

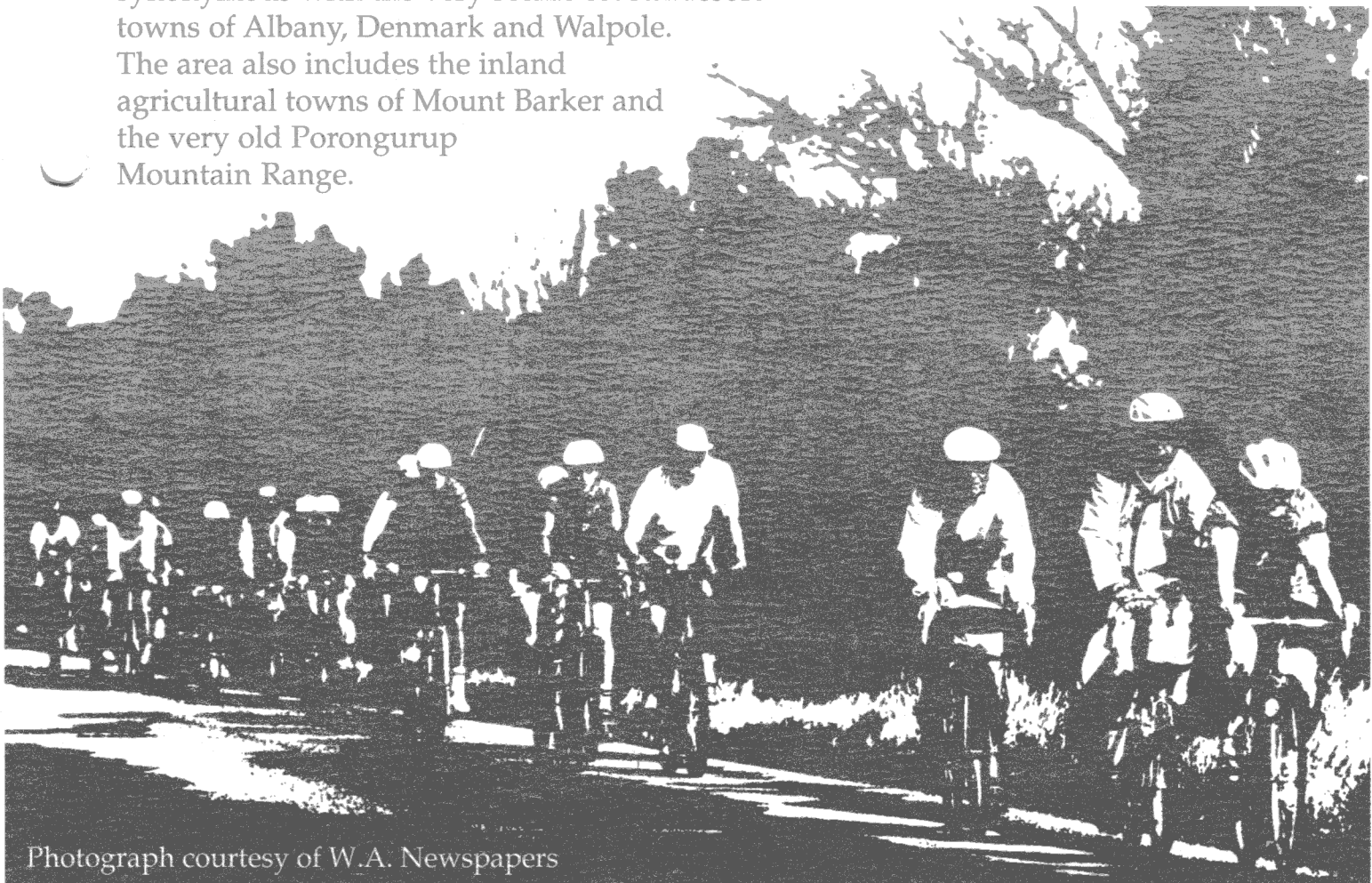
On Your Bike W.A!

LEADER: RON BOWYER

Rainbow Coast Tour 1991

April 13 - 21, 1991

"On Your Bike W.A." tours are organised by the Cycle Touring Association of W.A. (Inc), with the support and encouragement of the W.A. Tourism Commission and Bikewest. This year we have also been ably assisted by the Rainbow Coast Tourism Directorate. The tours are aimed at encouraging people who may not have experienced the pleasures of cycle touring to get on their bikes and explore our wonderful State of Western Australia. The Rainbow Coast Tour is our third tour to date. The name Rainbow Coast is synonymous with the very scenic coastal resort towns of Albany, Denmark and Walpole. The area also includes the inland agricultural towns of Mount Barker and the very old Porongurup Mountain Range.



Photograph courtesy of W.A. Newspapers

The Itinerary.

Day 1. Saturday April 13 1991

Perth to Mount Barker by bus.

Mount Barker to Porongurup by bicycle (22km)

Meet at 8.00am for a 9.00am departure to Mount Barker by special bus. Collect your bicycle and ride to the Porongurups some 22km, where we will be staying at the Karribank Lodge. A short distance from the lodge are the numerous hills which make up the Porongurup Range. The range is believed to be one of the oldest in the world, with the tallest peaks being over 650 metres.

Day 2. Sunday April 14 1991

Porongurup to Albany (48km)

The morning will be set aside to enable you to climb the various peaks following established walk trails or ride on the roads which criss cross the hills. As the side -roads are gravel and very steep in parts, mountain bikes would be ideal if you plan to ride them.

