



GREAT VIC BIKE RIDE



ISSUE 1: FRIDAY 22 NOVEMBER
ROBE

Tomorrow's riding: Robe to Millicent



WELCOME TO THE GREATEST GREAT VIC EVER!

Welcome to Robe, the starting location of the 36th iteration of The Great Victorian Bike Ride. Over the next week and a bit, we will embark on a journey that will be cherished for the rest of our lives as we hug the coastlines of The Limestone Coast and Great Ocean Road, traverse through the Great Otway National Park and finally reach the beauty of Torquay.

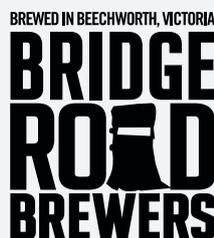
We don't take ourselves lightly when we claim that this will be the 'Greatest Great Vic ever', with stunning scenery, a challenging yet rewarding ride, and entertainment at every bend of our

adventure, we cannot wait to share it together.

With over 4,000 riders joining us on this year's ride, we are being supported by just more than 320 volunteers. Allowing for one volunteer per 13 riders, we guarantee you'll be well looked after the whole journey, from the road to the campsite, you can be sure you've got people looking out for you.

You can also rest easy knowing that any and everything going on with the towns we visit, people we meet, and stories we hear will be readable right here in The Good Oil.

SPONSORS & PARTERS



HOSTS





ROBE: THE TOWN THAT TIME FORGOT

Known affectionately as “South Australia’s favourite seaside town”, Robe is a bustling seaside village full of rich history. Still boasting more than 80 historic buildings and sites, you can ride the streets and coastal pathways, reliving Robe’s remarkable history and the events that have shaped a town that time once forgot.

With the beautiful Long Beach just over 3 kilometres away from the camp site, fascinating architecture and a waterside pub, there is no shortage of experiences to be had on our arrival day. If you’re a history geek like myself, you won’t want to pass up seeing the famous ‘Cape Dombey Obelisk’, which has been standing since 1852, throughout history it prevented many shipwrecks and saved hundreds of lives!

IN TOWN

CHRISTMAS NIGHT MARKET

To celebrate the start of the Great Vic, the Robe Tourism Association have organised a Christmas Night Market! Showcasing local shops, community groups, wineries, food and other Robe specialties, it’s the perfect way to immerse yourself in the culture of the quaint village.

AT CAMP

BBQ BREAKFAST

Before we begin riding on the 23rd of November, Robe Primary School will cook us a BBQ breakfast at the campsite, perfect for energising before our ride!

FUN FACT!

The longest single line of cyclists consisted of a whopping 1,186 riders! This was achieved in an event held in Bangladesh during December 2016.

IN TOWN

LONG BEACH

Long Beach at Robe is a safe family beach with gentle surf and is quite unique as its one of the few beaches where you can drive your car onto the sand. A unique part of Robe’s Heritage. It’s an ideal place to relax before we start our journey.

CAPE DOMBEY OBELISK

Sitting atop a rugged coastline, Cape Dombey’s cliffs are eroding due to the forces of nature. Unfortunately, because of this, the Obelisk’s days are numbered. It’s estimated that within 5 years the cliff’s erosion will send the historic icon into the sea, so make sure to see it while you still can!

CALEDONIAN INN

The Caledonian Inn is a historic English style pub in Robe. Over the past 160 years ‘the Cally’ has become a local landmark and the place to come for food and a drink by the beach in summer.

WARBY TIPS

Attitude

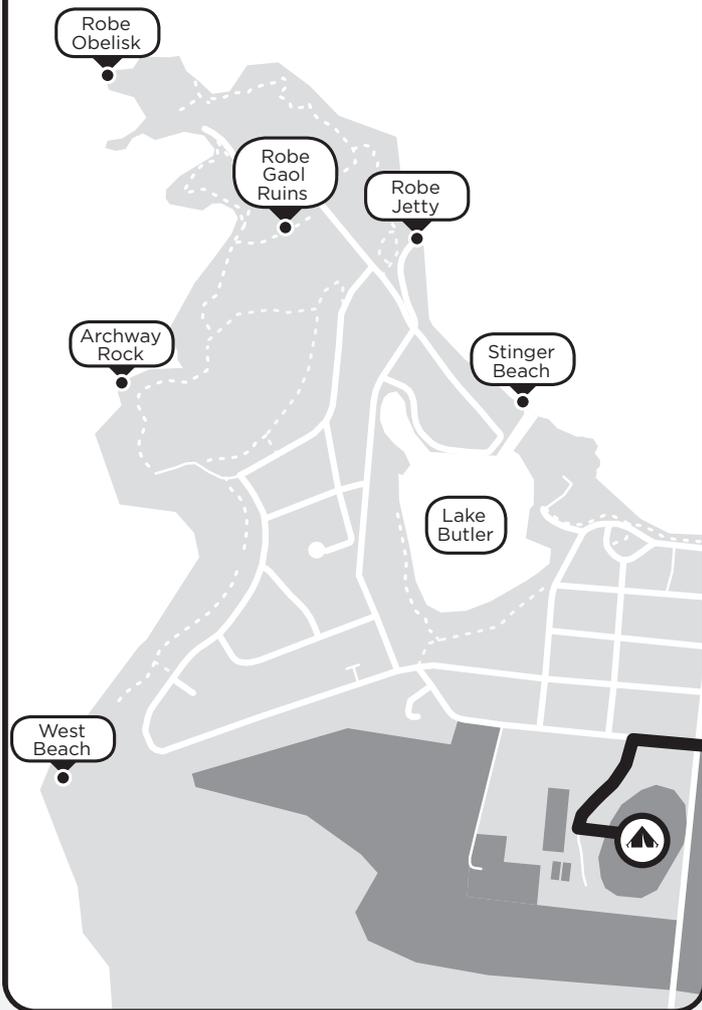
Enjoy the views, stop, rest and relax. It’s a holiday, not a race. You’re burning calories, you can afford the odd coffee and cake.

There is nothing wrong with walking up a hill, just be sure that you don’t get in the way of those still pedalling.

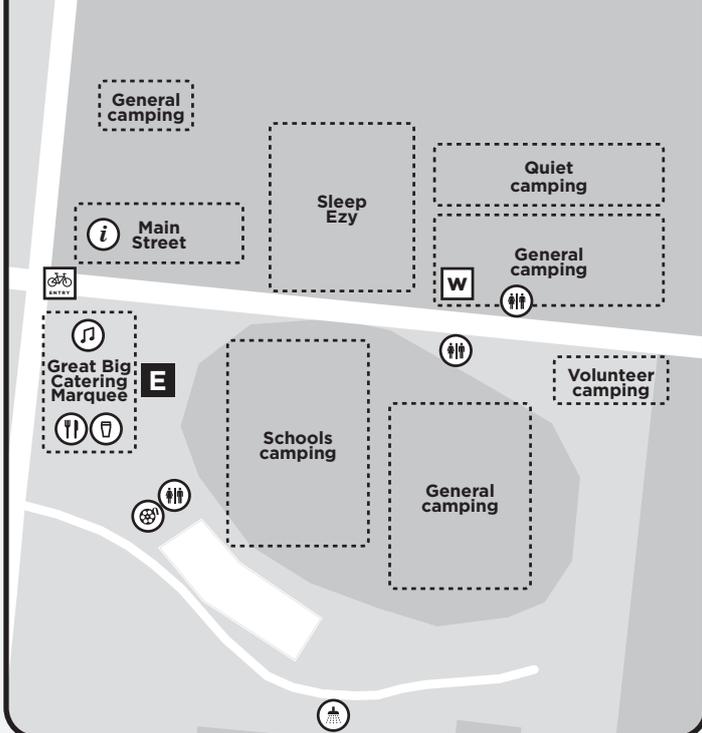
Get going early, particularly on hot days – beat the heat.

Never feel overwhelmed by a day or section of the ride. If it’s a big day, don’t think of the entire day’s ride distance, just the small section until your break. The worst that is going to happen is that you will be slow or need some help – neither of these conditions is terminal!

ROBE AREA MAP



ROBE CAMPSITE

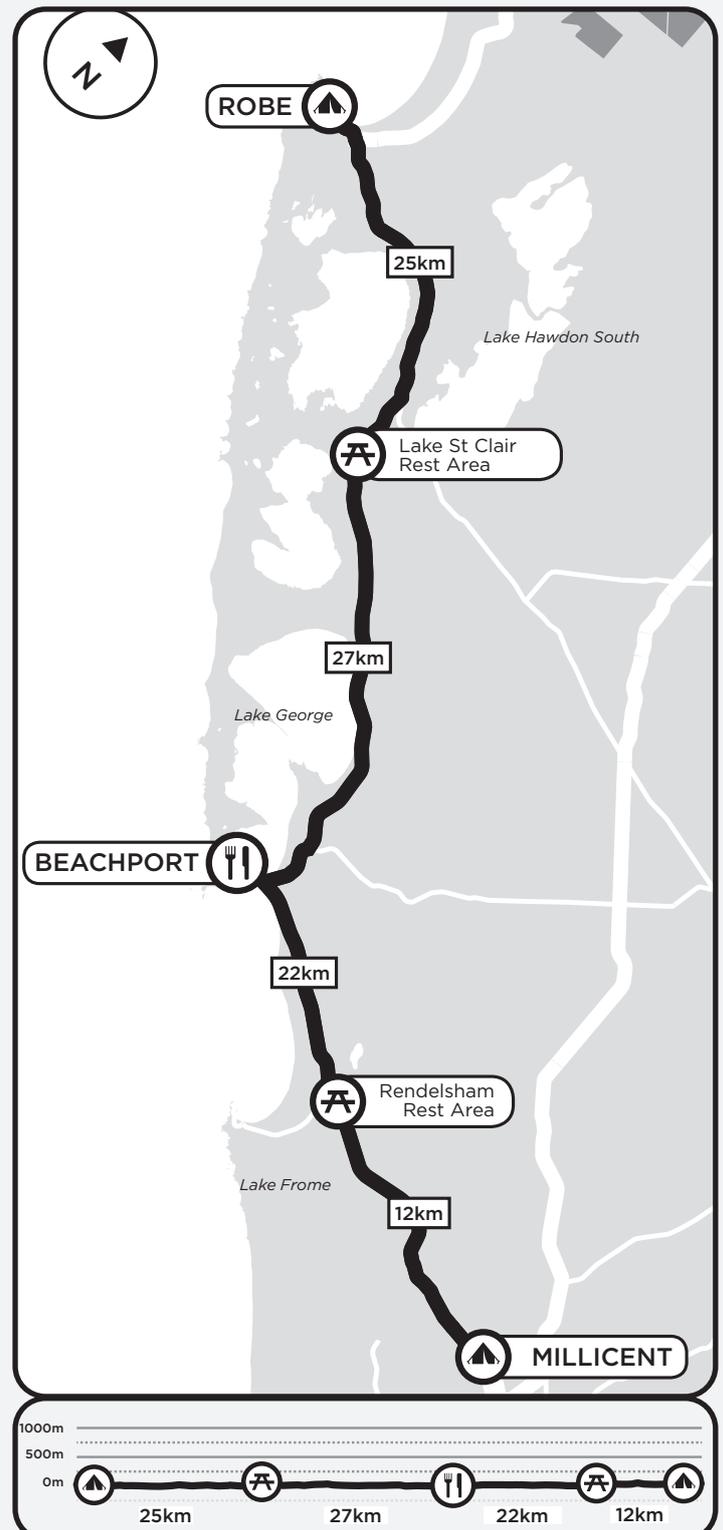


TOMORROW'S RIDE

Robe to Millicent

We'll ease into the first day on the bike with a relatively flat ride, hugging the coastline on the way to Millicent. Keep an eye out for Lake Saint Clair and be sure to take the time to explore the small coastal town of Beachport on your way.

The ride stops at Millicent overnight with plenty to see and do - the Millicent Swimming Lake is sure to be a favourite spot to cool off.



TOMORROW'S MENU

BREAKFAST

Porridge, cereals, muesli, yoghurt, fruit salad, fresh fruit, bread and condiments, gluten free cereal, gluten free muesli, tea, coffee, juice, milk.

SNACK

Chocolate muffin, gluten free chocolate muffin, jam tart.

LUNCH

STANDARD:

Mexican Chicken Pita

VEGETARIAN:

Mexican Pita

GLUTEN FREE:

GF Wrap with Chicken & Avocado

GLUTEN FREE VEGETARIAN:

GF Wrap with Roast Vegetables Quinoa salad with chickpeas

VEGAN:

Roast Vegetable Wrap.

DINNER

STANDARD:

Butter Chicken with coconut rice & salad

VEGETARIAN:

Chickpea spinach curry with coconut rice & salad

GLUTEN FREE:

Butter Chicken with coconut rice & salad

GLUTEN FREE VEGETARIAN:

Chickpea spinach curry with coconut rice & salad

VEGAN:

Chickpea spinach curry with coconut rice & salad

DESSERT

STANDARD:

Cheesecake

VEGETARIAN:

Cheesecake

GLUTEN FREE:

GF Cheesecake

GLUTEN FREE VEGETARIAN:

GF Cheesecake

VEGAN:

V Cheesecake

ENTERTAINMENT

TONIGHT

Main Stage

19:00 - 22:00: Calli Boys

Outdoor Cinema

17:00: Fantastic Beasts: Crimes of Grindelwald

19:30: Bohemian Rhapsody

TOMORROW

Main Stage

19:00 - 22:00: Christy Wallace

Outdoor Cinema

17:00: The Lego Batman Movie

19:30: Aquaman

Bridge Road Brewers Bar

14:30 - 17:00: WILLnKO

WHAT IS THE GOOD OIL?

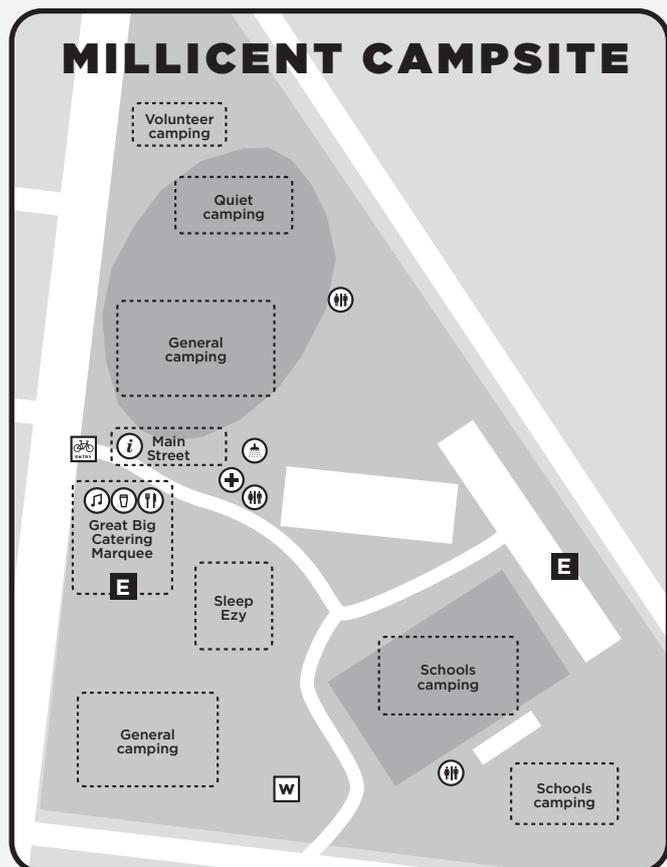
The Good Oil is the Great Vic's daily newspaper that is given to riders each evening and is a must read to ensure you, the rider, is kept informed on each day's happenings on the ride, and to get the real story about the tales you encounter while riding. It is our pleasure to take you on this adventure and you can be rest assured we will do our best to maximise your experiences throughout the ride.



