



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 tourists on Sunday 9th September 2001. 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: Ann (08) 9444 5160

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 on a property close to Dale Hall. 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 6th October 2001 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:	\$ 335.00
+ Option: Transport – Armadale Railway Station to Dale Hall	\$ 20.00
+ Option: Rest day coach trip – Corrigin to Wave Rock (and return)	\$ 15.00

Cheques should be made payable to **On Your Bike WA** and posted to: **PO Box 282 Inglewood WA 6052.**

CANCELLATIONS

Written cancellations received by Friday 7th September 2001 will receive a refund of 80% of the payment. Written cancellations received after Friday 7th September 2001 will receive a refund of 20%.



For general enquiries – Telephone: **Ann (08) 9444 5160**
 Email: **oyb@ctawa.asm.au**

Or write to: **On Your Bike WA**
PO Box 282, INGLEWOOD WA 6052

Organised by: **The Cycle Touring Association of WA (Inc)**



2001: A BIKE ODYSSEY

DALE HALL PINGELLY NARROGIN WICKEPIN
CORRIGIN QUAIRADING YORK BEVERLEY

6-14 OCTOBER 2001

6-14
OCTOBER

DALE HALL
PINGELLY
NARROGIN
WICKEPIN
CORRIGIN
QUAIRADING
YORK
BEVERLEY



DAY 1 - SATURDAY 6 OCTOBER

- PERTH TO DALE HALL BY COACH
- DALE HALL TO PINGELLY
Optional ride distances from 40km to 85km

Morning tea will be provided at Dale Hall and also a takeaway salad roll for lunch en route to Pingelly. The long ride of 85km to Pingelly will provide a good challenge for the fast fit cyclists. However, optional shorter routes will be available for those of less fitness and slower pace. There are some interesting rock formations along the way – perhaps possible places to stop for lunch.

DAY 2 - SUNDAY 7 OCTOBER

- PINGELLY TO NARROGIN 82km

Today we start to ride into the rolling countryside of the Central South Region of Western Australia. After morning tea at Pumphreys Bridge we cycle through the Dryandra Woodland. This is the natural habitat of the rare numbat (the state's faunal emblem) and mallee fowl, as well as native wild flowers, which abound in Spring. This would be an ideal location to stop for lunch and explore these native species.



DAY 3 - MONDAY 8 OCTOBER

- NARROGIN TO WICKEPIN 64km

The ride today could be described as 'Lake Day' as we cycle past numerous lakes en route. Plenty of photo opportunities so remember to bring your camera and lots of film. On arrival at Wickepin take time out to visit the homestead of Albert Facey who spent most of his childhood in Wickepin and has recorded his life in the best selling autobiography 'A Fortunate Life'.

DAY 4 - TUESDAY 9 OCTOBER

- WICKEPIN TO CORRIGIN 89km

The morning ride continues with the 'Lake' theme as we have a pleasant morning tea stop at Lake Yealering. In the afternoon there is a unique opportunity to visit a dog cemetery which is one of the first and probably the only one in existence in the whole of Australia, it is marked by a humble statue of a dog. A little way down the road is a Scenic Lookout where you will see the wonderful array of nature's best.

DAY 5 - WEDNESDAY 10 OCTOBER

- REST DAY AT CORRIGIN

Time to relax those weary legs and sore bum and so an opportunity to sit down in a more comfortable seat! Our tour is offering a coach trip to Wave Rock which is a popular tourist attraction located near the township of Hyden. There are also other interesting features to be seen in the area such as 'Hippos Yawn', 'Breakers' to name just a few. In Hyden itself there is a 'Wildlife Park' and the 'Lace Place' which houses Australia's largest collection of lace on public display. To book this trip, see the option in the payment section of this brochure and also on the Entry Form enclosed.



DAY 6 - THURSDAY 11 OCTOBER

- CORRIGIN TO QUAIRADING 67km

Do you like straight roads? We hope so as today you have no choice! Today we cycle along a very long straight but undulating road. Hopefully the winds will be favourable and we will get blown up and over the crests and cruise down into the troughs. The name 'Quairading', our destination, is derived from the Aboriginal word 'Kwirading' meaning the 'home of a small bush kangaroo'. Today the town is known as the 'Grain Centre of the West'. On arrival at the town, it is worth a visit to the Old Railway Station where there are some unique natural wood sculptures on display by the late Ian Wills.



DAY 7 - FRIDAY 12 OCTOBER

- QUAIRADING TO YORK 85km

Our ride today continues along the rolling countryside and into the Avon Valley region of Western Australia. We arrive at York which is Western Australia's oldest inland town and one of its most charming. First settled in 1831, the town remains a splendid reminder of the past with its blend of Colonial and Victorian architecture dating back to the earliest days of the colony.

DAY 8 - SATURDAY 13 OCTOBER

- YORK TO BEVERLEY 32km

Only a short ride today, so depending on your interests we suggest a few options:

- Spend the morning in York sight seeing - for the motoring enthusiasts, visit the York Motor Museum which houses more than 200 classical vintage cars and motorcycles in a beautifully restored building.
- For the aviation enthusiasts, Beverley offers the Aeronautical Museum which features the 'Silver Centenary', the first privately built aircraft in the State

and has an impressive collection of aircraft engines and numerous photographs of the early flying days in WA. There may also be an opportunity to take a flight in a glider.

- Tonight is the traditional concert night so last minute preparations may be in order! Come prepared for this extravaganza as everyone will be asked to perform!

DAY 9 - SUNDAY 14 OCTOBER

- BEVERLEY TO DALE HALL 27km
- DALE HALL TO PERTH BY COACH

Our last day and we have a short ride back to Dale Hall. After refreshments at the hall it's farewell to new and old found friends and back on the bus to Perth, where you can start planning for next years 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.
- Bike mechanics - due to the region covered by the tour only limited and minor repairs will be possible, so please ensure your

bike is serviced prior to the tour. See under 'What You Provide', overleaf.

- 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.

