

## Information Corner

2008 Great Escapade™

# The Good Oil

## Day 7 - Back in Time: Mudgee to Cassilis



Royal Hotel - Cassilis

Follow direction from the Route Marshals and head left along Henry Lawson Drive to take in the scenic route. A few km's along, in the midst of vineyards, stop and check out Henry Lawson's Monument, the fireplace

from his family home.

At the locality of Home Rule, cross over Cooyal Creek twice and continue along through the open fields towards the Historic Town of Gulgong. After you've had your fill in Gulgong, it's time for some serious riding, set off towards Ulan along Deadman's Creek. It's a 23 km push into the small town of Ulan where you stop for lunch at the primary school.

Head out past the enormous Ulan Mine and travel north. It's pretty flat today, with a few rises and falls along the way.

You're relieved to get to the Golden Highway intersection, then take the right turn alongside the Turill State Forest for the last 10 km into Cassilis.

### MENU

**Lunch:** Chicken Caesar salad

**V.** Vegetarian pesto penne salad

**Diner:** Mexican lamb with steamed rice, corn chips and coleslaw

**V.** Mexican beans with steamed rice, corn chips and coleslaw

**Desert:** Chocolate Mousse Dessert

### QUOTE OF THE DAY

Trust in yourself. Your perceptions are often far more accurate than you are willing to believe.  
- Claudia Black

### Riding Tally Past Half Way!

Today's Length:  
102KM

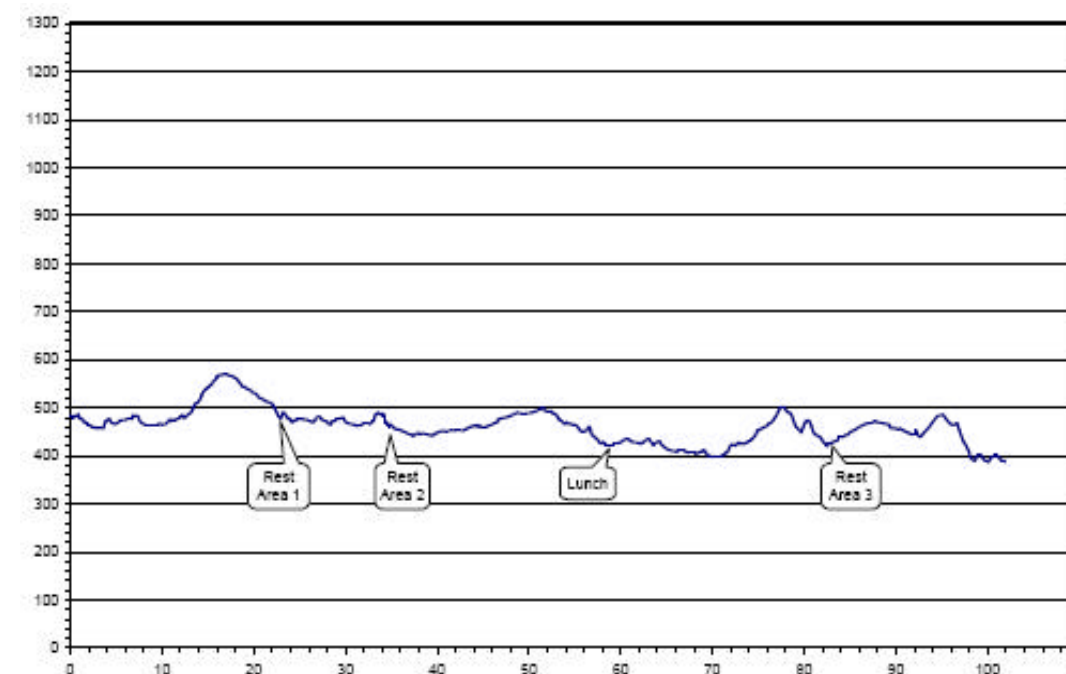
You've done:  
377KM

You've got

373KM

to go!!

### Route Profile



Pancakes and peace and quiet! The Ride2School program is being evaluated by a team at Deakin University. This process gives us invaluable insight into students', parents' and teachers' perceptions of the program - what they like and what we can improve on...

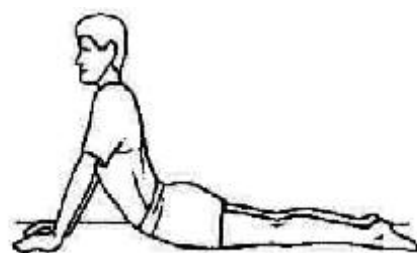
Students have said they like to walk and ride to school because it gives them...