TOMORROW'S TOWN

Millicent: A Community of Prosperity
Regarded by many as a hotspot on the limestone coast, Millicent is a vibrant and friendly community. Surrounded by pine forests, see if you can notice the distinctive aroma, as hidden within the woods is a pulp mill, paper mill and saw mill, all contributing to a scent of wood in the air.

After a relatively flat 86 kms hugging the beautiful coastline from Robe, make sure to pay a visit to the Millicent Swimming Lake to cool off. Elsewhere the town will also be buzzing with a street party and the annual Christmas light-up event. Also keep an eye out for the specially decorated bikes around the town!



IN TOWN

MILLICENT SWIMMING LAKE

The unique man-made Millicent swimming lake is set among spacious lawns and trees and is the perfect place to cook off after a long day riding. Plenty of shade is provided for shelter from the sun and a kiosk is available providing take away food and beverages.

THE LIVING HISTORY MUSEUM

The Millicent National Trust Museum is amongst the best local museums in Southern Australia. The building started as a primary school in 1873 and was later converted to a museum in 1960. It features all the stories of The Limestone Coast and is a great place for historians of all ages.

AT CAMP

TACO FEAST

Millicent United Soccer Club will be providing a delicious variety of tacos on the 23rd including beef, chicken, fish, vegetarian, as well as gluten and dairy free varieties. The Soccer Club will also be selling fresh fruits and juices on both the Saturday and the Sunday, whilst their canteen will be open all of Saturday.

BOOK EXCHANGE

Keep an eye out for the book exchange on Main Street - you can leave a book you're finished with and pick up a new one to read from the ever-growing library!

AT CAMP

BACON AND EGG BREAKFAST

Bacon and Eggs will be prepared on the Sunday morning by the Lion's club, as they send us on our journey towards Mount Gambier!

LASER TAG

The stadium will also be hosting laser tag from 5PM until late, no booking is required and pricing is at \$10 for 4 games.

LOCAL BASKETBALL

The Millicent MacJaguar Magic will be hosting the Horsham Hornets in a match for competition points at Millicent Stadium, next to the campsite. Entrance is only \$5 and chicken + beef schnitzel meals will be available for \$16. If you pre-book dinner, the entrance fee is waived!

ABOUT THE AUTHOR

Hey! My name is Thomas and I'm the author of this year's Good Oil. I'm an aspiring young writer and am both excited and humbled that I've been given this opportunity to write this year's iteration of the Good Oil. I'm eager to meet as many of you as possible and hear any wondrous and crazy stories you might have! Don't be afraid to come say g'day or drop into the hub to drop off any story ideas for The Good Oil!

ABOUT OUR ENTERTAINERS

CALLI BOYS

The Calli boys are a dynamic pub-rock band that will recreate your favourite memories through classic song. With hits ranging from the 60's through to modern dance tunes, there is something for everyone in the Calli Boys' shows. You won't be able to help yourself singing and dancing the night away.

WILLNKO

Willnko are a musical duo from Warnambool Victoria, their diverse range of styles, combined with their unique take on popular songs, makes them a popular choice for any function. They love a big crowd and are excited to play for you all!

CHRISTY WALLACE

Christy Wallace, joined by her husband on guitar and son on drums, the trio's gracious approach has won over crowds wherever they go, with a focus on country-folk style, relatable original songs of life in regional Australia. This creative element is mixed with a repertoire of acoustic recreations of popular songs, from Johnny Cash to Paul Kelly, Kasey Chambers and The Beatles, with an easy-going and entertaining rock vibe. She is looking forward to sharing classic songs from the '60s through to recent times with Great Victorian Bike Ride participants during the Millicent stopover to unwind and sing along after a day on the bike.



GREAT VIC BIKE RIDE



ISSUE 2: SATURDAY 23 NOVEMBER
MILLICENT

Tomorrow's riding: Millicent to Mount Gambier



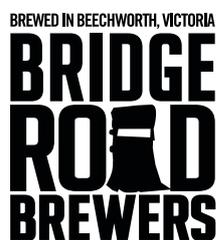
MOUNT GAMBIER: A NATURAL WONDERLAND

Situated on volcanic land, Mount Gambier is a treasure trove of beauty. With an unbelievable array of natural wonders, there is no shortage of sights to see during our stay here.

The Great Vic this year will boast countless breathtaking views, but perhaps none more breathtaking than the iconic 'Blue Lake',

located just a short drive from the campsite, it is still debated to this day just why the natural phenomenon is such an attractive shade of blue. If that's not appealing to you, Mount Gambier boasts some of the most incredible caves and sinkholes in the country, with some even resembling a scene out of Jurassic Park, it's set to be an unforgettable leg of the journey.

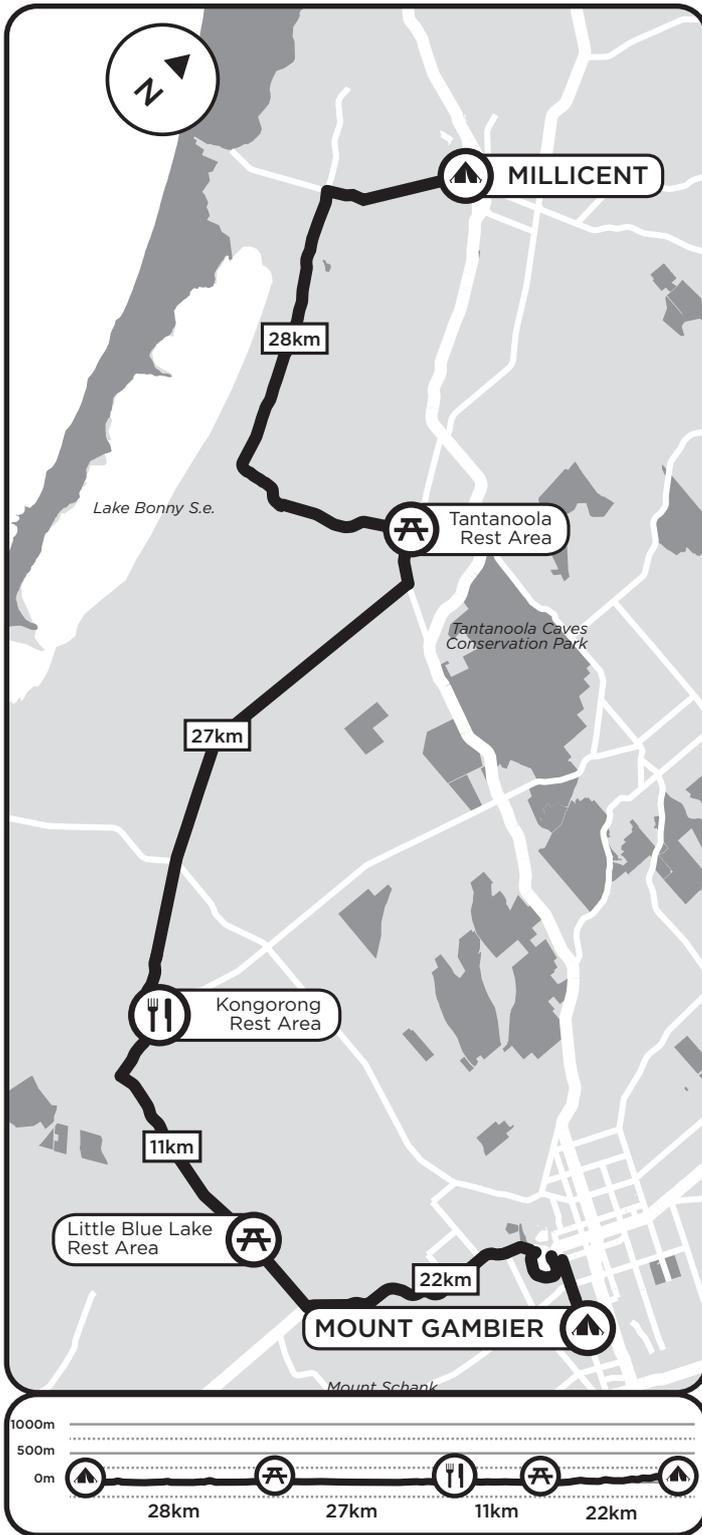
SPONSORS & PARTERS



HOSTS



TOMORROW'S RIDE



FUN FACT!

Had a ruff day on the ride? The fastest 30 metres on a bicycle performed by a dog is 55 seconds, achieved by Norman the Scooter Dog, what an impressive boy!

IN TOWN

BLUE LAKE

The Blue Lake in Mount Gambier occupies one of the craters of the extinct volcano after which the city has been named. Each November, the lake's sombre blue, which is in evidence during the winter months, mysteriously changes to an intense deep turquoise blue almost overnight. Lucky for us, we'll be there right as the lake is at its bluest!

THE MYSTERY OF THE TATANOOOLA TIGER

In 1893, there were reports of a strange animal in the Tantanoola area, it was described as a tiger. The tiger prowled the district for several years. In 1895, the tiger was killed, and it was revealed to be nothing more than an Assyrian Wolf. Some locals still believe the tiger is at large and the creature they killed was not the real perpetrator, the museum of the Tatanoola Tiger is roughly half an hour from the campsite and tells the mysterious tale of this elusive creature.

UMPHERSTON SINKHOLE

The Umpherston sinkhole, affectionately known as 'the Sunken Garden', is one of the most spectacular gardens in the entire country. Once upon a time, the sinkhole was a typical limestone cave that formed through corrosion. The sinkhole was naturally created when the roof collapsed in.

RSL WAR MUSEUM

If nature isn't your sort of scene, the RSL War Museum in town is renowned for its artefacts from combat throughout history, they also have some of the best food in town!

BOOK EXCHANGE

Keep an eye out for the book exchange on Main Street - you can leave a book you're finished with and pick up a new one to read from the ever-growing library!

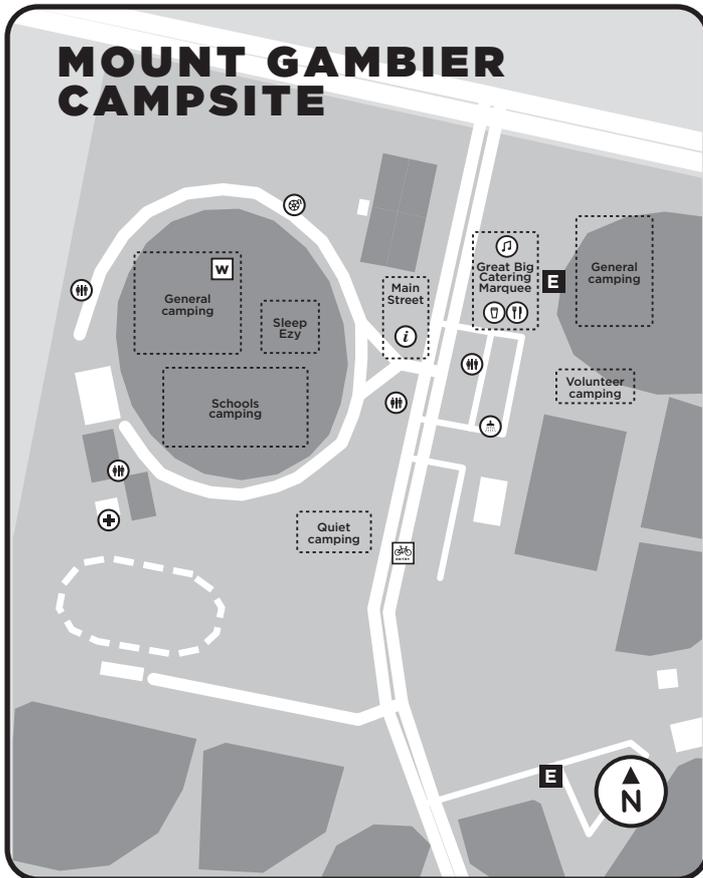
AT CAMP

LITTLE BLUE LAKE

While not technically at camp, we will be setting up a rest stop at the Little Blue Lake on our way into town. Here you can cool down from your ride with a swim in the lake, for safer access to the water, steps and a pontoon have been installed for easy entrance to the lake.

SCHNITZEL NIGHT

At camp, South Gambier Football Club will be hosting a schnitzel night in their clubrooms! Get down and support local sport, all while enjoying a tasty meal!



BOOK EXCHANGE

Keep an eye out for the book exchange on Main Street - you can leave a book you're finished with and pick up a new one to read from the ever-growing library!

WARBY TIPS

What to carry

Weight is better carried on the bike than on your back.

Carry a puncture repair kit and a spare tube and a pump; though others will always be willing to help, you have to help yourself first.

Also, add a piece of sandpaper to your puncture repair kit to get the surface prepared for the patch.

Group Riding

To avoid a collision in group rides:

- Point and call out the name of any hazards on the road
- Call car back when there is a car approaching from behind

? ANY QUESTIONS?
VISIT US AT THE HUB!

The Great Vic team is here to help and make sure you have the best time away with us. Visit us at The Hub on Main Street where we will be every day to answer your questions.

TOMORROW'S MENU

BREAKFAST

Porridge, cereals, muesli, yoghurt, fruit salad, fresh fruit, bread and condiments, gluten free cereal, gluten free muesli, tea, coffee, juice, milk.

SNACK

Cherry slice, hedgehog, gluten free hedgehog

LUNCH

STANDARD:

Pasta Salad

VEGETARIAN:

Pasta Salad

GLUTEN FREE:

GF Pasta Salad

GLUTEN FREE VEGETARIAN:

GF Pasta Salad

VEGAN:

Pasta Salad

DINNER

STANDARD:

Gourmet sausages with mash potato & onion gravy

VEGETARIAN:

Vegetarian sausages with mash potato & onion gravy

GLUTEN FREE:

Gourmet sausages with mash potato & onion gravy

GLUTEN FREE VEGETARIAN:

Vegetarian sausages with mash potato & onion gravy

VEGAN:

Vegan sausages with mash potato & onion gravy

DESSERT

STANDARD:

Pavlova

VEGETARIAN:

Pavlova

GLUTEN FREE:

Pavlova

GLUTEN FREE VEGETARIAN:

Pavlova

VEGAN:

Strawberry jelly cup

ENTERTAINMENT

TONIGHT - 23 NOV

Main Stage

19:00 - 22:00: Christy Wallace

Outdoor Cinema

17:00: The Lego Batman Movie

19:30: Aquaman

Bridge Road Brewers Bar

14:30 - 17:00: WILLnKO

TOMORROW - 24 NOV

Main Stage

19:30 - 21:00: Gerard V Comedy
Hypnotist

21:00 - 22:00: Liam Manassa

Outdoor Cinema

17:00: Jurassic World Fallen Kingdom

19:30: The World's Fastest Indian

Bridge Road Brewers Bar

14:30-17:00: Liam Manassa

ENTERTAINERS

CHRISTY WALLACE

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Daily Extra

Campsite: MILLICENT

Date: Saturday 23 November 2019



WALLY SHARPE – A THRILLIANT GUY

Meet Wally Sharpe, a former skydiving instructor, full time thrill seeker. This year Wally will don his helmet for his 33rd consecutive Great Vic! I was lucky enough to have a chat with the great man and got a great insight into his life.

