning Gorge	61.64	190
10	Manning Gorge	Galvans Gorge	21.05	78
11	Galvans Gorge	Imintji	66.50	391
12	Imintji	Donkey Creek	71.02	482
13	Donkey Creek	Windjana Gorge	56.15	109
14	Windjana Gorge	Windjana Gorge	0	0
15	Windjana Gorge	68km from Derby	80.95	143
16	Grader scraping	Derby	71.56	167
<b>Derby-Broome</b>				
1	Derby	Willare Bridge Road House	56.17	178
2	Willare	Roebuck Plains Road House	132.72	252
3	Roebuck Plains	Broome	41.67	90

**Bike specs**

Linda	Curve GXR - Kevin (Ti frame) gravel bike, 650b x 2.25" Vittoria Mezcal tubeless tyres, SRAM Force 1 gear set, 1x11: 32T chain, 9-46T e13 cassette, SON dynamo hub, hydraulic disc brakes.
Christine	Giant CRX2 (Aluminium frame), 700 x 35mm Schwalbe Marathon Mondial tyres, Shimano Deore gears – 3x9: 44-32-22T drive train, 11-34T cassette, Rim brakes.
Bruce	Trek 520 steel frame drop-bar traditional touring bike with STI levers and V-brakes. It had 700C wheels with 38mm Schwalbe Marathon Plus tyres, and triple crankset low gearing.
Stuart	Wayward 'Cape York' (steel frame) touring bike, 700 x 35mm Schwalbe Marathon Mondial and Greenguard tyres, Shimano Deore rear derailleur, Alvio triple front derailleur, 48-38-26 chain ring, 11-34 cassette, cable activated Avid BB7 disc brakes, pannier racks front and rear generic welded tubular steel alloy.

## Kununurra

The Gibb River cycle team (Christine Liddard, Linda Tompkins, Bruce Robinson, Stuart Crombie), met in Kununurra the weekend before our adventurous departure on Tuesday 21 July 2020. We spent the few days acclimatising by cycling around the town riding to Kelly's Knob, Ivanhoe Crossing, Sandalwood Shop and the Hoochery. On Sunday 19 July 2020 we all went on an afternoon Lake Argyle sunset tour which included an early evening sunset swim with champagne and nibbles. We stayed at the Lakeside Resort and on our last night in Kununurra, we had an excellent meal at Kelly's Bar & Grill.

## Kununurra to Gibb River Road

We left Kununurra in the early morning coolness with loaded bikes all shining and clean! Stuart's shirt never looked the same again!

## Day 1 Kununurra – Parry Creek Farm



## Leaving Lakeside Resort, Kununurra

The first part of the trip was not on the GRR, but rather riding along gravel tracks following the Ord River to Wyndham, and then the King River Road and Karunjie Track to the Pentacost River crossing (see map). After about 7km riding along the sealed Victoria Highway we turned onto Valentine Spring Rd riding to Parry Creek Rd. Linda's gravel bike flew over the gravel terrain, which at times was also a bit sandy, while the others had a harder time with their narrower tyres. The Parry Creek Farm campground was a welcome stop. Hot showers, laundry, cold beer and barramundi for dinner!

The next morning, the ride to Wyndham was rather quick and fairly short, with the last bit on sealed road. Linda and Christine visited the Afghan cemetery on the way. We all checked into the Wyndham Caravan Park and rode around town on unloaded bikes! A Barra pie from the bakery before riding to the wharf-port area and then up to the Five Rivers lookout. The first bend had a 16° gradient! We had Wyndham's famous Barra Burgers for dinner at the bakery.

The next day was the real start of the adventure. We all loaded up with about 12-13 litres of water and enough food for 6 days given closure of the stations along the GRR. Everyone's bike was overloaded and carrying approximately 40kg plus of stuff.

