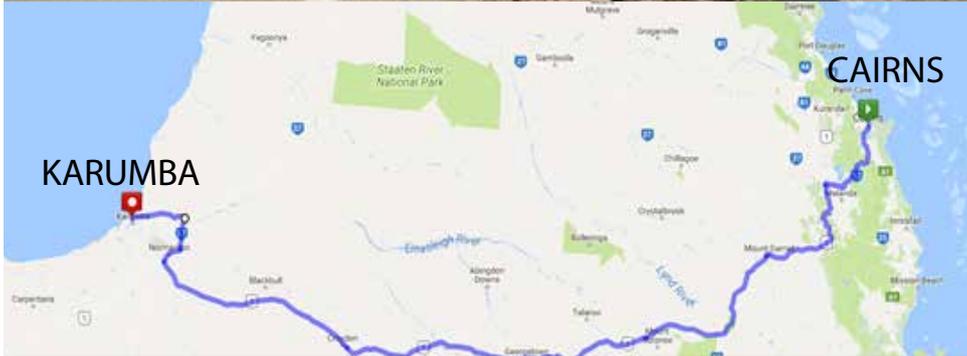




C2K BIKE RIDE 2018

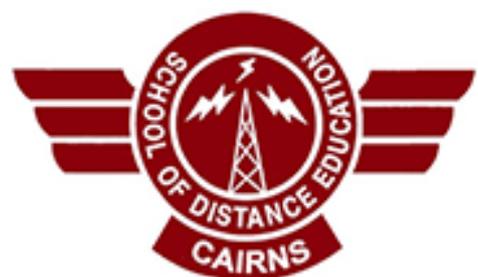


giving bush kids a fair go!

THANK YOU TO THE FOLLOWING SHIRE COUNCILS
FOR THEIR ONGOING SUPPORT OF THE C2K BIKE RIDE



The Cairns to Karumba Bike
Ride is brought to you by
the Cairns School of Dis-
tance Education Parents
and Citizens Association.



C2K Bike Ride

Mailing Address:
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THE CAIRNS TO KARUMBA BIKE RIDE

Why we ride.

Maybe you are after the challenge or adventure, by experiencing the longest event ride in Australia? Or is it that the 780km C2K bike ride is 21 years long-standing and travels through 5 Shires east to west across the base of Cape York? Or is it the spirit of giving to families and children for their education?

The country it traverses includes the lush rainforest of Cairns and the Tablelands and beautiful savannah lands of Australia's deep outback. If it's the cause that strikes a chord in you, you'll be pedalling away to raise money for the education and health of Aussie bush kids, which you will meet along the way.

This ride belongs to all the families living in the outback on isolated properties across the Cape York Peninsula and Gulf Savannah country, whose kids learn through distance education.

The ride has now raised in excess of \$1,045,000!

No doubt you'll discover the C2K to be a darn good time, so expect loads of entertainment and friendships made along the way. The ride caters to those choosing the road as well as the dirt bashers, who are up for experiencing some true grit.

Whatever has brought you on-board, the reality is that the C2K is an iconic 'must-do' ride, and a fantastic week away from the maddening crowds. No need to worry about cooking meals, transporting luggage (if on your own) or navigating from town to town because all your needs are taken care of by our merry band of volunteers.

Each day the Catering Crew dish up three delicious meals and you are provided with showers, fresh air, outback skies and exquisite sunsets. You're on holidays, so make the most of it and enjoy!

In the following pages you will find information on everything you need to know about the event including: a training schedule, what to bring, a rundown of each day, bike routes and campsite services, some important rules, what you can expect and much more.

Who participates?

The C2K Bike Ride experience has been enjoyed by a diverse range of people from both local and regional North Queensland, those from interstate as well as international participants from England, Germany, Ireland, Holland, Japan, New Zealand, Canada and U.S.A. Many return each year to relive the adventure. You may come along to ride, to support a rider or to volunteer.



Welcome to Riders!

The ride caters for road riders - "Rugged Roadies", as well as mountain bike riders - "Dirty Boys & Girls" of all levels of fitness.

On the road packs range from fast riders to social riders. The overriding factor is the spirit with which everyone takes part - coming together to form a cohesive, supportive and encouraging group. You will leave with a list of new friends and riding buddies as a unique and strong sense of camaraderie forms over the week. We look forward to building on these experiences and to enjoying the sunset over the Gulf of Carpentaria with you on the 6th of July 2018.

Any moderately fit person is capable of undertaking the Cairns to Karumba ride. Remember you can ride as much, or as little as you choose. If you are not an 'uphill battler', a vehicle will transport you up the taxing Kuranda Range (15km). Apart from the Herberton (5km) and Newcastle Ranges (15km) the ride is pretty much smooth pedalling.

You should know your cycling skills and capabilities. If you become tired take a lift and don't be offended if you happen to be asked to ride in the support vehicle for awhile. This may be for your own wellbeing and the safety of all riders.

The Dirty Boys & Girls have heaps of fun and experience some true grit. The riding is casual but there is a wide range of capabilities among the group and we are mindful of the group and the individual skill levels.

Welcome to Support Crew

If you've joined the ride as a support person to another rider or group, your role is immensely important and appreciated by your 'team'. It is hard work riding in the midday sun, so when the dust settles as riders pull into camp, there is nothing like the reward of sinking into a chair, a cup of tea or tinny ready by your side and a platter of goodies to munch on! Your job is to support them in doing the hard yards to ensure their journey is as easy and comfortable as possible.

The coordinator of all supporters is **xxxxxx** and will provide you will maps and places to visit along the amazing route so that you can make the most of your holiday.

The support Role Includes:

Team Gofer – scouting out the night's camp grounds and facilities- picking a good spot;
 Camp Co-ordinator – setting up the 'team' camp – tents, fold up table, chairs, tarps etc;
 Mess Person - ensuring drinks are on the ice, billies boiled and snicky snacks abundantly available;
 Grounds Person – packing up and clean up camp, disposing of garbage so camp grounds can be left as they were found;

If you need to dump Blackwater, refer to sites on the last page of this handbook.

All support vehicles are expected to depart camp sites

before the riding packs. This is for safety of all riders as it reduces the amount of vehicles trying to overtake packs and maneuver around riders while on the road.

Your team needs you, but it isn't all hard work. You'll have plenty of time to explore the outback haunts, chat to locals, get to know fellow bike ride supportpersons / volunteers have a laugh and yarn over a cuppa.

Welcome to all volunteers!

Each year the ride organisers rely on approximately 60 volunteers to keep the wheels turning on this wonder-



ful ride. We need kitchen crew, escort drivers, truck drivers, entertainment coordinato, communications personnel, photographers, logistics crew, drink station attendants, kids club coordinator, massage therapists....and the list goes on.

