

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 ride. During the six weeks prior to the tour you should ride for at least 50km each weekend and try to complete one or two rides of about 90km. There will be an opportunity to ride with some of your fellow tourers on Sunday 14th September 2008. You are warmly invited to join the group, which will start at Point Walter at 8.30am, for a scenic ride to an eatery for delicious delights for morning tea.

Leader: Kleber (08) 9354 7877

We Provide

- A real cyclist's breakfast of porridge, cereals, toast with a variety of toppings and coffee, tea or Milo. Plenty of everything and the famous 'On Your Bike' porridge is guaranteed to stick to your ribs in anticipation of a hard day's ride. Fruit in season will be available to take en route.
- Morning tea by the roadside. The 'Sag Wagon' will await you and tea, coffee or Milo refreshments will be available.
- A hearty 3-course meal in the evenings provided by a local community group. This will consist of lamb, beef or chicken dishes with vegetables and salads. Vegetarians will be well catered for. (Please indicate on the Entry Form).
- Back-up vehicles to transport luggage between campsites.
- Signposting where appropriate.
- A bike mechanic will be available and bike repairs will be charged at commercial rates.
- First Aid support.
- Identification tags for your luggage, bike and you - in case you forget yourself! Tour guide with maps and descriptions of the journey. These will be posted to you closer to the tour.
- Commemorative Cycle Jersey with embroidered logo.
- Shoulders to cry on if necessary and/or pats on the back when you achieve your cycling aims.
- Automatic 6 month membership to the Cycle Touring Association W.A. (Inc). This offer only applies to non-members of the CTA who have not taken part in a previous On Your Bike W.A. tour.
- Memories of the best 9 days you will have this year.

Safety

- Approved cycle helmet must be worn when cycling.
- Head phones and thongs must not be worn when cycling.
- Alcohol is not to be consumed during the organised rides.
- Rowdy behaviour in the camp site will not be tolerated.
- Private support vehicles may not follow the rides, as they can be a hazard to cyclists. There will be sufficient official vehicles to meet our needs.

Transport

Transport will be available for you and your bike to get to the start at Dardanup. The transport will leave from and return to the car park adjacent to the Armadale Railway Station. For those participants that choose to drive to the start at Dardanup, secure parking for the duration of the tour will be available at a Private Property. 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.

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

No private support vehicles are permitted (see 'Safety').

Age Conditions

Persons under the age of 16 on 11 October 2008 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 have a parent's or guardian's consent before they may participate.

You Provide

- A bicycle - with a wide range of gears. It must be in good mechanical condition and we strongly recommend that you have it serviced at your local bike shop a month or so prior to the tour.

Please carefully read the 'Conditions' section on the Entry Form regarding this.

- Bicycle accessories - water bottles, pump, tools, spare tubes and a lock.
- An approved cycle helmet and a good rain jacket.
- Your own insurance to cover personal belongings, accidents and liability.
- An unbreakable plate, bowl, mug, eating utensils, teatowel and torch.
- A small waterproof tent, inflatable mattress and sleeping bag.
- A sufficiency of clothing and toiletries.
- Luggage weight may not exceed a maximum of 20kg, of which no one bag can be more than 12kg. Luggage will be weighed at check-in.
- Lunches: Except for the first and last days, we do not provide lunches. During the tour, participants will be advised each day as to where to purchase lunch from local outlets.

Reunion Dinner

A post tour dinner has been arranged for tourers to get together to talk about experiences on tour and show off photos that you have taken. A slide show presentation will be given, so take lots of photos while on tour to contribute to the presentation. The dinner will be held at Miss Mauds Restaurant in Perth on Saturday 15th November 2008.

Tour Costs and Payments

FULL payment is required with the Official 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** \$595.00
(*current CTA membership valid to 31/12/08)
- **Adult Entry for non member** \$635.00
- Option - Transport - Armadale Railway Station to Dardanup & Return** \$75.00
- Option - Rest DayTours**
Warren River Bridge Tram \$15.00
Donnelly River Cruise Tour \$50.00

Tour Costs and Payments

Written cancellations received by Friday 12 September 2008 will receive a refund of 80% of the payment. Written cancellations received after Friday 12 September 2008 will receive a refund of 20%.

ON YOUR BIKE WA PRESENTS



For General Enquiries:
Phone Kleber on (08) 9354 7877

Email: oyb@ctawa.asn.au
or write to:
On Your Bike WA, PO Box 414,
Mount Hawthorn WA 6915





Celebrate 20ⁱⁿ08 Tour



On Your Bike WA will be 20 years old this tour and you are invited to join us on the "Celebrate 20ⁱⁿ08 Tour". This tour will retrace the first On Your Bike "South West Tour" held in 1989. You will experience a kaleidoscope of scenery as you cycle through some of the most beautiful areas the South-West has to offer. From the coastal plain and farm lands with beef and dairy cattle grazing, to the majestic Tuart, Jarrah, Marri and Karri forests of our wonderful national parks. You will cycle through numerous river valleys and large crop farms throughout the tour. A lot of the towns you will be visiting are old timber mill towns, some of which are still working today. Your rest day at Pemberton will allow you to relax and visit the abundance of wineries, walk trails, workshops and galleries displaying a variety of fascinating woodwork. We anticipate the company of past Tour Leaders, and other people that were instrumental in the success of the On Your Bike WA tours over the years. We look forward to your participation on what will be a great tour.

