

THE FINE PRINT

VOLUNTEERS

'On Your Bike' is organised by a sub-committee of the Cycle Touring Association of WA (Inc) on a totally not-for-profit basis and requires volunteers from among the 'participants' – you – to help out with some of the daily tasks involved for the smooth running of the tour. Tasking areas include:

- Helping out at breakfast;
- Baggage loading and unloading;
- Assisting with/or after the evening meal; and
- General clean-up.

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

WE PROVIDE

- A real cyclist's breakfast of cereal, toast, a variety of toppings, tea and coffee and most importantly the famous 'On Your Bike' porridge. If you think you need a good 'stick to your ribs' start to the day before a long ride then the porridge will fit the bill.
- Morning tea by the roadside including tea, coffee and Milo. In-season fruit will also be available.
- A 'Sag Wagon' if it's all too much.
- A hearty three course evening meal provided by local organisations. If you require vegetarian meals then please indicate on the entry form.
- A vehicle to transport all your luggage between campsites.
- Signposting where appropriate.
- First aid and medical support.
- A qualified bicycle mechanic with a supporting vehicle.
- Identification tags for your luggage, bike and you – in case you forget yourself. Tour guide with maps and route descriptions will either be posted to you or available electronically closer to the tour. Please indicate on the entry form your preference.
- Commemorative Tour apparel.
- A shoulder to cry on and/or a pat on the back when you achieve your personal aims.
- The best 9 days of fun you will have this year.
- Complimentary membership to the Cycle Touring Association of WA (Inc) for the remainder of 2017. This offer only applies to non-members of the CTA who have not taken part in a previous On Your Bike tour.

YOU PROVIDE

- A human-powered reliable bicycle with a wide range of gears. Power assisted bicycles (battery or combustion engine) are not permitted on OYB tours. The bike must be in good mechanical condition and we strongly recommend having it serviced at a local bike shop at least a month before the tour. Please read the 'Conditions' section on the entry form.
- Cycling accessories – water bottles, pump, spare tubes, tools and a bicycle lock.
- Your own travel insurance.
- Approved cycling helmet.
- Unbreakable plate, bowl, mug, cutlery and a tea towel for drying your utensils after breakfast.
- All your camping gear – small waterproof tent, inflatable mattress and a sleeping bag.
- Sufficient cycling and casual clothing, bathers and toiletries.
- Lunches: Except for the first day and the last day, we do not provide lunch during the tour. Participants will be advised en-route as to where lunches may be purchased.
- Your own sense of adventure and preparedness to have fun!

LUGGAGE

- Your total allowance is 20 kg of which no one bag can be more than 12 kg. Luggage will be weighed at check-in.
- Please pack your gear into 'soft duffle' type bags. Suitcases are not acceptable.

LUGGAGE DROP OFF

A luggage drop off prior to the start of the tour is available to make getting to Midland easier on the train. Luggage can be dropped off to East Victoria Park no later than the Thursday evening before the tour by contacting Terry on (08) 9472 9887. The property owners and the Cycle Touring Association of WA (Inc) accept no responsibility for any theft or damage whatsoever to luggage whilst it is at the property.

TRANSPORT

The tour will be starting and finishing at the car park adjacent to the Midland Railway Station. Transport is provided as part of the tour cost to take you, your luggage and your bike from Midland to New Norcia and the return journey from Port Dennison to Midland.

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

VEHICLE PARKING

For those participants needing to drive to the start at Midland, limited vehicle parking for the duration of the tour will be available at a premises near Midland.

The property owners and the Cycle Touring Association of WA (Inc) accept no responsibility or liability for any theft or damage whatsoever to the vehicle whilst it is parked at the property.

SAFETY

- Approved cycle helmet must be worn while cycling.
- Headphones or thongs must not be worn while cycling.
- Alcohol may only be consumed in accordance with relevant laws.
- Rowdy behaviour at the campsite will not be tolerated.
- Private support vehicles are not permitted to follow the ride as they can be a hazard to cyclists. There will be sufficient official vehicles to meet our needs.