Thank you to our volunteers for donating your time and expertise in making this ride possible. The volunteer coordinator will be available to guide you on the responsibilities of the various roles.

Before registering for a volunteer role, please contact helena@c2kbikeride.com.au for role allocation.

IMPORTANT POINTS

Remember to keep up your hydration and food intake during the day. Dehydration can cause headaches, tiredness, poor judgment & affect your riding ability. If you think you are getting dehydrated, or if the support or medic staff think you are dehydrated or in poor riding condition, please take their advice and have a rest in a support vehicle. There will be more good riding ahead.

We also have our own medic and first aid kits as well as a paramedic and doctor among our riders.

Dirty Boys may have to ride some parts on the road and it will be necessary to ride as a formal Pack. When advised to ride in Pack formation, follow your lead and rear vehicle instructions. There will be radios on riders

within the Pack also who will relay any necessary information.

A bus will be transporting riders between sections. Please limit your daypack, if you bring one, to something small and basic – and an old towel to sit on. The support vehicles will carry your lunch, refreshments, fruit and snacks. There will be eskies and some fridges in support vehicles. Bring some money though.

Loading trailers is your own responsibility. When it comes time to load – do your own – plus a bit more. Less time loading = More time riding! Back from Karumba to Cairns.



PRE-RIDE BRIEFING - MEET & GREET [FRIDAY 29TH OF JUNE]

Friday 29th of June prior to the ride, a pre-ride 'Meet and Greet' will be held at the Shangri-La Hotel, the Marina, Pier Point Road Cairns. Registrations check-in plus jersey collection will take place between 4.00-6.00pm. Dinner options will be available at the hotel from 6.00-7.00pm. The briefing takes place from 7.00-8.00pm. The briefing is compulsory, PLEASE ENSURE YOU ATTEND.

The ride organisers will alert you to all the last minute detailed preparations for the ride and answer any questions you may have. You will also be able to collect your ride jersey, ride drink bottle, your wrist band for meals and meet your pack leaders. Unsupported road riders will need to bring along the bulk of their luggage to place in the luggage truck. A small day bag can be given to the escort driver on the mornign of the first day.

From Go to Wo ...

The starting point for all riders on the first day is the Shangri-La Hotel, at the Marina Carpark. From there all riders will be escorted by Sergeant Waugh and his team to Smithfield at the base of the Kuranda Range. The Kuranda Range segment is unsupported, ie no escort vehicles or pack riding; you are on your own! You need to be an experienced Range Rider to take this segment on (Packs 1-3 only). For those keen to save their legs for the rest of the journey, a vehicle is available to transport you and bike from Smithfield up the range to Kuranda. The Dirty Boys will ride with the group for the first 5kms out of Cairns before being transported to the 'Dirt'.

ROUTE INFORMATION

STAGE 1 - SATURDAY JUNE 30TH [CAIRNS TO ATHERTON - 94KM]



Your meal wrist band must be worn.
 Having your name on your back/helmet/bike is a handy way for people to get to know you.
 6.00 – 6.30am, assemble at Shangri-La, Pier Car Park, Esplanade, Cairns.
 All riders leave at 6.45am
 The ride will commence once organisers are sure all riders, support crew and volunteers have correctly completed all required forms, been issued ID tags and all official vehicles/volunteers are in place.
 Dirty Boys will join Rugged Roadies for the first 7km before being transported to the 'Dirt'.



RUGGED ROADIES

The Kuranda Range is a 15km uphill ride with a 7% gradient.
 First Stop – Kuranda. Four packs of riders are formed and proceed to Kuranda for a Coffee Break. Then continue to Mareeba Aerodrome for lunch.
 Lunch stop at Mareeba is provided by the Mareeba Lions Club.
 After lunch, riders will proceed to Atherton for the night.

- 5.30pm Meetings
1. Escort Drivers / Pack Leaders
 2. Support Crew

DIRTY BOYS

Ride from Pier Carpark to the Fruit Bat Capt Cook Highway. DB's load bikes onto trailers. Transport with support vehicles to Davies Creek Mountain Bike track entrance. Meet with Local Mareeba Mountain Goats MTB club members. Ride Davies Creek trail 1 to southern most point. Ride to Emerald Creek Falls carpark for smoko presented by one of the local community clubs. Ride Emerald Ck Falls to Tinaroo Ck Rd, Lunch at the causeway. Ride with Quad escorts only, Tinaroo Ck Rd to Tinaroo dam & onto Barabadeen Scout Camp. Swim at Barabadeen.
 Load bikes onto trailers for transport to Atherton.

DINNER / CAMPING

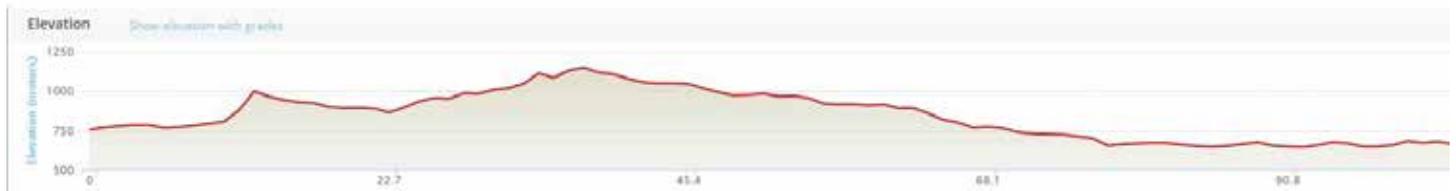
Overnight camping at Atherton Woodlands for Roadies and Dirty Boys
 Dinner 6.00pm – Meal wrist band must be worn
 Night conditions may be cool and possibly damp or even wet, so come prepared. Overnight camping will be at the Atherton Woodlands Caravan Park, 141 Atherton / Herberton Rd. Camps can be set up outside. For those who choose to camp close to the kitchen be aware that the catering crew set up for breakfast from 4am.

EVENING ACTIVITIES

Bill Turner & Band Plus Local Soloist
 Photo Board
 No Wally Awards tonight

ROUTE INFORMATION

STAGE 2 - SUNDAY JULY 1ST [ATHERTON TO MT GARNET - 105KM]



Your meal wrist band must be worn.

Breakfast - 6.30 am

Departure time is dictated by visibility on the road. Approx departure will be at 8.00am, from front gates of the park.

RUGGED ROADIES

Drink stops, every 20kms.

Lunch stop at Ravenshoe Railway grounds

The route from Atherton to Mt Garnet follows the Herberton Range. The range is a 5km (uphill section) ride, with the town of Herberton itself also offering some vertical challenges. The incline is steeper than the Kurranda Range and once again the sections through the first 30-40 km are very challenging. The weather here may be cool and damp. From Herberton the riders then commence the leg to Ravenshoe - the highest town above sea level in Queensland. There are two routes that riders can take from Herberton to Ravenshoe - this will be indicated by the pack leaders on We have lunch in Ravenshoe at the local town hall. Following lunch all packs reform and proceed to Mt Garnet.