Let me take you back to 1986, you’ve decided to undertake The Great Victorian Bike Ride for the first time, what was it like?

“It was challenging, I was formerly a skydiver and thought “what’s more dangerous than jumping out of a plane? Riding a bike!” I decided that I wanted to complete the ride as a bucket list item, grabbed a close friend and a shoddy repco bike and set off for the start point.”

That brings me to my next question, you were a demo skydiver, you do this arduous ride each year, you seem like quite a thrill seeker?

“Yeah I guess you could say that, I had an old favourite saying back when I was a diver, you would undergo hours of boredom for moments of terror, ironically enough, 40 years ago a friend of mine who works in Millicent invited me to jump into his property and this years Great Vic will bring us back together! We’re catching up when I’m in town. It’s amazing what this ride can do.”

WEATHER Mount Gambier

Min. 6 Max. 22

The chance of morning fog. Mostly sunny afternoon. Light winds becoming westerly 15 to 20 km/h during the day then becoming light during the evening.

NEWS HEADLINES

Couple’s marriage up in the air

A New Zealand woman and Australian man have got married on a plane halfway between the two countries on a Jetstar flight.

Sometimes we hear stories of relationships starting at the Great Vic – perhaps there will be something exciting at our halfway point in Port Fairy?

Tasting tea for cash

The Daffodil Hotel & Spa in Grasmere, England has a £100 job available for someone to taste tea and cakes.

We’re not sure if the tea and cakes are better than what we have at the Great Vic, but we are reliably informed that their service is not as good.



SUDOKU

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<http://1sudoku.com>

n° 13766 - Level Easy

Calling all Bicycle Network members!

Come and enjoy a free drink, sample some local produce and relax at the Bicycle Network members lounge in Portland and Deans Marsh!

Bridge Road Brewers Bar

3:00pm – 5:00pm

Portland (Monday 25 November)

Deans Marsh (Saturday 30 November)

Not a member? Meet the Bicycle Network team at The Hub and chat about how becoming a member makes bike riding easier for all Australians.

Memberships start from \$11.49 per month.

You can get in the Good Oil

Anyone can write for the Good Oil – if you have a story idea, a tale from the road, a poem or a puzzle you can get it in!

Visit The Hub to drop off any submissions and tips (news and fishing).

Wally Sharpe – Continued

With over 30 consecutive 'Great Vics' is there a favourite moment or memory of a ride you have?

“This one right now. Each year, I’m slightly older, with each completed ride comes a new achievement, I’ve been on the last 33 and I won’t be stopping until I can’t complete the ride anymore.”

If someone was on the fence over completing the ride, what advice would you give?

“Just give it a go, it’s an incredible experience, with bike riding the sky is the limit. With bike riding, you can achieve almost anything.”

Have you got any advice for first time riders this year?

“Be prepared and don’t forget it’s a ride not a race, enjoy it for what I is, you’ve always got support in the form of WARBYs and other volunteers!”

Last but not least, what’s been the funniest moment of all the rides these many years?

In over 30 years, I’ve never had any drama with injuries or crashes, aside from one incident involving my great nephew, Lachlan. I took Lachlan past my Brother In-Law’s house in Mansfield, upon seeing him Lachlan yelled “there’s Pa!” And completely lost his concentration, not noticing I’d stopped he crashed right into me! Luckily, he wasn’t hurt as he’d used me as a fall pillow! We all had a great laugh about that one.



GREAT VIC BIKE RIDE



ISSUE 3: SUNDAY 24 NOVEMBER
MOUNT GAMBIER

Tomorrow's riding: Mount Gambier to Portland

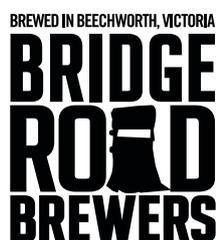


PORTLAND: A COASTAL GEM

As Victoria's first permanent settlement, Portland is a town steeped in history. From the Bay of Whales Art Gallery to the Cape Nelson Lighthouse, Portland truly offers a glance through the looking glass of time, back before the invention of colour photography.

Featuring a vast array of attractions, from the natural wonders of the beautiful Cape Nelson State Park, to the industrial marvel of the restored Portland Cable Trams, there is no shortage of things to do around this coastal gem. Make sure you swing past the local strawberry farms for some fresh strawberries!

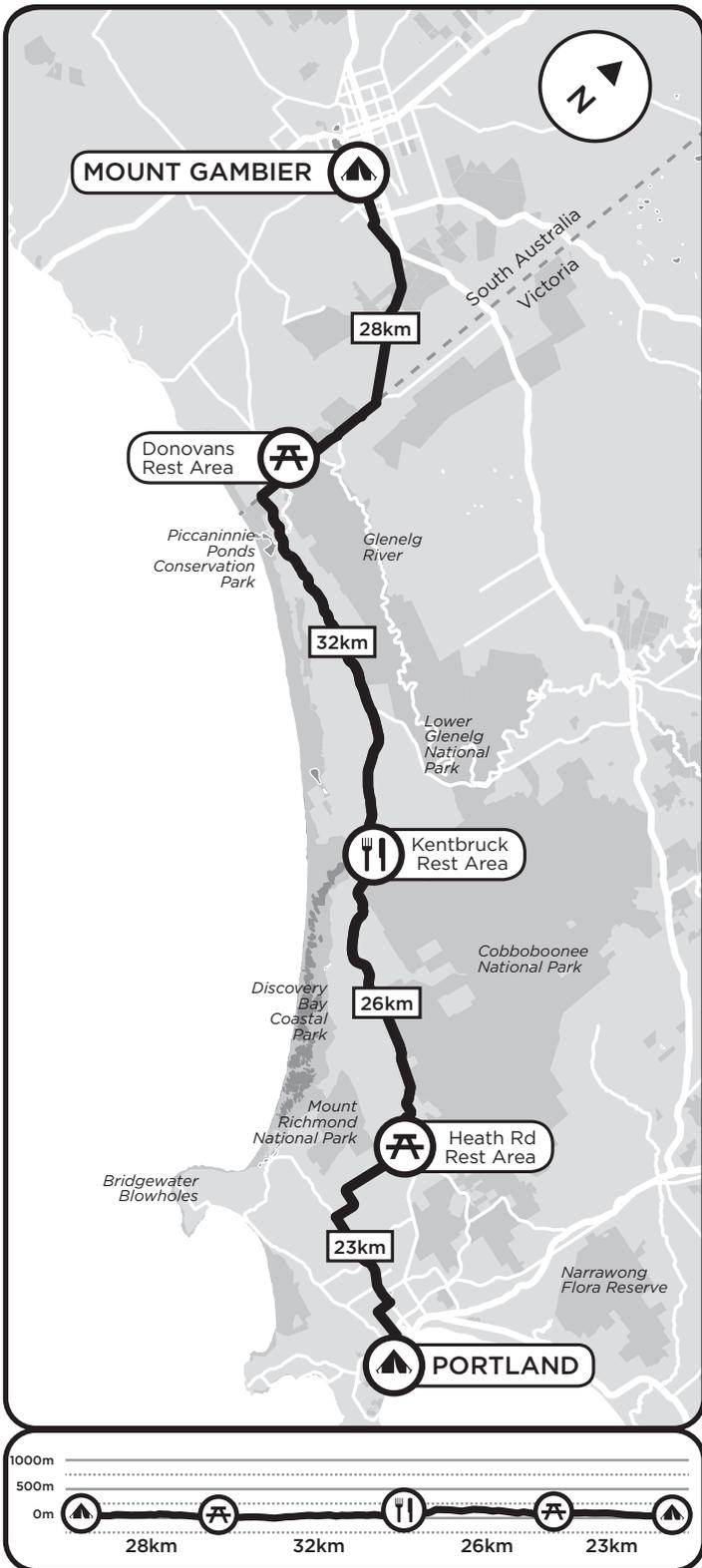
SPONSORS & PARTERS



HOSTS



TOMORROW'S RIDE



IN TOWN

PORTLAND MARITIME DISCOVERY CENTRE

Victoria's far south west has a rich maritime history with Portland the site of the state's first commercial port and once thriving whaling industry. Inside they offer themed displays which include immigration, whaling, shipwrecks, rescue, navigation, tools, underwater exploration and much more.

PORTLAND STRAWBERRY FARMS

Portland are renowned along the Limestone Coast for their iconic 'Strawberry Trucks' and is home to a Strawberry farm boasting some of the most perfectly grown strawberries in the country. Luckily for us, they're at their ripest during late November and are going to be available to purchase while we're in town.

POWERHOUSE MOTOR AND CAR MUSEUM

If cars are more your fancy, your attention might be more likely caught by the Motor and Car Museum situated right in town. With a unique and rare collection of veteran, vintage and classic cars motor bikes, stationary motors, tractors, fully restored Melbourne Cable Tram and memorabilia, it's sure to pique the interest of any self-proclaimed petrolheads among us.

FUN FACT!

The world speed record for a bicycle is held by Fred Rompelberg, who pedaled in the slipstream of a dragster at just over 268 kilometres an hour!

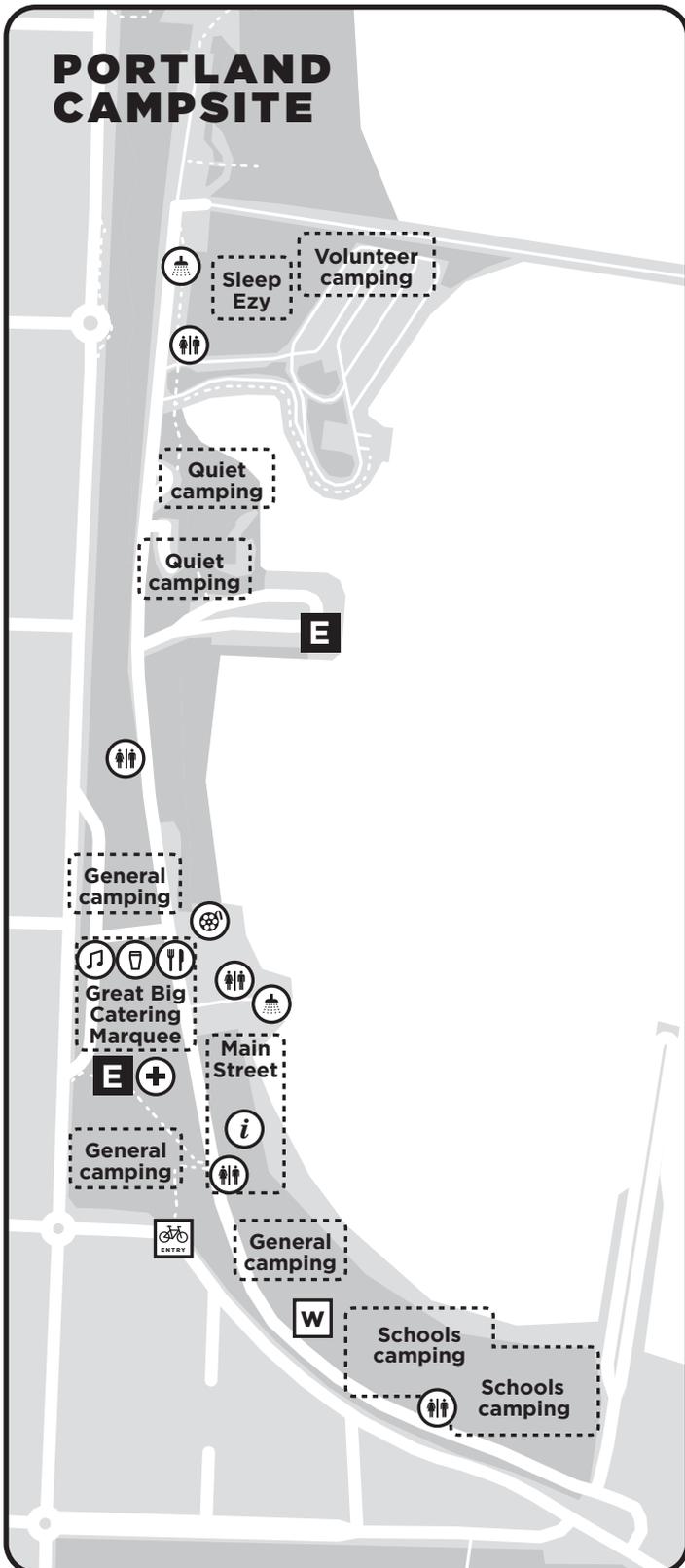
BOOK EXCHANGE

Keep an eye out for the book exchange on Main Street - you can leave a book you're finished with and pick up a new one to read from the ever-growing library!

AT CAMP

BAREFOOT BOWLS

Situated at the Portland Bowling Club, games of barefoot bowls are playable for \$5 each! If you fancy yourself a talented bowler, make sure you get down and have a game. The club will also have a sausage sizzle and their bar open for purchases.



WARBY TIPS

What to carry

Be prepared for bad weather, carry a rain coat and lights.

Carry your gear in plastic bags, very few panniers and bike bags are completely waterproof.

You can use plastic bags and rubber bands to protect non waterproof shoes if rain comes.

Group Riding

To avoid a collision in group rides:

- Point and call out the name of any hazards on the road
- Call car back when there is a car approaching from behind
- Call car up when there is a car approaching from the front

**? ANY QUESTIONS?
VISIT US AT
THE HUB!**

The Great Vic team is here to help and make sure you have the best time away with us. Visit us at The Hub on Main Street where we will be every day to answer your questions.

TOMORROW'S MENU

BREAKFAST

Bacon, tomato, potato and tomato hash, porridge, cereals, muesli, yoghurt, fruit salad, fresh fruit, bread and condiments, gluten free cereal, gluten free muesli, tea, coffee, juice, milk.

SNACK

Caramel slice, gluten free lemon slice, vegan lemon slice.

LUNCH

STANDARD:

Chicken, avocado & tomato baguette

VEGETARIAN:

Cheese avocado & salad baguette

GLUTEN FREE:

GF roll with chicken & slaw

GLUTEN FREE VEGETARIAN:

GF roll with cheese & salad

VEGAN:

Salad roll with chutney

DINNER

STANDARD:

Meatballs with penne pasta & vegetables

VEGETARIAN:

Vegetarian Meatballs with penne & vegetables

GLUTEN FREE:

Meatballs with penne pasta & vegetables

GLUTEN FREE VEGETARIAN:

Gluten free vegetarian meatballs with penne pasta & vegetables

VEGAN:

Vegan meatballs with penne & vegetables

DESSERT

STANDARD:

Crème caramel

VEGETARIAN:

Crème caramel

GLUTEN FREE:

GF Caramel Slice

GLUTEN FREE VEGETARIAN:

Gluten free cheesecake

VEGAN:

Vegan cheesecake

ENTERTAINMENT

TONIGHT - 24 NOV

Main Stage

19:30 - 21:00: Gerard V Comedy Hypnotist

21:00 - 22:00: Liam Manassa

Outdoor Cinema

17:00: Jurassic World Fallen Kingdom

19:30: The World's Fastest Indian

Bridge Road Brewers Bar

14:30 - 17:00: Liam Manassa

TOMORROW - 25 NOV

Main Stage

19:30 - 22:00: Michelle's Velocity

Outdoor Cinema

17:00: Johnny English Strikes Again

19:30: Red Dog - True Blue

Bridge Road Brewers Bar

14:30-17:00: Jason Bull

ENTERTAINERS

LIAM MANASSA

Liam is from the eastern suburbs of Melbourne. He sings and plays guitar. Influences for guitar include; David Gilmour, Santana and Mark Knopfler.

