



Information Corner



The Good Oil



There are a record number of eight different ride options for the **2008 Around the Bay in a Day®** - Get Sponsored for The Smith Family. Choose your challenge!

Ride Option 6 - 100km

Not ready to go all the way Around The Bay yet? This Ride takes you along the eastern side of Port Phillip Bay, commencing at Sorrento and finishing back at Alexandra Gardens in Melbourne.

Key Dates:
Registration Opens 7 April
Free Jersey Incentive Closes 23 June
Registration Closes 3 October

Sunday 19 October
www.aroundthebay.com.au Email atb@bv.com.au

Ride Option 7 - 80km Schools Challenge

For students only! This ride takes you around the eastern side of Port Phillip Bay, commencing at Alexandra Gardens in the City of Melbourne, then heading in a clockwise direction to Patterson River the halfway turn around point and finishing back at Alex-

andra Gardens in Melbourne.

Key Dates:
Registration Opens 7 April
Free Jersey Incentive Closes 23 June
Registration Closes 3 October

Sunday 19 October
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Ride Option 8 - 50km
Looking for a casual family ride that takes in the Westgate Bridge? This ride commences at Alexandra Gardens in the City of Melbourne, takes you over the Westgate Bridge, then into Hobson's Bay to the halfway point at the Altona Beach Break before heading home back again crossing over the Westgate Bridge to Alexandra Gardens.

Key Dates:
Registration Opens 7 April
Free Jersey Incentive Closes 23 June
Registration Closes 3 October

Sunday 19 October
www.aroundthebay.com.au



A Special thanks to:



For welcoming us into town

Stretching



9. Wrist Extensor Stretch
(tilt head to opposite side, keep elbow straight)

Day 12 - Follow the River: Singleton to Morpeth



There's only two days to go. Today ride along the hunter river and through the valley for the 64KM's to Morpeth. The town itself is a living time capsule of the world that once was.

Sure, the dockyard which once supported a thriving trade for the town have now gone, but wander down the cobblestones of Swan St and you'll see what we mean! This is the town where Arnotts Biscuits started from humble beginnings and today the town offers galleries, gift shops, cafes, bakeries and many other enticements.

Hurry and get into town.

The local residents are very excited to be welcoming us to town and it's sure to be a memorable last night for your 2008 Great Escapade. It'll make the extra few kilometers to get here, more than worthwhile!

MENU

Lunch: Triple layer sandwich with chicken, bacon, cheese, lettuce, tomato and mayo

V. Triple layer sandwich with egg, lettuce, fresh tomato and herb mayo

Diner: Grilled beef steak, mushroom sauce, potato wedges and garden salad.

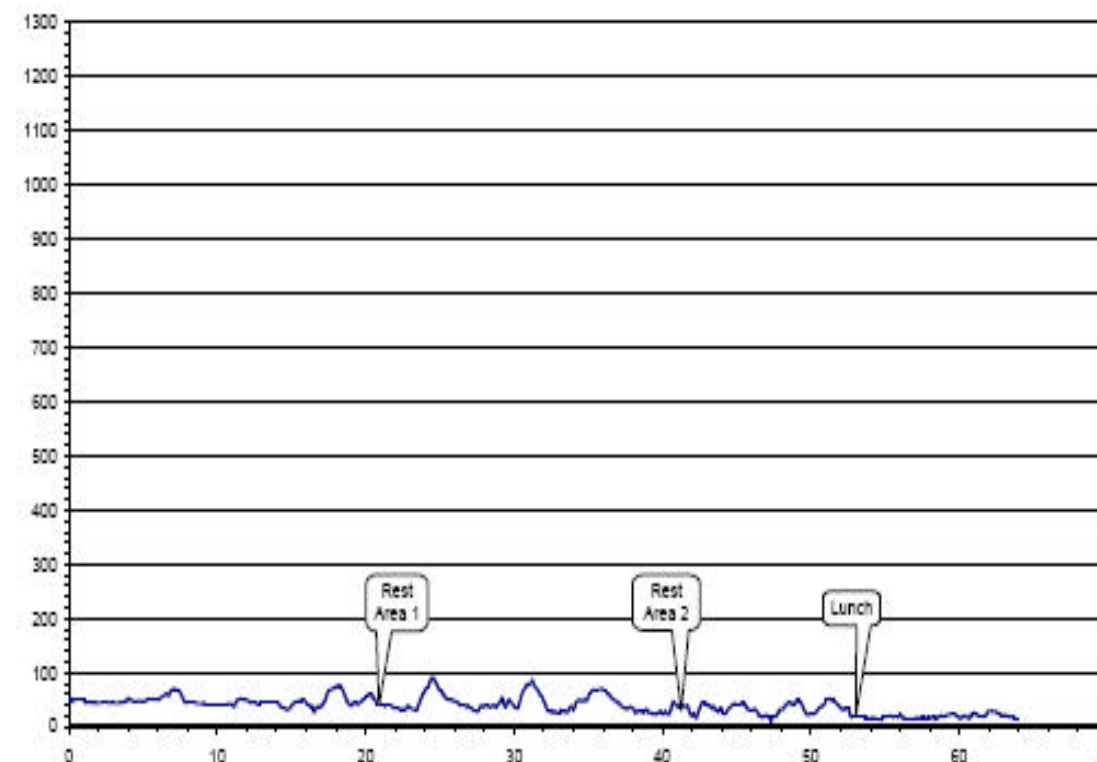
V. Italian rice balls, mushroom sauce, potato wedges and garden salad