Leaving Wyndham we turned onto the King River Road and started our ride around the Cockburn Range to the Pentacost River. We stopped and visited aboriginal rock paintings and the prison boab tree along the way. The King River Road is a gravel road but was fairly well maintained and compacted. The road deteriorated dramatically once we started on the Karunjie Track. The Karunjie Track was very rough, gutted, and slow going. The Karunjie Track is after all not actually a road but a farm track graded along a travelling stock route. Linda was able to ride the track with relative ease as she had wider gravel tyres, while the others really struggled at times.



### Start of the Karunjie Track

The gate to Diggers Rest Station was locked, so we had to unload our bikes, lift them over the gate, and re-load the bikes. We had to do this three times along the Karunjie Track



*Closed gate on Diggers Rest Station, Cockburn Range in background*

We stayed the first night on Diggers Rest Station on an elevated river embankment just near the Cockburn Ranges. To conserve drinking water, we used river water for cleaning and cooking. Fortunately, no crocodiles were seen. The majestic beauty of the early evening sky was so calming.

Unfortunately, at dinner Stuart started to feel unwell and was not able to hold food down. This continued into the following day. Realising that Stuart was likely suffering from heat exhaustion, we took Day 4 slow with lots of breaks. On Day 4 we crossed the wide-open extensive mudflats of the Pentacost River flood plain. We rode to about 5km from the GRR and camped just outside the Diggers Rest Station boundary.



*Karunjie Track mudflats*

### **Pentacost River Crossing to Ellenbrae Station**

On Day 5 we reached the GRR mid-morning. The 5km morning ride from our camp site to the GRR was hard going for everyone as there were multiple boulder chocked drainages to cross that made riding with heavily loaded bikes nearly impossible.



*Karunjie Track gravel river crossing*

At the Pentacost River Crossing we all filled up with water from the river, without any noticeable crocodile activity! The water level was low enough that we were all able to walk across the river without getting our feet wet.



*Christine arriving at Gibb River Road, Pentacost River Crossing*

Having made it to the GRR, the most remote and difficult part of the cycling trip was behind us. Unfortunately, Stuart was very sick and the day was quite hot. Fortunately, a nice couple were headed to Ellenbrae Station for the night and agreed to take Stuart with them. Even though the station was closed, they knew the managers and were sure there would be no problem for Stuart to spend a few days at the station resting, hydrating, and getting his strength back. Christine, Linda, and Bruce continued riding and spent the night at a small rest stop on the side of the GRR.

On Day 6, the three of us left early and were able to cycle 50km by midday. We were now using Pentacost River water and had to filter it and then zap it with a Steripen before drinking it. Arriving at Ellenbrae Station just after 3:00pm was a real treat. After four days camping, a hot shower, clean clothes, cold beer, and proper meal was so reinvigorating.

### **Ellenbrae Station to Manning Gorge**

Fully refreshed, we rode together while Bruce and Stuart took it slowly hoping to get a lift to Mt Barnett Road House, which they eventually did on the second day after the Kalumburu turn off. We got ourselves into a routine which included having peanut butter and jelly (jam) sandwich rest stops, and stopping for an hour during the heat of the day to rest and have a snack. Due to the coronavirus, there were few cars on the road. Most of the traffic was going east towards Kununurra and we never saw more than eight cars/caravans in a day and few trucks. The good part of little traffic was that the GRR was in very good condition with minimum corrugations. As Linda had wider tyres, she could easily ride on the sandy shoulder of the road and avoid any corrugations when they occurred.

Our overnight stop at the Kalumburu turn off was very pleasant. It was so peaceful and quiet and there was a drop toilet available at the rest stop. The road north to Kalumburu was closed off due to the coronavirus.

From Kalumburu we continued westwards towards the Gibb River Station. Although we understood that the station was closed due to Covid-19, we were told that we could pick-up Telstra 4G at the gate entrance. And sure enough we could. So, we had a snack stop at the Gibb River Station gate and downloaded emails, responded to key ones and made a few calls.

We found the GRR drivers very helpful and friendly. Most would stop and offer us water, which we always accepted. We were surprised at how dry the eastern Kimberleys were, a result of less rainfall than usual during the 'wet' six months earlier, and the steep well-drained fractured rock of the area. So generous were road travellers that after the Pentacost River we never had to get river water again. When Stuart and Bruce arrived in young traveller Jerry's Landcruiser at the Mt Barnett Roadhouse, they sent a surprise food package back to us with a person travelling east on the GRR!

