



**GREAT VIC
BIKE RIDE**

The Good Oil

ISSUE 4: PAYNESVILLE/ TATUNGLAUNG COUNTRY

TUESDAY 27 NOVEMBER

Tomorrow's riding: Paynesville to Sale (82km)



Sitting pretty in Paynesville

Some call it the boating capital of the region. Some call it a charmingly quiet holiday town. For us on the Great Vic Bike Ride, Paynesville is the perfectly peaceful place to rejuvenate while soaking up the lakeside lifestyle.

The town is surrounded on three sides by lakes for easy access to a plethora of water-based activities, though some may wish to find a place to rest and enjoy the serenity instead.

Once an important port and shipbuilding centre for the area, Paynesville carries on its proud maritime traditions with many boating excursion options for visitors. Alternatively, get to know some of the furry locals at Raymond Island, home to a large koala population.

And be sure to check out the longest bicycle in the world, built by a gentlemen named Bernie Ryan right here in Paynesville. It's 47.5 metres long and can be viewed on Slip Road. You can't miss it!

PARTNERS



WHAT'S ON IN PAYNESVILLE?

IN TOWN

Shuttle bus

Jump on the community shuttle bus into town and check out the craft market while you're there.

H2O Adventure Tours

Take a nice relaxing one-hour boat cruise. Details on the H2O Adventure Tour website.

Raymond Island Ferry

Bring your bike on the ferry and explore Raymond Island on tour wheels, or take a leisurely walk along the trails. Remember to look for koalas!

Twilight Market

Provided by local Lions Club. Check it out between 2 and 7pm at the Gilsenan Reserve.

Paynesville Craft Centre

Check it out down on the foreshore.

Sunset Cove

A perfect sandy spot to unwind for the day. There's a park with swings for the kids and a walking trail along the water with beautiful views of the town.

Floating Tin Shed

Keep your eyes and ears peeled for the iconic Floating Tin Shed! This aquatic-based ensemble is an important part of the community. Coming to a waterway near you.

Dolphin Structure

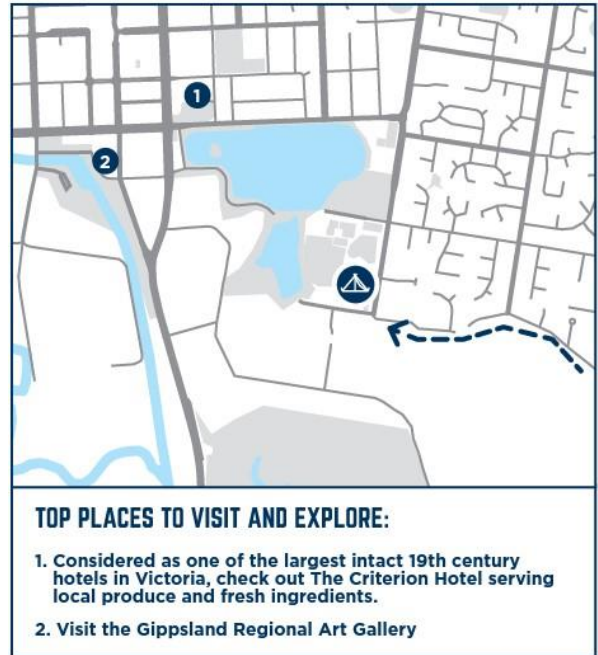
Be sure to check out the dolphin structure from the 2006 Commonwealth Games down at Progress Jetty.

Bowls Club

Visit the local bowls club and get involved in some BBQ and barefoot bowls action.

Pier 70

Stop by this bar and restaurant for tapas, cocktails and live music. Bookings recommended.



Sardine Dining

This classy eatery offers a taste of the sea. Share a tasting platter with your Great Vic pals. Oyster Hour is happening from 4-5pm.

Waterview Bakery

Chow down on some delicious pastries while overlooking the waters and Raymond Island.

Ferry Cafe

More worthwhile refuelling options at this café by the water.

Paynesville Hotel

Stop by this revamped but classic pub for some good quality grub.

Threedouble8zero

This restaurant serves up modern Australia cuisine making good use of local ingredients.

Ginny's Place

A café-style eatery with quality coffee and bites down by the yacht club.

Hot breakfast at camp!

The local East Point Primary School will be putting on a hot brekkie at camp, sending us off in style.

TODAY'S MENU

Standard, vegetarian or vegan? Not to worry, all dietaries are catered for on the Great Vic! Here's what's on the menu today.

LUNCH

Chicken Ceasar Salad. Quinoa Chickpea and coleslaw salad. Apples and Bananas. Killer Pythons and vegan dark chocolate. Cordial.

DINNER

Roast lamb with garlic and rosemary. Vege koftas. Roast potatoes and greens. Bread rolls.

