

LEADER: RON BOWYER

On Your Bike W.A!
Tour des Capes



31st October – 8th November 1992

FROM CAPE L
TO CAPE NATURALISTE LIGHTHOUSE
TO CAPE LEEUWIN LIGHTHOUSE
AND RETURN TO CAPE L

Organised by
Cycle Touring Association of W.A.

Day One

Saturday 31st October

*Perth to Capel by bus 205km
Capel to Busselton by bicycle 30km*

For those catching the special bus from Perth meet at 8.00am for a 9.00am departure. After arriving in Capel we set out at 1.00pm for an easy, flat ride along quiet back roads. Our end point is Busselton where we will be staying at Bovell Recreation Ground just out of Busselton on the Bussell Highway. This seaside town has an easy going charm as it sits sedately fronting the calm waters of Geographe Bay.

Day Two

Sunday 1st of November

Busselton to Margaret River 70km

A delightful day's ride heading at first towards Cape Naturaliste and tasting the delights of the internationally renowned bakery at Dunsborough. We then head South through the natural bush setting of the Leeuwin-Naturaliste National Park and pass some of the famous vineyards of this relatively new wine region. Our stopover is at Margaret River in the middle of a thriving area whose latest new industry is bottling local rainwater for export.

Day Three

Monday 2nd November

Rest Day Margaret River

Enjoy a relaxing day recovering at Margaret River or go spelunking in Mammoth and Lake Caves. Swimming at the mouth of Margaret River or Prevelly Park will test the hardest of souls whilst the less adventurous may prefer the various tastes of Fonti's dairy factory, the Berry Farm or the numerous fruits of the vine.



Day Four

Tuesday 3rd November

Margaret River to Augusta 65km

We continue our southern route along the beautiful Caves Road, past some of the glorious caves which give the road its name. Lake Cave, Mammoth Cave and Jewel Cave are all within easy reach. Don't forget to keep your camera handy, especially today - this area gives some of the best photographs of young groves of Karri with sunlight angling through the canopy high above. We stay at Augusta and camp at the Community Centre.

Day Five

Wednesday 4th November

Rest Day Augusta

Here we can see the South West at its loveliest. The town stands high on the slopes overlooking the Hardy Inlet and a splendid vista of trees, tranquil estuary waters and the wild ocean beyond, create a setting to cycle for that perfect photograph. Travel further South to the land's end of the South West to investigate the Cape Leeuwin Lighthouse and the Water Wheel. A climb to the top of the lighthouse provides the reward of an unbelievable view of the junction of the Indian and the Southern Oceans.

Day Six

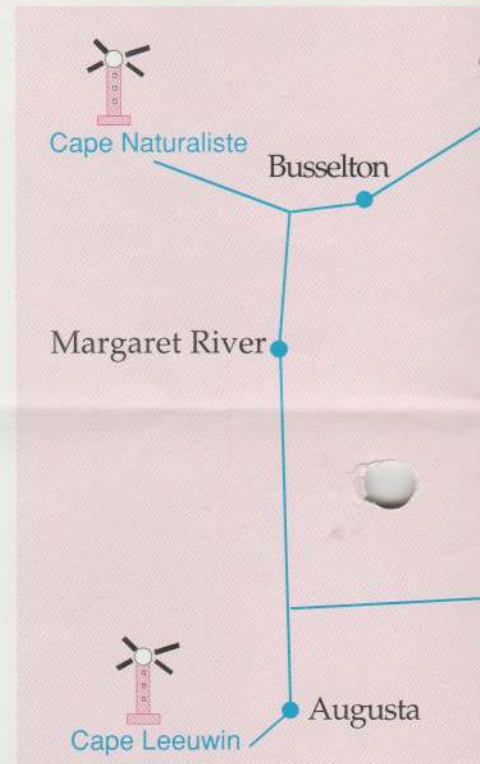
Thursday 5th November

Augusta to Nannup 90km

We now commence our return route. After leaving Bussell Highway we enjoy a welcome morning tea stop at the picturesque Alexandra Bridge. We then continue along Brockman Highway for lunch at a delightfully scenic picnic ground at the Milyeannup Coast Road turnoff. What a way to "rough it" in the bush with the bus always there to provide us with a welcome cuppa. The final leg along Brockman Highway brings us to Nannup for hot showers and a hearty meal. Our camp site is right on the Blackwood River and close to the Nannup Hotel.

**On Your Bike
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Day Seven

Friday 6th November

Nannup to Donnybrook 80km

Today we set out along the banks of the Blackwood River for Balingup. This road is generally acknowledged to offer the best scenery in the entire South-West of WA and can be savoured at leisure on your bike. Refueling at Balingup, we have a short stretch on the South West Highway to Kirup - of 'Kirup Sirup' fame before continuing to Donnybrook on quiet sealed back roads.

Day Eight

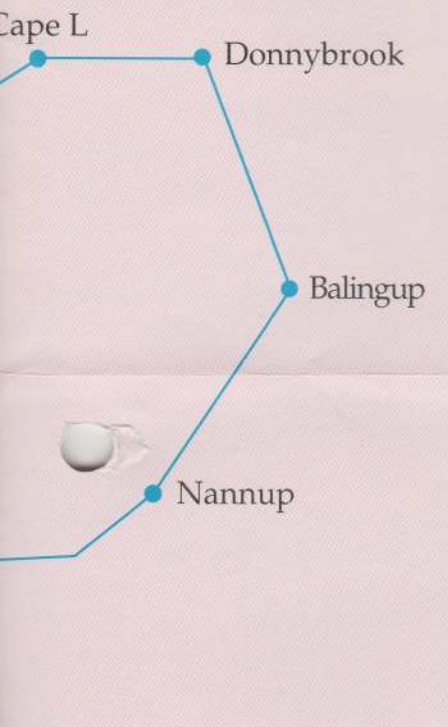
Saturday 7th November

Rest Day Donnybrook

In 1842 a party of five Irishmen came to the area and named it Donnybrook because it reminded them of home. 150 Years later you have the chance to see if you could feel at home in this old goldmining and Coach Inn town. The area is re-

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known for quality fruit and is justly famous as the home of 'green gold' – the Granny Smith apple. To the North of town is the beautiful Ferguson Valley which is well worth a few Joules of cyclepower.

