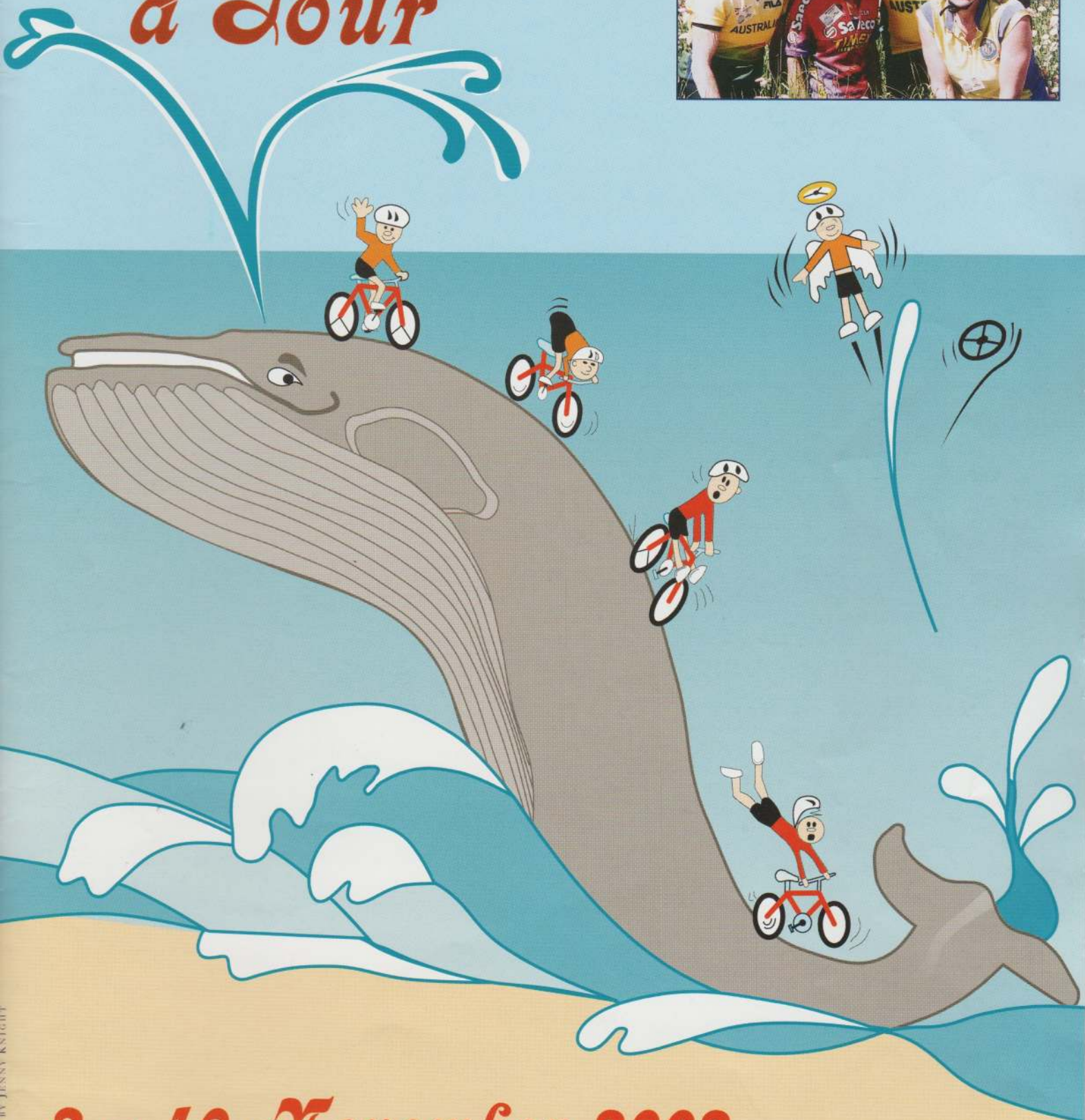




ON YOUR BIKE WA TOURS PRESENTS

A Whale of a Tour



2 - 10 November 2002

KENDENUP - MOUNT BARKER - ALBANY - DENMARK - WALPOLE

ILLUSTRATIONS BY JENNY KNIGHT



ON YOUR BIKE WA TOURS PRESENTS

Day 1 - Saturday 2 November

- PERTH TO KENDENUP BY COACH
- KENDENUP TO MOUNT BARKER 24km

We unload your bike at the Kendenup cross roads and ride 4km into Kendenup where lunch awaits at the community hall. Refreshed, we continue the ride to Mount Barker on quiet country roads.

Day 2 - Sunday 3 November

- MOUNT BARKER TO ALBANY 72km

After a traditional 'On Your Bike' breakfast we head east for a delightful ride to Albany via the Porongurup Range. There are many peaks to admire and the energetic can explore Castle Rock. We also pass some of the most prestigious wineries of the Plantagenet region. After morning tea on Chester Pass Road we ride to Albany Leisure and Aquatic Centre where all the facilities are at your disposal.

