

West Coast Epic: Stage 1 Perth to Geraldton

The Indian Ocean Ride

Saturday 19 May, 2018 to Wednesday 23 May, 2018

Day to Day

Imagine waking up in the early daylight and looking around and wondering where you are. You may have just spent the night under an impossibly starry sky in the great Australian outback, a beachside resort by a marine sanctuary, or a donga room in a remote outback roadhouse. Either way, you want to get up and get on your bike again ready for another day on this legendary AllTrails long-haul cycle tour from Perth to Broome.

After a hearty breakfast you head on your way as the AllTrails team load your luggage and head up the road to set up your morning tea. The food breaks are at set times enabling all riders to plan their day and the amount of time required to enjoy the sights along the way before arriving at the next food break.

You depart morning tea with a clear focus and understanding of the next leg of the day to lunch which is arranged and/or prepared by our crew. Lunch is a great time to relax, refuel your body and chat to your friends, be it in a bakery, a country pub, the rest area of a remote highway, overlooking the ocean, or deep in a National Park.

Our safety and support vehicles are never far away, one trailing the group as a warning to motorists of the cycling group ahead, and at least one other vehicle travelling among and ahead of the group preparing the food stops, arranging directional signage where required and being on-call for cyclists with mechanical failures or other requirements.

We have 2-way radio communications with trucks and other large vehicles on the road to further increase safety for our cyclists as well as first-aid qualified, and bike mechanic qualified staff. Safety is our number one priority and we strive to make each day as safe as possible - another great advantage of cycling on a tour with AllTrails.

After reaching your overnight destination, usually mid-afternoon, you check in and enjoy a cuppa and snack, shower, or soak in the bath. Often there is a pool for you to lounge around and cool off in, or you may decide to explore the surroundings, go for a walk, share a cold drink with friends or simply relax. It is your life, it's your ride, enjoy it.

A briefing for all cyclists at 6pm before the evening meal is always interesting, finding out what happened that day, and a run-down on the sights and special attractions to look out for the next day. Lots of laughs and stories are shared before we settle down to a good healthy meal and a few drinks. The famous camaraderie developed on an AllTrails bike ride lasts a lifetime.

Bedtime is not far away, where you put your head down remembering the day and dreaming of tomorrow...

A typical day on the ride:

- Breakfast 7am, Depart 8am
- Ride 25-30km to morning tea around 9-10am, half hour stop, usually on the side of the road. Coffee/tea with home-made biscuits, slice, fresh fruits, served up, of course, with some entertaining banter and fun.
- Ride 35-45km to lunch around 12-1pm. Half hour to an hour, often in a bakery or cafe.
- Ride 35-45km to our overnight accommodation, usually arriving around 3pm. Check-in, make a cup of tea or have a drink by the pool, or a soak in the bath. Explore the town or visit the local attractions.
- Evening briefing at 6pm with lots of laughs and stories about today's ride and safety tips for tomorrow, followed by dinner – usually at the motel restaurant.
- Off to bed!

Location	Distance	Date	B	L	D	A
Arrive Perth	NA	Fri 18 May 2018	--	--	Y	Y
Perth to Lancelin	133km	Sat 19 May 2018	Y	Y	Y	Y
Lancelin to Jurien Bay	117km	Sun 20 May 2018	Y	Y	Y	Y
Jurien Bay to Dongara	132km	Mon 21 May 2018	Y	Y	Y	Y
Dongara to Geraldton	65km	Tue 22 May 2018	Y	Y	Y	Y
Geraldton (Rest Day)	NA	Wed 23 May 2018	Y	--	--	--
Total distance cycled	447km		5	4	5	5
Average daily distance	112km					

Meal and accom inclusions noted as B, L, D, A (Breakfast, Lunch, Dinner, Accommodation)

Arrive Perth — NA — Fri 18 May 2018 — - - D A

PRE TOUR: Make your way to Perth anytime today. It's a great city so if you have time, make sure you head out and explore. This afternoon we will have a registration and briefing at our tour hotel followed by a group welcome dinner and 'meet the crew'. Dinner and accommodation tonight is included in the tour cost for both campers and accommodated cyclists.