5.30pm Meetings

1. Escort Drivers / Pack Leaders
2. Support Crew



DIRTY BOYS

On day two, riding a new day format, we traverse the rugged ranges between Wondecla and Mt Garnet, full of mining history from the gold, tin and silver mining days of last century. Lunch is at the majestic Woodleigh Homestead, set in a great outback setting. From, here, dependent on time, the group may split and have the option of riding further into the cattle station. Prepare for some heart pumping climbs, breathtaking scenery and excellent downhill runs in this hilly country!

DINNER / CAMPING

Dinner at 6.00 pm - Meal wrist band must be worn

Camp for the night is at the Rodeo Grounds about 4km on the other side of the town. Many local families have built shelters here for their annual weekend at the Mt Garnet races/rodeo, however these are not available for our use. There are plenty of places in the hall enclosure and beyond. A local resident will have turned on all the power to heat water for showers and some firewood may be used for fires - use common-sense and please take precautions not to cause any damage.

EVENING ACTIVITIES

Darrin Leonard & Band
Photo Board & Wally Awards

ROUTE INFORMATION

STAGE 3 - MONDAY JULY 2ND [MT GARNET TO MT SURPRISE - 113KM]



Your meal wrist band must be worn.
 Breakfast - 6.30 am / Ride Briefing – 6.45 am
 Don't pack lunch for road or dirt ride

RUGGED ROADIES

Packs 4 -departs at 8.00am

Packs 3 departs at 8.10am

Pack 2 departs at 8.20am

Pack 1 departs at 8.30am

- Drink stops approximately every 20 kms.
- Lunch stop at 40 mile Scrub.

There are eco-toilets at the 40 Mile Scrub, please take care with the grass and garden areas. At the 40 Mile Scrub we have a magnificent morning tea/lunch. Please bring a donation to thank the lovely families that produce this food for us. Narrow bitumen and rough edges, coupled with increasing contact with road trains and other large road vehicles keep the need for traffic awareness at a premium, following the 40 Mile Scrub turnoff onto the Gulf Development Road. The conditions then level out and the road makes a gradual descent with improved road surface

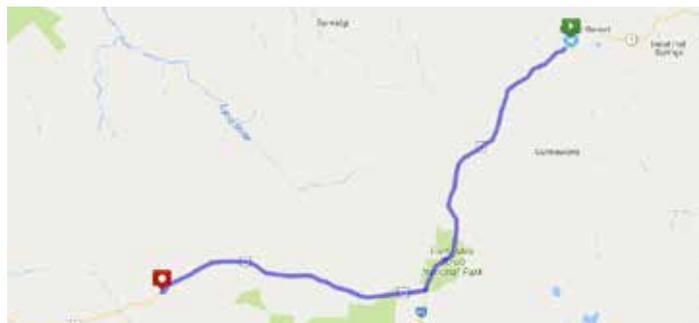
5.30pm Meetings

1. Escort Drivers / Pack Leaders
2. Support Crew

DINNER / CAMPING

The night time stop is within the township of Mt Surprise. Camping is available behind the pub and general store. If you want some sleep at night don't go too close to the pub!

- Dinner at 6.00 pm



DIRTY BOYS

Imagine riding an historic trail – originally used in the 'coach' days – traversing Granite and Basalt country – crossing 3 cattle stations in one day!! A special visit is planned during the day to introduce you to a Distance Education family from St Ronan's Station.

They will welcome you to their part of the world and explain how they live and work in the region. This is one heck of a ride – and the strongest riders will ride dirt right to the pub (er...town).

The day is among the longest days we have, through untouched and absolutely pristine forest. The ride is speckled with fast descents, river crossings – and a lunch surprise like nothing you've seen.

The day will be long – getting dustier toward the end. There is an opportunity for the strongest riders to continue the last 20 km along a bone-jarring railway line – which tests the skills and grit of the toughest mountain bikers. The other option is to travel the last stretch in the airconditioned coach. Get ready for the Dirty Boys to take out the 'no talent show' once more.

EVENING ACTIVITIES

Photo Board & Wally Awards

No Talent Quest - After dinner, head to the Mt Surprise Pub for the 'No Talent Quest'.

Entertainment for the night is a talent quest with all participants, support crews and locals invited and urged to become involved. Over past years this has become a favourite stop over with plenty of enjoyment for all and great support from the locals.

ROUTE INFORMATION

STAGE 4 - TUESDAY JULY 3RD [MT SURPRISE TO GEORGETOWN - 94KM]



Your meal wrist band must be worn.
Breakfast - 6.30 am

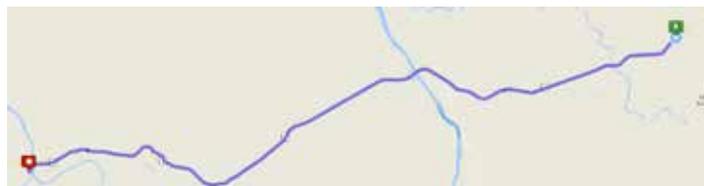
RUGGED ROADIES

- Pack 4 departs at 8.00 am
- Pack 3 departs at 8.10 am
- Pack 2 departs at 8.20 am
- Pack 1 departs at 8.30 am
- Drink stops every 20 kms.
- Lunch stop at the Newcastle Range lookout.

5.30pm Meetings

1. Escort Drivers / Pack Leaders
2. Support Crew

Along this road care needs to be taken with narrow bitumen, rough edges, potholes, cattle grids and traffic with plenty of chances to meet a road train face to face. The countryside is now quite dry, however there is some spectacular scenery at the top of the range - this is Savannah country. The Newcastle Range is a 15km uphill section, which has an initial steep climb and then a more gentle descent on the other side. Don't get complacent; through the Newcastle Range there are some lovely new sections of road, but there are still some sections where the bitumen is very rough and broken. There often are cattle on the road - BEWARE!



DIRTY BOYS

The landscape has flattened out a little and today we ride toward the Newcastle Range across sandy creeks, rocky creeks, through cattle country past waterholes and other wildlife.

Lunch is in an unforgettable spot - another example of the special places we get access to on this ride. Imagine an ancient watercourse - turquoise waters with a physical challenge!

Wash away the day's dust - and let's get to town for the annual 'uni-cycle Calcutta'.

DINNER / CAMPING

- Dinner at 6.30 pm
- Overnight camping at Georgetown Rodeo Grounds which are located on the north western edge of the town. Here again you will need to put up your tents. There are shower and toilet facilities at the grounds. Laundry facilities are located at the 2 caravan parks in Georgetown, but in order to use them PLEASE OBTAIN PERMISSION FROM THE MANAGERS.

