

quiet roads and fine scenery. If returning to Bunbury to catch the train, it leaves daily at 3p.m. (except Sunday).

## General Information:

A 10-speed bicycle, in good mechanical condition, will be sufficient for the cycle tours in these brochures.

Check the brakes, tyres and fittings before leaving. You might ask your local cycle shop to check them also.

A cycling rate of about 15km per hour is average, but those not used to cycling may be more comfortable doing less. Remember, even sections classified as 'easy' are only easy for reasonably fit persons. Always plan your distance for the day a little less than you know you can comfortably achieve.

Remember to leave time for rest stops, punctures and head winds.

RAC regional maps are good maps to carry.

## Cycle Equipment:

Panniers on a strong, mounted touring rack are essential for carrying food, clothing and other items, for anything longer than a day cycle. A small handlebar bag is good for carrying sunburn cream, wallet, snacks, this brochure and maps.

At least one water bottle is essential for touring WA whatever the season. Mount one in a carry frame on the cycle and carry a second one on longer rides or in warm weather.

## Safety Tips:

Bicycles are legally defined as vehicles and are subject to all traffic laws.

Obey all traffic signs and signals.

Road traffic regulations require that all bikes be fitted with reflectors.

Avoid riding at night, especially on rural roads, but if you do, a front and rear lighting system plus rear reflectors are required.

You are allowed to ride two abreast, but take great care on busy roads or on high-speed open highways. Drivers often don't know you have a right to be on the road too.

## Tool Kit:

The most common trouble you'll have on a cycle tour are punctures and broken spokes. A basic tool kit should have: two spare tubes, two tyre levers, a mini puncture repair kit, a spoke key, a cluster removal tool, a 220mm adjustable wrench. Wrap the kit in a piece of cloth and put it in a sock, fold over the open end and put it inside a second sock. Tie it securely under the bike seat.

Tape four spare spokes onto your bike pump, which should be mounted on your bicycle frame.

Information on all aspects of cycling can be found in **Richard's Bicycle Book**, Richard Ballantine, Ballantine Books.

## Pannier Contents:

A first aid kit, maps, one spare set of cycling shorts and shirt, food, after cycling clothes like trousers, shirt and windcheater, towel and personal items.

Line the panniers with plastic garbage bags to make them as waterproof as possible and use individual plastic bags for the various items in your panniers.

Pack the items so that both sides of the panniers are equal in weight to make your loaded bike easier to handle. Put frequently used items where they are easiest to reach.

## Cycling Clothing:

Always wear a hard-shell helmet!

Any shorts, or track suit bottoms in colder weather, will do for most cycles. For long rides, special chamois-lined cycling shorts are recommended.

Hard soled cycling shoes are recommended in preference to soft soled sneakers, which can result in very sore feet after prolonged touring. A bright yellow shirt, jumper or Dayglo vest like those worn by road construction workers make sure you are seen by motorists. Raingear in wet weather is vital.

## When to Go:

The best cycling weather in southern WA is autumn or spring. At those times, it's cool enough to spend all day on your bike and not risk heat exhaustion. It's also the time when the country is green, with wildflowers appearing in August and September. There's always a chance of rain in winter, so be prepared for it. Remember that days are shorter in these seasons, so you only have 10 or 11 hours of daylight to cycle.

If you decide to do a summer tour, take extra water, rest frequently and spend the hottest part of the day in the shade.

## How to Get There

You can start the tour from Perth, but that means you will spend the first two days on a heavily used road getting to Bunbury. Take the train to Bunbury (check with Westrail about getting your bike there), or if your car can accommodate your bike, drive to the point where you want to begin your tour. Cars can be left at YHA Hostels by arrangement with the Hostel Warden.

## Accommodation:

Where possible, YHA Hostels are used for overnight stays. Also, most towns have at least one hotel, caravan park/s with on-site vans, or other types of accommodation. Camping is also an option which

offers great flexibility, but you will have to carry extra things like a tent, sleeping bag and cooking gear.



**Youth Hostels Association  
of WA Inc.**

257 Adelaide Terrace, Perth, WA 6000  
Telephone (09) 325 5844

The 20 YHA Hostels in Western Australia are friendly places to arrive at the end of a long days cycling. In fact, their original concept catered especially to cyclists in Europe. What's more, the accommodation is low-cost at about \$5 per night for adults and half that for under 18s.

THERE IS NO AGE LIMIT IN YHA HOSTELS.

YHA Hostels have a Common Room, a kitchen with s, separate washrooms cilitieand sleeping rooms for men and women, beds with blankets and pillow provided.

