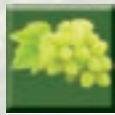


Volunteers

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

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

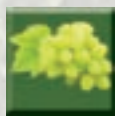
If you would like to help in any of these areas or the dozens of other little tasks, please tick the box on the Volunteers section on the entry form.



We Provide

● A real cyclist's breakfast of cereal, toast, a variety of toppings, tea and coffee, and most importantly the famous 'On Your Bike' porridge. If you think you need a good 'stick to your ribs' start to the day before a long ride then the porridge will fit the bill.

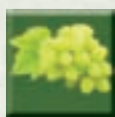
- Morning tea by the roadside including tea, coffee and Milo. Fruit in season will be available.
- A 'Sag Wagon' if it's all too much.
- A hearty three course evening meal provided by local organisations. If you require vegetarian meals then please indicate on the entry form.
- A vehicle to transport all your luggage between campsites.
- Signposting where appropriate.
- A bike mechanic will be available each evening at standard commercial rates.
- First aid.
- Identification tags for your luggage, bike and you - in case you forget yourself. Tour guide with maps and route descriptions will either be posted to you or available electronically closer to the tour. Please indicate on the entry form your preference.
- Commemorative Tour shirt.
- A shoulder to cry on and/or a pat on the back when you achieve your personal aims.
- The best 9 days of fun you will have this year.
- Complimentary membership until 31/12/2012 to the Cycle Touring Association of WA (Inc). This offer only applies to non-members of the CTA who have not taken part in a previous On Your Bike tour.



You Provide

● A reliable bicycle with a wide range of gears. It must be in good mechanical condition and we strongly recommend having it serviced at a local bike shop at least a month before the tour. Please read the 'Conditions' section on the entry form.

- Cycling accessories - water bottles, pump, spare tubes, tools, a bicycle lock.
- Your own travel insurance.
- Approved cycling helmet.
- Unbreakable plate, bowl, mug, eating utensils and a tea towel for use at breakfast.
- All your camping gear - small waterproof tent, inflatable mattress, sleeping bag and a small pillow.
- Sufficient clothing, bathers and toiletries.
- Lunches: Except for the first and last days, we do not provide lunch. During the tour participants will be advised as to where lunches may be purchased.
- Your own sense of adventure and be prepared to have fun!

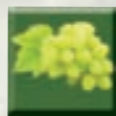


Luggage

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

- A luggage drop off prior to the start of the tour is available to make getting to Armadale easier on the trains. Luggage can be dropped off to East Victoria Park no later than the Thursday evening before

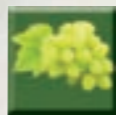
the tour by contacting Terry on 9472 9887. The property owners and the Cycle Touring Association of WA (Inc) accept no responsibility for any theft or damage whatsoever to luggage whilst it is at the property.



Transport

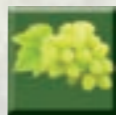
Transport will be available for you, your luggage and your bike to get to the start at Capel. The transport will leave from and return to the car park adjacent to the Armadale Railway Station.

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



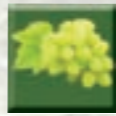
Car Parking

For those participants that choose to drive to the start at Capel, parking for the duration of the tour will be available at a private property near Capel for a small fee of \$10, payable on the day. The property owners and the Cycle Touring Association of WA (Inc) accept no responsibility for any theft or damage whatsoever to the vehicle whilst it is parked at the property.



Safety

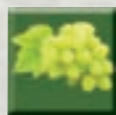
- Approved cycle helmet must be worn while cycling.
- Headphones or thongs must not be worn while cycling.
- Alcohol may only be consumed in accordance with relevant legislation.
- Rowdy behaviour at the campsite will not be tolerated.
- Private support vehicles are not permitted to follow the ride,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



Training

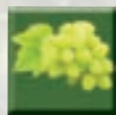
Cycle regularly before the tour. Use the bike and clothing you anticipate using on the tour to ensure you address any problems before the tour. During the six weeks prior to the tour you should ride for at least 50 km each weekend and try to complete one or two rides of about 90 km. There will be an opportunity to ride with some of your fellow tourers on Sunday 23 September 2012. You are warmly invited to join the group, which will start at Murdoch Railway Station at 8:30am, for a scenic ride to an eatery for delicious delights for morning tea.