EVENING ACTIVITIES

- 4.00pm - Rider activities at Wenaru Pub
- 5.00pm - Street Circuit Race at Georgetown (2 heats plus a final). Each pack puts up a rider to race.
- Night Activities - Karaoke at Camp & Wally Awards

ROUTE INFORMATION

STAGE 5 - WEDNESDAY 4 JULY [GEORGETOWN TO CROYDON - 146KM]



Your meal wrist band must be worn.
 Breakfast - 6.00 am / Ride Briefing – 6.30 am
 Pack eating utensils only

RUGGED ROADIES

Pack 4 departs at 7.00 am
 Pack 3 departs at 7.10 am
 Pack 2 departs at 7.20 am
 Pack 1 departs at 7.30 am

- Drink stops approximately every 20 kms.
- A long day, so conserve your energy and use the rotations to get the most out of your day!
- Lunch stop at the Gilbert River. Pasta lunch provided by the locals. Please bring a donation as some have travelled 200kms to be there. Make sure you pack eating utensils in the escort/support vehicles.

Georgetown to Croydon has a lunch stop at the Gilbert River. This is a hot, dry stop, so it is advisable to have a good shade hat or broolly organised. Along the section of the ride between the Gilbert and Croydon, there are some stretches of newer bitumen, which are wider and in reasonable condition, but only in reasonably short stretches. The afternoon ride is long and hot through dry Savannah land. Plenty of water and electrolytes are essential to prevent dehydration.



5.30pm Meetings

1. Escort Drivers / Pack Leaders
2. Support Crew

DIRTY BOYS

This ride day is speckled with mining history – and riders really get to appreciate the tough times the mining pioneers experienced. The cattle country is harsh and sandy in places – but the homestead visits are unforgettable. The day is flat – but challenging – and the ‘cow pads’ are often the smoothest and fastest ways to go – ducking and weaving in and out – the trail will be sure to test all riders. The farmers are always pleased to see us – as we take time to yarn on their grass. This ride day really gives you a taste of what it’s like on the land – and for those who desire, a chance to meet the people who make our ride such a special entity.

DINNER / CAMPING

- Dinner at 6.30 pm
- Overnight camping at Croydon Rodeo Grounds which is on the northern outskirts of town. You will be able to follow the signs once you are in town. The local shire council sets up a large fire at the rodeo grounds. so, time to kick back, relax and join in some camp fire singalong.
- Gulflander Train trip -from 5-6.30pm. Meet at the Railway Station at 4.50pm or at the Croydon Rodeo Grounds (if you need a lift) at 4.30pm.

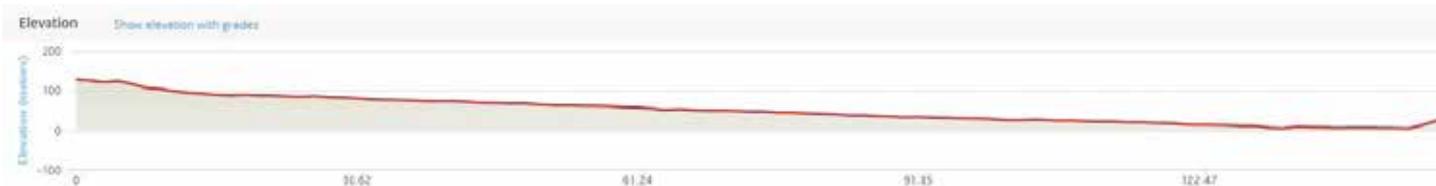
EVENING ACTIVITIES

Photo Board
 Night Activities – Dinner Music followed by Bonfire Party/Bush Poetry. Don't forget the marshmallows!
 Wally Awards



ROUTE INFORMATION

STAGE 6- THURSDAY 5 JULY[CROYDON TO NORMANTON - 151KM]



Your meal wrist band must be worn.
Breakfast - 6.00 am / Ride Briefing 6.30 am
Pack lunch

RUGGED ROADIES

Packs 4 departs at 7.00 am
Pack 3 departs at 7.10 am
PAck 2 departs at 7.20 am
Packs 1 depart at 8.30 am and race the Gulflander to Normanton
Drink stops every 20 kms.
LUNCH STOP : Timora (110km)

Another long day travelling from Croydon to Normanton, with a lunch stop at approximately the 110km mark. Sun hats and sunscreen are essential as there is negligible shade available. If you have a tarp, pop up shade or even an umbrella, bring it along for this day. Shades from our sponsors are provided, please be prepared to help putting them up and taking them down. The after lunch leg is somewhat deceiving with a subtle and relatively negligible climb to Normanton.

5.30pm Meetings

1. Escort Drivers / Pack Leaders
2. Support Crew



DIRTY BOYS

Today there are treats a-plenty. This ride day is punishing, with plenty of dust and rough terrain.

We cross rivers, dams – and across all sorts of savannah country – to end up at the Tabletop Homestead – where you'll interact with the Kidd family – of Aviation farm – and an Australian bull riding representative.

This ride is long and tough – pure cross country 'goodness' – pounding rough, and super fast descents. A challenge for all riders – stay hydrated today – the night stage can require great stamina!

DINNER / CAMPING

- Overnight camping at Normanton Rodeo Grounds.
- Dinner at 6.30 pm

EVENING ACTIVITIES

Photo Board
Night Activities – Ties & Tiara Ball & Wally Awards

ROUTE INFORMATION

STAGE 7 - FRIDAY 6 JULY [NORMANTON TO KARUMBA - 78KM]



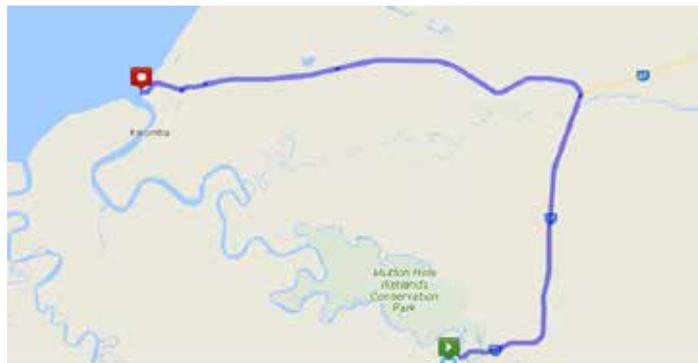
Your meal wrist band must be worn.
 Breakfast - 6.30 am
 Ride Briefing 7.00 am
 Pack Lunch

RUGGED ROADIES

All packs ride into town together at 7.30.
 Photo opportunities with Krys the infamous Croc
 Packs form and leave Normanton as directed
LUNCH : Rehydration and lunch stop at the Karumba
 Golf Club

Note: this is your last catered meal as dinner and Sunday breakfast are your responsibility.

