



**GREAT VIC  
BIKE RIDE**

# The Good Oil

**ISSUE 5: SALE/BRAYAKAULUNG COUNTRY**  
WEDNESDAY 29 NOVEMBER -  
Tomorrow's riding: Nil. We're resting!



## Getting into the swing of things in Sale

Sale is a cultural hub and this historic port town is brimming with things to do and see as we take a hard-earned break from all that pedalling. Here we'll also wave goodbye to our 5-day riders who have powered through 300km on the bike, a huge effort!

Sale is known for its many lakes, rivers and the famous Ninety Mile Beach. But there's also heritage architecture, trendy cafes and restaurants and numerous watering holes to visit.

There are also great opportunities to get out in nature and take a wander through 150-year-old botanic gardens and red gum woodlands.

We're here for two nights, so get settled in at camp, say howdy to your neighbours and saddle up for a fun and re-energising stay in Sale.

PARTNERS



# WHAT'S ON IN SALE?

## IN TOWN

### The Criterion Hotel

"The Crit" is an iconic watering hole, built in 1865 and one of the largest intact 19<sup>th</sup> century hotels in Victoria. \$29 steak night tonight!

### Lakeside Club

A great spot for meals with friends and family, or a quiet drink by the bay. A relaxed dining atmosphere with quality gastropub meals.

### Gippsland Hotel

Stop by this local pub for a refreshment and some live music.

### Sporting Legends Club

The place to be for sports and entertainment. Bistro open 12-2pm and 5:30-8:30pm.

### Element at Mansi

Treat yourself to a little "me" time at this wellness centre featuring a light-filled Yoga studio, magnesium float baths and an infrared sauna.

### Metung Hot Springs

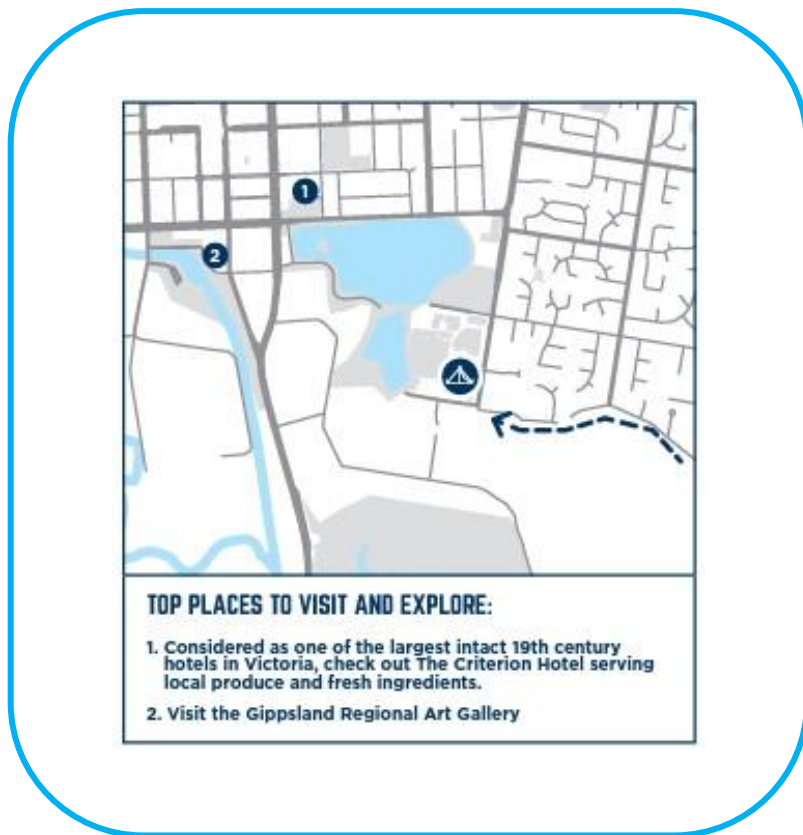
Soak it up in the variety of hot spring pools, cold plunges, geothermal showers and saunas at the Bathing Ridge. Break it up with some nature trails. Sessions include transport, limited spots available.