Leader: Terry (08) 9472 9887



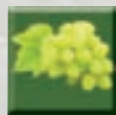
Age Conditions

Persons under the age of 16 on 27 October 2012 may not, we are sorry, take part in the tour. Those over the age of 16 but under the age of 18 on that date must be accompanied by a parent or guardian.



Post-tour Reunion

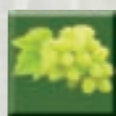
A post-tour reunion has been arranged for tourers to get together to reminisce about experiences encountered on tour. A slide show presentation will be showing during the event, so take lots of photos while on tour to contribute to the presentation. The reunion will be held on Saturday 1 December 2012.



Tour Costs and Payments

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

Adult Entry for CTA member* or 1st OYB tour	\$595
(* current CTA membership valid to 31/12/2012)	
Adult Entry for non member	\$635
Options	
Transport - Armadale Railway Station to Capel and return	\$60
Rest Day Blackwood River Cruise	\$20



Refund Policy

Cancellations received by Friday 28 September 2012 will receive a refund of 80% of the payment. Cancellations received after Friday 28 September 2012 will receive a refund of 20%.



For General Enquiries:

Phone Terry on (08) 9472 9887

Email: oyb@ctawa.asn.au

write to:

On Your Bike WA, PO Box 174, Wembley WA 6913
or visit www.ctawa.asn.au



The Cycle Touring Association of WA (inc) presents

On Your Bike Tour 2012



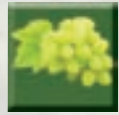
Rounding the Capes

Saturday 27 October - Sunday 4 November

Capel - Busselton - Margaret River - Augusta - Prevelly
- Gracetown - Yallingup - Dunsborough - Capel



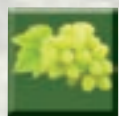
The 24th On Your Bike Tour will be “Rounding the Capes” from Capel (Cape L) to Cape Leeuwin to Cape Naturaliste and back to Capel through the world famous Margaret River region. While the region is best known for its wineries with over 100 cellar doors in the area, there are also many other attractions including art and craft galleries, historic lighthouses at both capes, numerous spectacular limestone caves, the beautiful Boranup Forest, the majestic Blackwood River and world famous surf beaches. Enjoy all this and more over nine days of riding through the best cycling country this state has to offer.



Day 1 – Saturday 27 October

Perth to Capel by coach 200 km
Capel to Busselton 49 km

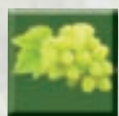
After having lunch at Capel it's *On Your Bike* for an afternoon ride along the quiet back roads as we make our way along an inland route to Busselton. After setting up camp, take some time to explore some of the attractions in Western Australia's latest city. Well worth a look is the recently refurbished Busselton Jetty which stretches 1.8 km across Geographe Bay and is the longest timber-piled jetty in the Southern Hemisphere.



Day 2 – Sunday 28 October

Busselton to Margaret River 64 km

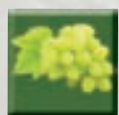
Today we head south along the quiet, flat roads of the coastal plain as we ride through open farmland on an inland route. After morning tea at Kaloorup we leave the coastal plain, the roads become undulating and the farmland starts to give way to patches of forests as we head towards Rosa Brook. We then turn west towards Margaret River and our home for the night at Gloucester Park. If you don't get enough time to explore everything in Margaret River, don't worry, we will pass through the town again in a few days time.



Day 3 – Monday 29 October

Margaret River to Augusta 61 km

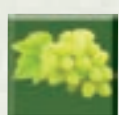
Today we back track to Rosa Brook before continuing our inland route to the Southern Ocean. As the road narrows we pass several wineries and encounter a short section of gravel road on our way to morning tea on the banks of the Blackwood River, the largest river in WA's south. We then continue, crossing the Blackwood River again at Alexandra Bridge before eventually arriving at Augusta and our home for the next two nights at the Turner Caravan Park, nestled on the banks of the Blackwood River.