This leg of the ride is bitumen all the way, with the road travelling across the Norman River and through open downs country. Don't be deceived - this can be a very trying ride and as it is the seventh day, riders are tired. This effects concentration and highlights the possibility of an accident – not wanting to be overly dramatic but it happens. Don't be complacent; as it is usually hot with a strong dry head wind once we reach the open downs. We finish the ride at Karumba Point, for some toe dipping in FNQ's western waters... or not, **CROCODILE** beware!!



DIRTY BOYS

For the past few years we have completed the week with a majestic ride across the salt flats to the gulf, cruising across the Norman River with drink in hand and finishing with a ride through the sand flats into Karumba.

Look at a map and see where the track could possibly go between Normanton and Karumba. Keep \$10 in your pocket for the refreshing river crossing.

We regroup with the road riders at the Golf club and ride en-masse to Karumba Point at the mouth of the Norman River.

DINNER / CAMPING

Important: Unsupported riders must order and pay for their breakfasts (in Normanton) that they will receive at approximately 7am on July 6. By ordering and paying now, it will speed up the return journey for all (allow \$10-\$12). Food stop is directly opposite Krys the Croc. Unsupported riders need to pack their bikes into boxes directly after lunch. These will be placed on the trucks and can be collected in Cairns (see Day 8 details). This is it at last - you can almost smell the ocean (or is that the socks you have been wearing all week?).

Overnight stay available at the Karumba Recreation Hall. Just roll out your swag if you don't have paid accommodation. A bus will collect you for the night activities at 6.00 pm and deliver you to your abode of sweet dreams. Don't miss the spectacular sunset. In the morning be prepared for a 6.00am departure for the bus ride home-ward (Cairns) bound.

EVENING ACTIVITIES

Photo Board & Wally Awards
 Night: Unofficial Post Ride Party – Sunset Tavern
 Last opportunity to purchase any C2K merchandise available



STAGE 8 – SATURDAY 7TH OF JULY [IN KARUMBA TO CAIRNS BUS RIDE]

For those people returning on the bus, pick up with be at the Karumba Rec Hall at 5.40am and Karumba Point at 6.00am (meet at the corner where the phone box is located opposite Ash's Takeaway).

The bus will travel to Cairns and should arrive around 6.30-7.00pm if not earlier (depending on the delays during the day).

BREAKFAST - can be collected in Normanton at 7am. Remember to order and pay the day before, as this ensures a fast trip back for all.

LUNCH - You will have an opportunity to purchase lunch on the return journey (location is at the bus driver's discretion).

ARRIVAL IN CAIRNS - In Cairns the bus will only stop in one location, the Cairns School of Distance Education (Clarke St entrance). It is each person's responsibility to make their own travel arrangements to houses, hotels etc from here.

All gear can be collected when stepping off the bus or on Sunday morning (July 2nd) from 7-11am. Please go to the Ride shed on Clarke Street, Manunda for all collections



STAGE 9 – SUNDAY 8TH OF JULY [IN CAIRNS - GEAR COLLECTION]

Unsupported riders are expected to collect their gear from the C2K Ride Shed, on Clarke St, Manunda - between 7.00-11.00am. Remember, everyone will be keen to get home, and will not sit around waiting all afternoon for you.

Remember no one will be at the school after this day until school resumes.

Bus / Truck Transport to Cairns

If you are putting your bike on the truck for the return trip to Cairns, you must take your bike to the truck by 2.30pm on Saturday (100m from Sunset Tavern) to be loaded onto the truck. They will be handled with extreme care, but it is up to you to provide the packing materials and do the packing. The bikes will be transported to Cairns School of Distance Education on Clarke Street, Manunda.

Please ensure you are there to collect your bike and belongings.

Call Helena on 0439 993 706 if you need to check if the truck has arrived.

PRE RIDE CHECKLIST

Flights (if required)

Remember when booking flights in and out of Cairns; take into account the need to be in Cairns in time for the Pre-Ride meet and greet on Friday 29th of June. When booking flights out, please be mindful of the return journey time from Karumba to Cairns (6am-7pm, via bus) on Saturday 7th July. Qantas, Jetstar and Virgin Airways all have flights into Cairns, from various locations. Logging onto www.webjet.com.au is an easy way to compare flight times and prices (even if you don't book through them).



The coach leaves from Karumba 6am, Saturday 7th of July arriving in Cairns at approximately 7pm.

What to Bring

- Bicycle and a safety standard approved helmet
- Associated bicycle equipment eg: gloves, sunglasses or protective glasses, bike pants, shoes, pump etc



Pre & Post Ride - Accommodation in Cairns

When looking at accommodation in Cairns, before and after the ride please consider booking early. June is the middle of the high tourist season in Cairns, but quite often you can find deals for overnight stays by checking out sites such as: www.wotif.com.au or www.needitnow.com.au or www.takeabreak.com.au.

If you wish to make life really easy, book into the Shangri-La, Pier Point Rd, Cairns. To book your room, call (07) 4031 1411 as this is where the ride leaves from and will be very convenient.

Unsupported Riders

If you are riding without support you will need to have paid the unsupported rider fee of \$100, along with your registration. It is important that this is done well prior to the week of the ride, as the size of the bus (no of seats available) is made upon payments received.

- A basic running repair kit including spare tubes, glue, patches, valves and spokes
- Moisturiser by the bucketful
- Fluid pack or a couple of water bottles that fit tight in the cage. Support vehicles will take ample water & hydration powders for top-ups during the day.
- Drink bottles on your bicycle are essential
- Sun protection cream, clothing, shade, hat
- Your own swag or bedding
- Tents/shelter (please cater for all weather)
- A fold up chair / stool
- Clothing – cool for day / warm for night,
- Personal effects, towel, toiletries, torch and personal medical kit
- Personal lubrication (eg Paw Paw ointment or Bepanthen or your special Bum Butter!)
- Crockery, cutlery, cups and tea towels.
- Spare cash for bar / merchandise / goodies at the Gilbert River & other purchases
- Outfits for 'Theme' nights – VERY important as well as a happy disposition and a smile J
- IMPORTANT – bring spokes - as we cannot carry

all sizes and requirements; 4 tubes and 1 tyre and any other spares you might need.

Is your bike in good running order?

Have it professionally serviced & check it over yourself before the ride departs.

Bike Mechanics on the ride

We have volunteer bike mechanics available during the ride who will be only too pleased to help with your repairs, for a donation to bike ride funds. Some spare parts are available.

What's included?



- Campsites including 'some' hot showers;
- Three great meals each day from our caterers plus snacks provided at water 'pit' stops;
- Entertainment including theme & talent nights, campsite activities and live music;
- Luggage transport (for those lone rangers);
- Bike route support including Police, escort drivers equipped with radios, medicos, bike mechanics, rest stops;
- Ride Jersey and other merchandise;
- An active holiday - friends, fresh air and fitness;
- Your opportunity to pedal away the day giving bush kids a fair go

Wally Award

The 'Where's Wally' Award is a daily 'tongue in cheek' prize given to someone nominated by other participants who does, says or acts in any way unusually, humorously or ridiculously. This is sponsored by Fuji Xerox.



