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Clovelly Park SA 5042
11/04/99

Ms Fran Bailey
Committee Secretariat
Standing Committee on Primary Industries and Regional
Services
House of Representatives
Parliament House
Canberra ACT 2600

Subject:- National Cycle Route

I would like to submit the itinerary of a cycling holiday that was completed in November last year by a group of 16 cyclists and 4 support people. The cyclists participating in the tour lived in Adelaide and decided to ride in Victoria from Stawell to Geelong through the Grampians and along the Great Ocean Road. The group decided to camp in caravan parks along the route using light-weight tents. The support group provided breakfasts and lunches and cooked about half the evening meals. The remaining evening meals were usually provided by hotels etc along the route.

The group transported the bicycles in a purpose built trailer pulled by a 4 wheel drive vehicle. The trailer also carried some of the cooking and camping equipment required by the group. There were two other campervans used as support vehicles and these also transported some bicycles. The cyclists and their personal luggage were transported to Stawell and home again from Geelong by Greyhound Pioneer bus.

The average distance cycled per day was 52km with a rest day at Warrnambool. At the end of the trip the group decided that an additional rest day should have been included into the itinerary. The weather in the main was good, although we had two very wet days at Warrnambool, and very strong head winds on the day we rode from Warrnambool to Peterborough.

The route provided spectacular scenery, interesting history and passed through terrain that could be cycled with ease. The roads selected carried minimal traffic, which made cycling safe and enjoyable. A copy of the itinerary is included for completeness of this submission.

I believe that a National Cycling Route is an excellent idea. Cycling is a wonderful way to travel and enjoy the

countryside. Cycling is kind to the environment, is affordable and beneficial to the individual's health. The money spent on food, accommodation and admission to attractions etc generates income for the communities through which the cyclist travels. I believe that the preparation of a National Cycling Route plan will enable cyclists to plan better safer holidays, and will provide economic benefits to the country. I look forward to the publication of this document.

Yours faithfully
Malcolm Healey

Bicycle Tour from Stawell to Geelong (Daylight Saving Times)

Sat 7/11 **You must be at the Franklin Street Bus Station at 6.45am**

Day	Leave	Arrive	Km	Total
Sat 7/11	Adelaide 7.15 am	Stawell West 2.10pm	30	30
	Stawell West 3.00pm	Lake Bellfield C/P 4.45pm		
Sun. 8/11	Sightseeing day		60	90
Mon. 9/11	Lake Bellfield	Penshurst	97	187
Tue. 10/11	Penshurst	Port Fairy	64	251
Wed. 11/11	Port Fairy	Warrnambool	28	279
Thu. 12/11	rest day at Warrnambool			
Fri. 13/11	Warrnambool	Peterborough	56	335
Sat. 14/11	Peterborough	Princetown	30	365
Sun.15/11	Princetown	Lavers Hill	32	397
Mon. 16/11	Lavers Hill	Apollo Bay	47	444
Tue. 17/11	Apollo Bay	Cumberland River	38	482
Wed. 18/11	Cumberland River	Torquay	51	533
Thu. 19/11	Torquay	Queenscliff	43	576
Fri. 20/11	Queenscliff	Geelong (via back road)	44	620
Sat. 21/11	Geelong	Adelaide		

Bicycle Tour from Stawell to Geelong

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Saturday 30km

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You must be at the Franklin Street Bus Station by 6.45am as the bus leaves at 7.45am. Travel from Adelaide by Greyhound / Pioneer bus to Stawell (2 riders will travel in Brian & Pam's 4 wheel drive) arriving at 2.10pm. Unload bikes from trailer and ride 30km to Lake Bellfield Caravan Park 4km south of **Halls Gap**. Set up camp.

Sunday 60km

Ride to Zumsteins over the range. On the way back stop at Mc Kenzie falls, Lake Wartook, Reids Lookout, and walk to the Balconies. For those with sufficient energy there is an optional 5km additional ride each way to Boroka Lookout. Spectacular panoramic views of the plains to Stawell and another down the valley to lake Bellfield are the reward. Return to the campsite at **Lake Bellfield**.

Monday 97km

Break camp and ride to Dunkeld or if possible to Peshurst. Our route takes us along a beautiful valley with high rugged mountain range on each side. We pass through Mirranatwa Gap and on to **Peshurst**.

Tuesday 64km

Ride from Peshurst to **Port Fairy** through lush countryside.

Wednesday 28km

Explore Port Fairy a quaint 19th century port, now mainly a fishing town before heading off after lunch for **Warrnambool** to set up camp.

Thursday rest day

Warrnambool is an interesting place with much to see. The Flagstaff Hill Maritime Museum is worth a visit which can easily take half a day. the Fletcher Jones gardens and the old silted up port are also worth visiting.

Friday 56km

Ride to **Peterborough**.

Saturday 30km

From Peterborough we pass through the Port Campbell National Park where the sea has sculptured the cliffs. Spectacular sea sculpture including London Bridge, 12 apostles, Loch Ard Gorge the site of the wreck of the Loch Ard, Loch Ard Cemetery etc. There are opportunities and time to pause, take photos and walk down to secluded beaches. Tonight we camp at **Prinetown**.

Sunday 32km

Today's ride takes us on a continuous uphill climb to **Lavers Hill**.

Monday 47km

The road descends almost to sea level and then climbs again before finally descending to **Apollo Bay**. We pass through lush rain forest (tree ferns etc) where several short walking trails into the forest have been made.

Tuesday 38km

The road follows the cliff top all the way to **Cumberland River** 7km Apollo bay side of Lorne.

Wednesday 51km

The road follows cliff tops until Anglesea and then on inland to **Torquay** famous for it's surf.

Thursday 43km

Today we ride to **Queenscliff** another quaint 19th century port situated at the head of Port Phillip Bay.

Friday 44km

We ride to **Geelong**, set up camp for the last time and explore the city.

Saturday

An early start, **packed and be at Bus Station by 7.55am**. Bus leaves at 8.25am, arriving **Adelaide** at 5.50pm.