We spent the next night at the Hann River, where the following morning was very cold - probably around 5°C. The weather had changed from warm nights and very hot days (~36-39°C) in the east, to now cold nights and just normal hot days (34-36°C). The deep sand of the rather wide Mt Barnett River Crossing just outside of Mt Barnett was quite spectacular, a testament to the massive amount of water that flushes through the Kimberley's in the wet season. Apart from the river crossing, the road from Hann River to Mt Barnett Roadhouse was mostly in great condition, as it seemed to have been recently graded and was a real pleasure to ride.

It was great fun to catch up with Stuart and Bruce at the Mt Barnett Roadhouse. From the Roadhouse we had to ride 7km of soft sandy road to the Manning Gorge campground. It was great to be all together again. On arrival at the campground we went for a swim in the clear water lagoon of the Barnett River, had hot showers, did laundry, and exchanged travel stories.

### **Manning Gorge to Windjana Gorge**

We were now in Gorge country. After a morning trek to the Manning Gorge waterfall, we packed up and rode the short distance to Galvans Gorge. Bruce had already decided to accept a ride to Derby and end his GRR adventure. Stuart decided to rest for another day, leaving a day after us, taking the time to rest up his injured leg and to share some beers with new friends in the campground before riding slowly to Windjana Gorge on his own. We kept in daily communication via our Garmin In Reach satellite devices.



*Manning Gorge*



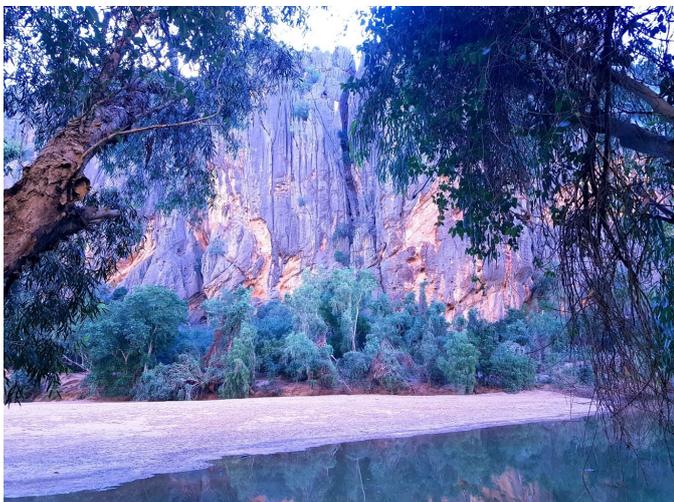
*Galvans Gorge*

From Galvans Gorge we rode to Imintji Road House and stayed at the first class Imintji campground. Stuart didn't make it all the way to Imintji and spent his night alone in a gravel scrap listening to the scrub bulls challenging each other in the distance. The Roadhouse and campground had only just opened a few days prior to our arrival, as it had been closed due to the coronavirus. The Roadhouse was fairly basic with minimum provisions, but the campground was amazing. Solar heated hot water showers, large wooden picnic tables, four brand-new stainless-steel gas barbeques, and a USB port facility for recharging electronics. However, as new batteries for the solar panels had not arrived, there was no electricity and the USB ports and lights didn't work, but at least we had hot showers!

From Imintji we had a bush camp at Donkey Creek before arriving at Windjana Gorge in the early afternoon of Day 13.

### **Windjana Gorge to Derby**

We spent two nights at Windjana Gorge. Bruce brought us a care package on the afternoon of our arrival as he was on a bus tour out of Derby. We had plans to go for a swim but after seeing so many fresh water crocodiles on the banks of the Lennard River we decided it wasn't such a good idea. The next morning, we walked along the Lennard River through the world-class Devonian carbonate reef outcrops. Stuart had arrived by the time we returned from our walk. At lunchtime, the three of us managed to get a lift with a tour bus out of Broome to Tunnel Creek.