GERARD V

Comedy Hypnotist Gerard V has been hypnotising people since 1994. Gerard is a certified Master Practitioner of Hypnosis and Neurolinguistic Programming, and has a Diploma in Stage Hypnotism from the Alberta Institute of Hypnosis. He's a natural entertainer, and a hit at parties and conferences.

JASON BULL

Jason is a full-time singer from Geelong originally, playing for a wide area from Robe to Frankston. He plays guitar and piano, both originals &/or classic hits from 70's.

Daily Extra

Campsite: MOUNT GAMBIER

Date: Sunday, 24th of November



WEATHER

Min. 7 Max. 19

We're set for a dreary one tomorrow, with a 60% chance of showers and a 21km/h wind northwesterly which will soften slightly into the evening.

NEWS HEADLINES

Oh Brother!

Two brothers living in Saudi Arabia literally bumped into each other after a 21-year separation when they crashed their cars and got into an argument. They discovered they were brothers when a traffic policeman was taking down their details. Talk about a family kerfuffle!

Ruh Row Scooby!

Authorities in Florida were shocked when they discovered a runaway car being driven by a dog! Max accidentally put the car in reverse and did donuts in a luckily quiet street. He is currently in police custody being questioned for unrelated dog treat theft crimes.

Invisible Heroes:

Tonight we take a moment to appreciate all the hard workers chugging away behind the scenes. We are being provided with everything by people who are giving up their precious time with no monetary reimbursement. The people who work their butts off and do all the hard work, so that we can eat our dinner or take a shower or even leave the campsite with ease. Let's all take a moment to appreciate these people whom we don't see, and yet make our lives so easy. People who start the preparations months in advance, to organise everything we or the volunteers might need. Often, we can set on to this memorable ride because we have these unsung heroes behind us, who have got our backs. To the drivers, cleaners, writers, event controllers, caterers and many more, let it be known that we appreciate you, without which, this event could never happen.

Word Search

Bicycle Word Finder Puzzle

S T O P D B T K Q Z Q X
B I K E H C H D T J I E
N C A S H R A H G B B T
L A S A A D N G B I I Y
Y O I E W W D P S R L C
G N G E F V L V E A Z L
G J N L Z U E B K D E A
Y O A C P L B F A K A K
K S L Y L B A R R B Z L
D Q T C I R R F B F G U
C K R I D E S N P B M L
R R S B H E L M E T A D

BICYCLE	BIKE	BRAKES
CHAIN	GEAR	GO
HANDLEBARS	HELMET	PEDAL
RIDE	SIGNAL	STOP
TIRE		

Calling all Bicycle Network members!

Come and enjoy a free drink, sample some local produce and relax at the Bicycle Network members lounge in Portland and Deans Marsh!

Bridge Road Brewers Bar

3:00pm – 5:00pm

Portland (Monday 25 November)

Deans Marsh (Saturday 30 November)

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You can get in the Good Oil

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Visit The Hub to drop off any submissions and tips (news and fishing).

BAR POLICY

Make sure if you're planning to drink at the bar that you bring your own cup, otherwise you'll need to purchase one on main street!



Blue Lake was looking picturesque as ever today! Make sure to pay it a visit before we leave!



GREAT VIC BIKE RIDE



ISSUE 4: MONDAY 25 NOVEMBER
PORTLAND

Tomorrow's riding: Portland to Port Fairy



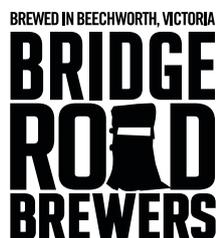
PORT FAIRY: MOST LIVEABLE TOWN

Named "Most Liveable Town in the World", Port Fairy has a plethora of things to explore. Whether you're one to browse the boutique shops and antique stores scattered throughout the town, soak up the beach vibes or taste your way through

the many great local pubs, cafes and restaurants, there's something for everyone in this quaint seaside village.

We'll be spending our rest day here, so make sure to take full advantage of the day off by taking in the local attractions.

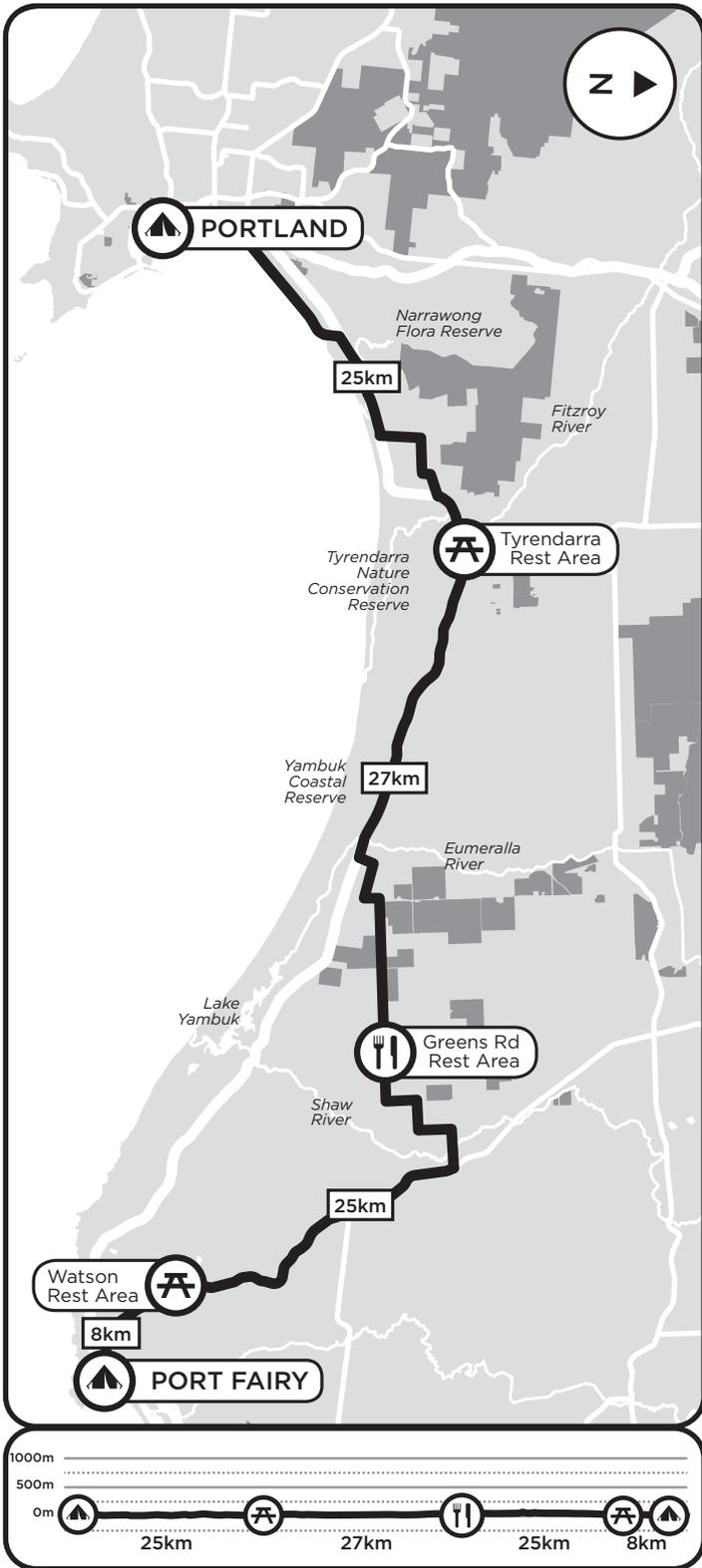
SPONSORS & PARTERS



HOSTS



TOMORROW'S RIDE



IN TOWN

PEA SOUP BEACH

Most people seeking a swim in Port Fairy head to East Beach, which is close to camp and quite popular, however, we recommend taking the extra few hundred metres to discover Pea Soup Beach, with a cute name, this beach is protected by basalt reefs, creating calm, shallow lagoons to relax in.

Of course, while you're in town you're going to have to visit Griffith Island to check out the Port Fairy Lighthouse and migratory Mutton Birds. If you venture around the island you can also find some nice stretches of sand to sink your toes in.

COFFIN SALLY PIZZA

Coffin Sally is a pizza restaurant renowned for their tasty food, and friendly staff. With a wide variety of pizza toppings, cocktails, and meals. The chill vibe is a perfect way to spend some of our rest day.

PORT FAIRY MUSEUM AND ARCHIVES

Take a trip down the history of Australia's (and the world's!) quaintest village at the Port Fairy Museum! With a rich history of some of Victoria's earliest settlers, aspiring historians will revel in the town's past

! FUN FACT!

There are over 1 billion bicycles in the world, 400 million of which are in China! Am I crazy or is that a lot of bikes?

BOOK EXCHANGE

Keep an eye out for the book exchange on Main Street - you can leave a book you're finished with and pick up a new one to read from the ever-growing library!

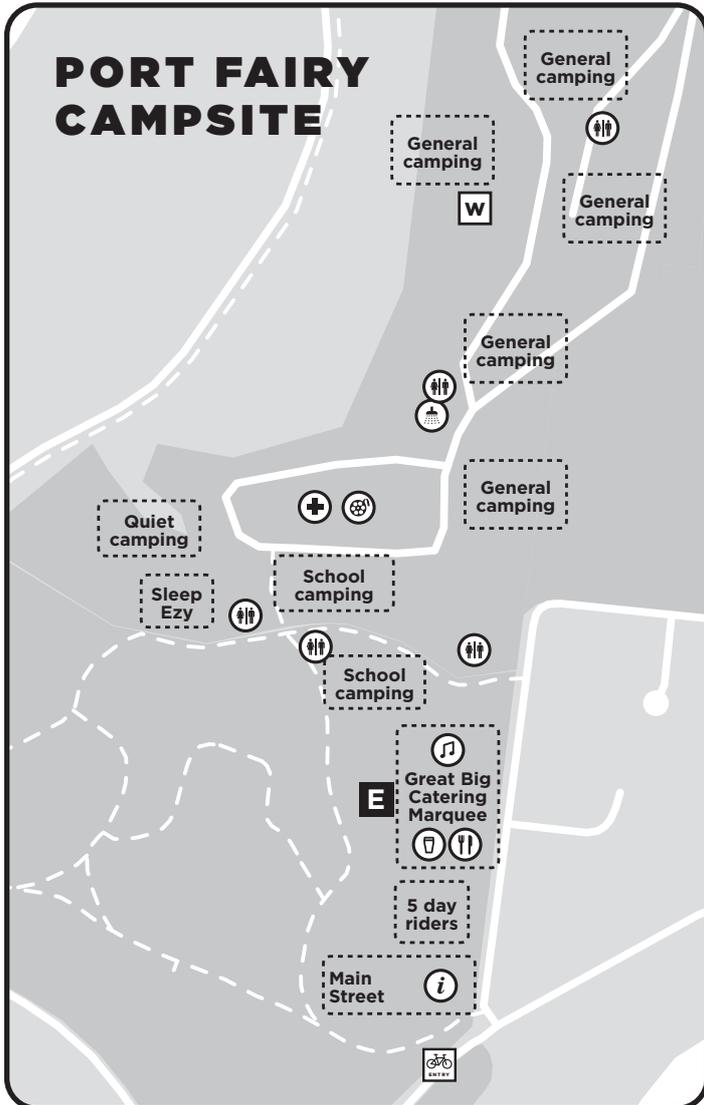
AT CAMP

PORT FAIRY TENNIS CLUB

Port Fairy Tennis Club is a volunteer run club with courts attached to the campsite. In 2017 we completed the fundraising to install lights. We welcome all Great Vic participants to come and have a hit, try to serve your fastest serve, buy a raffle ticket, a breakfast roll or some dumplings

BUDJ BIM TOURS

Join a Gunditjmara guide to explore one of the world's oldest living cultures, a package developed exclusively for participants of the Great Vic, will see you transported from Port Fairy to the Tyrendarra Indigenous Protected Area. At Tyrendarra you will experience how the Gungitjmara people lived before 1820. Part of the Budj Bim World Heritage Landscape the site includes Eel traps, Stone Houses and plants used for Bush Food and Medicine. Please see our friendly staff at our stall in the Main Street for more information.

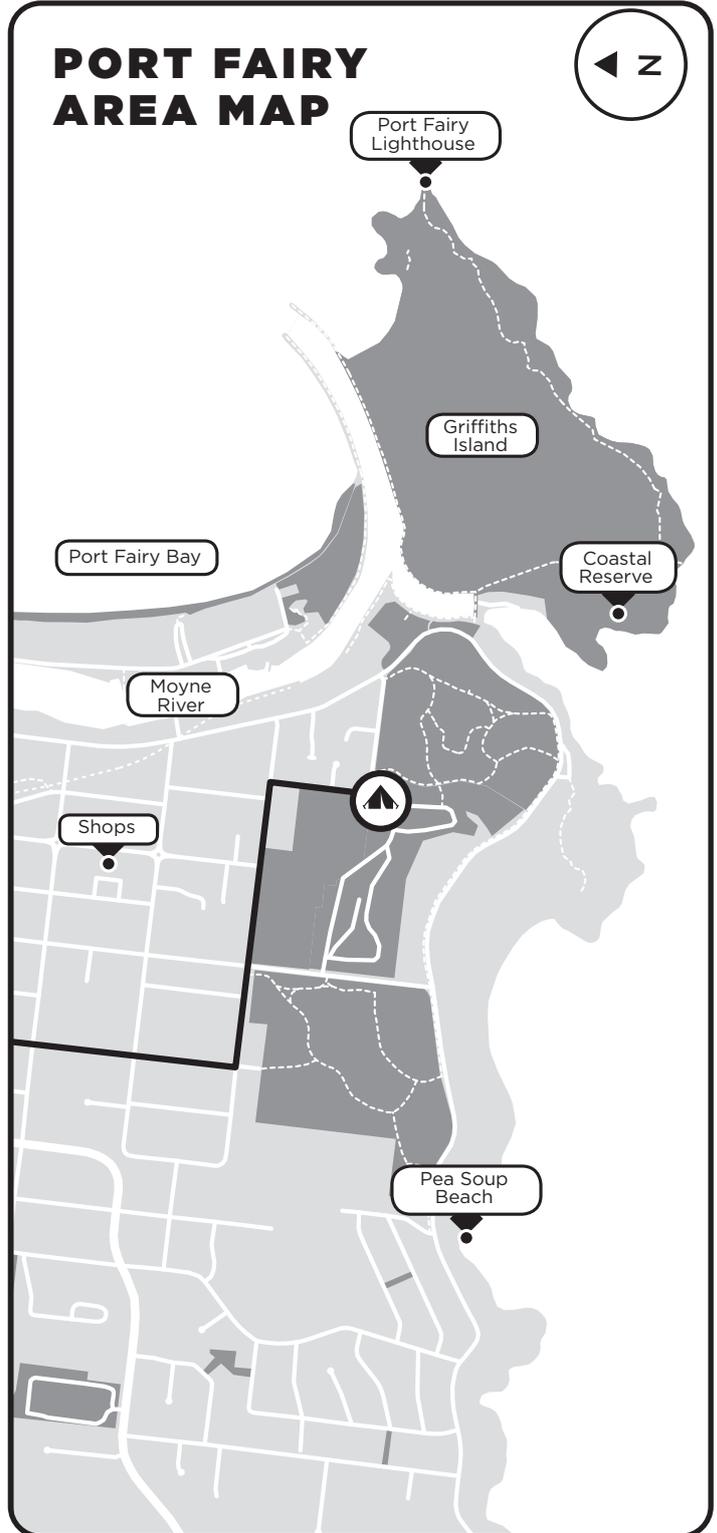


WARBY TIPS

Bike Set-Up

Adjusting your bike seat to the correct height can help prevent knee or back pain. When you have your foot on the pedal, at the lowest point, then there should still be a slight bend in your knee.

