

## 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 any of the dozens of other little tasks, please tick the box on the Volunteer section on the Entry Form.

## We Provide

- Transport to the start at Bremer Bay and from the finish at Bow Bridge.
- 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.
- Tea, coffee and Milo by the roadside at the Morning Tea Stop.
- 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 and medical support.
- Identification tags for your luggage and bike. 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.

## 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, teatowel for morning breakfast.
- All your camping gear: small waterproof tent; 'Thermarest' mattress, and sleeping bag.
- 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 20kg, of which no one bag can be more than 12kg. Luggage will be weighed at checkin.
- Please pack your gear into "soft duffel" type bags. Suit cases are unacceptable.

## Transport

Transport will be available for you, your luggage and your bike to the start at Bremer Bay and from the finish at Bow Bridge. There are two locations where the transport will leave from and return to:

1. Armadale Railway Station
2. Wagin Tennis Club

The transport cost is included in the tour cost. See Tour Costs and Payments section. Please indicate on the entry form at which location you will be taking the transport from.

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

## Secure Parking

For those participants taking the transport from Wagin, secure parking will be available for a small fee of \$10, payable on the day in cash. The property owners and the Cycle Touring Association of WA (Inc) accept no responsibility for any damage or theft to the vehicle whilst it is parked at the property. Please note that there is no secure parking at Armadale, Bremer Bay or Bow Bridge.

## Safety

- Approved helmet must be worn while cycling.
- Head phones 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 may not follow the ride under any circumstances.

## 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 3 October 2010. You are warmly invited to join the group, which will start at Bull Creek 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 30 October 2010 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.

## Reunion Dinner

A post tour dinner has been arranged for tourers to get together to reminisce about experiences encountered on tour. OA slide show presentation will be showing during the evening, so take lots of photos while on tour to contribute to the presentation. The dinner will be held at the Miss Maud Restaurant in Perth on Saturday 4 December 2010.

## 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 \$600.00  
(\*current CTA membership valid to 31/12/2010)
- Adult Entry for non member \$640.00

## Refund Policy

Cancellations received by Friday 1 October 2010 will receive a refund of 80% of the payment. Cancellations received after Friday 1 October 2010 will receive a refund of 20%.

ON YOUR BIKE WA PRESENTS

# Coast the Rainbow Tour

## 2010



## 30 October - 7 November 2010

Bremer Bay  
Boxwood Hill - Cheyne Beach - Albany  
Denmark - Peaceful Bay  
Walpole



For General Enquiries:  
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or write to:

On Your Bike WA, PO Box 414,  
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# Coast the Rainbow Tour 2010



The 22<sup>nd</sup> On Your Bike Tour will be following Western Australia's beautiful but rugged southern coast from Bremer Bay to Walpole. The weather along the southern coast is generally cooler with frequent coastal drizzle and showers, which is also why this coastline is known as the Rainbow Coast. We will be within 20 km of the coast for the entire 440 km of the tour as we coast along admiring the rugged coastline with its granite outcrops, the fertile farmlands, the majestic tingle and karri forests, and cross more than 10 rivers. We might even see a rainbow or two.



## Day 1 – Saturday 30 October

Perth to Bremer Bay by coach 490 km

For those of you starting from Perth, you and your bike will be picked up from the Armadale Railway Station as we head towards the south coast. For those of you starting from Wagin, the coach will stop for morning tea at Wagin and pick you up before continuing to Bremer Bay, with a lunch stop along the way. We should arrive in this picturesque coastal town mid afternoon. After settling in at the Bremer Bay Sports and Golf Club there will be an optional short unsupported ride to explore the town and the local beaches. A visit to the Wellstead Museum and Café is a must to learn more about the pioneering history of the region.

## Day 2 – Sunday 31 October

Bremer Bay to Boxwood Hill 63 km

On the first official day's ride we head out of town back along the Borden-Bremer Bay Road. We gradually climb upwards as we head towards the South Coast Highway. We pass by sheep and cattle grazing areas that were opened up by the first settler in the area, John Wellstead. Our home for tonight is the Boxwood Hill Combined Sports Club located about 1 km behind the Boxwood Hill Roadhouse and a major social meeting place for the surrounding region.