*Windjana Gorge*

*Broome**Tunnel Creek*

The final two days of our GRR adventure was on a mixture of gravel and sealed road. There were considerable road works with diversions along the way. Eventually, the GRR will be fully sealed from Derby to the Windjana Gorge turn off.

We had one night on the road where the three of us camped in a grader scraping on the south side of the GRR. A roadworker had warned Stu to watch for the large King Brown snakes common in the grass (as Stu lay in the grass having lunch!) so movements around camp after dark were limited. Luckily, there was not much traffic during the night, but it was probably the worst camp spot of the trip. Fortunately, no King Browns were seen.

### **Derby to Broome**

By the time we reached Derby, Bruce had already arrived in Broome. The three of us spent two nights in Derby. Stuart managed to get a lift to Broome with friends, and we rode to Broome. It took us 2.5 days to reach Broome, with the second day riding a marathon 133km (helped by a great tailwind!) to the Roebuck Plains Roadhouse outside of Broome.

We were met at the outskirts of Broome by Stuart, having somehow missed Bruce who was riding out from Broome to meet us.

Overall, it was a great adventure but more challenging than what was anticipated. The key takeaway is to make sure that you have the right bike for the terrain you are going to ride. For outback, off-road touring, proper gravel bikes are recommended as these bikes are designed to carry the load and have lots of mounts for gear. Wide (2.25" or greater) tubeless gravel (i.e. with tread) tyres are, without-a-doubt, the only way to go, and if starting a long adventure spend the money and buy new tyres. It is important not to over pack and to take only the bare necessities, particularly when you need to carry 12-15 litres of water in the outback. Make sure your gear is in good shape, if not, buy new gear as it is dangerous travelling with worn-out equipment and camping gear. Finally, satellite communications are critical, as is a good understanding of the symptoms of heat exhaustion, and dehydration, which can lead quickly to heat stroke. And always take along some good friends to share the load and share the experience.

The End

## CHANGES: Ride List Now on the Website Only

At the recent AGM it was decided there was no longer a need to have the rides listed in the newsletter. Members can easily refer to the website for the latest information and details on upcoming rides.

Angus (Gus), our magnificent website coordinator, suggested that he would provide links on the website to show two months of planned rides on the CTA Events list to put the distance and other attributes on the list page to avoid people having to drill down to other folders. Here is the link from Gus to access this information. <http://ctawa.asn.au/events/list>

## Ride Guidelines and Information

### Ride Guidelines

All riders are responsible for showing up with a well-maintained bike. You must wear a helmet, and we recommend you bring a spare tube, puncture repair kit, tyre levers, pump and, if your bike is not fitted with quick release hubs, a spanner that fits your axle nuts. Most importantly, bring water!

Rides are described using the guidelines below. *If you are unsure of your suitability for a ride, or if you feel it may be too long for you, don't be put off.* Please contact the leader before the day

to discuss your suitability, or to see if you can do part of the route.

**Terrain** refers to the hilliness of the ride, and can be 'Mostly Flat', 'Rolling', 'Some Hills' or 'Hilly'.

Mountain bike rides (on tracks or unsealed roads) are described as 'MTB'.

**Pace** refers to the average speed on the flat without breaks. Downhills may be faster, uphill slower. For rides with 'Hilly' terrain, consider choosing a pace one grade below your usual comfort level.

Social	Under 15 km/hr
Leisurely	15 – 20 km/hr
Moderate	20 – 25 km/hr
Brisk	25 – 30 km/hr
Strenuous	30 – 35 km/hr
Super Strenuous	35 km/hr or more

For any other general information refer to: <http://ctawa.asn.au/ride/general-information>

### LIABILITY DISCLAIMER:

The Cycle Touring Association of WA (CTA), its officers and ride leaders, may not be liable for loss or damage whilst taking part in any CTA activity. It is important to note, that all participants on our rides, individual cyclists (whether they are members or not) are **not** covered by the club for injuries if an accident occurs. We recommend that you obtain personal accident insurance before taking part.