Day 3 - Monday 4 November

- REST DAY AT ALBANY

Time to relax and take in what the historic whaling town of Albany has to offer. The bike path to Middleton Beach is a must, so too is the Whale Station at Frenchman Bay with a guided tour on the hour. The new wind-generating complex should also be on your list of things to do. If none of this interests you, try climbing the indoor wall at the centre.



Day 4 - Tuesday 5 November

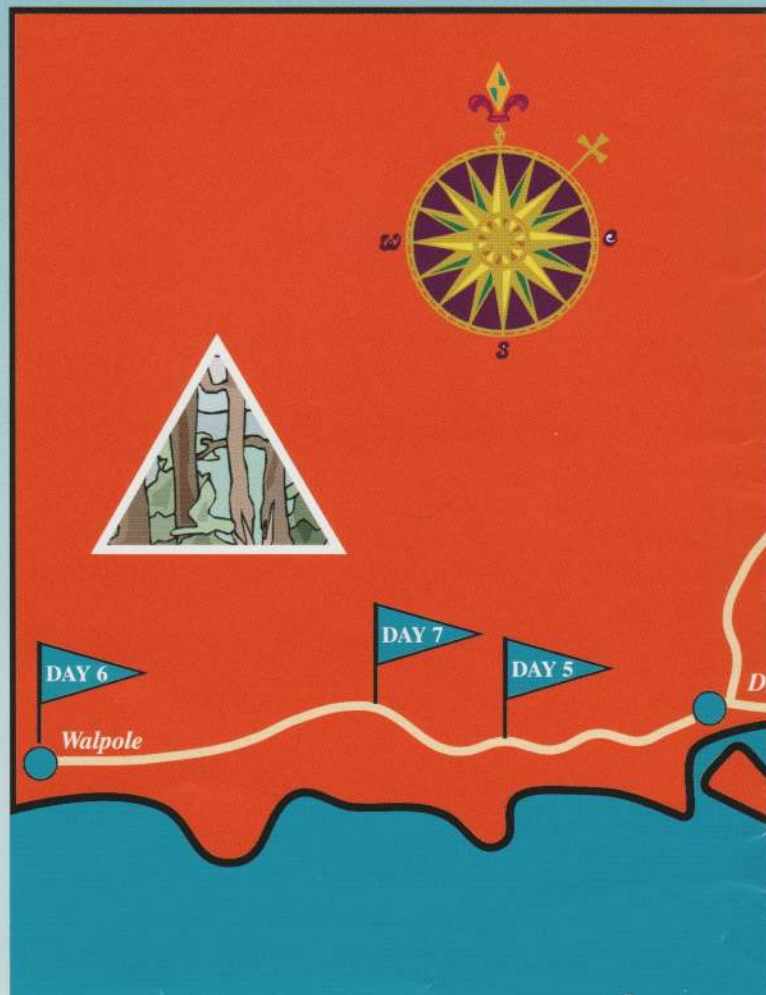
- ALBANY TO DENMARK 61km

We are not able to offer fireworks on this day but we can guarantee a scenic ride along the Lower Denmark Road. You can detour to such inlets as Cosy Corner, a delightful spot, where you can remove your shoes and soak those calluses in the southern ocean or swim to Mutton Bird Island offshore (take the binoculars). Afternoon tea at Bornholm will give added energy for the ride into Denmark.

Day 5 - Wednesday 6 November

- DENMARK TO WALPOLE 68km

The dawn chorus of bird song here will get you up and ready for the challenging ride to Walpole. This will make you tingle with excitement as there are some spectacular views, so make sure that your camera is ready. There are detours to William Bay, Parry Beach and of course Peaceful Bay. Visit the meadery for a taste with a difference. Ride out to Conspicuous Cliff and see the southern coastline from the whale watch platforms.



A Whale of a Tour

Day 6 - Thursday 7 November

■ REST DAY AT WALPOLE

Sorry but there is no time to relax here as there are so many things to do. Take a ride out to the tree top walk, visit the Valley of the Giants, take a wilderness cruise into the heart of Nornalup National Park or take a ride on the bike to Knoll Scenic Drive and discover Walpole Inlet.

Day 7 - Friday 8 November

■ WALPOLE TO DENMARK 68km

Déjà vu. Well not really as the views are different the other way and there are just as many down hills. Also there is time to take in some of the things you couldn't fit in on the rest day.

Day 8 - Saturday 9 November

■ DENMARK TO MOUNT BARKER 57km

Denmark was named after Doctor Alexander Denmark, a naval physician about 1814. He was also a friend of Thomas Braidwood Wilson who discovered

Wilson Inlet. Take time to ride along the Inlet drive and discover the inlet for yourself. The Denmark to Mount Barker road is full of rolling hills and wooded farm land. Don't tire yourself out here as we need you awake for the traditional On Your Bike concert.