Desert: Creamy Italian trifle

QUOTE OF THE DAY

Live and work but do not forget to play, to have fun in life and really enjoy it.
- Eileen Caddy

Route Profile



Riding Tally

Today's Length:
61KM

You've done:
697KM

You've got
53KM

to go!!

Five Must Sees

1. *Morpeth Heritage Walk* - The Morpeth Heritage Walk will bring to life the colourful history of Morpeth and its characters. Written history is interwoven with the creative tiles to make this a walk that brings history alive. Get a copy of the Heritage Walk brochure at the Maitland Visitor Centre or one of the local Morpeth businesses.

2. *Morpeth Sourdough Bakery* - Surely no visit to Morpeth would be complete without a look at the birthplace of Arnotts Biscuits at the back of the Morpeth Sourdough Bakery. The Bakery is operated by the great-great-grandson of founder William Arnott and offers tours of the original Bakehouse, as well as a tasty treat or two!

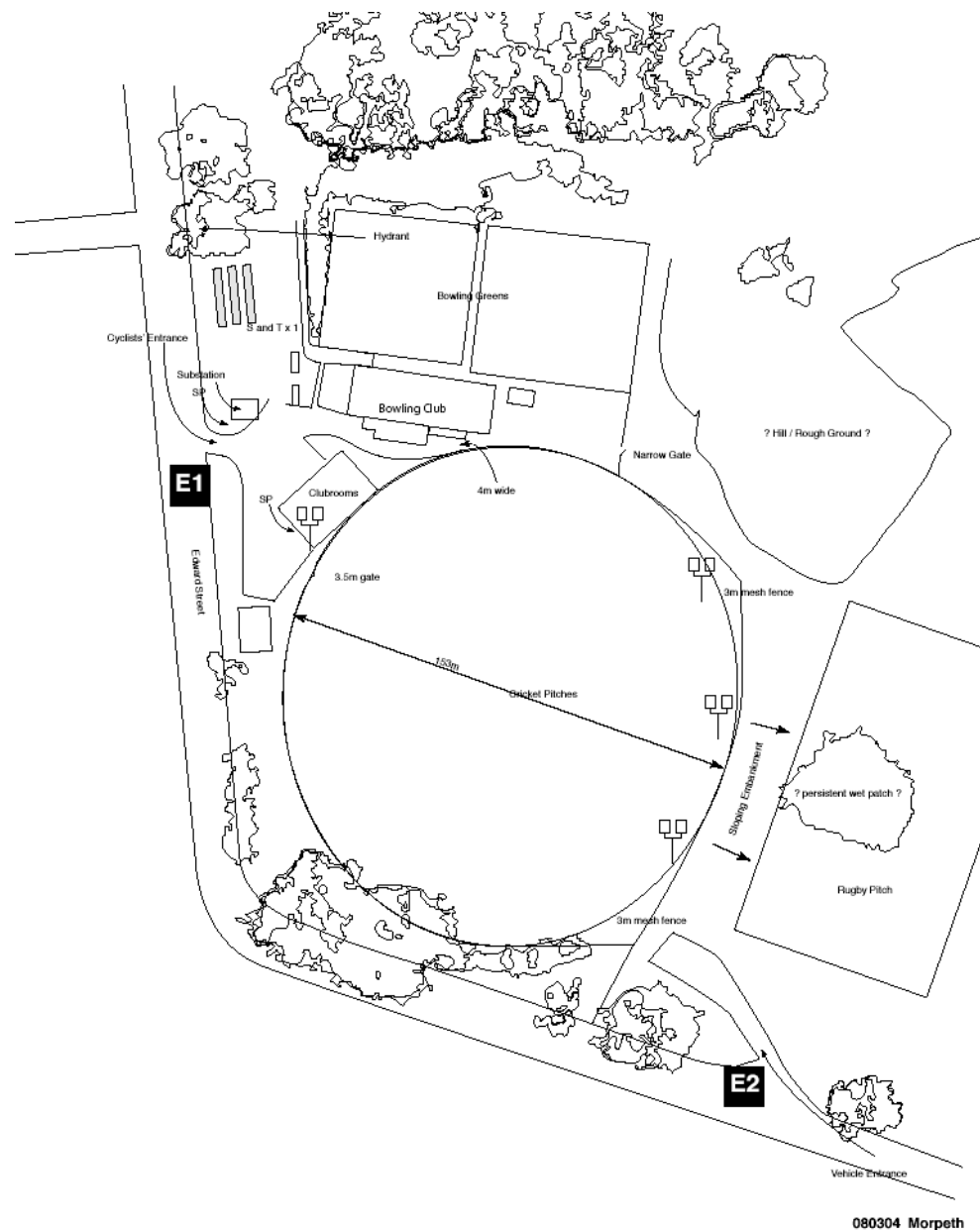
3. *Historic Maitland Gaol* - A key attraction of the Hunter, Maitland Gaol has a vibrant history spanning more than 150 years. After housing some of Australia's most hardened and notorious criminals, Maitland Gaol closed as a correctional institution in 1998. The cell doors have now been swung open, with visitors invited to serve a small amount of time learning about the facility, past prisoners and daring escapes. Open 7 days, Maitland Gaol offers visitors the opportunity to indulge in self-guided tours, however the best way to interpret this unique attraction is to take a themed-guided tour or torchlight tour by night.

