

## Information Corner

2008 Great Escapade™

# The Good Oil

## Day 9 - Lakes Brooks and Rivers: Scone to Denman

### Warby tips

#### If you're bringing a child

- Make sure the bike fits the child, not the child fits the bike. (Often children's seats are too low.)
  - Keep your child in front of you; being left behind can be demoralising.
  - Monitor your child's food/fluid intake. Remember: eat before you're hungry and drink lots before you're thirsty. Carry spare food/fluid for your child.
  - Set out early and have regular rests; make it fun, not a chore. Perhaps carry some 'surprises' (e.g. your child's favourite food, drink, magazine, toy).
  - Ensure your child has his/her own spare tube, repair kit, pump and coat if they are riding a separate bicycle.
  - Do not allow your child to wear a back-pack (a small bum bag is fine).
  - Be very aware of good skin/body protection (children can become hypothermic or hyperthermic very quickly).
  - Encourage phone/mail contact with parents/siblings/relatives who are not on the Ride.
  - Seek out playgrounds, other family groups or something of interest along the route.
  - Be encouraging and positive.
- Cycle safely, cycle happily, cycle often.

### Stretching



**17. Adductor Stretch**  
(push down with elbows on knees very gently, keep back straight)

A Special thanks to:  
**Muswellbrook Shire Council**



For welcoming us into town

### Sausages a sizzling topic in Denman

A hot topic for discussion was the quality and variety of sausages that will sizzle in Denman come 6 April 2008. Whether it be Rotary, Lions Club or someone else altogether that tempts your senses on-site in Denman don't be find yourself snagged for discussion by missing out on trying one!



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 4 and 5 - 210km to Sorrento and return (No Ferry) or Queenscliff and return (no Ferry)

**More hills please!** 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 Sorrento. No need to wait for ferry, just return back to the Alexandra Gardens in Melbourne.

Or

**Smooth and flat!** This ride takes you around the western side of Port Phillip Bay, commencing at Alexandra Gardens in the City of Melbourne, then heading in an anti-clockwise direction to Queenscliff, No need to wait for ferry, just return back to the Alexandra Gardens in Melbourne, following a slightly different route.

### Key Dates:

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

### Sunday 19 October

[www.aroundthebay.com.au](http://www.aroundthebay.com.au)  
Email [atb@bv.com.au](mailto:atb@bv.com.au)

### Cattle Crossing—Denman



Happy travels to all those on the Tablelands Way who are heading home today. Well done to the riders and a big thank you to all the volunteers.

Welcome to the new riders who are

fresh and excited to start their 5-day Ride.

The 13-day stayers are a bit sore and sorry after the last two days of challenging riding.

Two more days to wind down before Rest Day amongst the vineyards.

Today you ride through horse country and pass through Lake Glenbawn more scenery to take your breath away.

It's a 70km ride today with a few short hill climbs but think of what's waiting for you on the other end. Denman, a small town with a pub filled main street.

