

# Information Corner



# The Good Oil

## Day 6: Rest Day - Mudgee



Mudgee is the second oldest town in inland Australia . It's name is aboriginal for 'nest in the hills.' On your rest day take in the scenery, head on one of the many tours of the town or it's surrounding wineries, visit the farmers market and taste some of the local produce or simply take a relaxing stroll through town and sit at one of the pubs and enjoy a cool beverage.

Rest up ready for your big days riding tomorrow!

### MENU

- Lunch:** Lunch is not supplied on the Rest Day, you need to purchase your own Lunch in town. Why not visit the Mudgee Farmers Market?
- Diner:** Beef pot roast with Mushroom Risotto and fresh vegetables
- V.** Mushroom Risotto with wild local Mushrooms and fresh vegetables.
- Desert:** Raspberry Cheese-cake Dessert

### Quote of the Day

Blessed are the flexible, for they shall not be bent out of shape.  
- Anon

### Riding Tally

Today's Length:  
0KM

You've done:  
275KM

You've got  
475KM  
to go!!



If you need any help by the side of the road, tip your bike upside down... regardless of whether it's mechanical, emotional or physical help you need!

Pumping up your tyres... regardless of whether you own a pump or not!

Booze Less, so you don't wake the other campers and you enjoy tomorrow's ride more (and you'll be less dehydrated)... regardless of how much you think you can drink!

Lock up your bike, EVERY time you leave it...regardless of how safe you think it is.

Always wear a correctly fitted helmet... regardless of how far or fast you are going!

If you don't know something, ask 3 people, before asking the volunteers at the Info tent... regardless of which gender you are!

Carry your toothbrush and paste in your eating utensils bag...regardless of how good you think your memory is!

Always wash your hands before eating...regardless of how few germs you think you can see!!

Fix your bike in the evening... regardless of how much time you think you'll have in the

morning!  
Assume you are invisible to drivers...regardless of the size of your mouth!

Never ride more than 2 abreast and only when it is REALLY safe to do so... regardless!

Always do right and left hand-signals...regardless that the law says cyclists only have to do right hand ones!

ALWAYS ride on the left-hand side of the road, with both hands on the handle-bars... regardless of how cool you think you are!

If you have children on the ride, make it a really happy experience for them, so they want to come back...regardless of how much you love riding!

Be well prepared so you will, "Love cycling, as much as we do"... regardless of what your friends think!

Seize the day, it will never return...regardless of how immortal you think you are!

When you get home Don't throw your bike in the shed, vowing to never ride it again... regardless of how tired or sore you are! Keep it handy to ride EVERY DAY and we'll see you on the next event!

### Warby tips The WARBY's Recommend:

When exercising, Eat before you're hungry and Drink (lots) before you're thirsty... regardless of the weather!

Cover as much skin as possible and apply UV cream to the exposed bits...regardless of whether it's sunny or cloudy!

Keep your shower VERY short and shower after 5pm... regardless of how smelly you are

Carry a rain-coat with you every day...regardless of the forecast!

Carry at LEAST a spare tube, tyre levers, a puncture repair kit, a shifting spanner and a pump that fits your valves...regardless of how short the journey is.

When stopping, call out "stopping", do a LEFT hand signal, check over your shoulder and get RIGHT OFF the road... regardless of how few people are with you!

Get going early, so you can enjoy the day...regardless of how big and strong you think you are!

Being extremely patient, both on the road and in camp... regardless of how important you think you are!



## Tours in and around Mudgee on Rest day

### Mudgee Town and Winery Half Day Tour

Departing at 9:30am, this tour will take in all the history and grandeur of Mudgee before heading onto three vineyards for tastings of local wines and produce. On your way back into town there will be a visit to the Mandurah Studio at the restored Railway Station. Here you can view a collection of local arts, crafts, jewellery, lead lighting and more. From here it's back to the campsite at about 1:00pm to spend the rest of the afternoon further exploring Mudgee!

### Mudgee Town, Winery and Gulgong Full Day Tour

Departing at 10:00am, this tour takes in Mudgee Town before heading onto some local wineries for wine tasting and local produce tasting. After visiting the vineyards it's onto Deeb's Kitchen for lunch, a lovely restaurant set amongst the vines. Why not purchase a bottle or two at a winery and enjoy the BYO option at the restaurant. After lunch its onto Gulgong for a look around this beautiful town, "Where History Lives". Included is a tour through the Gulgong Pio-

neers Museum, which houses one of the finest collections of historic Australiana pieces in the land. You'll find it easy to loose yourself in the Museum so its lucky you've got a few hours in Gulgong before heading back to Mudgee around 4:00pm.

### Gulgong Shuttle Bus

Departing Mudgee at 9:30am, the bus will shuttle you to Gulgong in order for you to explore the many things to see in Gulgong. This will give you a chance to loose yourself in the history of the Pioneer Museum, the Henry Lawson Centre or many other Historical Sites in Gulgong. The bus will return to Mudgee at 2:00pm giving you plenty of time in town. Pre Bookings are essential to ensure the service runs.

### Hillend Historic Town Full Day Tour

Departing at 9:00am, we're heading for Hillend and History Hill. In Hillend you'll get a comprehensive History Tour which includes access into the Hillend Church (1872) and to Merlins Lookout to see the World Record Producing Site for the largest single mass of gold! After a hardy lunch its off to the museum for more history about the area and an optional underground mine tour! After some more free time to explore the town its back to Mudgee for an approximate return of about 5:00pm.

## Dunns Swamp & Wollemi National Park Full Day Tour

Departing at 8:30am, its off to Dunns Swamp, who's beauty belies its name! Morning tea will be served upon arrival and during the rest of the day there will be boat cruises, short guided walks with self guided walks available also. Canoeing is also available. Lunch will be supplied before departing around 3:00pm for a 5:00pm return to Mudgee.

### Stop the Press!

This antique press is just one of the many amazing pieces on display at the Gulgong Pioneers Museum, a place of true Australian History.



### Campsite Hints

You can wash your clothes during the afternoon at the Dishwashing station and near the Showers.

## ENTERTAINMENT INFO:

### Café De Canvas:

7:30 Talent Quest—Get your best Talent Quest act organized for tonight to help entertain your fellow riders and maybe even win yourself a prize!

Entries can be given to the Happy Helpers at the information shed. A brief description of your act is all that's needed to get your entry in!

### Mudgee:

There's plenty of entertainment happening in town on your rest day, get out there and check it out!

## The Great Escapade Markets

Thursday April 3  
St Mary's Catholic Church Grounds  
Starting 10am

Local Produce Market: Come and Sample the best of what the Mudgee Region has to offer in food, lots of samples to try

Wine Tasting: sample and compare the wines of the regions, chat to the winemakers, and order wine to be delivered to your door.

Grape Stomping: Get involved up to your knees in the local wine industry. Taste Grape juice as you've never tasted it before.

Lunch on freshly cooked wood fire Pizza, Vietnamese spring rolls, or local pork sausages in a roll, while you relax in the shade and listen to live music.

Mudgee Fine Foods Regional Produce Hampers  
'A taste of Mudgee' - \$60  
Includes choices of 6 products from the producers at the market. Add \$15 to have it sent to your door with registered post  
'A Regional Feast' - \$85  
Includes choices of 6 products from the producers at the market. Add \$18 to have it sent to your door with registered post  
Simply collect an order form on the day at the farmers market and taste your way around the stalls to select your products.

## Sudoku

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

## JOKE OF THE DAY

Q. Why did the man freeze his money?

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A. He wanted cold hard cash

## HAPPY BIRTHDAY



John David

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