PORT FAIRY AREA MAP



TOMORROW'S MENU

BREAKFAST

Porridge, cereals, muesli, yoghurt, fruit salad, fresh fruit, bread and condiments, gluten free cereal, gluten free muesli, tea, coffee, juice, milk.

SNACK

Apple cinnamon muffin, gluten free apple cinnamon muffin, vegan biscuit

LUNCH

STANDARD:

Caesar salad

VEGETARIAN:

Quinoa salad with chickpeas

GLUTEN FREE:

Quinoa salad with chickpeas

GLUTEN FREE VEGETARIAN:

Quinoa salad with chickpeas

VEGAN:

Salad roll with chutney

DINNER

STANDARD:

Chili con carne with Mexican rice & salad

VEGETARIAN:

Vegetable chili with Mexican rice & salad

GLUTEN FREE:

Chili con carne with Mexican rice & salad

GLUTEN FREE VEGETARIAN:

Vegetable chili with Mexican rice & salad

VEGAN:

Vegetable chili with Mexican rice & salad

DESSERT

STANDARD:

Panna Cotta

VEGETARIAN:

Panna Cotta

GLUTEN FREE:

Panna Cotta

GLUTEN FREE VEGETARIAN:

Panna Cotta

VEGAN:

Vegan cheesecake

ENTERTAINMENT

TONIGHT - 25 NOV

Main Stage

19:30 - 22:00: Michelle's Velocity

Outdoor Cinema

17:00: Johnny English Strikes Again

19:30: Red Dog - True Blue

Bridge Road Brewers Bar

14:30-17:00: Jason Bull

TOMORROW - 26 NOV

Main Stage

19:30 - 22:00: Talent Quest Night

Outdoor Cinema

17:00: The House with The Clock in its Walls

19:30: Mamma Mia - Here we go again

Bridge Road Brewers Bar

14:30-17:00: June Skye

ENTERTAINERS

MICHELLE'S VELOCITY

Get ready to rock n roll as the boys from Michelle's Velocity grace us with their musical talents. The lads have featured on triple j unearthed and are well known in the South West Victorian region playing at many local watering holes over the years. We hope you enjoy them as much as we do!

Daily Extra

Campsite: Portland

Date: Monday, 25th of November



WEATHER

Min. 8 Max. 13

We're set for an even drearier day tomorrow on the bikes, with cold weather and a southwesterly wind of 31 km/h all day long, make sure you get out bright and early..

Just Can't Get Enough!

Carolyn (left) has eight Great Vic rides under her belt but says she still can't get enough. "Every time I think it'll be the last ride and I've rebooked for next year before I even get home".

In previous years Carolyn has ridden both solo as well as in a group. This year she's showing her friend Helen (right) the ropes. The duo are both former science teachers from Melbourne. Carolyn is now retired, while Helen continues to practice as a part-time psychotherapist.

Carolyn says that one of the benefits of riding while older is the time and flexibility, and being part of the Great Vic is a great way to see new parts of the country.

Although her husband is not a cycle enthusiast, he's still been an integral part of the experience and they're both making the most out of the trip. While Carolyn's on the road each day, he's out happily indulging in his love of birdwatching along the route. On the rest day in Port Fairy they'll be making a trip to Budj Bim, the eel fishing site that's been a significant part of the indigenous Gunditjmara community for over 6,000 years. The site was also officially named a World Heritage site in July this year.

A highlight of the ride so far has been the stunning turquoise waters of Beechport, as well as the generous country hospitality. Carolyn also says that one of the best things about the Great Vic is the sense of community and openness.

Celebrating three Great Vic legends

The Great Vic is a family affair – whether you come with your family or join ours as a rider or volunteer. It's the people and their spirit that make this event work and shape the experiences we all have over the week.

Sadly though, this year's been a tough one for the Great Vic family with the passing of three much-loved and long-standing team members:



John McCurdy
Campsite Team Leader
& Life Member



Wendy Margetts
Signs Crew & Life Member



Taivi Collins
SSM Security

In their own individual way, John, Wendy and Taivi had a profound impact on the Great Vic and wider Bicycle Network communities, so please join us at the **7pm rider briefing on Monday night** as we share a few stories and celebrate their contributions over so many years.

Riddle of the Day

I am something people love or hate. I change people's appearances and thoughts. If a person takes care of themselves I will go up even higher. To some people I will fool them. To others I am a mystery. Some people might want to try and hide me but I will always show. No matter how hard people try I will never go down. What am I?

ANSWER IS UPSIDE DOWN WITH THE CHEESY JOKE

Calling all Bicycle Network members!

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Bridge Road Brewers Bar
3:00pm – 5:00pm
Portland (Monday 25 November)
Deans Marsh (Saturday 30 November)

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NEWS HEADLINES

Meowschievous Feline

A mischievous cat named Quilty has earned internet fame for repeatedly breaking himself out of his enclosure at a Texas animal shelter. But, he doesn't just escape — he brings all of his feline friends along with him. The shelter wrote that his prison breaks became so frequent that staff had to do something about it — and "Quilty-proofed" the cat room by banishing the feline, in an attempt to temper the mass escapes. "His roommates missed him while he was banished to the lobby. They enjoyed their nighttime escapades around the shelter. The staff, however, did not miss the morning cat wrangling, so we'll just have to agree to disagree there," the shelter said.

BAR POLICY

Make sure if you're planning to drink at the bar that you bring your own cup, otherwise you'll need to purchase one on main street!

Just Can't Get Enough! – Continued

Her friend Helen concurs, and is especially thankful that she was able to borrow an e-bike charger from a fellow rider after accidentally leaving hers at home.

Carolyn participates in the other rides organised by Bicycle Network as a way of preparing for the Great Vic. She completed the 210-kilometre Round the Bay ride this year and says, "I keep riding because of the big events."

Both riders appreciate the fantastic organisation of the whole Great Vic event, with Helen quipping "the only thing we've had to queue for is the wine". There is much to look forward to on the trip, but fellow riders will be able to relate to how Carolyn feels when she crosses the finishing line, "I feel fit and terrific".

You can get in the Good Oil

Anyone can write for the Good Oil – if you have a story idea, a tale from the road, a poem or a puzzle you can get it in!

Visit The Hub to drop off any submissions and tips (news and fishing).

Riddle Answer: Age

Today's Cheesy Joke:

What was the headline on the newspaper when the local cheese factory blew up?

"De-Brie Everywhere!"



GREAT VIC BIKE RIDE



ISSUE 5: TUESDAY 26 NOVEMBER
PORT FAIRY

Tomorrow's riding: there is none - have a rest!

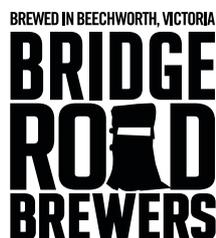


PORT FAIRY: MOST LIVEABLE TOWN

Welcome to Port Fairy, the location of the rest day for the greatest Great Vic ever! We hope you've enjoyed the start of the Great Vic and are looking forward to leaving the bike alone for a day.

Tomorrow you might notice a few new faces and start missing some new friends you made. Some people who rode the first half of the ride will be heading home, but we will have some join us for the second half as we ride the Great Ocean Road and Otways.

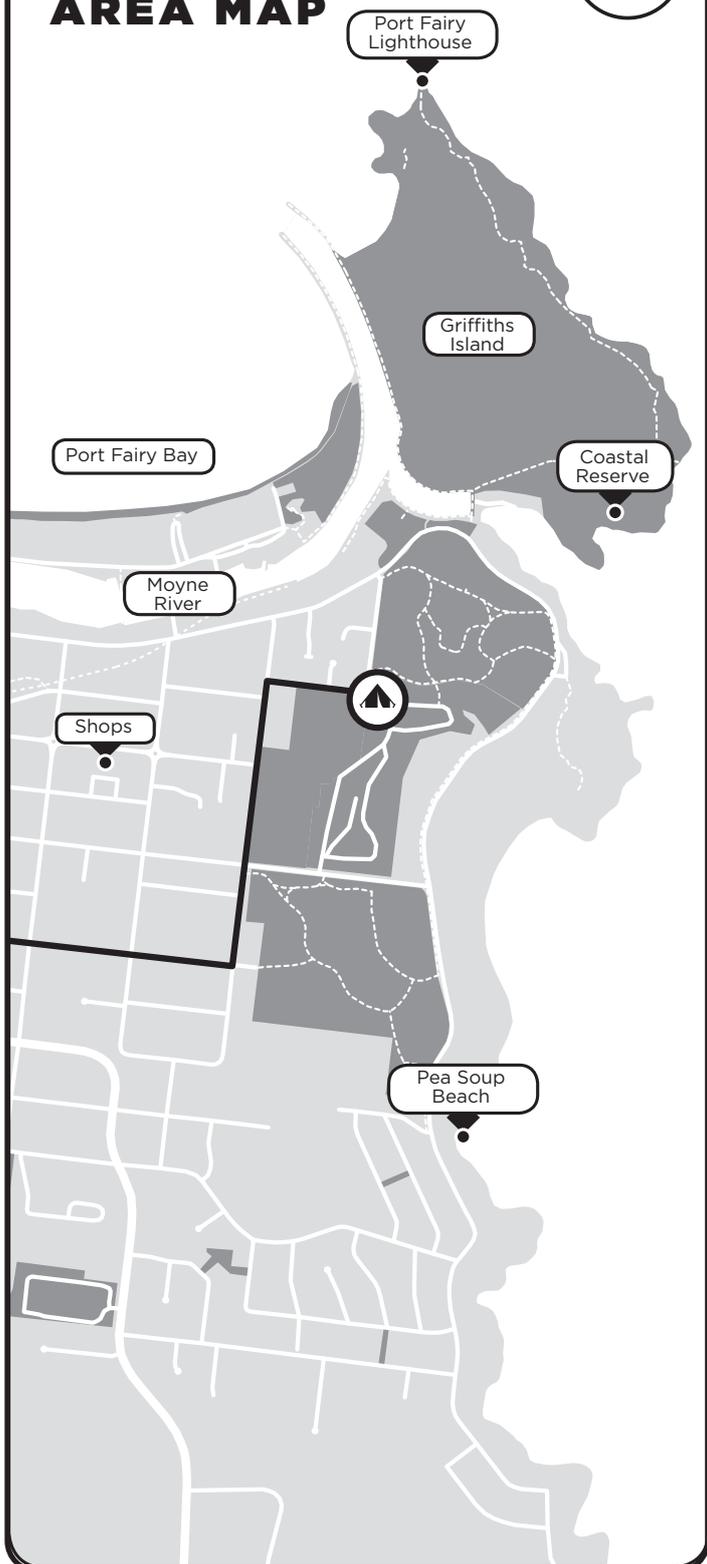
SPONSORS & PARTERS



HOSTS



PORT FAIRY AREA MAP



IN TOWN

PEA SOUP BEACH

Most people seeking a swim in Port Fairy head to East Beach, which is close to camp and quite popular, however, we recommend taking the extra few hundred metres to discover Pea Soup Beach, with a cute name, this beach is protected by basalt reefs, creating calm, shallow lagoons to relax in.

Of course, while you're in town you're going to have to visit Griffiths Island to check out the Port Fairy Lighthouse and migratory Mutton Birds. If you venture around the island you can also find some nice stretches of sand to sink your toes in.

COFFIN SALLY PIZZA

Coffin Sally is a pizza restaurant renowned for their tasty food, and friendly staff. With a wide variety of pizza toppings, cocktails, and meals. The chill vibe is a perfect way to spend some of our rest day.

PORT FAIRY MUSEUM AND ARCHIVES

Take a trip down the history of Australia's (and the world's!) quaintest village at the Port Fairy Museum! With a rich history of some of Victoria's earliest settlers, aspiring historians will revel in the town's past

! FUN FACT!

The Great Vic has been around for more than 35 years now. Since 1984 it has visited 136 towns and covered more than 20,000 kilometres!

BOOK EXCHANGE

Keep an eye out for the book exchange on Main Street - you can leave a book you're finished with and pick up a new one to read from the ever-growing library!

AT CAMP

PORT FAIRY TENNIS CLUB

Port Fairy Tennis Club is a volunteer run club with courts attached to the campsite. In 2017 we completed the fundraising to install lights. We welcome all Great Vic participants to come and have a hit, try to serve your fastest serve, buy a raffle ticket, a breakfast roll or some dumplings

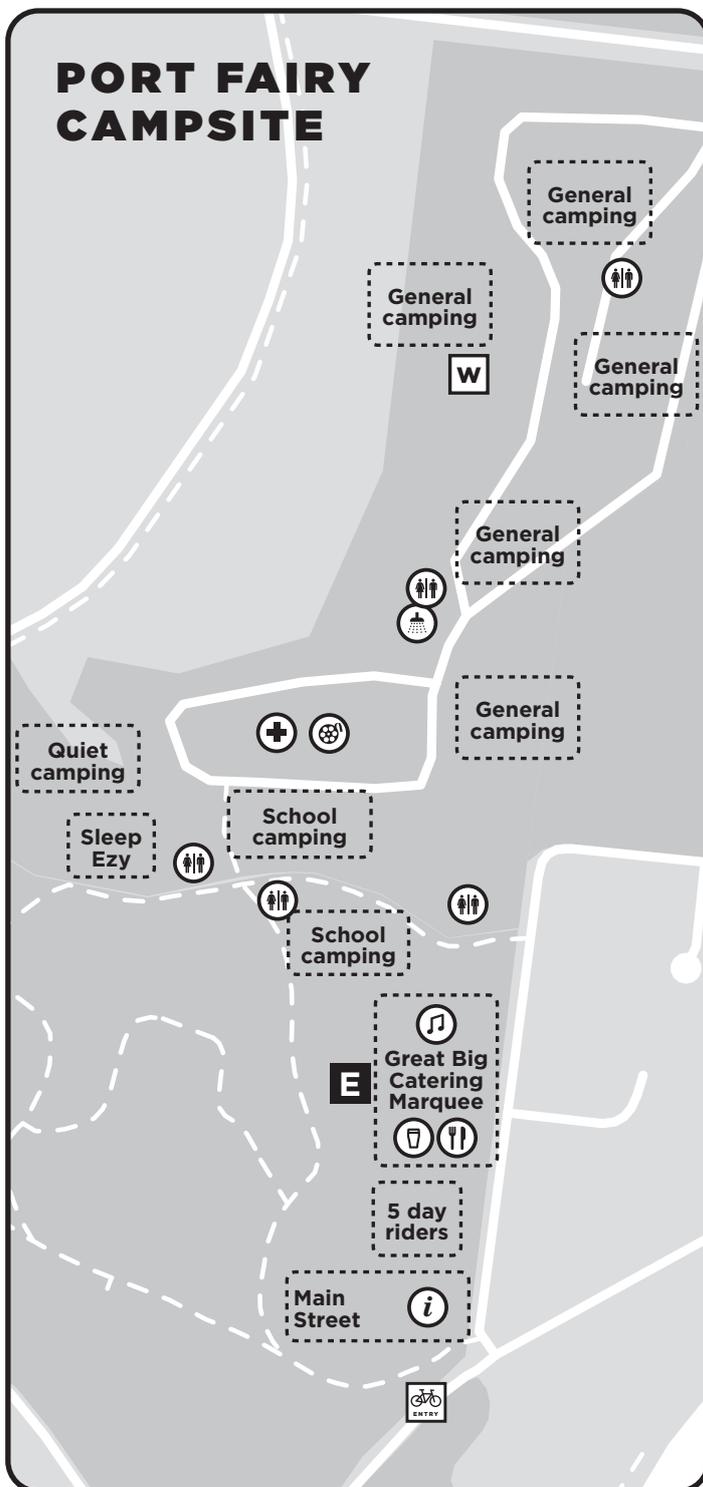
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**? ANY QUESTIONS?
VISIT US AT THE HUB!**

The Great Vic team is here to help and make sure you have the best time away with us. Visit us at The Hub on Main Street where we will be every day to answer your questions.