Riders must wear an approved safety helmet and obey all road rules (eg not use a mobile phone while riding). If a rider leaves a ride, they must make sure that the rider is informed of this.

## Do you have a redundant bike still in good condition, that you no longer ride or need?

GIVIT ([givit.org.au](http://givit.org.au)) is an online charity where people can go to donate to people in need. Currently on the GIVIT website there are a number of charities asking for donated bikes for their vulnerable clients (adults and children's size bikes).

If you have a used bike in good condition, that you no longer need, they are asking if you would be willing to donate to GIVIT.

Donating your old bikes might help a child get to school and a job seeker get to an interview. For vulnerable WA people bikes are an essential means of transport and would be so appreciated.

If you need further information on how GIVIT works you can check out their website or contact: Sarah Visser, Engagement Officer – WA, [Sarah.Visser@givit.org.au](mailto:Sarah.Visser@givit.org.au) (0480 223 840)



**2021 OYB ANNUAL TOUR – “HEART OF THE GREAT SOUTHERN”**

**2 OCTOBER to 10 OCTOBER 2021**

The 2021 On Your Bike tour will be in its 33<sup>rd</sup> year, we are hoping you can come along and join us. The tour starts in the lower fringes of the Wheatbelt Region at Narrogin, crossing over and sometimes following the Great Southern Highway and Great Southern Railway (now only used for freight). The tour route will make its way through rolling plains, encompassing rich farming land, along the way staying at Darkan (a longer day ride option will be offered on this route from Williams to Darkan), Wagin, Katanning, and then heading eastwards to Nyabing, north to Dumbleyung, Wickiepin and back to Narrogin. The rest day is in regional Katanning that likes to be recognised as the ‘heart’ of the Great Southern. The town that started at the end of the 19<sup>th</sup> century is sprinkled with heritage buildings and is now known as a town with a rich cultural diversity and interest. The massive All Ages Playground that sits alongside the Great Southern Highway and main entrance to the town centre, is now recognised as one of the most iconic playgrounds outside the metropolitan area.

More details will be in the tour brochure, which should be on the CTAWA website by the end of May 2021 or you can contact Brian McAuliffe on 0438110571 for further information.



## CTAWA SOCIAL NIGHTS AT THE RISE, MAYLANDS

### Social Night on 24th September 2020

Linda led a presentation of her cycle tour along the Gibb River Road with Stuart, Christine and Bruce. This trip wasn't for the faint hearted with hot, sweltering conditions taking their toll on the participants. Christine and Linda completed the distance from Kununurra to Broome in 19 days, a great effort. Details of the trip are on pages 9 to 17 of this newsletter.



Bruce presents Linda and Christine with a 'We survived the Gibb River Road' sticker.

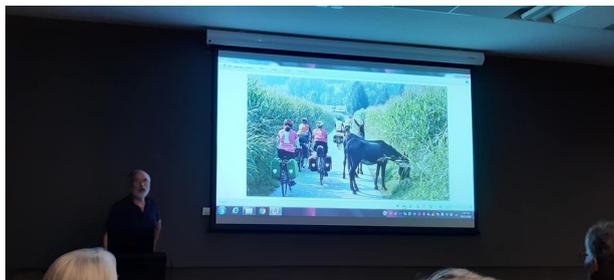
Noel gave an interesting talk on the bicycle wheel. The engineering of the wheel is complex with different styles of spokes, spoke overlap configurations, number of spokes (usually 32), rims, axles, grommets and materials used in construction. Some interesting facts, an ounce saved on the wheel is the equivalent of a pound off the bike and the total weight of the bike and its load is supported by a few hanging spokes on each wheel at any given time.



Noel demonstrating his wheels attributes.

### Social Night on 19th November 2020

Keith shared his alternative way to organise a cycling tour (the GPX routes are available from Keith if anyone would like them for future planning) and then described his 2019 tour of Slovenia which you can read about in the Nov/Dec 2019 Newsletter, Issue 269. [269-2019-november-december.pdf \(ctawa.asn.au\)](https://ctawa.asn.au/269-2019-november-december.pdf)



Keith talking about his Croatian and Slovenian Tour.