CONDITIONS OF ENTRY

All participants are required to complete the online registration form.

Links can be found at: www.c2kbikeride.com.au

For a full list of ride fees and fundraising requirements, please go to the event website.

Included in the fees are an official ride shirt/cycling jersey for riders and an official ride polo shirt for support crew members. Extra jerseys / shirts are available for purchase (sizes as advertised on website).

Our registration fees are in two parts. One is a registration fee and the other is fund-raising with a minimum requirement. These can be raised in a variety of ways.

The registration fee is used to cover costs not met through corporate sponsorships and donations such as food, fuel, hire of equipment, administration.

For anyone wishing to undertake fund raising activities including gaining individual or team sponsorships, we will provide an official letter confirming your registration and participation in the event. However all funds raised are for the Cairns to Karumba Bike Ride and must be deposited promptly. We will provide official receipts either directly to the contributor or to you to pass back, but only once we have confirmed the actual deposit has been made. To arrange this please contact the coordinator, Helena McInnes on helen@C2KBikeRide.com.au.

EVERYDAY HERO

We also link with Everyday Hero, a web-based fund raising process whose purpose is to support not-for-profit events like ours by integrating our fundraising needs into the everyday activities of modern life. By using Everyday Hero you can communicate with friends and colleagues via the web to seek donations to support your involvement in this great ride.

Any fundraising undertaken by participants outside Everyday Hero, can be entered into their system (sausage sizzles, raffles etc). Sponsorship, donations and other fund raising activities can also be used to raise your funds - be imaginative! If you need a receipt book please contact Sue Pattison tskepattison@bigpond.com

PRE RIDE CHECKLIST cont/...

Items such as T-shirts, additional ride jerseys etc. may be available prior to the ride, or during the event or online at www.C2KBikeRide.com.au



MANAGEMENT

The Cairns to Karumba Bike Ride is managed by Milboe Ltd, a not for profit public company, established for the sole purpose of coordinating, managing and taking responsibility for the ride.

Its role is focused on the responsible and accountable management of the event, maintaining and enhancing the excellent reputation and identifying opportunities to improve and add value to the experience and achievements of participants and volunteers alike.

To date the event has raised and distributed in excess of \$1,045,000. Beneficiaries include: Cairns School of Distance Education, Primary Schools - Mt Garnet, Mt Surprise, Georgetown, Croydon, Normanton and Karumba as well as child care centres, sports associations and more.

The event's success is largely dependent on an enthusiastic group of volunteers. These volunteers work hard – before, during and after the event - to give you a great cycling holiday, so make sure you thank them. And, THANK YOU too, for coming on 'our' ride!



FAQ's

How do I get my gear from the airport to the Shangri-La, Cairns?

Maxicabs are available, and can be booked, to transport your bicycles and gear. You will need to request such, prior to arrival.

Where do I deposit my luggage prior to the ride?

Luggage (unsupported road riders only) should be brought to the Shangri-La, the Marina, Cairns for 4-6pm (during the jersey collection, on Friday 29th June, for loading onto the luggage truck. Keep a small bag with you overnight and pass to your escort driver on Saturday 30th June. Dirty Boys gear goes on the bus at the ride start on Saturday morning.



What will the weather be like?

Normally, this time of year is cool and clear. But we do live in the Tropics and you know what they say, 'only fools and tourists predict the weather'. Be prepared for cool nights, few misty mountain mornings, and a chance of rain. But mostly it will be sunshine and breathtaking sunsets, so bring hats and sun cream as well as rain gear just in case.

Can I bring my children?

Children over the age of 15 are welcome to join the ride, but an adult over the age of 21 needs to be responsible for them at all times. Younger children are welcome to come along if a parent is supporting a rider.



Will my mobile phone work?

Yes, mobile phones will work in each town we pass through – at least, those with Telstra & a Rural ‘tick’.

What happens if my bike or I develop Monday-itis?

If a blowout occurs along the ride, you are welcome to jump on board the bus, which follows the last pack of riders. Jump in your escort vehicle or Tail End Charlie will escort your bike to the next repair stop. Police escorts and first aid personnel accompany the ride. Each ‘pack’ has an escort vehicle / drivers with whom the pack leader is in radio contact with at all times. Pump and Pedals provide assistance with bike repairs, but remember to bring your puncture kit for quick bike surgery and personal first aid care kit equipped with more specific needs.

Are all meals included with the Registration?

The first provided meal is lunch on Sat 30th with the last catered meal being the final lunch at Karumba on Fri 7th. The catering crew do a magnificent job and from here on is their time to recuperate and celebrate. Hence you are on your own for Friday 7th (night) and Saturday breakfast.



What if I’m too injured to ride?

If you become ill or injured and wish to stay on the ride, you may be able to help out as a volunteer along the way.

Are alcoholic beverages available?

Community groups in each township will be doing their bit to support the ride (and their town’s voluntary organisations) by providing a bar for purchase of beverages each night.

If I come with my own support, can we bring a camp stove?

Fires are not permitted, unless indicated (or we light one), but a camp stove you can surely bring - to make yourselves a cuppa. Coffee, tea and milo will be provided at the catering venues too.

What about laundry facilities?

Buckets are available for doing your own washing whilst having a shower. BYO quick dry clothes, washing detergent and a few pegs.



What additional information can I find on the website?

www.C2KBikeRide.com.au

- Bike Basics and Maintenance
- Riding in a group / Pack Riding
- Riding Position Set-Up
- Improving your Cycle Fitness
- Training Program
- Finding the Time
- Training Check
- Hill Riding
- About escort drivers
- ...and much more

Which Pack is For Me?

There are up to six packs of riders. Your ability / strength / experience and riding goals can greatly affect which pack you choose to ride in. Remember, no one likes to wait, or be waited for, so be thoughtful of others when making this choice! Each pack is strongly encouraged and instructed to work/ride and enjoy themselves as a pack - if you are frustrated because the pack is too slow for you then you can move up a pack - and alternatively - if you are continually slower than your pack - then you can move back a pack - the ideal is to have the pack together to make the riding easier and to work together as a team. Gaps do occur however, and are addressed by everyone working together to slow down/speed up and bring the pack back together. We don’t leave any rider to battle away on their own and we support everyone to participate to their fullest ability. Our pack leaders will provide great advice.