TRAINING

Cycle regularly on quiet roads before the tour. Use the bike and clothing you anticipate using on the tour to ensure you address any problems before the tour. During the six weeks prior to the tour you should ride for at least 50 km each weekend and try to complete one or two rides of about 90 km. There will be an opportunity to ride with some of your fellow tourers on Sunday 13 August 2017. You are warmly invited to join the group which will start at the Success Hill Train Station at 8.00am for a scenic ride to Henley Brook for coffee / morning tea. *Leader: Trevor 040 202 9608*

AGE CONDITIONS

Persons under the age of 18 on 10 September 2017 may only take part in the tour at the discretion of the organisers and must be accompanied by a parent or guardian.

TOUR COSTS AND PAYMENTS

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

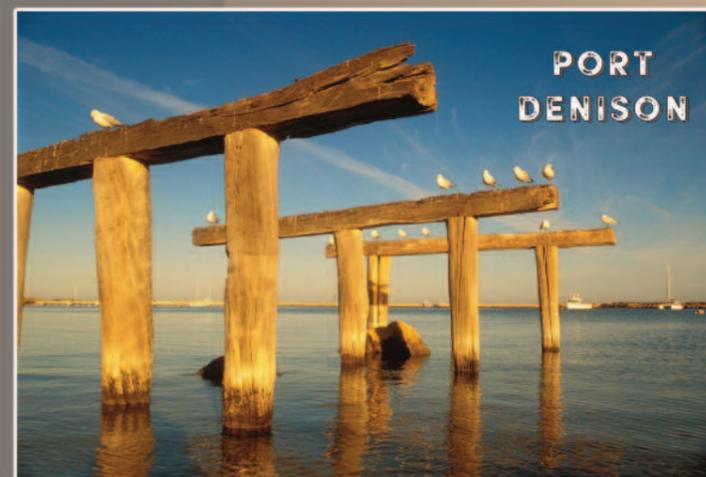
- Adult Entry for CTA member (membership valid to 31/12/2017) or 1st OYB tour \$ 745.00
- Adult Entry for non CTA member \$ 790.00

REFUND POLICY

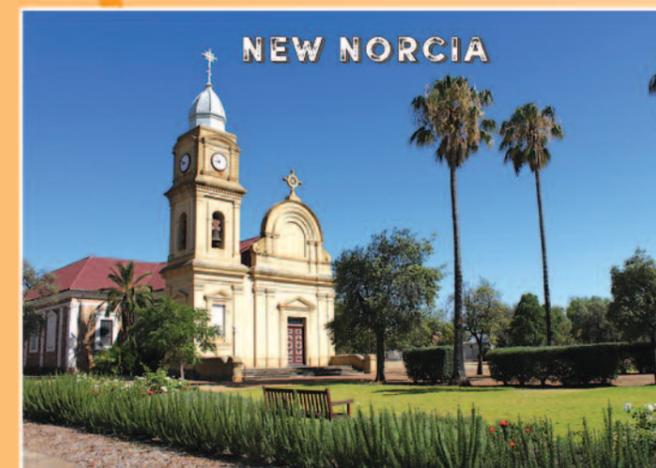
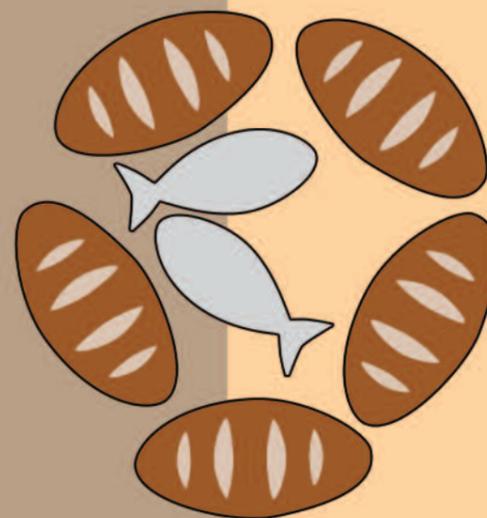
Cancellations received by Friday 4 August 2017 will receive a refund of 80% of the payment. Cancellations received after that date will only receive a 20% refund.