The final night concert will ensure that this is a tour you will remember fondly (along with a realisation of increased fitness) on your return to the real world. Come prepared for this extravaganza because everyone will be asked to perform!

Day Nine

Sunday 8th November

Donnybrook to Capel 35km

Capel to Perth 205km

Our last day's ride takes us along quiet back roads to our starting point of Capel. It's now time to enjoy a farewell meal before that final pack, say goodbye to new found friends and return home and start the planning for next year's tour.

WE PROVIDE

- A real cyclist's breakfast with plenty of porridge, cereals and toast and your choice of coffee, tea and YES Milo. The Farmer's Porridge is guaranteed to stick to your ribs in anticipation of a hard day's ride. We will provide the makings for toasted *pain de mie* (sandwich bread) even if we cannot supply *croissants*.

- Morning teas during the tour. Silver service will depend upon the number of riders wearing formal evening wear. *Fruits à la saison* (fruit in season) or other cycling munchies may be available for those who must put a solid layer over multiple cups of Milo, tea and coffee.

- Evening banquet for those capable of fitting anything else in after all of the above. We use local township groups as our caterers to provide us with hearty, nutritious 3-course meals. The menu will normally contain a dish of either *agneau et mouton, bœuf, or poulet* (lamb, beef or chicken). There will always be adequate vegetarian dishes or vegetables and salads for those who prefer not to eat meat.

- Back up vehicles which will transport all luggage from camp-site to camp-site, signposting where appropriate, bike mechanics, medical support and a shoulder to cry on at any time of the day. We also provide congratulatory pats on the back for those who have achieved personal firsts in cycling endeavour.

- Identification and luggage tags, route details and map. These will be posted to you with a comprehensive instruction sheet closer to the tour.

- Some commemorative item with suitable design and colours – *très chic!*

- Memories of the best 9 days you will have this year.

- Automatic 6-months membership of the Cycle Touring Association of Western Australia (Inc).

TRAINING

Cycle regularly on quiet roads before the tour. Try to use the bike and clothing you anticipate using on the trip to ensure you solve any problems before the ride.

During the 6 weeks prior to the event you should ride for at least 50km each weekend and try to complete one or two rides of at least 80km.

There will be an opportunity to ride with some of your fellow tourists on the 4th October. Further details can be obtained from the CTA Newsletter or the contacts given below.

YOU NEED TO BRING

1. We recommend that you ride a bicycle with a wide range of gears. Make sure your bicycle is in good mechanical condition and has provision for at least one water bottle. Carry a pump, spare tube, tools, bicycle lock and a good rain jacket.
2. Sleeping bag, small water resistant tent, inflatable or self-inflatable mattress.
3. Unbreakable plate, bowl, mug, knife, fork, spoon, tea-towel and torch. These items along with your *berets* and toiletry items will need to fit into a duffle or kit bag.

Your luggage should be not more than a total of 1 metre in length and weigh no more than 15kg. We would advise that you ensure your clothing, sleeping bag and mattress are placed inside waterproof liners in case of rain.

PRIVATE SUPPORT VEHICLES

We do not allow private support vehicles to follow Rides. They are a hazard to cyclists and there will be sufficient official back-up vehicles should they be needed.

MEALS

Breakfast, evening meals and morning cups of tea, coffee or Milo will be provided. You will be responsible for your own lunch.

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SAFETY

- It is compulsory, by law, to wear an approved cycle helmet.
- You must not wear headphones or thongs whilst cycling on the tour.
- Third party insurance has been arranged. However, you are encouraged to make your own arrangements about personal insurance.
- Alcohol intake is not permitted on any officially organised ride during the tour. Rowdy behaviour within the camp site will NOT be tolerated.



PAYMENT

All payments must be received before the closing date of 16th October 1992. Cheques should be made payable to "CTA - On Your Bike WA" and forwarded with your completed entry form to:

*On Your Bike WA,
PO Box 174
Wembley WA 6014*

CANCELLATIONS

Cancellations received prior to the closing date of 16th October 1992 will receive a refund of 80%. Cancellations received after this date but before the tour start will receive a refund of 20%.

All cancellations must be in writing!

SUPPORTED BY:



CONDITIONS

No person under the age of 16 years as at the 31st October 1992 will be allowed to take part in the tour. Persons under the age of 18 years as at the 31st October 1992 must have their parent's or guardian's consent before being allowed to take part.

CAMPING

Camp sites will be in recreation reserves, sports centres or caravan parks. Some sites have strict ruling on alcohol consumption within their boundaries.

TRANSPORT TO CAPEL

Special bus transport Perth to Capel and return has been arranged at an additional cost, (see official entry form).

Bicycles will also be transported to Capel and back for those using bus transport.

You may elect to join the tour at Capel where limited parking is available at the Council depot. However, the Shire accepts no responsibility for any theft or damage to the vehicles whilst they are parked there.

ORGANISED BY:



ENQUIRIES

For general enquiries telephone:
(09) 293-8170 or (09) 447 8939
or write to
On Your Bike WA
PO Box 174,
Wembley WA 6014.