Shane and Randell gave a talk about their ride to Kalbarri on the most cycle friendly route possible via the Midlands Hwy, Ellendale Pool, Geraldton, Chapman Valley then up the coast road to Kalbarri. It was more than 700kms in 7 days then Shane continued solo back to Geraldton via the Kalbarri NP. You can read Shane's journal [Kalbarri Escape via Aussie Velo 1 The Wildflower Route, by Shane Johns \(crazyguyonabike.com\)](https://crazyguyonabike.com/kalbarri-escape-via-aussie-velo-1-the-wildflower-route) and Randell's journal [Kalbarri or Bust, by Randal Dutchy \(crazyguyonabike.com\)](https://crazyguyonabike.com/kalbarri-or-bust).



Randell and Shane pose for the 'We made it' photo at Kalbarri.

Note; Robyn's date slice and chocolate brownies have been very popular and quickly devoured at the Social nights. The recipe for the date slice is on page 23

## The CTA Achievement Ride Series

The CTA conducts a series of ‘Achievement Rides’ (ARs) each year. These rides provide you with a graded set of challenges. Each ride must be completed within the set time limit, but is otherwise non-competitive. Each ride is supported by a volunteer and the series is coordinated by the Achievement Rides Coordinator. **(See website for details and conditions)**

2/16/2020	5/17/2020	7/11/2020	8/2/2020	8/30/2020	9/13/2020	10/17/2020	
50 K	100 K	5000 in 4	160K	10,000 in 8	200 K	300 K	AWARD
John Farrelly	John Farrelly	John Farrelly	John Farrelly	John Farrelly	John Farrelly		
Christine Liddiard	Christine Liddiard	Christine Liddiard		Christine Liddiard	Christine Liddiard		
Sally Grubb							
David Grubb							
Don Ward	Don Ward	Don Ward (B)	Don Ward				
Briam McCauliffe							
Kleber Claux	Kleber Claux	Kleber Claux					
Stuart Crombie	Stuart Crombie						
Udeni Gunasekera							
Connie							
Rita Miller							
Cliff Miller							
Richard Marshall	Richard Marshall	Richard Marshall					
Liz Marshall	Liz Marshall	Liz Marshall					
	Eric Toccock	Eric Toccock					
Linda Tompkins	Linda Tompkins	Linda Tompkins		Linda Tompkins			
	Randell Holland						
	NFP						
	John McMahon						
	Noel Eddington						
	David Lewis						
	Greg Atter	Greg Atter	Greg Atter	Greg Atter			
	Sue Urbanyak	Sue Urbanyak					
	Bruce Robinson						
		Jeremy Knowles					
		Silvia Klemenz					
		Ann Wilson					
		Steve Digwood					

### CTA clothing is available as follows:

**CTA jerseys:** \$55 Short Sleeve, \$60 Long Sleeve.

Short Sleeve Unisex (full zip): Short Sleeve Womens (short zip): Long Sleeve Unisex (short zip) : Long Sleeve Womens (short zip): Long Sleeve Unisex (full zip):



Sizing is deliberately small to aid in moisture absorption, however it is **recommended you try on a sample before selecting. Also the prices are now reduced!**

**CTA Socks** Orange/blue socks with CTA logo — \$10 a pair

**CTA previous years OYB jerseys** 2015 short sleeve jersey (Golden Heartlands tour) sizes XS, S and L. Price \$30.



**Safe-Zone Mirror** The 57 mm diameter ‘Safe-Zone’ mirror gives an improved vision of vehicles or other riders approaching from behind. Normally only available from on-line suppliers at between \$40 to \$55. CTA is able to offer these mirrors to members at **\$25** (you will need to contact the Clothing Coordinator to arrange a suitable time for pick up)..