## Day 3 – Monday 1 November

Boxwood Hill to Cheyne Beach 90 km

Today is the longest day of the tour as we follow the South Coast Highway. As soon as we leave camp we start heading down towards the Pallinup River and then climb back up again towards our morning tea stop at the small town of Wellstead. After Wellstead we continue through farming land for about 18 km before we enter the Hassell National Park, a narrow strip of natural bushland either side of the highway. About half way through the park we cross Green Range and then head downward as we coast towards the Cheyne Beach turn off. The rugged coastal hills of the Waychinicup National Park form a dramatic back drop before we finally reach the ocean and our home for the night at the Cheynes Beach Caravan Park.

## Day 4 – Tuesday 2 November

Cheyne Beach to Albany 68 km

We backtrack today through the coastal hills for 18 km as we leave Cheyne Beach en route to our morning tea stop at the town of Many Peaks. We then continue along the South Coast Highway through farming land towards the small town of Kalgan on the banks of the Kalgan River. At Kalgan we leave the highway and head south towards Oyster Harbour and the small townships of Lower Kalgan and Lower King, which lay at the mouth of the Kalgan and King Rivers respectively. Both towns offer picturesque lunch stops and an opportunity to relax before continuing into Albany and our home for the next two nights at the Railways Football Club.

## Day 5 – Wednesday 3 November

Rest Day in Albany

If you think you are going to rest today, forget it! There are too many things to do and see in and around the historic city of Albany. Take a ride around Western Australia's first settlement and visit the replica of the



Mt Melville and Mt Clarence. If you are feeling a bit more energetic, take a ride out to the wind farm, Whale World Museum and the natural splendor of the Gap, Natural Bridge and Blow Holes. Or just relax at the beach or one of the many cafes in town.

## Day 6 – Thursday 4 November

Albany to Denmark 66 km

We leave Albany via the scenic route around Mt Clarence overlooking King George Sound and head west along the Lower Denmark Road to Elleker for morning tea. You can detour to the picturesque Cosy Corner for lunch and a dip or continue on to the small township of Youngs. We then rejoin the South Coast Highway for the last 17 km into Denmark and our home for the night at the recreation centre. After setting up camp you may wish to go for a short ride along the Wilson Inlet to Ocean Beach, it will be well worth it!

## Day 7 – Friday 5 November

Denmark to Peaceful Bay 68 km

After cleaning out Denmark's bakeries we head up out of Denmark via Scotsdale Road. This scenic road meanders up the hills alongside the Scotsdale Brook on the way to our morning tea stop at the alpaca farm and the highest point on the tour. We then descend rapidly back down to the South Coast Highway and continue west again with spectacular views to the Southern Ocean. There are optional detours to William Bay and Parry Beach and the Kent River Winery makes a nice lunch stop. After lunch you may wish to visit the Dinosaur Museum before turning off and heading to Peaceful Bay and our home for the night at the caravan park.

## Day 8 – Saturday 6 November

Peaceful Bay to Walpole 55 km

We backtrack today to Bow Bridge and then along the Valley of the Giants Road for morning tea at the famous Tree Top Walk in the Walpole-Nornalup National Park. The steep climb will be rewarded by the sight of these giant tingle trees close up and the walk is well worth the small entry fee. We then backtrack again about 5½ km to the Hazelvale Road and follow this quaint little country road through the lush but hilly farming land. After a bit of a climb we descend to cross the Frankland River then climb again to the Walpole North Road. Then it's mostly downhill into Walpole and the traditional On Your Bike Concert at the recreation centre.



## Day 9 – Sunday 7 November

Walpole to Bow Bridge 25 km

Bow Bridge to Perth by coach 480 km

Our last day is a short ride along the South Coast Highway heading east for the first time in the tour. This section of the highway is very picturesque as it winds and undulates its way through the tingle and karri forests. Along the way we pass through the small town of Nornalup on the banks of the Frankland River, but don't stay too long because we have to make it back to Bow Bridge for morning tea before loading up the bikes and getting on the coach back to Perth. We will stop along the way at Wagin for lunch, say goodbye to some, and then continue to Armadale for the final goodbyes until next year's tour.

Walpole

Peaceful Bay

Denmark

Albany

Cheyne Beach

Boxwood Hill

Bremer Bay

