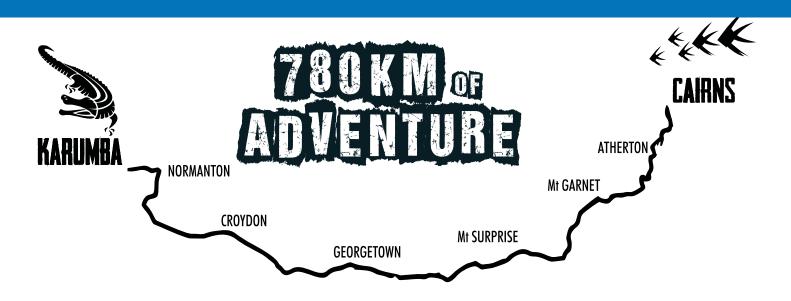


C2K BIKE RIDE 2024 HANDBOOK





WWW.C2KBIKERIDE.COM.AU

THANK YOU TO THE FOLLOWING SHIRE COUNCILS FOR

THEIR ONGOING SUPPORT OF THE C2K BIKE RIDE













The Cairns to Karumba Bike Ride is managed by Milboe Ltd, a not for profit public company and registered charity, established for the sole purpose of coordinating, managing and taking responsibility for the Cairns to Karumba Bike 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 \$1,500,000. 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!



Our Mission Statement

By raising funds and riding from Cairns to Karumba we connect students in Far North Queensland with educational opportunities. We have skilled people who lead teams to sustain a well organised ride through spectacular country side. Multiple options are available to make this ride a unique and personalised event that connects ride participants with each community along the road. The Cairns to Karumba Bike Ride is an opportunity to provide riders, supporters and volunteers with a life enriching experience.

C2K Bike Ride

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THE CAIRNS TO KARUMBA BIKE RIDE

Why we ride.

Maybe you are after the challenge or adventure of experiencing the longest event ride in Australia? Or is it that the 780km C2K bike ride is 26 years longstanding 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 C2K 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, whom 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 \$1,500,000!

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 why we ride.



Who participates?

The C2K Bike Ride experience has been enjoyed by a diverse range of people from both local and regional North Queenslanders, 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 of reasonable fitness and riding capability.

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 28th of June 2024.

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 a while. This may be for your own wellbeing and the safety of all riders.

Welcome to Support Crew

If you've joined the ride as a support person to a 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.

Welcome to Volunteers

Each year the ride organisers rely on approximatly 50 volunteers to keep the wheels turning on this wonderful ride. We need kitchen crew, escort drivers, truck drivers, entertainment coordinator, communications personnel, photographers, logistics crew, drink station attendants, massage therapists....and the list goes on.

Thank you to our volunteers for donating their 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.

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.

while on the road.

All support vehicles are expected to depart camp sites before the riding packs. This is for safety of all riders as it reduces the number of vehicles trying to overtake packs and maneuver around riders

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 support persons / volunteers have a laugh and yarn over a cuppa.







IMPORTANT POINTS

Remember to keep up your hydration and food intake during the day. Dehydration can cause headaches, tiredness, poor judgment and 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 an escort vehicle. There will be more good riding ahead.

We also have our own medic and first aid kits as well as paramedics, nurses and doctors among our riders.

Regular briefings will be held throughout the adventure. Careful attention should be paid at the morning briefings where safety and daily ride details will be covered. Other briefings and commentary will be provided along the way.

PRE-RIDE BRIEFING - MEET & GREET [FRIDAY 21ST OF JUNE]

Friday 21st of June prior to the ride, a pre-ride 'Meet and Greet' will be held at the Cairns School of Distance Education. Access from **94 Clarke Street, Manunda**. Registrations check-in plus jersey collection will take place between 4.00-6.00pm. The briefing takes place from 6.00-7.00pm. Those people who have registered before the jersey order cut-off date, 1st of May 2024, will receive the size they ordered. For late registrations, the size you requested will not be guaranteed, however we will do our best.

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, 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 of your pack on the morning of the first day.

The starting point for all riders on the first day is the Lagoon Carpark; assemble at 5.15am. 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 road rider to take this segment on. 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.





SATURDAY JUNE 22TH [CAIRNS TO ATHERTON - 97KM]



Your meal wrist band must be worn.

Having your name plate on your back/helmet/bike is a handy way for people to get to know you.

5.15am, assemble at Lagoon Car park.

START LINE - All riders leave at first light, approx-6.15am. 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.

Lunch - No packed lunch needed



RIDERS

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. If you wish to purchase food, please bring your own money, otherwise snacks are provided at the drink stop 20km from Kuranda. Then continue to Mareeba Aerodrome for lunch.

Lunch stop at Mareeba is provided by the Mareeba Lions Club. A donation for the club is appreciated. After lunch, riders will proceed to Atherton for the night.

5.00pm Stretch Class (Gold Coin Donation)

5.30pm Meeting

- Escort Drivers / Pack Leaders 1.
- 2. **Drink Stop Crew**

DINNER / CAMPING

Overnight camping at BIG4 NRMA Atherton Tourist Park. Dinner approx. 6.00pm – Meal wrist band must be worn Night conditions may be cool and possibly damp or even wet, so come prepared. This camp ground is also open to the public so please ensure that you camp in the designated areas. For those who choose to camp close to the kitchen be aware that the catering crew set up for breakfast from 4am. Charging station for radios is on the kitchen counter.