After lunch we will proceed along the Chester Pass Road to Albany approximately 48km. At Albany we will be camping at the Leisure and Aquatic Centre and will have access to the heated indoor pool, so bring your bathers.

Day 3 & 4. Monday April 15 and Tuesday April 16

In Albany.

Two days have been set aside to explore the many attractions around Albany. Albany is considered to be one of the most spectacular towns in the state, being surrounded by hills and having superb natural harbour. It was first discovered in 1791. Albany was once the home of a thriving whaling station but is now a major tourist resort and gateway to the Great Southern Region.

Tours will be organised to the Old Whaling Station in Frenchmans Bay, the spectacular Gap, Natural Bridge and Blowholes. On the second day we will head in the opposite direction to visit the trout and marron farms near Oyster Harbour.

Day 5. Wednesday April 17

Albany to Denmark 60km.

We proceed to Denmark along the lower road and will call into Cosy Corner in Torbay Bay for morning tea. At Denmark we will be staying at the local football reserve, a short distance from the town.

The township is some 8km from the ocean and is located on the picturesque Denmark River which feeds into the huge Wilson Inlet. A ride around the inlet to the coast provides some beautiful scenery.

Day 6. Thursday April 18

Denmark to Walpole 66km.

The route along the South West Highway takes us through a mixture of farming country and forest. Just out of Denmark is William Bay and Green's Pool. Further along, we will make a detour through the Valley of the Giants, where a number of large Karri and Tingle trees can be found.

Walpole is a sleepy little hollow on the banks of the Walpole Inlet which joins the large Nornalup Inlet. The size of the inlet can be appreciated by riding out to Coalmine Beach and following a scenic road around the peninsular.

Day 7. Friday April 19

Walpole to Denmark 66km.

We return to Denmark along the same route as the previous day, although some people may wish to detour to Scotsdale Road, via 10km of gravel road. At the top of the hills, there are spectacular views back to the coast. There will also be an opportunity to sample honey and mead at Bart's Meadery some 16km out of Denmark.

Back at Denmark, there is plenty to see including the Goundrey Winery and the many art and craft shops. The coffee aficionados may wish to check out the Mary Rose Coffee Shop. The more energetic riders may like a ride out to Mt Shadforth, the highest hill in the area.

Day 8. Saturday April 20

Denmark to Mount Barker 55km.

The last day's ride and possibly the hardest with a number of rolling hills to be conquered. As you get closer to Mount Barker you will notice many vineyards nestled into the hillsides gathering as much sunlight as possible.

Like many of the towns in the area, there are a number of craft shops to be found. A visit to the Plantagenet Winery is a must for wine lovers. A ride up Mount Barker Hill, site of the television tower, provides panoramic views of the surrounding area including the Porongurup and Stirling Ranges. That night we will cap off the tour with our traditional concert which provides lots of fun and enjoyment for all. Come prepared!

Day 9. Sunday April 21

Mount Barker to Perth by bus.

Time to pack up, say goodbye to new found friends and return home, to plan for next year's tour.

Enquiries

For general enquiries telephone (09) 293 8170 or (09) 447 8939 or write to "On Your Bike W.A." P.O.Box 174, Wembley W.A. 6014

What we provide

Breakfast, evening meal and morning cups of tea and coffee during the tour.
Back up vehicles including transport of all luggage and mechanical support.
Commemorative badge, ID and luggage tags, route details and map.
These will be posted to you with a comprehensive instruction sheet closer to the tour.

What 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.
Please note : we are unable to offer good, cheap hired tents this year.
- 3 Plastic plate, bowl, mug, knife, fork, spoon, tea towel and torch. These items along with your clothing and toiletry items, will need to fit into a duffle or kit bag. Your bag should be not more than 1 metre in length and weigh no more than 15kg. We recommend that your clothing, sleeping bag and mattress be placed inside waterproof bags in case of rain.

Camping

Camp sites will be mainly at local recreation grounds, sports centres or caravan parks.

Meals

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

Training

Cycle regularly on quiet roads before the tour. During the 6 weeks prior to the event you should go for rides of at least 50km each weekend and try to complete one or two rides of at least 80km. There will be an opportunity to try yourself out and meet some of your fellow tourists at the CTA York Easter weekend. For further details, please ring Kleber Claux on 458 7519 (Home). If you have any doubts about your health, see your local doctor.

Safety

In the interests of your safety and others :

- 1 It is recommended that you wear a hard shell helmet.
- 2 You must not wear headphones or thongs whilst cycling on the tour.
- 3 Third party insurance has been arranged. However you are encouraged to make your own arrangements about personal insurance.



Private Support Vehicles

Private support vehicles are not encouraged. There will be sufficient official back up vehicles should they be needed.

Payment

All payments must be received before the closing date of the 31st of March 1991. Cheques should be made payable to "CTA - On Your Bike WA" and forwarded with your completed entry form to : P.O.Box 174 Wembley W.A. 6014.

Conditions

No person under the age of 16 years as at the 13th April 1991 will be allowed to take part in the tour. Persons under the age of 18 years as at the 13th April 1991 must have their parent's or guardian's consent before being allowed to take part.

Cancellations

Cancellations received prior to the closing date of the 31st of March 1991 will receive a refund of 80%. Cancellations received between the 31st of March 1991 and the 13th April 1991 will receive a refund of 20% . All cancellations must be in writing!

Transport to Start

Special bus transport from Perth to Mount Barker and return has been arranged at an additional cost, (see official entry form). Bicycles will also be transported to Mount Barker and back for those using bus transport. You may, however elect to join the tour at Mt Barker, where limited parking will be available . Please contact the organisers for more information about parking.

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