The Cycle Touring Association of WA (Inc)

presents



2017 ON YOUR BIKE LOAVES TO FISHES MINGENEW TOUR



SATURDAY 2 TO
SUNDAY 10
SEPTEMBER 2017



For General Enquiries:
Phone Trevor on
040 202 9608

Email: oyb@ctawa.asn.au
or write to:
On Your Bike WA, PO Box 174
Wembley WA 6913



LOAVES TO FISHES TOUR 2017



Renowned for its artisan breads originally baked in the monastery's wood-fired ovens, this epic tour of Biblical proportions starts from the only monastic township in Australia, the Benedictine Community of New Norcia. Wending its way through Western Australia's Wildflower Country, our final destination is one of the jewels of the stunning Coral Coast, the twin fishing towns of Dongara and Port Denison overlooking the sparkling waters of the Indian Ocean. Cycling northward on quieter, sealed rural roads through the State's central agricultural corridor, this tour predominately follows the route of the privately English funded old Midland Railway line constructed in the 1890's to Walkaway (30 km south of Geraldton). Participants will have the opportunity to see expansive cereal and livestock farms, wildflowers and visit some of the smaller country towns now on WA's less travelled route to the State's mid-west region.



Day 1 – Saturday 2 September 2017

– Midland to New Norcia by coach 115km – New Norcia to Moora 53km

Departing in the morning from the carpark adjacent to the Midland Railway Station, participants, their bikes and luggage will be transported directly to New Norcia. With a comparatively easy ride today, there will be ample time following an early supplied lunch to explore the town of New Norcia. Established by a Benedictine mission in 1847 on its current site on the banks of the Moore River, the town's buildings reflect a strong Spanish style of architecture. Among these are two old boarding schools, the Abbey Church, an old mill, a wine press, a hotel and the monastery itself.

Our first overnight stop is at the Moora Equestrian Park. Originally established in 1895 as a station on the Midland Railway line, Moora is the most substantial wheat belt town between Geraldton and Perth providing commercial facilities and services to surrounding farming communities.



Day 2 – Sunday 3 September 2017 – Moora to Coorow 92km

The first of two longer days on tour, the route follows an easy gradient alongside the railway line on the Midlands Road. The overall distance however is broken up when passing through the smaller communities of Watheroo and Marchagee, as well as a number of lesser railway sidings servicing local farming areas. In 1964 the Midlands Railway Company was purchased by the WA Government and today is utilised by Co-operative Bulk Handling (CBH) Group grain trains operating to the ports of Geraldton and Kwinana. The venue for tonight is the Maley Park Recreation Centre, Coorow. Now home to some 250 people, the comparatively small townsite of Coorow was gazetted in 1893 following settlement of nearby farmlands in the 1860's by William and Sarah Long.



Day 3 – Monday 4 September 2017 – Coorow to Perenjori 87km

The tour moves away from the Midlands Road with a section in an easterly direction along the Coorow-Latham road. The locality of Latham was established on another parallel railway line (Midland Junction via Wongan Hills to Mullewa) constructed in 1915 by the WA Government 50 km to the east of the Midland Railway line. The final leg of this other longer day, takes the tour northwards to our overnight sojourn at the Recreation Pavilion within the Stan Cannon Sports Complex in Perenjori. Located on the Wildflower Way tourist drive, the countryside around Perenjori comes alive between late August to October with wildflowers including orchids, carpets of white, pink and yellow everlasting and the unique wreath leschenaultia.



Day 4 – Tuesday 5 September 2017 – Perenjori to Carnamah 56km

Today's ride takes the group through predominately farming and pastoral leases first opened up by pioneering families the Woodall's and Farrell's at the beginning of the 1900's. Earlier in 1869 Sir John Forrest (WA Surveyor General) explored the area returning to survey the land in 1896. At the end of the day, the tour reaches the half-way mark and participants can look forward to a well-earned rest in Carnamah, a townsite now supporting wheat farming, the district's major industry. Our next two nights will be spent at the Carnamah Recreation Centre.