Perth to Lancelin — 133km — Sat 19 May 2018 — B L D A

Day 1. STAGE ONE - INDIAN OCEAN RIDE. We depart the world's most remote city via a great bike path that will allow us to dodge the city traffic before hitting the outskirts of town and entering some beautiful Nature Reserves, National Parks and State Forest areas as the Indian Ocean Drive leads us out of the city and into a huge adventure over the next four weeks. Whether you are with us for the entire journey or just this first stage, thanks for joining us – you are in for a treat. There will be no need to ask why this section from Perth to Geraldton is called the Turquoise Coast once you have seen the colour of the ocean in the many secluded bays along the route. As you near our hotel right on the beach at Lancelin, you will hear the waves of the Indian Ocean getting louder and louder. Step out of our hotel door and walk straight over the dunes and take it all in. For some of you it may be your first ocean sunset, which doesn't happen on the east coast. Nestled between a large bay and sand dunes, Lancelin is known for its crayfish (rock lobster) port and judging by the size of some of the houses around here, catching lobsters is pretty lucrative. We have our first day briefing and dinner, then it's off to bed for a good sleep.

Lancelin to Jurien Bay — 117km — Sun 20 May 2018 — B L D A

Day 2. Waking to the sound of the crayfish boats heading out at dawn it would be easy to forget that yesterday we were in a city of one and a half million people. After breakfast, you will head out on a road which was merely a sandy track tackled only by the most experienced or fool-hardy 4WDers until the middle of 2011 when a new fully bituminised road was completed. The track on which many a bogged 4WD had come to a watery end was not easy to tame and had its moments; Five unexploded bombs found on land next to the Defence Department site had to be detonated, and an 8km moving sand dune needed to be diverted – all the more reason to enjoy the 65 kms of smooth road and wide shoulder that you will spin over this morning. One of the highlights of this stage is the Pinnacles, encapsulated by Nambung National Park. The detour off the main highway is 7km each way but is well worth the effort to see this series of limestone pillars that have evaded complete erosion, leaving behind yellow sentinels up to 5 metres high in a sea of sand. Surrounded by thick vegetation, Dutch explorers passing in their ships believed this unique landscape to be the remnants of an ancient city. We will have lunch here at this eerie moon-scape before heading back to the main road and on to our overnight stop at Jurien Bay, a vibrant fishing town of 1200 people.

Jurien Bay to Dongara — 132km — Mon 21 May 2018 — B L D A

Day 3. Today we push the pedals further up the winding coastal road where the traffic is sparse and the road passes through small fishing villages, National Parks and lovely coastal scenery. Beekeepers Nature Reserve joins

onto Leseur National Park, one of the richest flora reserves in Australia. Here 200 of the 900 plants recorded are either rare or significant. The road leaves the coast for a short time at the end of today's route before heading back west into the twin towns of Dongara and Port Denison - jewels of Western Australia's stunning Coral Coast, offering true coastal village charm and the ideal holiday setting. This place is popular for good reason.

Dongara to Geraldton — 65km — Tue 22 May 2018 — B L D A

Day 4. Today is our last day on this stage of the tour and provides excellent coastal scenery, great riding and lots of beaches. It's the shortest day on this stage, so kick back and take it all in as you cruise past the low coastal vegetation, which provides unobstructed views. Throughout this area you will see leaning gum trees and at first appearances perhaps consider yourself lucky that you are not tackling the same winds that bent over the trees. However, while it is a windy area, it is the salt in the wind that prunes them into the interesting shapes that you see. We arrive in the friendly town of Geraldton and head to our hotel conveniently located in the heart of the city. Congratulations on completing Stage 1 with us! Tonight, we will have a celebratory dinner before our rest day tomorrow.

Geraldton (Rest Day) — NA — Wed 23 May 2018 — B - - -

Day 5. Geraldton began in the 1850's as an outpost for convicts who built many of the beautiful historic buildings. It has since grown to a major port and service centre for the region. A few not-to-be-missed highlights are the HMAS Sydney Memorial, a moving tribute to the sailors who died in Australia's greatest maritime disaster and built on top of a hill with breath-taking views. Every day at 10:30 am there is a free tour where volunteers explain its significance. For those who love their history, or even a good story, the museum is a must. The region has an enthralling maritime history with a great display of the Batavia, a Dutch ship that ran aground in 1629. The survivors made it to land only to face a slow and bloody mutiny where over 100 were killed. The story is depicted with fascinating displays and includes the stone portico that was found on the ship. If you are leaving the tour today we can take you to the airport this morning, or you can catch a taxi (12km).