You must stay with your pack and remain between your escort vehicles. NEVER ride closer than 20m behind your lead vehicle. If you cannot keep up with your pack, your following escort vehicle is required to pick up you and your bike and transport you to the next drink stop where you may either rejoin your pack or wait to join the pack that is following yours.
 Expected Average Speeds

Pack 1 – 35 km/h plus Pack 2 – 28-34km/hr
 Pack 3 – 25-28 km/h Pack 4 – 22-25 km/hr
 Pack 5 – 20-22 km/h Pack 6 – 18-20 km/h
 No of packs is dependent upon numbers of participants. Use this as a rough guide. Remember, this pace is an average over 150+ km, so the actual travelling speed may be 5-10 km/h faster at any time.



1997



1998



1999



2000



2003



2005



2006



2009



2010



2012



2013



2013



2014



2015



2016



2017

POINTS OF INTEREST

Kuranda as well as being a hippies hang out in the 60's, is the home of the original Tjapukai theatre. If you have a spare day to do a trip up on the Kuranda rail, you'll pass the spot of a modern day heist, in the 70's.



Mareeba proudly boasts 300 days of sunshine per year. If you yearn for a 1950's style café, Drive In or even drive through bakery, the times have not a changed much in this country town! Formerly a tobacco growing region it now produces 90% of Australian coffee. Check out the Rock Wallabies at Granite Gorge or Jabirus/Brolgas at the Wetlands.

Chillagoe is surrounded by a dramatic landscape created by massive marble bluffs and rock formations. Check out the limestone Caves (Mungana). Pompeii, Bauhinia and the Archway caves are self-guided. Tours are required to see through the Donna, Trezkin and Royal Arch caves.



Atherton originally a timber getters camp, is built on an extinct volcano. You can see it's seven sisters from the lookout on top of Halloran Hill. There are many other craters and lakes on the tablelands, including Lake Eacham and Barrine, where you'll see the 1100 year old Kauri Pines a short stroll away. The volcanic soils of the Atherton Tablelands have made the area known as one of the 'bread baskets of Australia'.

Mt Hippippame is a deep, cylindrical volcanic pipe or vent (diatreme), thought to have been created by a massive gas explosion. The crater is less than 70 m across with sheer granite walls (the surface rock through which the gas exploded). Fifty-eight metres below the rim is a lake about 82 m deep covered with a green layer of native waterweed. Pretty cool if you're into dropping pebbles from a height and want to hearing the echo.

Lumholtz Tree Kangaroo is a rare nocturnal mammal, endemic to the wet tropics (its cousin the Bennetts lives further north behind the Daintree). It lives in the canopy of rainforests and adjacent wet sclerophyll forests. It is thought to have evolved from kangaroos, and returned to the trees just like its possum like ancestors. It is the size of a small dog, with a long black tail, black face and paws and strong forelimbs. It does move between rainforest patches, so please be careful and keep your beedy eyes on the lookout for a sighting!



Milla Milla is home to many a Fall.. visit Milla Milla and surrounding Zillie and Ellinjaa Falls... don't forget to get a happy snap of the farmer, cow and blue heeler while you're in town sipping on a Misty Mountains jersey milk shake.

Malanda boasts the oldest, continually operating picture theatre in Australia, the Majestic.

Yungaburra is a quaint little town at the tip of Tineroo

Dam, full as a goog at the moment and brim full of Barra. A good spot for holing up on a post ride recoup, or if your into folk music, making a return visit for its annual Folk Festival in October.



Herberton is the oldest town on the Tablelands. The Herberton Village is a collectors dream, containing over 50 original buildings with intact interior displays, original machinery and vehicles, plus thousands of genuine antique items and period memorabilia. It is regarded as the most significant ever assembled in Queensland.

Ravenshoe is the highest town in Qld, and you'll feel it too. It is also a windy spot, prime for the wind farm nearby. Brrrr...time to get out the Ugg boots.

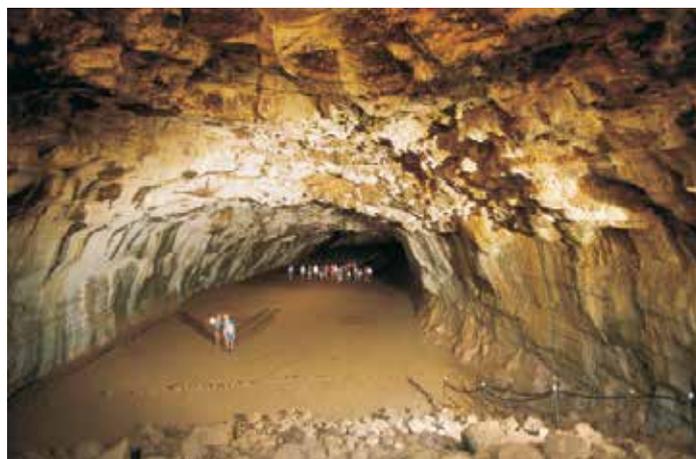
Mt Garnet's heyday was founded on copper, silver and zinc deposits (so how did it get named after garnet, pray tell!). It is now known for its annual Races and Rodeo, held on the May Day long weekend.



Innot Hot Springs is good for warming up the toes after prior freezing and stomp dancing. Yes, tropical wusses we certainly are!

40 Mile Scrub boasts a rare and relatively unique vine thicket that sits on a recent cap of volcanic basalt flow. Bottle, white cedar, fig and white bean trees grow in the semi-evergreen vine-thicket, one of the few inland dry rainforest remnants in north Queensland. This park is part of the Undara lava fields and its once quite extensive rainforest vegetation is now considered nationally significant.

Undara Lava Tubes The word Undara means 'a long way' in Aboriginal language. One of the lava flows from Undara extends over 160 kilometres. This makes it the longest flow from a single volcano on our planet in modern geological time. Formed 190,000 years ago, it spewed out over 23 cubic km of molten lava, enough liquid to fill Sydney Harbour 3-4 times. The lava tubes lie hidden beneath their own lush canopies of monsoon forest, incongruous with the surrounding woodlands. The vegetation has evolved from the time of Gondwana and is only found in a few rainforests throughout the world (Madagascar, for example). Just as the lava tubes are reliant on this ancient vegetation for protection, so too is the forest dependent on the tubes to shelter it from wind and fire and to provide rich lava nutrient and moisture. Several sections of tubes are accessible.



Oak Park is located 64 kilometres south of the Lynd Junction. It is famous for its Amateur Picnic Races, held annually. Activities are held for all the family in the week leading up to the races.

Mt Surprise sits on the edge of the immense Undara lava field caused by ancient volcanic eruptions in the McBride Plateau. It is also a stop for the Savannahlander railway, the surrounding country being flat, wooded savannah grasslands, with isolated hills. O'Briens Creek Gemfield near Mount Surprise, a designated fossicking area, is well known for gem quality

topaz attracting visitors from all over the world (and is a good camping spot).