Sleeping sheets are required or can be hired.

You must be a member of YHA to use the hostels, but membership is open to all ages and is easy to obtain. There is a special introductory Pass available at the individual YHA hostels if you want to see what they're like before you join up.

To learn more and become a member, visit the YHA Membership Centre at 257 Adelaide Terrace, Perth or phone them on (09) 325 5344.

**Details of all Australian YHA Hostels, including maps are in the YHA Handbook that you receive on joining the Youth Hostels Association.**

For more information:

## On Cycle Touring:

Department for Sport and Recreation  
Perry Lakes Stadium  
PO Box 66, Wembley 6014  
Telephone (09) 387 9700

Cycle Touring Association

Box 174, Wembley 6014

Telephone (09) 349 2310, (09) 447 8168

## On YHA Hostels:

Youth Hostels Association of WA  
257 Adelaide Terrace, Perth 6000  
Telephone (09) 325 5844

## On Public Transportation:

Westrail — Telephone (09) 326 2811

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The information in this brochure is current at February 1986. It is one of a set of three covering:  
The South West (Bunbury)  
The South Coast (Albany)  
The Hills/Avon Valley

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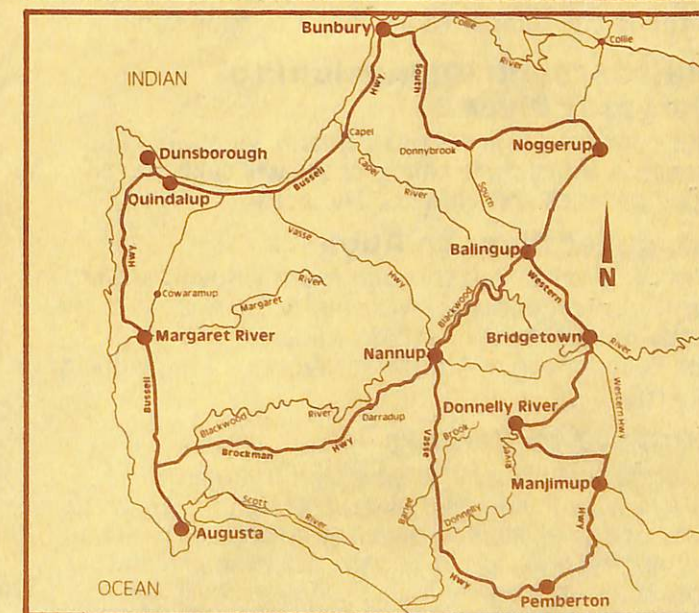
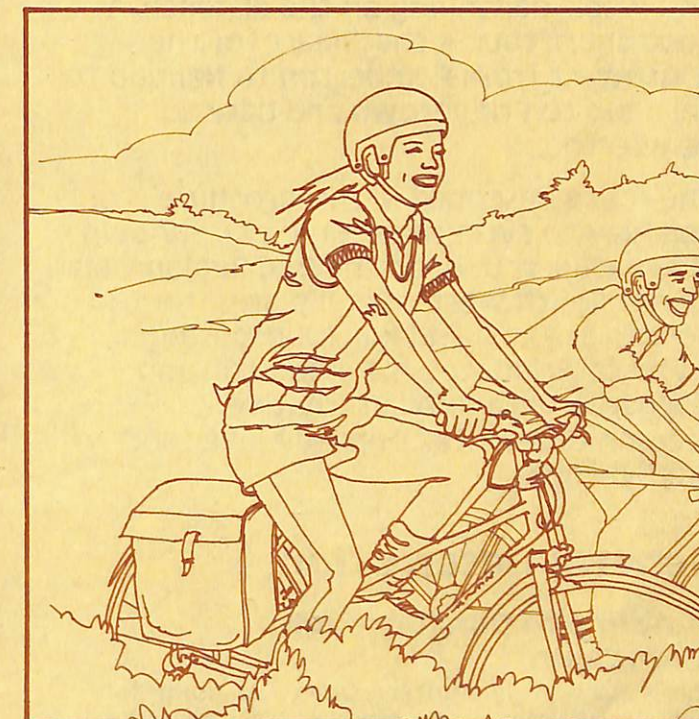
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**Western Australian Government  
DEPARTMENT FOR  
SPORT AND RECREATION**

# Southwest Cycle Tour



**Bunbury, Dunsborough, Quindalup,  
Margaret River, Augusta, Nannup, Balingup,  
Bridgetown, Donnelly River, Manjimup,  
Pemberton, Nannup, Noggerup, Bunbury.**



Introduction:

This cycle route is of medium to hard standard of about 70km per day. It is possible to do shorter distances by stopping overnight more frequently. Take at least two weeks to do the whole route, so you have the choice of spending a day or two in one spot. A section of the whole tour can be done on its own in a weekend or a week, depending on the distance. A good short tour is the “heart” of the Southwest from Pemberton to Nannup to Balingup to Bridgetown and back to Pemberton.