Day 1 - Saturday 11 October

**Perth to Dardanup by coach 150km
Dardanup to Busselton 61km**

For those of you that are taking the transport option to the start at Dardanup, you and your bike will be leaving from Armadale Railway Station. If you are making your own way to the start, secure parking will be available at a nearby property. Prepare yourself for the scenery to come as the coach takes you through the Darling Range, the cattle grazing area near Pinjarra and the orange orchards of Harvey.

The Dardanup community will be in the middle of their annual Bull and Barrel Festival when you arrive for lunch at the Dardanup Primary School. Before cycling off to Busselton you may wish to experience the traditional agricultural activities and street stalls being offered in town. You may be interested in looking at vintage trains and farm machinery at Boyanup on your way to Busselton. For those wishing to have a late lunch, maybe one of the many picnic areas in the Ludlow Tuart Forest, which is the only natural stand of Tuart trees left in the world, could be the way to go. After setting up your tent at the Kookaburra Caravan Park you may wish to stroll down town and visit the 1.8km, 141-year-old, Busselton Jetty or just get your caffeine fix at one of the many cafés in town!

Day 2 - Sunday 12 October

Busselton to Nannup 65km

On your way through Busselton, stop at the bakery for the best selection of sticky buns in the South-West. Some of the well-preserved pioneer buildings are worth a visit also. As you start off along the Vasse Highway, enjoy the flat terrain of the coastal plain and grazing cattle before your first climb up the scarp to experience being surrounded by Jarrah forests. You may want to partake of lunch at the quiet old mill town of Jarrahwood as you look at some of the relics of the past. Leaving Jarrahwood, an option for the more adventurous, a new 26km dual-use walking and cycling track has been opened between Jarrahwood and Nannup. For those that are just cruising, an afternoon tea stop at The Mythic Mazes can fill in at least an hour of your time. Arriving at Nannup, a call into

the Nannup Visitor Centre will introduce you to a wealth of information of things to do and see in and around this historic old town. You will be staying in the pleasant surrounds of the Nannup Community Centre tonight.

Day 3 - Monday 13 October

Nannup to Pemberton 80km

Before leaving town have a mug of coffee at the Blackwood Café in Nannup, while picking up your pre-ordered lunch. The Munda Biddi Trail Foundation has advised that the Munda Biddi Trail should now extend as far as Nannup, so a short run along the Trail before heading off to Pemberton might appeal to you. You will be surrounded by lush farming country for the first part of the day and then you'll get your first views of the mighty Karri. A stop at the Donnelly River Winery is an ideal spot to enjoy a well earned lunch. Slip into low gear and savour the sights, sounds and smells as you climb through the Karri forest of Beedelup National Park. You will turn off the highway and pass through recent plantings of wine grapes before enjoying the best downhill run of the tour. You will be staying at the Pemberton Caravan Park for the next two nights.

Day 4 - Tuesday 14 October

Rest day in Pemberton

- Warren River Bridge Tram Tour (optional extra)
- Donnelly River Cruise (optional extra)

If you think you're going to rest today, forget it! There are too many things to do and see in and around Pemberton. The Warren River Bridge Tram Tour option departs from the Pemberton railway station off Railway Crescent at 8.30am. This unforgettable 1¾ hour return service, shuffles out of Pemberton, past the Saw Mill and descends deep into the Karri forest. The tram meanders through the forest, crossing six bridges, stopping at the Cascades and the Warren River Bridge, where the Lefroy Brook joins the Warren River. The Donnelly River Cruise option departs from the Pemberton Caravan Park at 1.30pm. This spectacular 4½ hour trip will see you being escorted into the beautiful D'Entrecasteaux National Park, by air-conditioned bus, to begin your cruise on the unique Donnelly River. Meandering along the 12 kilometer section, we will transverse a diverse ecosystem that is only accessible by boat. From the lush Jarrah and Karri forests, through the Paperbark and wetlands, to the limestone cliffs and majestic Southern Ocean.

We recommend you visit the Pemberton Visitors Centre, your "one stop shop", for all the information on where to go and what to see. If the many wood galleries, art studios and craft centers are not your scene, you may want to "Trap a Trout" at the hatchery followed by a Devonshire Tea, "Ride the Rainbow Trail", see the Big Brook Arboretum or "Glide up the Gloucester Tree" before heading back to the Pemberton Sports Club to join your friends playing lawn bowls, squash or snooker while enjoying a refreshing drink. Tonight we will be celebrating 20 years of On Your Bike W.A.