Georgetown Situated west of the Newcastle Range, this is the centre for the Etheridge Goldfield, which is renowned for its semi-precious stones, including topaz, quartz, spinel, garnet, cairngorm, aquamarine and sapphires. Visit the TerrEstrial Centre to see the multi award winning Ted Elliott Mineral collection, containing over 4 500 mineral specimens in a myriad of fascinating colours and shapes from the region and throughout the world. Georgetown's Hall, next to the Shire Council offices is a restoration delight, worth a sticky beak.

Einasleyh's copper deposit was one of the earliest mineral discoveries in north Queensland, found by Richard Daintree in 1866. The town briefly became the largest population centre in the shire during construction of the Chillagoe Company's Etheridge Railway in the years 1907-10. Explore the Copperfield Gorge, across from the Einasleyh Hotel (remnant of an era gone by), with its sheer walls dropping into the sandy river bottom. This area is the south-eastern boundary of the Undara lava field and here the river has cut through a lava fissure giving the visitor another aspect of the lava flow.



Cobbold Gorge, located about 90km from Georgetown, is rich in beauty and history. Situated on Robin Hood Station (next door to Sherwood mining lease), the Gorge is unique and hidden away within the rugged sandstone formation. It is extremely narrow, closing to a mere two meters wide in places, with spectacular 30 metre cliffs on either side. The overall length of the gorge is about six kilometres and consists of a series of water-holes and rock falls, however only the last 500 meters is accessible by flat bottom boat.

Forsayth is the terminus of the 'Savannahlander' Cairns to Forsayth rail trip. This area is located within the Etheridge Goldfield and en route to the Agate Creek Mineral Reserve.

Croydon is an historic gold rush town. During its heyday, Croydon was the fourth largest town in the colony of Queensland. When first settled in the 1880s it was a large pastoral holding covering an area of approximately 5,000 km². Gold was discovered in 1885 and by 1887, the town's population had reached 7,000. Gold was the focus for four decades, but by 1926 it was all over red rover. Many Brits, Irish, other European nationalities and a few Chinese numbered it's head count.



One of the original hospital buildings is still in existence across the road from the pub (where there is a story of a ghost residing in the upstairs linen cupboard!). Check out the old picture theatre, courthouse and lockup behind the visitors centre too. Croydon General Store, which has continuously traded since 1894, is another living icon. There is also a Chinese Temple (plus a classic pig oven) on the way up the range to Lake Belmore – definitely worth a flick (for Barra), swim, waterski or BBQ and some sunset drinks.



Normanton in the late 1800's, was a boomtown and by 1891 boasting its own railway when the line to service the Croydon goldfields was completed. From Normanton the famous Burns Philp & Company spread its empire into the South Pacific. It is home to the giant croc AND don't forget to keep an eye out for that Morning Glory. Saw one myself lying in my swag at the Normanton Rodeo grounds (during a Dist Ed camp). First you hear a roar, then see it roll on by. Truly amazing!

Karumba is your gateway to the Gulf and all things fishing. Home to many a trawler, mackerel and barra enterprise you'll meet some interesting characters and storytellers in this town. Enjoy toasting your ride completion overlooking the spectacular sunset from Karumba Point.

For information on snorkeling, diving and visiting the Great Barrier Reef visit our sponsor Passions of Paradise www.passions.com.au

Further information, see Council websites:

Tablelands Regional Council

www.trc.qld.gov.au/

Etheridge Shire Council

www.etheridge.qld.gov.au

Croydon Shire Council

www.croydon.qld.gov.au

Carpentaria Shire Council

<http://www.carpentaria.qld.gov.au/>

Gulf Savannah Development

<http://www.gulf-savannah.com.au/home.html>





Alternative Accommodation

Mount Surprise

Mount Surprise Gems Phone: 07 4062 3055
Bedrock Village Caravan Park Phone: 07 4062 3193
Mt Surprise Tourist Van Park Phone: 07 4062 3153
O'Brien's Creek Camping Ground Phone: 07 4062 3001
Gem Fossicking <http://www.thegemden.com.au>
Blackwater dump site at roadside toilet block

Georgetown

Terrestrial Information Centre Phone: 07 4062 1485
Lalara Motel Phone: 07 4062 1190
Wenaru Hotel Phone: 07 4062 1208
Goldfields Caravan Park Phone: 07 4062 1269
BP Service Station (repairs) Phone: 4062 1163
Midway Caravan Park Phone: 07 4062 1219

Cumberland Chimney

Remains of a Cornish miners' ore crushing plant. No camping or facilities. Birdwatching site.

Gilbert River

Free camping area with rubbish pit, no toilet or showers.

Croydon

Club Hotel Phone: 07 4745 6184
Gulfgate Roadhouse Phone: 07 4745 6169
Croydon Gold Caravan Park Phone: 07 4745 6238
Croydon Information Centre Phone: 07 4745 6125
Blackwater dump site in Reese Park

Blackbull Siding

Midway stop for the Gulflander Train that is now abandoned with no facilities available.

Leichhardt Lagoon

Popular camping spot between May and October with fishing and wildlife.
Leichhardt Lagoon Camping Park Phone: 07 4745 1330

Normanton

Gulflander Train Phone: 07 4745 1307 or see www.gulflander.com.au
Normanton Visitor Information Centre Phone: 07 4745 1065
Gulfland Motel and Caravan Park Phone: 07 4745

1290 Visit www.gulflandmotel.com.au
Norman River Fishing and Cruises Phone: 07 4745 1347
Normanton Gun Club Phone: 07 4745 1261
Albion Hotel Phone: 07 4745 1218
Purple Pub and Brolga Palms Motel Phone: 07 4745 1324
Normanton Caravan Park Phone: 07 4745 1121
Central Hotel Phone: 07 4745 1215
Top Service Station (repairs) Phone: 08 4745 1261
Blackwater dump site at Council Depot in Philip Street

Karumba

Karumba Visitor Information Centre and Library Phone: 07 4745 9582
Ferryman Cruises Phone: 07 4745 9155
Barramundi Discovery Centre Phone: 07 4745 9359
Croc and Crab Tours Phone: 07 4745 9009
Karumba Golf Club Phone: 07 4745 9100
Matilda's End Holiday Units Phone: 07 4747 6500
Karumba Lodge Hotel Phone: 07 4745 9121
Gulf Country Caravan Park Phone: 07 4745 9148
Karumba Point
Ash's Holiday Units and Cafe
Phone: 07 4745 9132
End of the Road Motel Phone: 07 4745 9599 or see www.endoftheroadmotel.com.au
Kerry "D" Fishing Charters Phone 07 4745 9275
Kathryn "M" Fishing Charters Phone 07 4745 9449
Gee Dees Units and Boat Hire Phone: 07 4745 9433
Jay Seas Holiday Units Phone: 07 4745 9414
Savannah Shores Cabins Phone: 07 4745 9126
Karumba Point Tourist Park Phone: 07 4745 9306
Karumba Point Sunset Caravan Park Phone: 07 4745 9183
Blackwater dump site at Sunset Caravan Park

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