- One on one time with their friends
- Time away from parents
- Prevents greenhouse gas emissions
- Don't have to spend money on petrol
- Pancakes! (many schools provide pancakes on Ride2School Days)
- It's faster to get to school
- Peace and quiet



### Stretching Lower Back

Lying face down on the floor put your hands in a press-up position either side of your shoulder keeping your hips as close to the floor as possible. Slowly push up until your arms are straight. Don't worry if your hips lift a little way of the floor unless you're very flexible you won't be able to stop this happening. If lying on the floor isn't convenient put your hands on your hips and bend backwards whilst standing.



### Warby tips Keeping hydrated

You'll get sick of hearing this, but this is really, really important - keep up the fluids; you are exercising strenuously and need to keep well hydrated.

Start drinking before you get on the bike. If you get cramps, take some electrolyte replacement or sports-drink as well.

Once you are on the road, drink regularly. Plain water is fine, although sports drinks help replace salts and provide energy.

Buddy-up, ride with a partner and monitor each other's fluid consumption.

Carrying one water bottle may not be enough. Try to carry two bottles and refill at each water station. Get transparent drink bottles so you can see how much you have drunk. Drink during breaks.

Go easy on the caffeine, it is a mild diuretic.

Don't stop drinking water once you stop riding. You still need to replace lost fluids and keep yourself well hydrated for tomorrow's ride.



## Cassilis

The sparsely populated town of Cassilis draws you right into the top of the Hunter Valley and will provide you a home under a blanket of stars surrounded by rare and unique native flora.

As you settle in for the evening in the surrounds of your purpose built town listen out for signs of Jimmy Governor, past resident of Cassilis. Jimmy was a police tracker who turned bush-ranger and once resided behind the historic Cassilis Police Station. His existence was notable enough to form the basis of Thomas Keneally's book called 'The Chant of Jimmy Blacksmith'.

While you're exploring Jimmy's old haunts check out the other heritage-listed building including the hotel, court-house and church.

### Campsite Tip:

**Remember that tent walls aren't the thickest walls going around, so its important that you respect your fellow riders when waking early in the morning! Quiet Campers use the Quiet section**

## Must See...

### The Drip

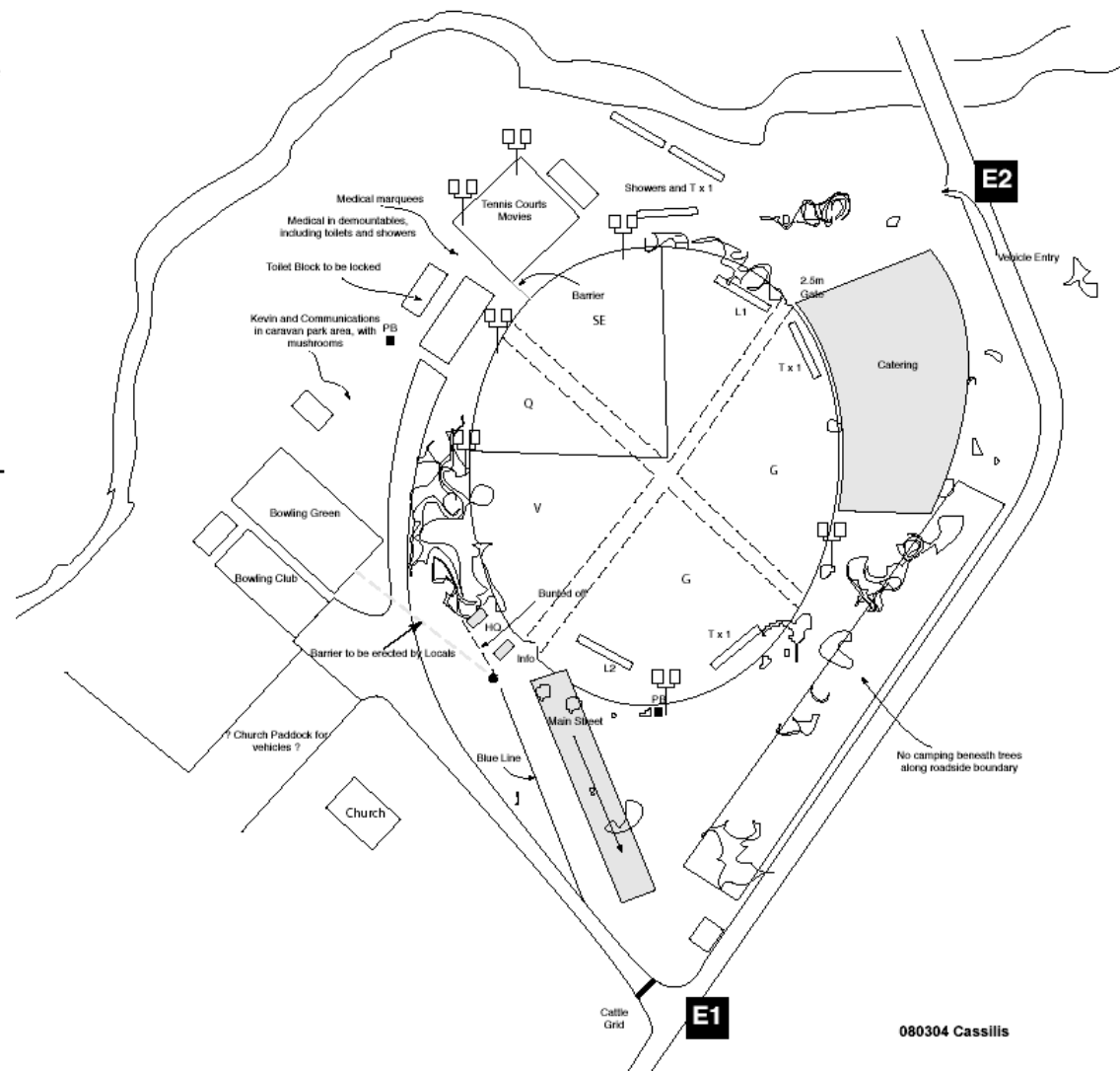
Just before you reach the Goulburn River a walking track begins and follows a cliff face adjacent the Goulburn River and over a footbridge. Following the rock face you will cross a small bridge, a tumble of rocks and Curra Creek. The walk will take you through a ferny glade, rock orchids and ferns on the cliff face. The track stretches onto a sandy riverbank and through a hollowed arch rock. As the track reaches a sign for the honey-combed cliff face you continue on and cross over the grassy bank, arriving at The Drip where the river flows over a rock platform.