Day 5 - Wednesday 15 October

Pemberton to Manjimup 47km

Today being a short day, you could visit one of the places that you missed out on yesterday, before leaving town. The ride today will be protected by a canopy of Karri for most of the day as you pass by the 100-Year-Old Forest and the Diamond Tree Tower, both well worth a visit. A short break at the Lyall Railway Siding before heading off to Manjimup would be a good idea. Manjimup, regarded as the Gateway to the Tall Timber Country, is welcoming the Celebrate 20in08 Tour as part of its Centenary Celebrations. Take time out to enjoy the many places of interest that this progressive town has to offer. A late lunch enjoyed at the Manjimup Timber Park, with the Historic Hamlet, Vintage Machinery, Steam and Timber Museums on offer, is recommended. Your overnight stop will be at Rea Park.

Day 6 - Thursday 16 October

Manjimup to Bridgetown 55km

You will be riding mainly on quiet back roads as you pass through a mixture of open farmlands and forests as you head towards Donnelly Holiday Village, a former sawmill township. A good place to relax for a time while you have your lunch and maybe enjoy a short walk on the Bibbulmun Track, which passes close by. The beautiful scenery between Donnelly Holiday Village and Bridgetown will entice you to stop and take photos and remind you of the pleasures of cycle touring. As you approach Bridgetown, which is surrounded by magnificent tall Jarrah and Marri forests, and wonderful scenic drives, you will understand why Bridgetown is arguably one of the most picturesque towns in Western Australia. Maybe a coffee fix and cake would be in order, before visiting the restored Bridgedale Farmhouse or the Brierley Jigsaw Gallery, on your way to the Bridgetown Agricultural Showgrounds where you will set up camp.

Day 7 - Friday 17 October

Bridgetown to Boyup Brook 54km

As you will see today, all roads out of Bridgetown are UP! Once on top of the rise you will be passing through farmland, and after turning into Winnijup Road, you are again surrounded by dense Jarrah forest as you drop down to the Blackwood River to the morning tea stop. The 20km back to Bridgetown from the morning tea stop is the cycling leg of the grueling Blackwood Marathon. After leaving the forest behind, the road opens up to gentle undulations through farming country as you approach Boyup Brook. If you left Bridgetown early you could lunch at the Bluestone Café before heading to tonight's camp at the Flax Mill Recreation Ground. After setting up camp you might like to go for a swim in the local pool or, after a refreshing shower, a walk along the Bicentennial Walk Trail looking at the local flora could be relaxing.

Day 8 - Saturday 18 October

Boyup Brook to Collie 70km

You leave Boyup Brook and head for the famous coal mining town of Collie. The ride takes you through more farming land as you ride past Noggerup on your way to lunch at Glen Mervyn Dam. Now is the time to take out the camera as you head up the scarp with beautiful views of the valleys. Those that participated in the original On Your Bike Tour in 1989 may remember camping at the Collie cycling Velodrome. This year, however, you will be spoilt as you settle in at the Collie Golf Club with its reputation for high standards of hospitality and meals. After a shower and a rest, ride into town and see some of the local attractions in Collie, namely, the Coalfields Museum, Steam Loco Museum and the Swing Bridge Arboretum opposite Soldiers Park. Remember to practice your singing for tonight's famous On Your Bike concert!!!

Day 9 - Saturday 19 October

Collie to Dardanup 58km

Collie is left behind as you head off on the Coalfields Highway and you climb the hills that form part of the Wellington Dam catchment area. Enjoy the downhill to the water stop at the Wellington Dam Kiosk and, after a short rest, it's on your bike to ride through some of the most beautiful bush land that will be experienced on the tour. A climb to the top of the scarp will set you up for the last big downhill of the tour before cruising the last few kilometres on the flat to Dardanup.

We hope that you have enjoyed the last nine days having ridden approximately 500km through some of the most beautiful country in Western Australia. So let's all wish On Your Bike WA a very happy 20th birthday, and may there be many more to come!

Camping

We will camp in recreational reserves of sports centres, and we must comply with such rules as they have.

Volunteers

Are you willing to give an hour or so of your time each day to help out with some of the daily tasks involved for the smooth running of the tour? If so, please read on. This tour is organised by a sub-committee of volunteer members of the Cycle Touring Association (a non-profit organisation) and requires volunteers from among the 'participants' - you - in a number of different areas such as:

- Helping out at breakfast.
- Baggage Loading.
- Helping out at and/or after evening meal.
- General Cleanup.

As a volunteer, you will also get something back from the event. You will meet lots of people you would simply not have met any other way. You contribute to this fabulous event and have a sense of being part of something that about 130 people enjoy. If you would like to be a volunteer, please tick the box on the volunteer section on the Entry Form.