### Sale Swing Bridge

The first moveable bridge constructed in Victoria. Check it out down by the highway.

### Port of Sale Heritage Cruise

Drift over the water and through time as you learn about the development of Gippsland and the history of its original inhabitants, the Gunaikurnai people.



### Gippsland Regional Art Gallery

Established in 1965, this art gallery can be found at the Port of Sale overlooking stunning waterways and parkland, for great views inside and out.

### Tinamba Hotel

Dine in at this local favourite 20 minutes away. A return shuttle bus will be running from Guthridge Parade for \$10. Call 0418 565 728 to book your spot.

### Sale Botanic Gardens

Stroll through these 150-year-old gardens replete with elm forests, maple groves and diverse wildlife.

## 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

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 Custard. Thickened cream.

WHAT'S  
ON



## TODAY

### ENTERTAINMENT

#### 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

#### Main stage entertainment

3:00-5:30pm: Erin Billings  
7:00-7:15pm: Event Manager's briefing  
7:30-9:30pm: Electric Empire

#### Outdoor cinema

3pm-5:30pm: Sports selection (check daily)  
5:30pm-7pm: The Body Guys  
7:30pm-9:30pm: Zoolander

## TOMORROW'S RIDE: No riding. Take a rest!



## TOMORROW'S MENU

### BREAKFAST

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. Orange juice. Choc chip cookies and choc wafers.

### LUNCH

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

### DINNER

Sweet chilli chicken. Eggplant lentil tofu hot pot. Potato salad, bread rolls. Polenta and Freekah.

### DESSERT

Cheesecake. Chocolate Turkish delight. Waffle cones.

### 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.

## FUN FACT

In the Netherlands, 30 percent of all trips are completed by bike! Seven out of eight Dutch people over 15 years old have a bike.

# THE DAILY EXTRA

THE  
GOOD  
OIL

**Campsite:** Sale

**Date:** Wednesday 29<sup>th</sup> November

## Just keep moving!

Three nights of camping down and three days of riding done and dusted. Total 300km (approx). Well done riders and support crew.

Welcome to Sale. You will spend the next two nights on Brayakaulung Country, which extends from the Sale area to the Avon and LaTrobe rivers and Lake Wellington to Mt Baw Baw and Mt Howitt.

*A tip from brother and sister team Doug (from Melbourne) and Gay (from Perth). Don't forget to stretch after your ride!*



## SUDOKU

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

Provided by [Sudoku.com.au](http://Sudoku.com.au)

## TOMORROW'S WEATHER

**MIN: 14° MAX: 18°**

Cloudy. Very high chance of rain. Heavy falls possible. Overnight temperatures falling to around 11°.

## Cancer fighter



Andrew Naismith has beaten chronic lymphocytic leukaemia in just 15 months without chemotherapy.

He rode the Great Vic in 2019 and joins us for the second time this year after "COVID and life got in the way".

Andrew was one of the first in the world to combine two lymphoma cancer drugs and is now cancer free and riding 200km a week. Be sure to give him a shout-out if you see him on the road.

## Our meme man



Volunteer Michael Iurovetski has given us an entire spreadsheet of memes celebrating the Great Vic. See another piece of his work on the right. Thanks Michael!

## Just for laughs

The benefits of eating dried grapes is all about raisin awareness!



## DAILY CROSSWORD

### Human Bones

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

MANDIBLE  
 RADIUS  
 METATARSAL  
 FEMUR  
 SCAPHOID  
 TALUS  
 STAPES  
 HAMATE  
 TRAPEZIUM  
 TIBIA  
 PATELLA  
 TEMPORAL  
 ULNA  
 CLAVICLE  
 COCCYX  
 STERNUM  
 MALLEUS  
 HUMERUS  
 FIBULA