Day 5 – Wednesday 6 September 2017 – Rest day in Carnamah

Take time out to relax, do your washing or maybe some bike maintenance. For the more energetic, wander around town or further afield to check-out some of the local attractions.

First settled in the 1860's by Scottish immigrants Duncan Macpherson, his wife Mary and sons established a large pastoral station near the Yarra Yarra Lakes which they named Carnamah after a local freshwater spring. The advent of the Midland Railway line saw the Carnamah townsite develop, celebrating its 100 year anniversary on 25 April 2013. For an entire century this small town has been at the heart of the community. It began either side of the railway station and slowly sprawled eastward towards the Macpherson's homestead Carnamah House.

The Carnamah Historical Society Museum is recognised as being one of the most comprehensive in the State with records, artefacts and machinery from the last 100 years accurately representing the history and growth of agriculture in the region.

The state heritage-listed Macpherson Homestead was one of the first buildings in the district in the late 1860's and is now standing strong following restoration. Located 1 km east of the Carnamah townsite, the homestead, its grounds and ruinous outbuildings can be visited anytime.

Less than a kilometre out of town on the Carnamah-Eneabba Road is the Yarra Yarra Lakes Lookout with breathtaking sights all year round, from the salty pink summer view to the deep blue view of winter. Covering some 119 km², a great river once emptied into the lakes system, however climate changes have affected the topography of the area.



Day 6 – Thursday 7 September 2017 – Carnamah to Morawa 79km

Refreshed from our rest day, it's back on our bikes for another north-easterly tour section via the town of Three Springs to Morawa. Passing the extensive Yarra Yarra Lakes system on our left as we leave town, some 23 km further along the Midlands Road we'll reach Three Springs, an idea place to stop for a look around. Visit the Wildflower Country Visitors Centre, take a town heritage stroll or find out about the largest open-cut Talc Mine in the Southern Hemisphere and second largest in the World located 10 km from town. The conclusion of today's ride sees us staying the night at the Morawa Great Sports Ground. Morawa is a primary production town supporting a range of farming activities including wheat, sheep, cattle and sandalwood. Following the construction of the Government railway line, most of the farmland around Morawa was given to returned servicemen after the First World War under the provisions of the Discharged Soldiers Settlement Acts which spurred the growth of the town.



Day 7 – Friday 8 September 2017 – Morawa to Mingenew 61km

Today's ride is more picturesque with the route taking us through countryside dotted with hilly outcrops as we drop down in elevation towards Mingenew. The surrounding Irwin District was first explored by the Gregory brothers in August 1847 looking for suitable grazing land with settlement of the district occurring in the 1850's because it was ideal country for cattle. The Midland Railway opened in August 1891 and private land was subdivided, followed in 1906 by subdivision of Government land. Our home for tonight is the impressive Recreation Centre facilities located at the Mingenew Turf Club.



Day 8 – Saturday 9 September 2017

– Mingenew to Port Denison 56km

For the final time we re-join the Midlands Road for an easy downhill to sea level for our last cycling day on tour. Leaving behind the inland agricultural area, we move to the coastal plain and the twin fishing communities of Port Denison/Dongara on the Indian Ocean. Port Denison is a cray fishing town initially known as Irwin Port in 1866 due to its position near the mouth of the Irwin River. Arrive early and call into the heritage-listed Port Denison/Dongara Visitor Centre located on Waldeck Street for attractions to see or just take a walk on the beach or have a swim in the pristine ocean. Congratulations to all riders on completing just under 500 km on this tour! Kick back tonight and enjoy celebrating your achievement in the wonderful facilities of the Irwin Rec Centre.



Day 9 – Sunday 10 September 2017

– Port Denison to Midland by coach 341km

No more cycling today, have breakfast, pack up your gear and bike in preparation for our transport back to Midland. It's a four hour plus bus ride along the Brand Highway, so wear something comfortable and relax on the way home, savouring the memories and experiences of this tour and contemplate the fun to be had next year on the special 30th anniversary OYB celebration tour.