4. *Maitland City Centre* - Maitland City Centre is a unique shopping and dining experience nestled in a beautiful location on the banks of the Hunter River. This riverfront precinct provides locals and visitors with the most luxurious and relaxing setting for a great day out. Whether you opt for a reviving cappuccino in a riverside café, a haute cuisine meal, palate pleasers for the children, or something in-between, you can be sure of an enjoyable eating experience in the City Centre.

Maitland City Centre has six main shopping precincts: the open air ambience of Heritage Mall, East and West Ends of High Street, Maitland Hunter Mall, Maitland Market Place, Pender Place Shopping Centre and the Home-makers Centre.

5. *Walka Water Works* - As well as being a popular picnic and recreation area in the Maitland district, Walka Water Works is also steeped in history that gives it a special place in the Lower Hunter's heritage. The National Trust complex features its pumphouse with chimney and ornate brickwork and is

one of the largest and most intact 19th Century industrial complexes in the Hunter Valley. The large lake area with over 300 species of bird life is suitable for water sports like canoeing and sailing, and walking trails surround the lake. Picnic and barbeque facilities are available and there is a children's playground at the old pumping station.



ENTERTAINMENT INFO

Café de Canvas
7.30pm—yellow taxi band: playing covers for your enjoyment

Its the last night and its Party Time!

Maitland Gaol Tours

While you are in Maitland and Morpeth take the opportunity to experience one of the unique attractions of the area. Maitland Gaol has a vibrant history spanning more than 150 years. After housing some of Australia's most hardened and notorious criminals, Maitland Gaol closed in 1998. The cell doors have now been swung open for public inspection.

To allow you to experience one of our most popular tours, Maitland Gaol will schedule a special Ex-Inmate Tour for Great Escapade participants/volunteers on Wednesday 9 April at 3.00pm and again at 4.30pm. To take part you will need to pre-book and pre-pay. Just ring the Maitland Gaol office on (02) 4936 6482, advise you want to book on the special Great Escapade Ex-Inmate Tour and choose your preferred time. All participants will be offered the special discounted rate of \$12.00/person and payment must be made with your booking which will be on a first come-first served basis. Take "a look at life on the inside".

A special shuttle bus will be organised to transport you from Morpeth to the Gaol and return. Maitland Gaol is located in East Maitland, just five minutes drive from Morpeth.

Visit the Water Works

Enjoy the popular picnic and recreation area in the Maitland district, Walka Water Works is also steeped in history that gives it a special place in the Lower Hunter's heritage. The large lake area with over 300 species of birdlife is suitable for water sports like canoeing and sailing and walking trails surround the lake. Picnic and barbeque facilities are available and there is a children's playground area at the old pumping station built in 1887.

Party Time!

Its the last day of the Ride and time to Party and celebrate your amazing achievements! Morpeth's a perfect place for our last night as there's plenty of places to kick up your heels! The Willow Restaurant on Swan street is a restaurant which focuses on local, seasonal and organic food. They will be putting on a special spread for the Great Escapade, making it a great place to enjoy you last night! Also in town there is the Morpeth Sourdough Bakery. This is the original home to the Arnott's and the founder of Arnott's Great Grandson still owns and runs the Bakery. They also have an upstairs restaurant which does great food with a great view. There's also the Commercial Hotel and the River Royal Inn if something to wet your whistle appeals more to you!

Sudoku

| | | | | | | | |
|---|---|---|---|---|---|---|-----|
| | 2 | | 4 | | | | 6 |
| 7 | 3 | | 1 | | | 8 | |
| | 6 | 9 | | 2 | 3 | 1 | |
| | 1 | | 4 | | 5 | | 2 |
| 4 | | | 3 | | 1 | | 9 |
| 6 | | 3 | | 9 | | | 8 |
| | | 8 | 2 | 7 | | 6 | 5 |
| | | 5 | | | 6 | | 1 4 |
| 3 | | | | | 5 | | 7 |

JOKE OF THE DAY

Q. Why did the toilet paper roll down the hill?

A. To get to the bottom

HAPPY BIRTHDAY



Ivor Shirley

The Great Escapade team would like to wish you a very Happy Birthday!