These mirrors use two zip ties for mounting onto your helmet. If you are cycling overseas where traffic is left hand drive, these mirrors can be easily adjusted. **Contact : Liz, 0423207258 or email [clothing@ctawa.asn.au](mailto:clothing@ctawa.asn.au) for any enquiries or orders.**

**You wish to hire equipment?** We have Rear Panniers, a small Rack Bag and a Trangia (camp stove). By hiring, you can sample cycling touring without investing in lots of equipment. And if you do decide to invest, you’ll have a better idea of what you want for yourself. Cost is \$5 per 2 weeks, \$10 per month, plus a bond.

**CTAWA 2021 GRAIN SILO ART TOUR**  
Saturday 17 April 2021 to Saturday 8 May 2021



Based upon FORM’s PUBLIC Silo Trail which showcases world class murals painted on grain silos in unexpected towns across the State, this 22 day event (starting and finishing in York) is an unsupported tour of 1238 km taking in 6 of the seven painted silos.

Three rest days in the towns of Katanning, Ravensthorpe and Narembeen have been factored into the itinerary to allow participants time to recuperate and explore the area.

Participation is for CTA members only with collective reservations (and payment) made on behalf of participants camping on their selected dates.

Organisation of any other style of accommodation (cabins, villas, en-site caravans, B&Bs, motel/hotel rooms), either pre & post tour, the entire event or on any of the rest days is entirely the responsibility of individuals for arranging their own bookings and direct payment.

Further tour details, along with a Tour Reservation Form will be released shortly.

Trevor Knox  
Event Organiser

(M) 040 202 9608  
(E) [teebs50@gmail.com](mailto:teebs50@gmail.com)

**NOZKON**



**The most stylish and versatile nose sun protection device to date, the Noz-Kon** (pronounced "nose cone"). Simply attach the adjustable hook & loop strap onto your glasses or goggles and go! [NozKon.com](http://NozKon.com) - [The newest technology in sun protection for the nose](http://NozKon.com). The CTAWA has bulk-purchased some tan NozKons and are available for \$12-00 each.

Contact : Liz, 0423207258 or email [clothing@ctawa.asn.au](mailto:clothing@ctawa.asn.au) for any enquiries or orders.

# Date Slice

Ingredients:

- 250gms butter
- 1 pkt Marie biscuits
- 3/4 cup sugar
- 1 tspn vanilla essence
- 1 egg
- 250gms chopped dates

Method:

Melt butter and sugar in large saucepan, add vanilla, beaten egg and dates. Cook in saucepan until mushie. Add broken biscuits (not too small). Sprinkle coconut into slice tin and cover with biscuit and date mix. Level out. Refrigerate. When cool, sprinkle with coconut and slice. (I double this to make a taller slice. It keeps well in the fridge).



*Thank you Robyn for this recipe, they are delicious. The Editor*

**Ride Leaders Needed!**

Do you have a favourite ride that you regularly do or have an idea about a tour? If so, the Ride Coordinator would love you to hear from you. You could even go out on a recci by yourself for a suggested ride in future!

Check out the website to give you some tips and information on leading a ride.

[http://www.ctawa.asn.au/ctawa\\_files/rides/CTA%20How%20to%20be%20a%20Ride%20Leader.pdf](http://www.ctawa.asn.au/ctawa_files/rides/CTA%20How%20to%20be%20a%20Ride%20Leader.pdf)

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**Membership Details**

CTA membership is from 1 January to 31 December. New members joining after 30 June may pay the half year membership price (1/2 of the prices shown below).

<b>Membership</b>	
<b>2021</b>	
Renewal Adult membership (If paid by 31 Jan)	\$40 \$35
New Adult membership	\$35
Concession:	
Full-time Students/Pensioners	\$25
Dependents under 18	No charge

Membership forms can be downloaded from our website <[www.ctawa.asn.au](http://www.ctawa.asn.au)>. Please send your cheque and form to the Cycle Touring Association, PO Box 174, Wembley WA 6913. A receipt of payment is only issued on request.

The CTA is a non-Government organisation relying on membership fees, donations and volunteer labour to achieve our aims and objectives.

These monies help provide each member with a number of social evenings with suppers, weekend trips and tours at cost, to name a few of the material benefits.

For more information, send an email to [info@ctawa.asn.au](mailto:info@ctawa.asn.au).