### Royal Hotel

Beautiful old hotel. Cold Beer. Wonderful staff.

### Hands on the Rock

10 km south-west of Cassilis, the Ulan/Mudgee Rd heads south off the Golden Highway. About 20 km along this road take the signposted right onto the dirt road. After 100 m turn right into a small clearing and a 400-m walking track starts from the far side. It leads to overhanging rocks where there are Aboriginal hand stencils dating back hundreds of years.



## ENTERTAINMENT INFO

### Café de Canvas

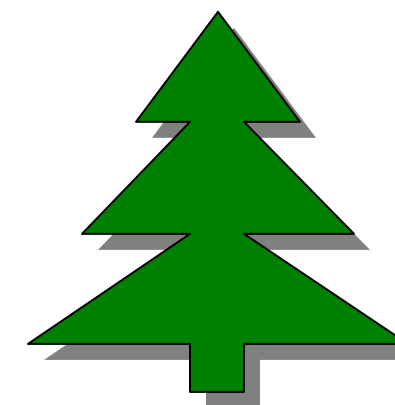
7:30pm—Michelle Little Band: A country singer and her 3/4 piece band. A local Dubbo Country singer, she'll astound you with her big country voice.

### The town comes to us!

The Great Escapade's 1,000 plus people easily dwarf the population of Cassilis which is around 120. Make sure you say hi to the locals and keep an eye out for them on our campsite, checking things out!

### Do You Know

1. The famous Wollemi Pine is native to this region. It is one of the rarest plants in the world and it's only known relatives are fossils which date back more than 100 million years to the dinosaur age.
2. Cassilis began in the 1830s as a private village called Dalkeith which served the Cassilis and Dalkeith stations.
3. The property on the east bank of the Munmurra was called Cassilis by Alexander Busby to commemorate the noble Scottish lineage of his mother Sarah who was the daughter of Robert Kennedy, son of the youngest brother of David, 10th Earl of Cassillis.
4. The entire village is heritage listed
5. Aboriginal bushranger Jimmy Governor worked as a police tracker at Cassilis just prior to taking up a job at Breealong. His story served as the basis of Thomas Keneally's novel The Chant of Jimmy Blacksmith which was made into a film. Governor lived behind the police station.



A Wollemi Pine

## Sudoku

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

## JOKE OF THE DAY

Q. What is the perfect cure for dandruff?

\*\*\*

A. Baldness

## HAPPY BIRTHDAY



Graham  
Colin  
Anthony  
Rodney  
Wayne  
William

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