### MENU

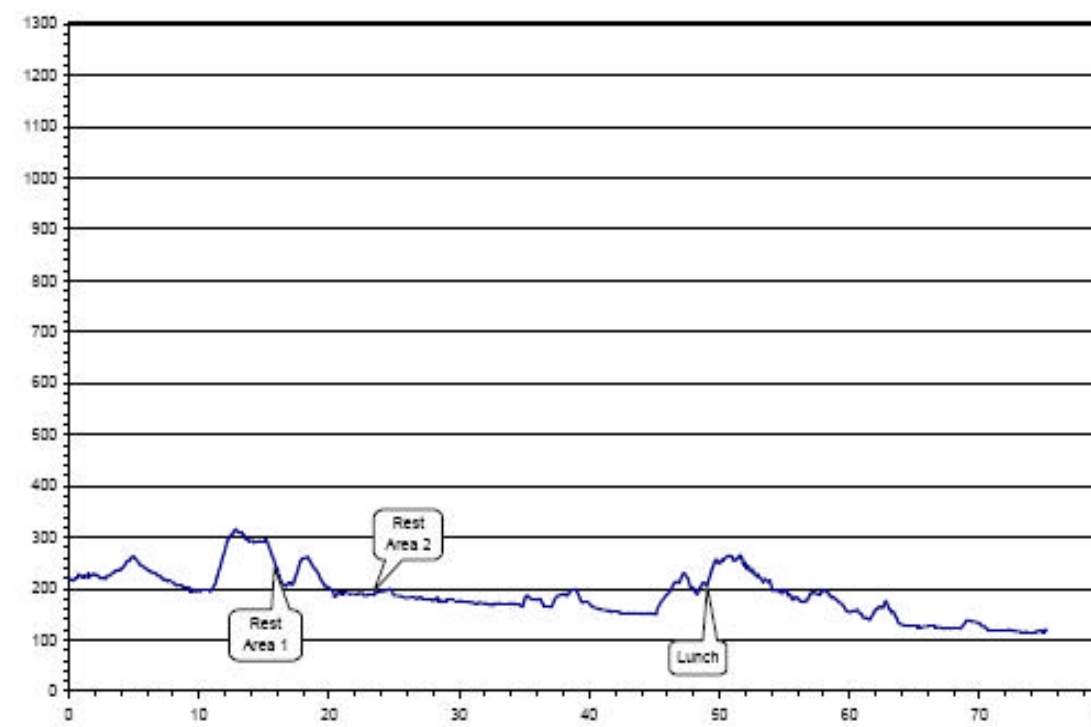
**Lunch:** French roll with chicked, brie cheese and green leaf  
**V.** French roll with fetta cheese, chopped olives, lettuce and tomato

**Diner:** Lasagne with fresh vegetables.  
**V.** Vegetarian Lasagne with vegetable.

**Desert:** Cheesecake!



### Route Profile



### QUOTE OF THE DAY

There was never a genius without a tincture of madness.  
- Aristotle

### Riding Tally

Today's Length:  
77KM  
  
You've done:  
561KM  
  
You've got  
189KM  
  
to go!!



# Terrific Towns - Colourful Communities

## Denman

Denman is a small rural town with a population of 1500. Denman hosts spectacular views of rich pastures spreading out from the banks of the meandering Hunter and Goulburn Rivers.

The town is situated on the bank of the Hunter River. The Goulburn river system meets the Hunter River 2km southeast of the town. The Hunter River has a constant flow of water thanks to Glenbawn Dam at the head of the river system.

*Denman's organising a few things for us!*

### Horse Stud Tours

Denman is situated in some of the most fertile Horse Breeding Country in Australia and is surrounded by a multitude of Horse Studs. The Horse Stud Tour will take you through several of our Countries best Horse Studs, such as Arrowfield, Emirates or Coolmore. The tours will be operated by Upper Hunter Tours.

### Wine & Olives Tour

Conveniently located close to Denman is the Beautiful Two Rivers Winery and the Pukara Estate Olive Farm. This tour will take you through both places with wine tasting at Two Rivers of their award winning White and Red Wines and at Pukara Estate you can taste Premium Olive Oils, including Flavoured oils. The Tour will depart the Campsite

at several times during the afternoon. For more information, ask our Happy Helpers at the Information Tent.