The route described in this brochure is only one way to cycle the tour. Pick your own alternative routes on the RAC Regional Map ‘Lower South West’ and explore. The YHA Hostels are at Quindalup (Dunsborough), Augusta, Bridgetown, Pemberton and Noggerup with YHA ‘alternative accommodation’ at Donnelly River and Donnybrook.

General Description:

Bunbury to Dunsborough (Quindalup)

This is a relatively uninteresting cycle along the level Bussel Highway. Its most interesting part is through the Ludlow Tuart Forest outside Capel.

Dunsborough (Quindalup) to Margaret River

This tour covers areas of farmland, vineyards and forest. A short cycle to the coast will take you to good beaches and views of the ocean.

Margaret River to Augusta

This cycle takes you through more vineyards, dairy farms and an unexpected stand of Karri trees in the Leeuwin-Naturaliste National Park. The caves south of Margaret River are a highlight of the tour.

Augusta to Nannup

This tour covers a large uninhabited area of the South, with untouched bush stretching along both sides of the Brockman Highway. Stands of pine and a change from asphalt to red rock road provide breaks in the scenery.

Nannup to Balingup

This tour is one of the most beautiful in WA — a ride along the slow moving Blackwood River on a winding road overhung by trees, through farms in rolling green pastures, pine plantations and bush.

Balingup to Bridgetown

This section is on the busier South Western Highway with a long steep ascent followed by a fast descent into Bridgetown.

Bridgetown to Donnelly River

This tour begins with a hard push uphill but a cycle through bush and Karri forest to the site of an old timber mill makes up for it.

Donnelly River to Manjimup

This tour goes through bush, farmland and Manjimup’s famous orchards.

Manjimup to Pemberton

This tour sees the beginning of real karri country and the cycle through sections of these magnificent trees is one of the prettiest parts of the south.

Pemberton to Nannup

An attractive section with long stretches through the karri and later farmland.

Nannup to Noggerup (a two-day alternative route: Nannup to Balingup to Donnybrook to Bunbury)

The first part of this cycle is the Balingup road described above. Instead of turning off to Bridgetown from Balingup, take a quiet country road through forests to Grimwade, a small logging town in the middle of a pine plantation. The rest of the cycle to Noggerup is over unsealed road in good condition.

Noggerup to Bunbury

The last leg of a circular tour, which can be done via Donnybrook, through its famous apple orchards, or Lowden and Dardanup, which is a shorter route with less traffic.

Route Logistics:

Bunbury to Dunsborough

**Degree of Difficulty:** easy to medium **Distance:** 70km **Time:** 5 hrs Because this is a fairly flat route, it can be done after the train arrives in Bunbury at 1p.m. depending on the season and the cyclist’s physical condition. Alternatively you may stay overnight in Bunbury and start the cycle tour the next day. CAUTION: BUSSELL HIGHWAY MAY BE BUSY. Rest and eat in Capel or Busselton. Dunsborough, 2km west, past Quindalup, has all amenities. Quindalup YHA Hostel (for more details see YHA Handbook) is on Geographe Bay Road, right on the beach and can be a good base for a few days while exploring the area in day cycles. Meelup and Eagle Bay (20km), Cape Naturaliste (36km). Sugar Loaf Rock (36km) and the vineyards, farmlands and beaches at Yallingup are all worthy of a visit.

Dunsborough to Margaret River to Augusta

**Degree of Difficulty:** medium to hard **Distance:** 100km **Time:** 9hrs not including rest stops

A long but not difficult cycle that requires an early start. Alternatively, stay overnight in Margaret River and continue to Augusta the next day. A choice of three routes is open to you: the level, most direct Bussel Highway which is busy; the moderately hilly scenic Caves Road; or hilly winding country roads that are sometimes difficult to identify. We suggest Caves Road as a compromise between the highway and the country roads.

Augusta is the base for a short (16km) cycle to Cape Leeuwin, the lighthouse and the old waterwheel.