PORT FAIRY CAMPSITE



WARBY TIPS

On hot days put your drink bottle in a sock. It will help keep it cool and more pleasant to drink...

If using clip in shoes, like SPD, adjust the tension levels on the pedals so that you can get in and out easily.

TOMORROW'S MENU

BREAKFAST

Porridge, cereals, muesli, yoghurt, fruit salad, fresh fruit, bread and condiments, gluten free cereal, gluten free muesli, tea, coffee, juice, milk.

SNACK

Chocolate cupcake

DINNER

STANDARD:

Sweet chili chicken with cous cous

VEGETARIAN:

Eggplant and tofu hot pot with cous cous

GLUTEN FREE:

Sweet Chili chicken with polenta & roast pumpkin salad

GLUTEN FREE VEGETARIAN:

Eggplant and tofu hot pot with polenta

VEGAN:

Eggplant and tofu hot pot with polenta

DESSERT

STANDARD:

Tira Misu

VEGETARIAN:

Tira Misu

GLUTEN FREE:

Gluten free cheesecake

GLUTEN FREE VEGETARIAN:

Gluten free cheesecake

VEGAN:

Vegan cheesecake slice

LUNCH IS NOT PROVIDED ON THE REST DAY

ENTERTAINMENT

TONIGHT - 26 NOV

Main Stage

19:30 - 22:00: Talent Quest Night

Outdoor Cinema

17:00: The House with The Clock in its Walls

19:30: Mamma Mia - Here we go again

Bridge Road Brewers Bar

14:30-17:00: June Skye

TOMORROW - 27 NOV

Main Stage

19:00 - 22:00: Quiz Meisters Trivia

Outdoor Cinema

17:00: Space Jam

19:30: Ocean's Eight

Bridge Road Brewers Bar

14:30 - 17:00: Dave Burgess

ENTERTAINERS

JUNE SKYE

June Skye is a professional solo artist from the ship wreck coast Victoria. June has been playing gigs at pubs, clubs, functions and restaurants for the past 8 years and with this experience comes knowledge. June is able to captivate her audiences with her take on favourite covers from all eras and genres, whilst also been an artist in her own right. gutsy passion is very much the forefront when Skye sings; her powerful bluesy voice simply commands attention.

LESSONS ON LIFE: A CAMPAIGN TOWARDS A COMMON GOAL

By Chris Karelas

The Great Vic Bike ride is not only an attraction for those wiser and more experienced, it is an opportunity for kids, teenagers and young adults to embark on an unforgettable journey that will stay with them for life. Fiona Drummond, a school nurse at Geelong Grammar School, has been partaking in the Great Vic for the last 13 years – with the exception of one year where she had to pull out at the last minute to tend to a family medical emergency. For this year's ride, 72 brave and jovial students will partake in one of the greatest challenges of their lives, and with it, will come away from the event with a great sense of achievement as they all thrive towards a common goal – the finish line at the 600 kilometre mark! But the finish line is not necessarily the 'be-all-end-all' of the event, as students participating actually develop real-life skills and motivations along the way.

What is of striking fascination with an event such as this is the sense of community and respect that really imbues throughout. *"The fact that everyone is so supportive of one another...everyone works towards a common goal...it is an experience the children will remember for life"*, Fiona conveyed. When I asked Fiona what she thought of the GVBR, she was ecstatic to tell me just how gratifying it is to witness the kids adopt higher-level teamwork and leadership abilities – *"to be able to watch them achieve from such a young age...doing something they thought they would never have thought of achieving"*. And whilst the school's Sunday training regime, inclusive of tough hill climbing at the You Yangs National Park is no comparison to the magnitude of *this* event, students had to implement back and fourth call signals of *"Car up, car down!"* riding in teams of six, and communicate this information with one another akin to a very loud game of Chinese whispers! They sure adapted very quickly and were inspired by the event team being *"so well coordinated"* and having the proficiency in being able to coordinate and manage the ride in such a safe and effective manner. *"Students see the competence and interactions taking place and they will take it away with them"*. As a volunteer, it is thrilling to see that the way we in which we conduct ourselves has become an epitome of maturity and mentorship in the eyes of our younger riders.

Huh, no mobile phones? What??? It's 2019!

Geelong Grammar School have employed a strict 'no mobile-enabled device' policy for all students, which they believe will have a positive impact; and has already revealed to be proving to be extremely productive and beneficial for all those law-abiding. Students have come forward and disclosed that it has dramatically reduced their stress levels and allowed them to focus on the event itself and not get caught up in the modern-age era of rampant and inescapable use of social media. In breaking the urge to reach for the nearest mobile phone and Wi-Fi signal, this has enabled them to expend their energy to communicate, play and interact – both with their peers as well as networking and making connections with students from other schools and embracing the community spirit.

WEATHER

Port Fairy

Min. 8 Max. 20

Still blustery conditions on our rest day, but it's set to be warmer and less windy, enough that you can wander through this beautiful town without the worry of being saturated before you get back to camp.

NEWS HEADLINES

The Oddest Couple

A giraffe at a wildlife sanctuary has been adopted by a Anti-Poaching dog! The South African newborn was found abandoned in a coma at only two days old, and is now seeking a speedy recovery with his new adopted parent.

Oh, Deer!

A deer has been rescued from a plastic Halloween bucket in New York after being spotted wondering around town looking like some sort of party trick for at least four days. It's new name is 'Little Pumpkin'. Trick or treat? This young doe probably tried to reach for the treats, and in the process played the ultimate trick on no-one else but himself.

BIKE SAFETY WORDSEARCH

B A A A W U T F M M H W W R C
E J H L R H R Q T J W Y Y M R
S M J E I D Y A E N M M W Z O
S A F R W A C U M Y U J Q P S
L R F T Z C R K L S F O M N S
U A Z E I T B T E J X L N E I
T E V D T M R U H L X R R V N
Y G E G W Y C G G G O O Z S G
S N E L C Y C I B H U M T G K
T L H R I D I N G T L H W H Q
R O A S E R I T E K G O B E Y
C I X N T C H F F I T R L W E
H B Z J G Q O U L X C B A L F
Y D Y I C I J L P F M A B G H
C Z M W Q O S J R D T Z G I O

See if you can find the 15 words related to bike safety without looking at the word list. List at bottom of page.

Lessons on Life – Continued

Just the very fact that students are literally out in the elements and being immersed in the beautiful scenery of our great country equips them with a true appreciation of nature and also becoming "...environmentally conscious of their surroundings". Students see the operation of the event, with its focus on minimizing the environmental footprint being made, as something which they find truly inspiring. Students also develop skills in being resourceful, self-sufficient and stepping up to the role of becoming responsible young adults. This was demonstrated when one of the parent riders stood in an ants' nest and students expressed their concerns for the lady who literally had ants in her pants, holding back on the laughter until it was established that she was medially sound! I bet she didn't mind the humorous outburst after the fact!

Even more commendable is the students' use of this event as an educational pivot for developing a deeper understanding of road-sense and awareness of all other road-users. As riders, students are put into what could be described as quite an unnerving position to be in – that is, having to share the road with motor-vehicles, a daily occurrence bike riders who commute or ride for fun must endure. "It is about being patient and respectful of other people on our roads...and being respected as a rider" is the topic of discussion at their Ride Master classes they hold regularly in their training and preparation for events such as the GVBR. In adopting these road ethics, students become aware of how to use the road safely and return the good karma when they eventually attain their driver's licenses. Having that experience behind them in the riders' shoes will set them up in becoming safe and respectful behind the wheel.

The 'no-phone' policy also resonates well with Bicycle Network's strong call for tougher sanctions for those who use a mobile phone whilst driving, and resultantly causes death or serious injury to another road user. Current sentencing fails to appropriately sanction those who intentionally break the law, such as one culprit from Bendigo who was let off with a mere corrections order and 200 hours of unpaid community work for causing the death of professional cyclist Jason Lowndes in Mandurang in 2017. As we rally towards tougher penalties for road crime, I believe that the real solution lies in the hands of us educating our future generations in building awareness and understanding that the road is in fact a dangerous place, and that we all have a duty of care not only for ourselves but all other road users.

It can be said that a true sense of mutual respect is materializing - a high-minded and honorable campaign towards reducing the road toll statistics we tragically endure every year. Let's hope that these strong messages continue to be passed on to our growing and aspiring youth.

Calling all Bicycle Network members!

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Bridge Road Brewers Bar
3:00pm – 5:00pm
Deans Marsh (Saturday 30 November)

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1. ACCIDENT
2. ALERT
3. BICYCLE
4. CROSSING
5. GEAR
6. HELMET
7. HORN
8. LIGHTS
9. OBEY
10. RIDING
11. ROUTE
12. SAFETY
13. SIGNALS
14. TIRES
15. TRAIL



GREAT VIC BIKE RIDE



ISSUE 6: WEDNESDAY 27 NOVEMBER
PORT FAIRY

Tomorrow's riding: Port Fairy to Peterborough

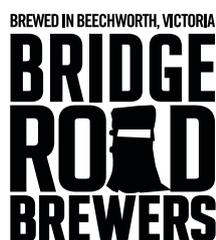


PETERBOROUGH: THE HEART OF THE GREAT OCEAN ROAD

Situated in the heart of the Great Ocean Road's iconic attractions including the Bay of Martyrs and Bay of Islands Coastal Park, often forgotten Peterborough houses one of the most astonishing natural phenomenon in Australia, the Twelve Apostles.

Once we're in Peterborough, make sure to take advantage of this section of the 3,000 kilometre 'Federation Track', guiding you back to the Bay of Martyrs in order to properly take in the astonishing views of the coast.

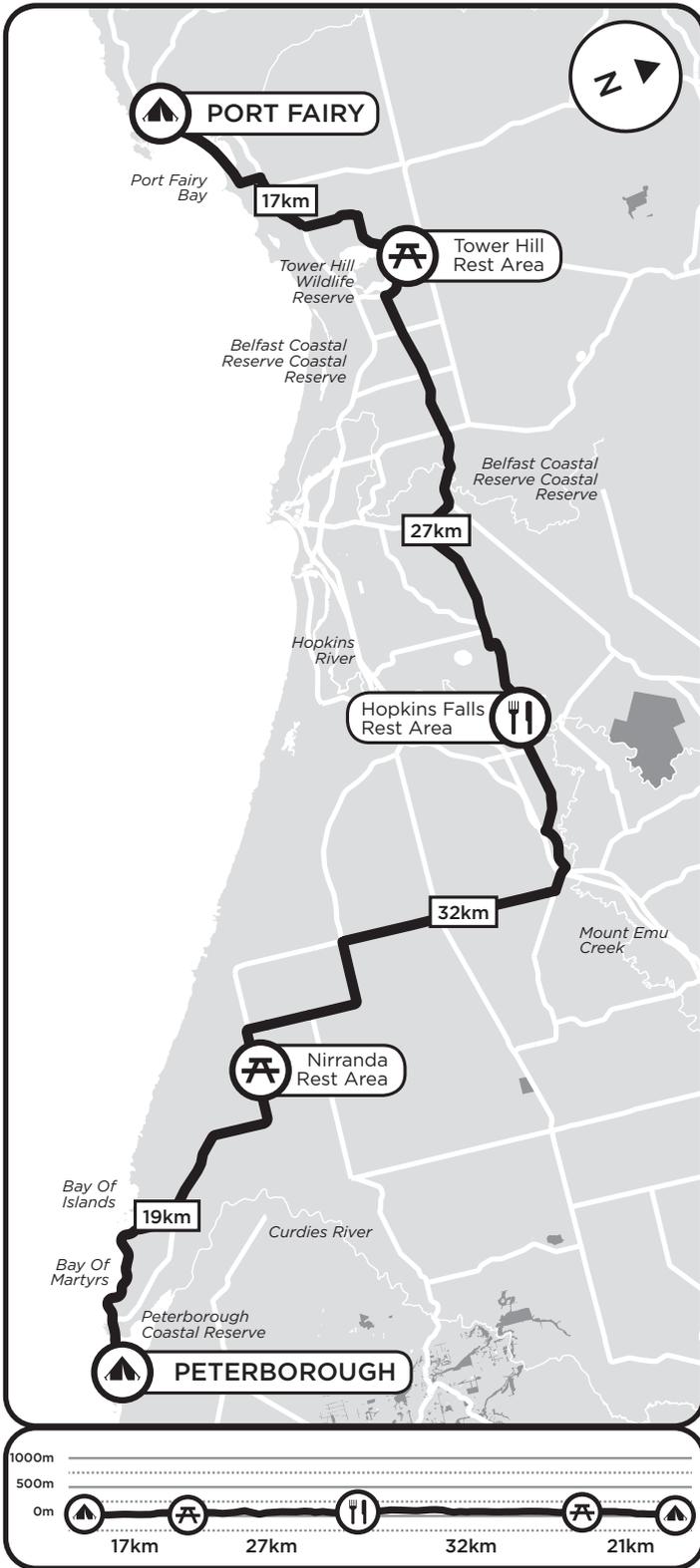
SPONSORS & PARTERS



HOSTS



TOMORROW'S RIDE



FUN FACT!
The smallest bicycle ever made has wheels the size of \$1 coins! That's tiny!

IN TOWN

TWELVE APOSTLES

Situated in the Port Campbell National Park, the massive limestone structures that tower 45 metres above the tempestuous Southern Ocean leave its visitors awe-struck in wonder at their size and beauty.

Much like the Robe Obelisk, the apostles' days are numbered, with only 8 of the original 13 stacks remaining due to erosion. Make sure you see these behemoths before it's too late!

COASTAL WALK

While we're in Peterborough, make sure to take advantage of the easy access to the 'Federation Track' bushwalk trail. Iconic for its length, spanning from Sydney to Adelaide, this section trail takes in some of the most astonishing sights of the Great Ocean Road.