Day 4 – Tuesday 30 October

Rest Day in Augusta

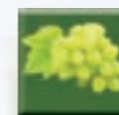
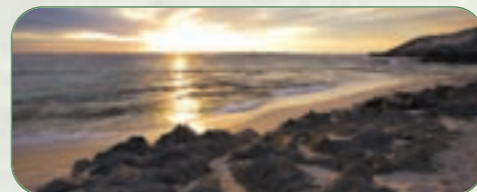
Rest day – time to explore! Augusta stands high on the slopes overlooking the Hardy Inlet and a splendid vista of trees, tranquil estuary waters and the wild ocean beyond, creating a setting for that perfect photograph. Enjoy a relaxing 2 hour cruise on the Blackwood River, cycle down to Australia's tallest mainland lighthouse at Cape Leeuwin where the Indian Ocean meets the Southern Ocean, or go spelunking at Jewel Cave, about 10 km out of town.



Day 5 – Wednesday 31 October

Augusta to Prevelly 65 km

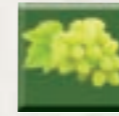
After heading south for the first three days, today we turn and head north along the beautiful tree lined Caves Road past some of the glorious caves that give the road its name. Jewel Cave, Lake Cave and Mammoth Cave are all within easy reach. After a morning tea stop at Hamelin Bay we continue past the caves as we travel through the beautiful Boranup Forest. Get your cameras ready, this area gives some of the best photographs of young groves of Karri. As we leave the forest and come back into farmland, we turn off Caves Road and head into the beachside town of Prevelly, situated at the mouth of the Margaret River and famous for its top class surfing. Much of this area is still scarred by the devastating bushfires in late 2011, but there are signs of nature's resilience as the bush springs back to life.



Day 6 – Thursday 1 November

Prevelly to Gracetown 34 km

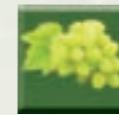
A short ride today as we make our way back into Margaret River before zigzagging our way north along the back roads to Cowaramup Bay Road. For those that wish to avoid all the traffic, there is an alternative route along the “Rails to Trails” from Margaret River to Cowaramup Bay Road. This picturesque trail follows the old railway route and has very gentle grades and some quaint little timber bridges. For those that want to explore a bit further there is an optional 2 km detour to Cowaramup, including the statue “Free as a Cow”. After the rail trail rejoins the road route we head west into Gracetown and our home for the night at the Gracetown oval and hall. After setting up camp, take advantage of this short day and take a swim in Gracetown's sheltered bay.



Day 7 – Friday 2 November

Gracetown to Yallingup 39 km

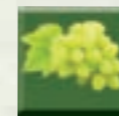
Another short day as we wind our way north through the heart of the Margaret River wine region. En route we will pass some 18 wineries, Margaret River Nougat, the Margaret River Chocolate Company, the Bootleg Brewery and the Natural Olive Oil and Soap Factory. Many of these also have cafés so there is no excuse for going hungry on this day. After many twists and turns we eventually arrive at Yallingup and our home for the night at the Caves Caravan Park. After setting up camp, take a walk along one of the walk trails and discover the beauty of this coastline, or take a swim in the legendary surf.



Day 8 – Saturday 3 November

Yallingup to Dunsborough 45 km

With our legs having had a chance to recover after two days of short distances, today we tackle the hilliest day of the tour. We leave the surfboards behind and pass through Dunsborough on our way to Cape Naturaliste for morning tea. On the way back from the cape we take a detour into Eagle Bay and follow the beautiful Meelup Beach before rejoining Cape Naturaliste Road and returning to Dunsborough. Tonight we are staying at the Dunsborough Country Club and after our final dinner there is the traditional On Your Bike Concert to keep us all entertained.



Day 9 – Sunday 4 November

Dunsborough to Capel 58 km
Capel to Perth by coach 200 km

Our last day is a flat ride along a series of back roads between Dunsborough and Busselton followed by a short stretch on the wide shoulders of the Bussell Highway before turning off into Tuart Drive. After a morning tea stop we continue along Tuart Drive through the Tuart Forest National Park before taking some more back roads into Capel. After lunch we bid our final goodbye... until next year's tour.