DESSERT

Waffle cones with crème caramel. Caramel slice.

WHAT'S
ON



TODAY

ENTERTAINMENT

Main stage entertainment

3:00-5:30pm: Ruben Reeves
7:00-7:15pm: Event Manager's briefing
7:30-9:30pm: Live Comedy: Annie Louey
(pictured above)

Outdoor cinema

3pm-5:30pm: Sports selection (check daily)
5:30pm-7pm: Sing 2
7:30pm-9:30pm: Dungeons & Dragons: Honor
Among Thieves

TOMORROW

Main stage entertainment

3:00-5:30pm: Danny Eddy
7:00-7:15pm: Event Manager's briefing
7:30-9:30pm: Leaps and Bounds

Outdoor cinema

3pm-5:30pm: Sports selection (check daily)

TOMORROW'S RIDE: 82KM

More spectacular country views await on Day 5, when we pedal out of Paynesville and make for the bustling regional hub of Sale. There'll be changing scenery and magical vistas along the way.



TOMORROW'S MENU

BREAKFAST

Potato and tomato hash. Bacon and tomato. Oats, Nutri Grain, muesli, Weetbix, fruit salad, Corn Flakes, all kinds of bread, jams, honey, Vegemite, flavoured and Greek yoghurt, coffee, tea, Milo, fruit juices.

GRAB 'N' GO

Apples and Bananas. Up and go. Fruit buns. Choc chip protein bars.

LUNCH

Pitas and wraps with turkey and cranberry. Cheese and salad wraps. Pumpkin and tomato relish wraps. Fruits, apricot protein balls and cordial.

DINNER

Chicken in mushroom sauce. Faux chicken in mushroom sauce. Mushroom wellington. Tomato salad and bread rolls.

DESSERT

Apple Pies. Apple crumple. Custard. Vegan

WARBY TIPS

Call "passing" when overtaking another and "stopping" when you are slowing, especially if there are lots of riders with you. Call "car back" when there is car coming from behind and "Car up" when there is a car coming from the front.

FUN FACT

Around 100 million bicycles are manufactured around the world each year. Around 2,500 of them are here with us on the Great Vic Bike Ride!

THE DAILY EXTRA

THE
GOOD
OIL

Campsite: Paynesville

Date: Tuesday 28th November 2023

Weather? Whatever!

Thunder, storms, lightning and some really annoying drizzle – you faced it all over the last three days and have finally landed in Paynesville. Excellent work. 218km down.

If you're ready to shake some of the stiffness out of your legs, look up one of the many great walks that Paynesville has to offer and take a soothing stroll before dinner.

Or don't. And rest up at our lovely campsite to get your legs ready for the 82km to Sale.

We hear there has been some fantastic riding out there, but please don't forget your hand signals (when safe) and to look out for one another. Remember to:

- Point and call out hazards
- Call "car back" when a car is coming from behind
- Call "car up" when a car is approaching from the front.

SUDOKU

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

Sudoku provided by Sudoku.com.au

TOMORROW'S WEATHER

MIN: 15° MAX: 19°

A very high chance of rain. Another chance of a thunderstorm. Winds strengthening.

3 generations



Rebecca Brown, her daughter Harleigh, 4, and her dad, South Gippsland Shire councillor John Schelling, smashed out the kilometres together on the road to Lakes Entrance yesterday.

When Rebecca is not milking cows, she's a school teacher at Meenyan Primary School. She also manages to carve out some time to train on her bike.

Rebecca first came on the Great Vic with her school when she was 15 and rode it again with her two daughters Jordyn and Matilda, alternating them in a kiddie trailer and a rear bike seat in 2017.

Jordyn, now 10, and Matilda, 8, will get their turn to ride with mum and their grandfather, then the family of five will ride together on the final day.

Coffee magic



Meet the awesome team at Great Coffee Moments who have supported the Great Vic for eight years. This Port Fairy family business is headed Ian and Sam with help from Georgia, Darcy, Janet, Laura, Maisie and Anna-Jane. They'll help get your day started!

Just for laughs

Have you heard of the new fad sport – skydiving without a parachute? Apparently, it's a once in a lifetime opportunity!

Volunteer cheer

We love them. You love them. So here's a couple of shout-outs today to:

- Terry for carrying a secret weapon for Amelia
- Julie for her kind, calm work in the Hub where she responds to questions of *all* kinds!

Please remember to thank them, be kind and show your appreciation.

DAILY CROSSWORD

Kitchen Utensils

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

TONGS
NUT CRACKER
BOTTLE OPENER
BEATER
POTATO PEELER
LADLE
WHISK
MIXER
SPATULA
THERMOMETER
CHOPPER
BLENDER
GRATER
SCISSORS
MASHER
CLEAVER