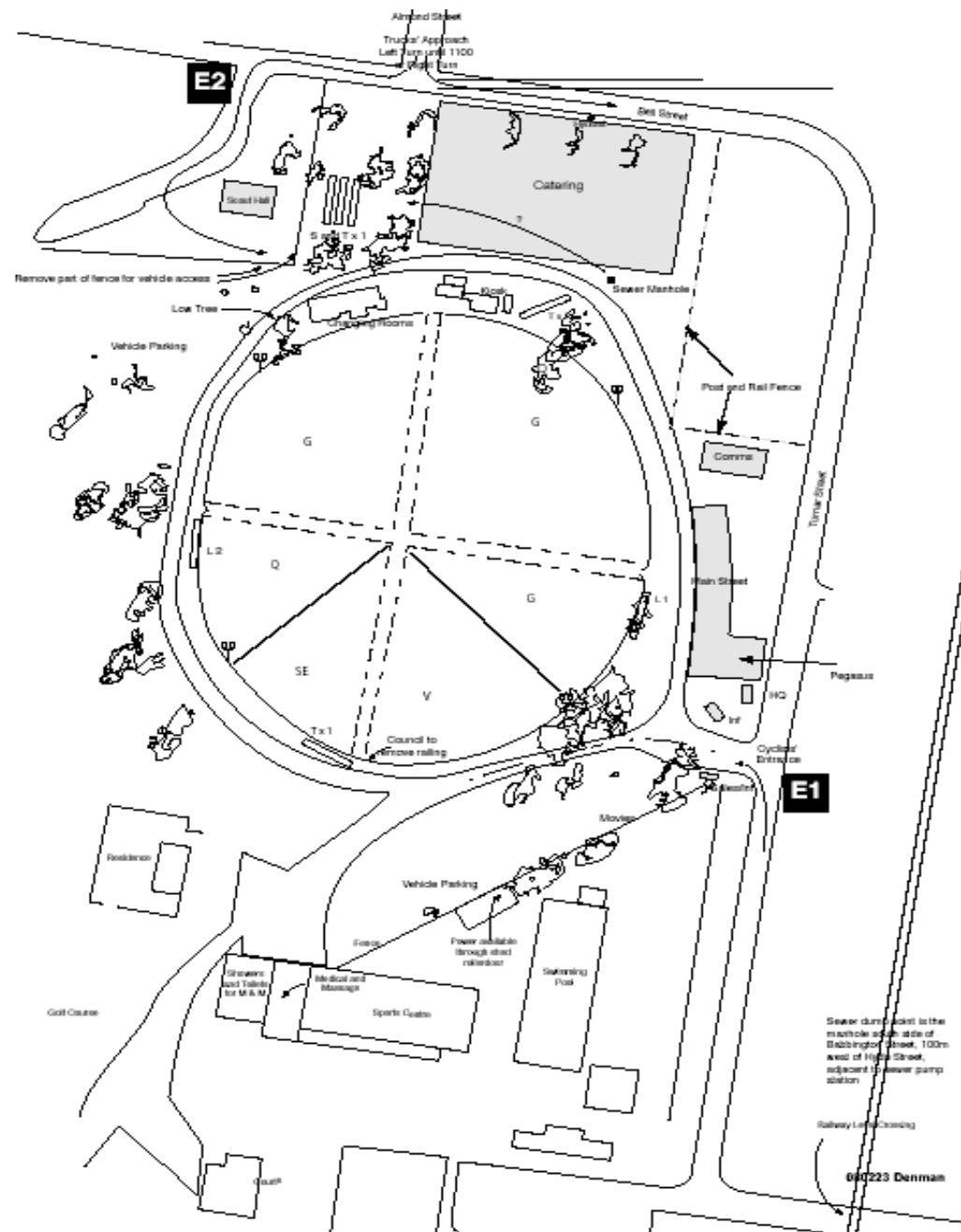
### Denman Heritage Town Walk

Take a walk through History with the Denman Heritage Walk. The walk takes you past 19 Buildings of Historical Interest including the Denman Hotel and the Royal Hotel. The Walk takes around about 45 minutes to an hour and is in

close proximity to the campsite. Maps will be available at the Happy Helpers or the Denman Visitor Centre.

### Campsite Tips:

Help out our amazing Eco team by picking up 5 pieces of Rubbish everyday! Many Hands make light work!



## ENTERTAINMENT INFO

### Café de Canvas

7.30pm— Billy James—a soloist from Newcastle, come to share some tunes!

### Keep an eye out for Games on Campsite!



### Must See Today!

- Glenbawn Dam
- Hunterbelle Cheese factory to Hunterbelle Cheese factory in Muswellbrook
- Wineries at Denman to Wineries on the Upper Hunter Wine Trail around Denman
- Olive groves pressing facility - on the way to Denman

The 2 biggest horse studs in NSW located near Denman - Coolmore and Woodlands Stud

### Do You Know

1. Denman is home to the renowned Woodlands Stud of Bob and Jack Ingham
2. It is also home to some famous horses, including Lonhro winner of multiple group one events and sire of Octagonal
3. Denman has been the setting for several movies and television programs including: "The Shiralee" filmed in the early 1950's.
4. The Goulburn river system meets the Hunter River 2km southeast of the town.
5. Continued flooding caused the population to move to its present site. Flooding was still a problem until a levee bank was established in 1988.

## Sudoku

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

## JOKE OF THE DAY

Q. In which country do peoples tummies rumble most?

\*\*\*

A. Hungary

## HAPPY BIRTHDAY



Ross  
Ken  
Howard  
John

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