AT CAMP

12 APOSTLES GOURMET TRAIL PRODUCE STALL AT PETERBOROUGH

The 12 Apostles Gourmet Trail gives visitors the chance to experience food and beverage destinations along our spectacular coast and hinterland. The long-established dairy farming region has been growing fresh local produce and creating culinary delights for many years.

On offer at the produce stall will be award-winning cheese makers, single malt whiskey, rich Timboon ice-cream, traditional creamy fudge, chocolate, huge strawberries, and olives.

At Peterborough you will also find a BBQ breakfast and movie snacks provided by the Peterborough CFA and Timboon Scout Group.

BOOK EXCHANGE

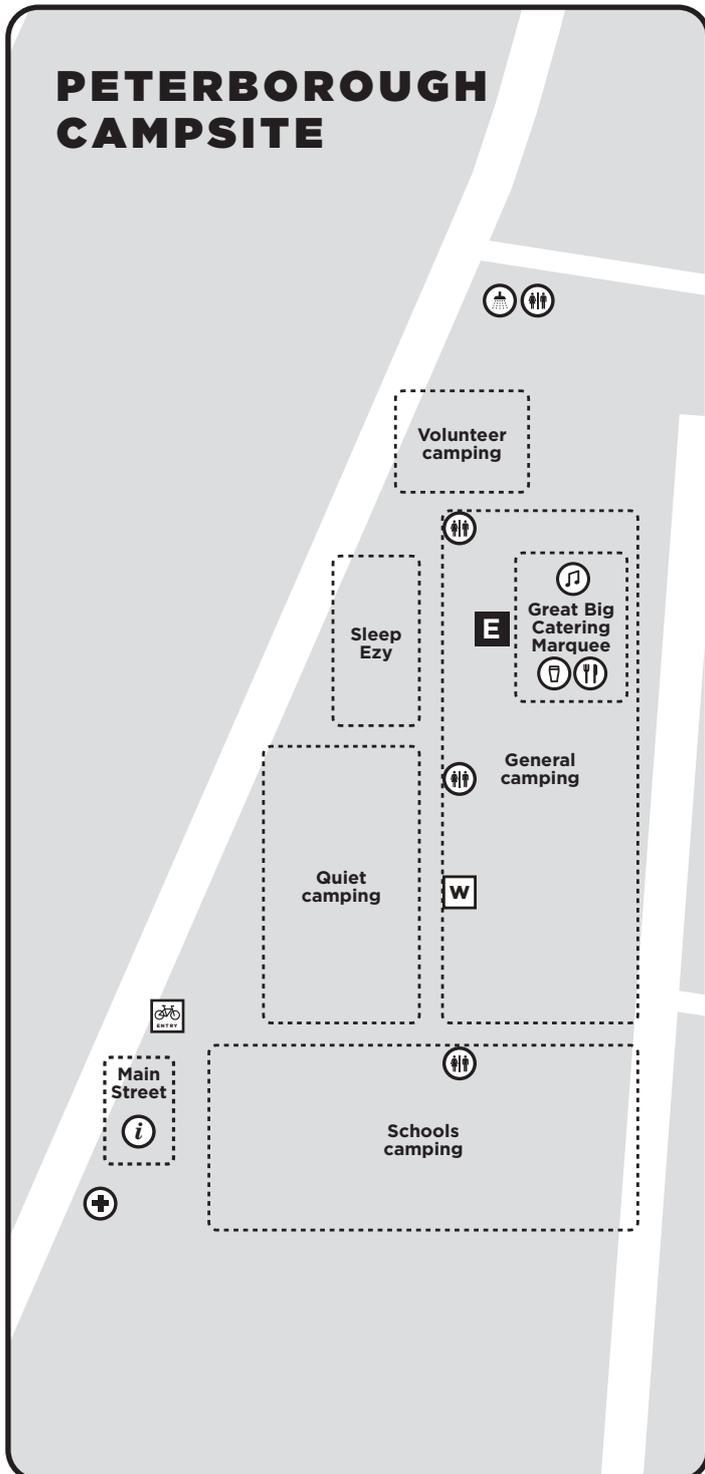
Keep an eye out for the book exchange on Main Street - you can leave a book you're finished with and pick up a new one to read from the ever-growing library!

WARBY TIPS

Sun Protection

- Carry a sun hat for lunch and rest stops
- Apply sunscreen 15 minutes before exposure and in the shade
- Wear long sleeves
- Leave early. Beat the heat and the crowds

PETERBOROUGH CAMPSITE



**? ANY QUESTIONS?
VISIT US AT
THE HUB!**

The Great Vic team is here to help and make sure you have the best time away with us. Visit us at The Hub on Main Street where we will be every day to answer your questions.

TOMORROW'S MENU

BREAKFAST

Breakfast wrap, porridge, cereals, muesli, yoghurt, fruit salad, fresh fruit, bread and condiments, gluten free cereal, gluten free muesli, tea, coffee, juice, milk.

SNACK

Banana bread, gluten free banana bread, vegan shortbread

LUNCH

STANDARD:

Lamb roll with mint jelly

VEGETARIAN:

Grilled vegetable roll with basil pesto

GLUTEN FREE:

Gluten free roll with lamb & chutney

GLUTEN FREE VEGETARIAN:

Gluten free roll with tomato salad & relish

VEGAN:

Salad roll with tomato relish

DINNER

STANDARD:

Slow-cooked beef brisket with potato salad & slaw

VEGETARIAN:

Vegetable shaslicks with potato salad & slaw & salad

GLUTEN FREE:

Slow-cooked beef brisket with potato salad & slaw

GLUTEN FREE VEGETARIAN:

Vegetable shaslicks with potato salad & slaw

VEGAN:

Vegetable shaslicks with potato salad & slaw

DESSERT

STANDARD:

Lemon cheesecake

VEGETARIAN:

Lemon cheesecake

GLUTEN FREE:

GF Cheesecake

GLUTEN FREE VEGETARIAN:

Gluten free baked cheesecake

VEGAN:

Vegan cheesecake slice

ENTERTAINMENT

TONIGHT - 27 NOV

Main Stage

19:00 - 22:00: Quiz Meisters Trivia

Outdoor Cinema

17:00: Space Jam

19:30: Ocean's Eight

Bridge Road Brewers Bar

14:30 - 17:00: Dave Burgess

TOMORROW - 28 NOV

Main Stage

19:30 - 21:00: Bogan Bingo

21:00 - 22:00: Sam Grayson Duo

Outdoor Cinema

17:00: Bumblebee

19:30: Midnight in Paris

Bridge Road Brewers Bar

14:30 - 17:00: Sam Grayson Duo

ENTERTAINERS

DAVE BURGESS

Originally from Canberra, Dave moved to Warrnambool 16 years ago to try to become a professional musician (why Warrnambool? We have no idea, but he did know it wasn't going to happen in Canberra). Anyway, after many years practice, a university degree, two kids and many soul-destroying jobs, things are coming together, and Dave has released his own albums.

QUIZ MEISTERS TRIVIA

Quiz Meisters reinvented pub trivia more than 10 years ago with the use of DVD technology, and now everyone uses it! They're still reimagining trivia and always bringing in fun, new elements. Tonight they will bring the show to the Great Vic.



GREAT VIC BIKE RIDE



ISSUE 7: THURSDAY 28 NOVEMBER
PETERBOROUGH

Tomorrow's riding: Peterborough to Beech Forest

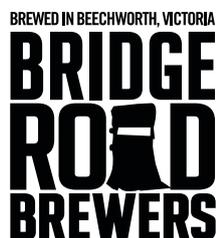


BEECH FOREST: GATE TO THE OTWAYS

Renowned for its scenic walks and waterfalls, Beech Forest is a thriving habitat of beauty in nature. Situated in the centre of the Otway Harvest Trail, Beech Forest is the central access point for some of Victoria's most stunning waterfalls and scenic routes.

Beech Forest is also steeped in history. In 1919 the original town burnt to the ground as a result of a bushfire, it was then rebuilt in the aftermath of the second world war.

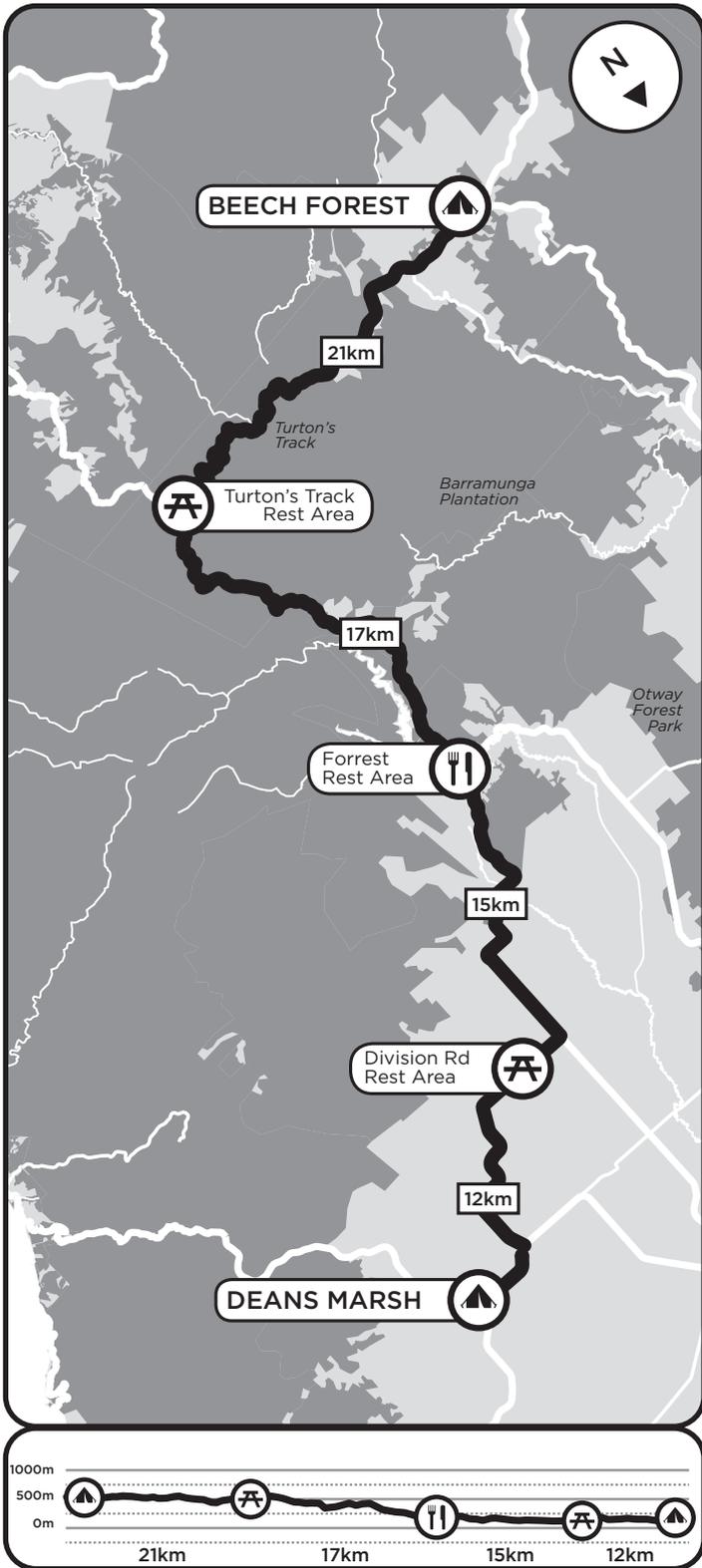
SPONSORS & PARTERS



HOSTS



TOMORROW'S RIDE



IN TOWN

WATERFALLS

Beech Forest is a central point to access some of the Otways most beautiful waterfalls and scenic routes. With 'Triplet Falls' and 'Little Aire Falls' within 5 kilometres of our campsite, their beauty can hardly be done justice with just mere words, go and see them for yourself!

OLD BEECHY RAIL TRAIL

Originally a narrow-gauge railway that opened the Western Otways to settlement, the Old Beechy Rail Trail winds through scenic pine forests and bushland, rich farmland and rolling hills as it travels from Colac up to Beech Forest. The trail serves a trip through yesteryear, and features innovative interpretive signs along the route, alongside magnificent eucalypts and blackwoods, most of which provide homes for abundant bird life.

OTWAY FLY TREETOP ADVENTURES

Otway Fly Treetop Adventures is located only 20 minutes from the Great Ocean Road. They are one of five canopy walkways in Australia and the only one in Victoria! Experience a breath-taking birds-eye view of the magnificent Otway Ranges from our 25 metre-high elevate walkway or fly 30 metres high from tree to tree on our Zipline Tour. If the zipline isn't quite your speed you can always take the treetop walk, with an average height of 30 metres off the ground the stunning views will make for an incredible experience for the whole family.

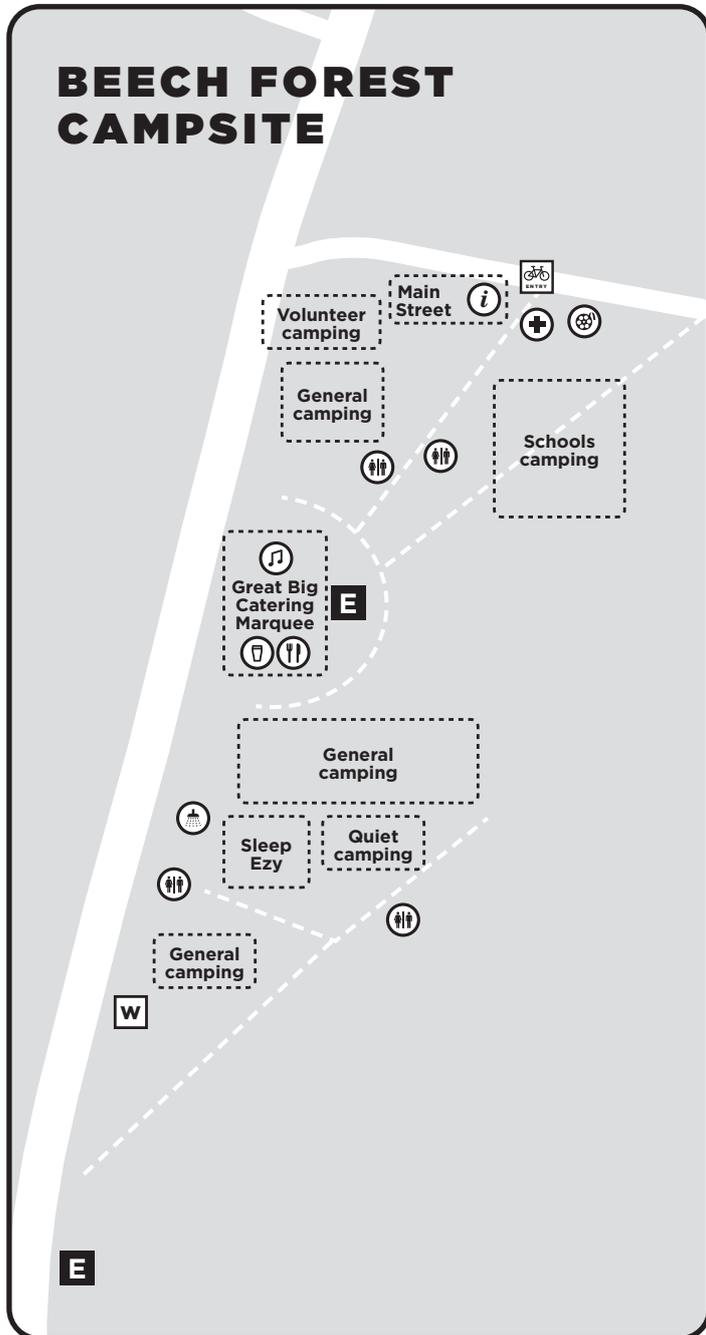
BOOK EXCHANGE

Keep an eye out for the book exchange on Main Street – you can leave a book you're finished with and pick up a new one to read from the ever-growing library!