Augusta to Nannup

**Degree of Difficulty:** medium to hard **Distance:** 87km **Time:** 7hrs not including rest stops A right turn at Kudardup cuts off 2km, but two nasty hills just before the Brockman Highway more than make up for the distance saved. There are no towns or farms on this stretch, so have adequate water and food for lunch before leaving. Rest stop at Alexander Bridge, 25km from Augusta. Beware of road work and spots of gravel on this road. Darradup (a group of farmhouses) is the next stop after 44km of bush. Ask a kind person to fill water bottles and take a break. Darradup House is reasonably priced for bed and breakfast and if the thought of continuing to Nannup is distressing, stay the night. The last stretch of 20km, is hilly. The Nannup Hotel is a wonderful country hotel and since there is no YHA Hostel, the hotel or camping are recommended alternatives.

Nannup to Balingup

**Degree of Difficulty:** easy to medium **Distance:** 40km **Time:** 3hrs Turn right at the Tourist Bureau and then first left onto a narrow, winding road that follows the Blackwood River. CAUTION: Log trucks on road. Road conditions are good, with some hills. Do the ride slowly and enjoy the scenery. Rest stop in Balingup.

Balingup to Bridgetown

**Degree of Difficulty:** hard **Distance:** 26km **Time:** 2hrs Cross the railway line and turn right at the War Memorial. Keep straight on to Bridgetown. Road conditions are good with some long rolling hills. Approximately 9km from Balingup is the Greenbushes townsite which has a pleasant picnic site and a natural swimming hole. For accommodation at the Bridgetown Associate YHA Hostel turn left at the Shire Offices.

Bridgetown to Donnelly River

**Degree of Difficulty:** easy **Distance:** 27km **Time:** 2hrs Go over the bridge and turn first right at sign “Donnelly River 26km (Wheatley)”. At the top of the hill (approx. 5km) there is a sign pointing left “Mocadilup Road”, take this to Donnelly. After this hill out of Bridgetown, it becomes an easy cycle on a narrow but good road through the heart of the karri forest. Traffic is light as most cars travel the South Western Highway to Manjimup. At Donnelly River there is a group of self-contained

cabins each with a wood stove and log fire which are available for a very reasonable fee. A small store with variable hours and limited stock is the only source of supplies, so shop in Bridgetown if you are planning to stay a while.

Donnelly River to Manjimup

**Degree of Difficulty:** easy **Distance:** 28km **Time:** 2hrs Take the well-marked Sears Road to Manjimup approximately 3km out of Donnelly. Good, recently paved road, little traffic. After 8km on Sears Road you come to a T-junction and you turn left to Manjimup. A further 5km on you will come to another T-junction and again you turn left. You will soon arrive at a trotting track and the outskirts of Manjimup. Manjimup is the first large town outside Bunbury on this tour and has a bike shop (part of the sport store) for any trouble you may be having.

Manjimup to Pemberton

**Degree of Difficulty:** medium **Distance:** 41km **Time:** 3hrs Alternative routes to Pemberton are the main highway (39km) and a country road (41km) which is to the right past the Diamond Chip Mill Road. This country road is in good condition, but hilly. Very little traffic and the chance to detour to the 100 year old forest. REMEMBER: the YHA hostel is another 10km North out of Pemberton at Pimelea. Stop in Pemberton for the evening’s food before continuing. See YHA handbook for more details.

Pemberton to Nannup

**Degree of Difficulty:** medium **Distance:** 76km **Time:** 6hrs From the Pemberton YHA Hostel take the small road heading South East for 10km to the Nannup Road. Here turn right for a long hilly run through the Karri forest passing through the Beedalup National Park and Karri Valley. No food available en route. Eventually farmland is reached followed by the town of Nannup.

Nannup to Noggerup

**Degree of Difficulty:** medium **Distance:** 75km, 18km of it unsealed but in good condition **Time:** 5hrs Back in Nannup and the chance to cycle the Balingup Road again. Once to Balingup, take a right on Bekin Road to Grimwade, about 1km out of Balingup. The road to Grimwade is sealed and in good condition, with moderate hills and little traffic. There is no shop at Noggerup, so stop at Grimwade for food. The YHA hostel at Noggerup is one of the last old-style hostels with very basic facilities.

Noggerup to Bunbury

**Degree of Difficulty:** medium **Distance:** (via Donnybrook) 72km, (via Lowden and Dardanup 66km) **Time:** 5hrs Take the road to Mumballup through pleasant rolling countryside on to Lowden. From here turn right for the shorter route via Dardanup with narrow but