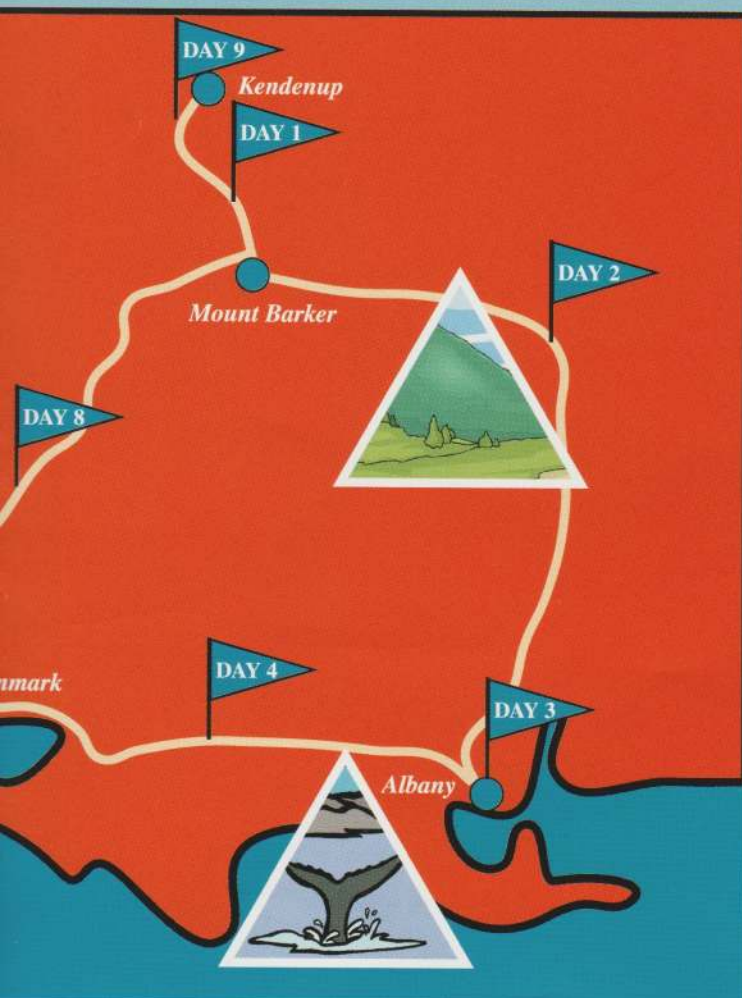
Day 9 - Sunday 10 November

■ MOUNT BARKER TO KENDENUP 20km KENDENUP TO PERTH BY COACH

Our last day is a short ride back to Kendenup. After welcome refreshments at the hall we say farewell to some new and old-found friends before boarding the coach back to Perth, where you can start planning for next year's tour!

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.
- Morning tea by the roadside. The 'chuck wagon' will await you and provide cups of tea, coffee or Milo. Fruit in season 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.
- Sign posting 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 shirt with appropriate design.
- Shoulders to cry on if necessary and/or pats on the back when you achieve your cycling aims.
- Automatic 6 month membership of 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.





A Whale of a Tour

Training...

Cycle regularly on quiet roads before the tour. Use the bike and clothing you anticipate using on the trip to ensure you solve any problems before the ride. 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 at least 90 km. There will be an opportunity to ride with some of your fellow tourers on Sunday 6th October 2002. You are warmly invited to join the group, which is scheduled to leave the Raffles Hotel at Canning Bridge at 9am, for a scenic ride around the river to a secret eatery.

Leader: John (08) 9332 5550

Safety...

- Approved cycle helmet must be worn when cycling.
- Head phones or 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 needs.

What 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, tea towel and torch.
- A small waterproof tent, inflatable mattress and sleeping bag.
- A sufficiency of clothing and toiletries.
- A bag to hold all this - preferably a duffel kit bag - not exceeding 1 metre in length or 15kg and a waterproof liner for the clothing and sleeping bag.
- Lunches: Except for the first and last days, we do not provide lunches (despite encouraging you to over-eat at other times). These can be purchased at local shops.

Camping...

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

Transport...

The tour will be starting and finishing at a car park, adjacent to the Armadale Railway Station terminus. Alternatively, for country participants and those unable to arrange for transport to the start, limited parking for the duration of the tour is available at Gilberts Winery 4km from Kendenup. However, the property owners and the Cycle Touring Association of W.A. (Inc) accept no responsibility for any theft or damage whatsoever to the vehicles whilst they are parked there.

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 the 2nd November 2002 may not, we are sorry, take part in the tour. For those over the age of 16 but under 18 on that date must have a parent's or guardian's consent before they can take part.

Payment...

FULL payment is required with the official entry form. Early application is recommended as the tour is limited to 120 participants.

TOUR COSTS:	(All prices include GST)
Adult Entry:	\$ 360.00
+ Option: Transport - Armadale Railway Station to Kendenup and return	\$ 55.00

*Cheques should be made payable to On Your Bike W.A. and posted to:
PO Box 414 Mt Hawthorn WA 6915.*

Cancellations...

Written cancellations received by Friday 4th October 2002 will receive a refund of 80% of the payment. Written cancellations received after Friday 4th October 2002 will receive a refund of 20%.



For general enquiries
telephone:
John (08) 9332 5550
Email:
oyb@ctawa.asn.au

Or write to:
On Your Bike W.A.
PO Box 414
MT HAWTHORN
WA 6915

Organised by:
The Cycle Touring
Association
of W.A. (Inc)