AT CAMP

BBQ DINNER

Newcomb Power Junior Football Club will be cooking a BBQ dinner and breakfast at the campsite.



WARBY TIPS

Eating

- Take a sandwich size plastic container and make peanut butter and jam sandwiches at breakfast and carry them on the bike.
- Fill up on porridge at breakfast for low GI slow release energy
- Avoid sugary snacks. They are great for quick energy, but you will feel tired very quickly. Fresh or dried fruits and nuts are a great alternative. Oatmeal biscuits, almonds and cranberries, cashews, bananas are all great bike riding food.

Courtesy

Call “passing” when overtaking another rider and “stopping” when you are slowing, particularly if there are lots of riders around you.

Call “car back” when there is a car approaching from behind

Call “car up” when there is a car approaching from the front

Keep to the left-hand side of the road, and if you need to stop, get off the road.



ANY QUESTIONS? VISIT US AT THE HUB!

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TOMORROW'S MENU

BREAKFAST

Porridge, cereals, muesli, yoghurt, fruit salad, fresh fruit, bread and condiments, gluten free cereal, gluten free muesli, tea, coffee, juice, milk

SNACK

Jam doughnut, choc peppermint slice, vegan yo-yo

LUNCH

STANDARD:

Turkey wrap with cranberry sauce

VEGETARIAN:

Cheese, avocado & salad wrap

GLUTEN FREE:

Gluten free wrap with turkey & cranberry

GLUTEN FREE VEGETARIAN:

Gluten free wrap with roast pumpkin

VEGAN:

Gluten free wrap with roast pumpkin

DINNER

STANDARD:

Mushroom-stuffed chicken with quinoa

VEGETARIAN:

Chickpea patties
with vegetable sauce & quinoa

GLUTEN FREE:

Mushroom-stuffed chicken with quinoa

GLUTEN FREE VEGETARIAN:

Chickpea patties
with vegetable sauce & quinoa

VEGAN:

Chickpea patties
with vegetable sauce & quinoa

DESSERT

STANDARD:

Apple pie

VEGETARIAN:

Apple pie

GLUTEN FREE:

Gluten free apple pie

GLUTEN FREE VEGETARIAN:

Gluten free apple pie

VEGAN:

Gluten free apple pie

ENTERTAINMENT

TONIGHT - 28 NOV

Main Stage

19:30 - 21:00: Bogan Bingo

21:00 - 22:00: Sam Grayson Duo

Outdoor Cinema

17:00: Bumblebee

19:30: Midnight in Paris

Bridge Road Brewers Bar

14:30 - 17:00: Sam Grayson Duo

TOMORROW - 29 NOV

Main Stage

19:30 - 21:00: The Greatest Magic Show

21:00 - 22:00: The Hip Replacements

Outdoor Cinema

17:00: Lion King

19:30: Tomb Raider

Bridge Road Brewers Bar

14:30 - 17:00: The Hip Replacements

ENTERTAINERS

SAM GRAYSON DUO

Sam Grayson, from successful Aussie rock band The Androids ('I'd rather do it with Madonna' was a Top 5 worldwide smash hit!), has teamed up with the very talented Alex Barnard on drums to bring you all the classic and modern hits with their upbeat duo! Sam has toured with P!NK and KISS, so we are in for a real treat!

BOGAN BINGO

Like normal bingo but with an Aussie larrikin twist! Bogan Bingo is a performance as much as it's a competitive game of Bingo, and with prizes available it's fun for the whole family.



GREAT VIC BIKE RIDE



ISSUE 8: FRIDAY 29 NOVEMBER
BEECH FOREST

Tomorrow's riding: Beech Forest to Deans Marsh



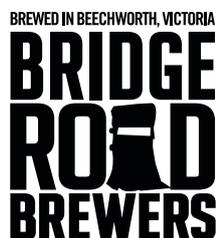
DEANS MARSH: EXPLORE THE HINTERLAND

Like something out of 'The Sound of Music', Deans Marsh is a luscious green utopia. The beautiful rolling hills and rural scenery is like something out of a fantasy film.

This rural farming village serves as the second last stop on our journey, and we

are well and truly on the home stretch now. While in town, make sure to keep an eye out for the exquisite produce in town, as Deans Marsh is home to beautiful local wine and cheese.

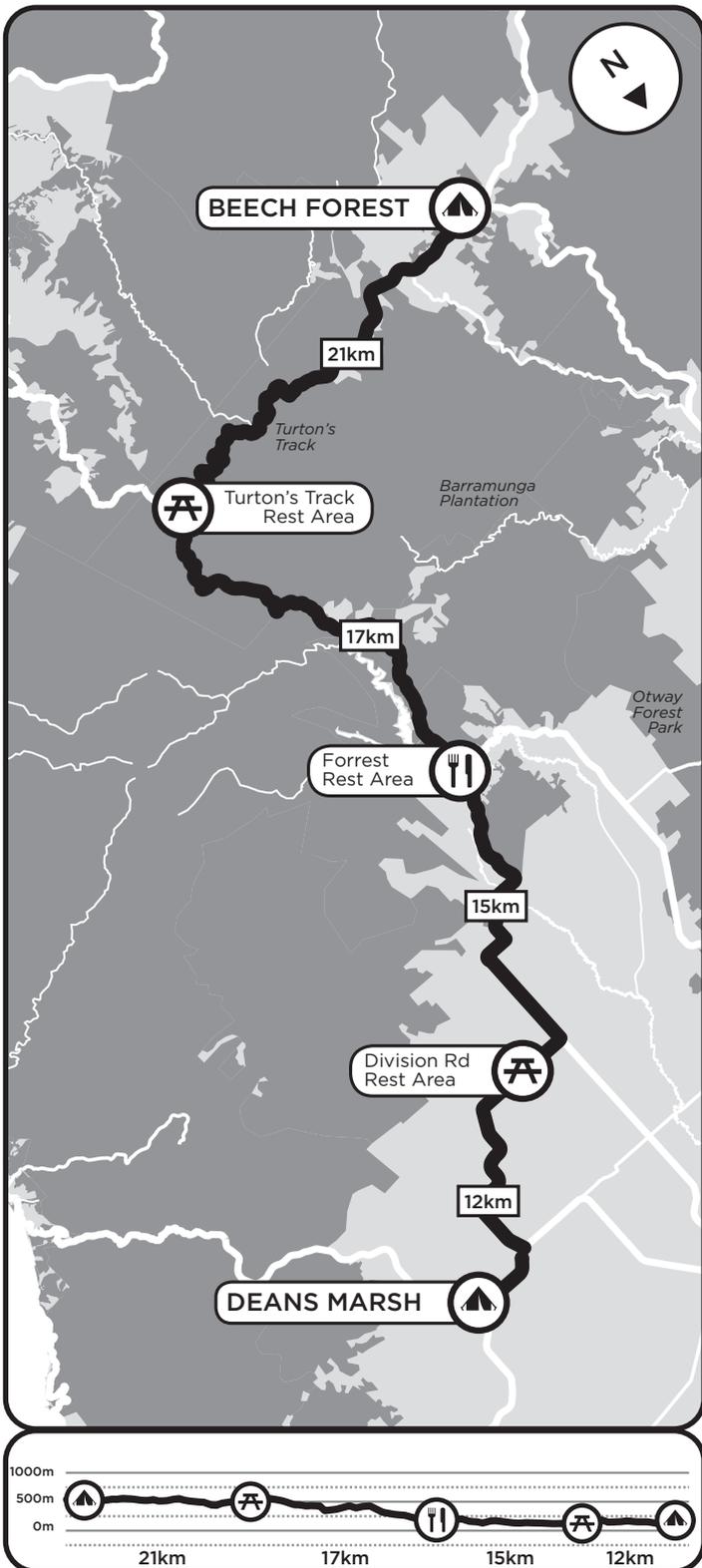
SPONSORS & PARTERS



HOSTS



TOMORROW'S RIDE



IN TOWN

PENNYROYAL RASPBERRY FARM & CIDERY

Tucked away in the Otway foothills, Pennyroyal's Raspberry Farm and Cidery is a hidden delight. A picturesque drive will take you to some excellent regional restaurants, wineries and galleries.

Luckily for us, we're in town for the first day of berry picking season! The farm offers 'Pick your own berry' sessions for the public where you can go along and pick an assortment of fresh raspberries, boysenberries, strawberries, blackcurrants and more!

AT CAMP

MINI MARKET AT THE DEANS MARSH HALL

Local businesses and community groups will be on show to welcome riders and chat about things to do that don't involve two wheels.

FROGWOOD ARBORETUM SELF-GUIDED TOUR

A digital, self-guided walking tour experience will be created to guide visitors through the arboretum.

BIKE TOURING ROUTES

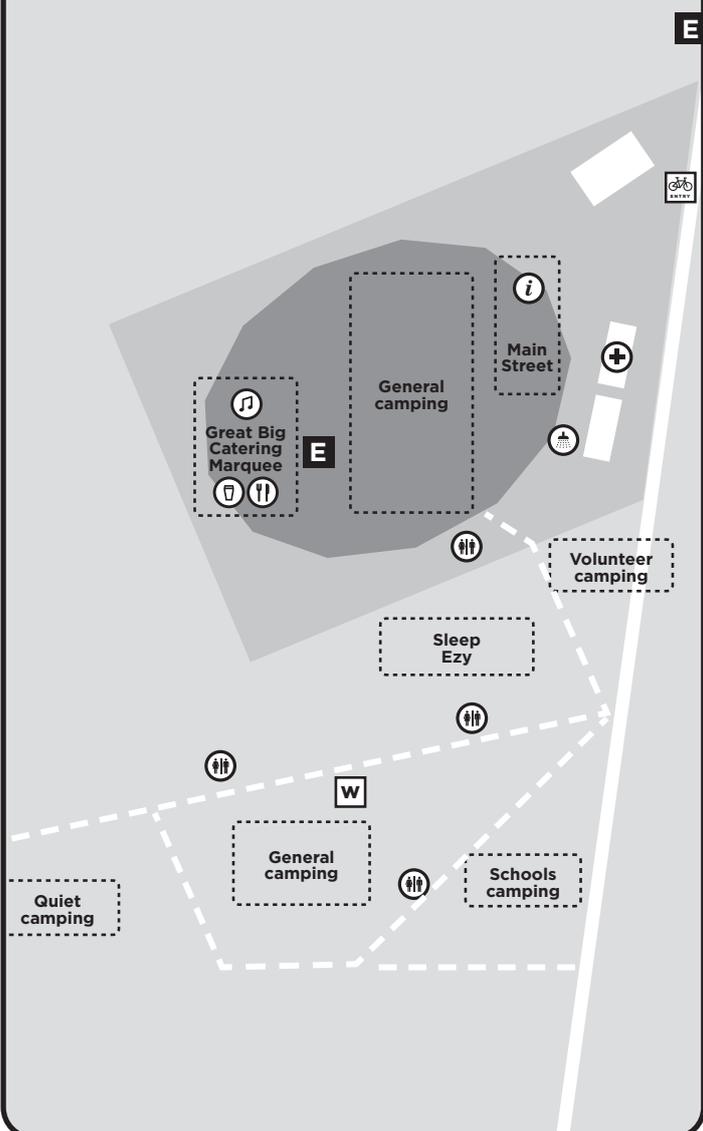
Those who haven't had enough riding can ride some local bike touring routes designed by Surf Coast Shire. Search for these routes on Strava.

Deans Marsh/Pennyroyal Valley loop - 13km
Deans Marsh/Bambra short MTB loop - 16km

BOOK EXCHANGE

Keep an eye out for the book exchange on Main Street - you can leave a book you're finished with and pick up a new one to read from the ever-growing library!

DEANS MARSH CAMPSITE



! FUN FACT!

The tallest rideable bike measures in at a staggering 6.15 metres tall! That's as tall as an adult giraffe!

WARBY TIPS

Drinking

- Eat before you feel hungry and drink before you get thirsty.
- Carry plenty of water - and be sure to drink it. Top up your bottles at every rest stop even if they are not empty. This will ensure you have sufficient water to keep you going.
- Drink extra water in the mornings before you leave camp, and at the end of the ride.
- Consider buying sports drink powder at the supermarket or bike shop and bagging it up before you go in individual serves (snap lock sandwich bags are ideal).
- Magnesium tablets or tonic water with quinine can help muscle cramps, and sports drinks with magnesium also help.

? ANY QUESTIONS? VISIT US AT THE HUB!

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TOMORROW'S MENU

BREAKFAST

Pancakes, porridge, bacon and tomato, potato and tomato hash, cereals, muesli, yoghurt, fruit salad, fresh fruit, bread and condiments, gluten free cereal, gluten free muesli, tea, coffee, juice, milk

SNACK

Croissant, gluten free jam tart, jam tart

LUNCH

STANDARD:

Chicken, roast vegetable & cous cous salad

VEGETARIAN:

Feta, roast vegetable & cous cous salad

GLUTEN FREE:

Brown rice & roast vegetable salad

GLUTEN FREE VEGETARIAN:

Brown rice & roast vegetable salad

VEGAN:

Brown rice & roast vegetable salad

DINNER

STANDARD:

Beef ragu with rice

VEGETARIAN:

Vegetarian pasta bake & salad

GLUTEN FREE:

Gluten free beef ragu with rice

GLUTEN FREE VEGETARIAN:

Gluten free vegetable croquettes with rice

VEGAN:

Vegan croquettes with rice

DESSERT

STANDARD:

Berries & cream

VEGETARIAN:

Berries & cream

GLUTEN FREE:

Berries & cream

GLUTEN FREE VEGETARIAN:

Berries & cream

VEGAN:

Berries & cream

ENTERTAINMENT

TONIGHT - 29 NOV

Main Stage

19:30 - 21:00: The Greatest Magic Show

21:00 - 22:00: The Hip Replacements

Outdoor Cinema

17:00: Lion King

19:30: Tomb Raider

Bridge Road Brewers Bar

14:30 - 17:00: The Hip Replacements

TOMORROW - 30 NOV

Main Stage

19:30 - 22:00: 80's Enuff

Outdoor Cinema

17:00: How to Train Your Dragon 2

19:30: Rampage

Bridge Road Brewers Bar

14:30-17:00: Steve Thew

ENTERTAINERS

THE GREATEST MAGIC SHOW

A super fun and exciting magic and comedy spectacular, perfect for families! Be entertained by two of Melbourne's brightest and most bubbly magicians, Justin and Sam, as they utilize their combined 20 years of experience in entertainment to bring you a magical extravaganza featuring breath-taking illusions, impressive circus artistry, along with loads of audience participation!

THE HIP REPLACEMENTS

The Hip Replacements specialise in classic, upbeat, make ya feel good and wanna dance rock! We play a wide variety of songs from AC/DC to ZZ Top and everything in between! And we do it right! Great musicianship, tight vocals and harmonies, a wide variety of songs and a stage presence that connects with the audience.