EVENING ACTIVITIES

Photos - share on social media and use the hashtag

Wally Awards - due to the site, the Wally Awards will be done in Mt Garnet





SUNDAY JUNE 23TH [ATHERTON TO MT GARNET - 106KM]



Your meal wrist band must be worn.

Breakfast - 6.00-6.45 am

Departure time is dictated by visibility on the road. Approx departure will be begin at 7.30am for riders.

Lunch - Everyone to pack lunch



RIDERS

Lunch stop at Ravenshoe Park, past the centre of town on the right hand side. There are toilet facilities available. 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 Kuranda Range and once again the sections through the first 30-40 km are very challenging. The weather here is generally cool and damp. We will be treated to mornign tea by the Herberton State College P&C at the Historic Village. From Herberton the riders then commence the leg to Ravenshoe - the highest town above sea level in Queensland. We have lunch in Ravenshoe at the local town hall or at the park, weather dependent. Following lunch all packs reform and proceed to Mt Garnet.

KOM & QOM will be selected from the Herberton Range climb 5.00pm Stretch Class (Gold Coin Donation) 5.30pm Meeting

- - 1. Escort Drivers / Pack Leaders
 - 2. Drink Stop Crew

DINNER / CAMPING

Dinner at 6.00 pm - Meal wrist band must be worn

Camp for the night is at the Mt Garnet Turf Club about 5km on the other side of the town. This camp ground is shared with the Golf Course and Rodeo Grounds. Please ensure that you camp in the designated section allocated to us.

EVENING ACTIVITIES

Photos - share on social media and use the hashtag #C2KBikeRide

Queen & King of the Mountain Presentations.

Wally Awards for days 1 and 2.



MONDAY JUNE 24TH [MT GARNET TO MT SURPRISE - 118KM]



Your meal wrist band must be worn. Breakfast - 6.00-6.45 am **Lunch** - Do not Pack Lunch



RIDERS

* Departure times may change depending on conditions and advice from Police escort

Packs 4 -departs at 8.00am

Packs 3 departs at 8.10am

Pack 2 departs at 8.20am

Pack 1 departs at 8.30am

Lunch stop at 40 Mile Scrub.

Drink stops approximately every 20 kms.

A few km's from 40 Mile Scrub a few children may join the last pack and ride in with the riders. Be sure to cheer them on as it is a big challenge for them that they look forward to each year. 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. Following the 40 Mile Scrub turnoff onto the Gulf Development Road. 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. The conditions then level out and the road makes a gradual descent with improved road surface.

5.00pm Stretch Class (Gold Coin Donation)

5.30pm Meeting

- 1. Escort Drivers / Pack Leaders
- 2. Drinks Stop Crew



DINNER / CAMPING

• Dinner at 6.00 pm. Your meal wrist band must be worn.

The night time stop is at the Bedrock Tourist Park on the right hand side of the highway. If you want a quiet area don't camp too close to the kitchen or bar area.

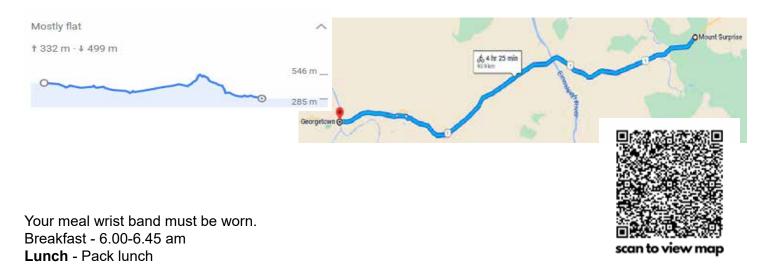
EVENING ACTIVITIES

Photos - share on social media and use the hashtag #C2KBikeRide Wally Awards



No Talent Quest - After dinner, at the camp kitchen. Packs nominate one or more participant to entertain and be judged. Volunteers and supporters must also nominate. Everyone is 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.

TUESDAY JUNE 25TH [MT SURPRISE TO GEORGETOWN - 91KM]



RIDERS

SUPER HERO DAY.

Make sure you have your superhero outfits on for the judges to check before you depart.

* Departure times may change depending on conditions and advice from Police escort

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.

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!

5.00pm Stretch Class (Gold Coin Donation)

5.30pm Meetings

1. Escort Drivers / Pack Leaders

DINNER / CAMPING

Dinner at 6.30 pm

Overnight camping at Georgetown Rodeo Grounds 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. Dinner is being catered by the P&C of Georgetown State School.

EVENING ACTIVITIES

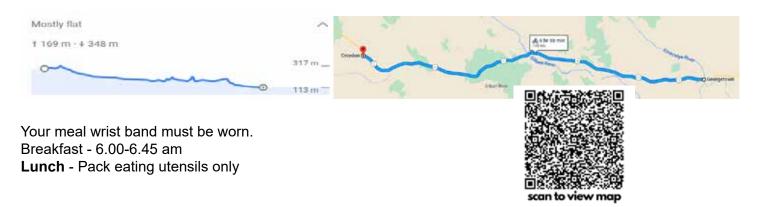
O'Brien Electrical

Photos - share on social media and use the hashtag #C2KBikeRide

4.00pm – Rider activities at Wenaru Pub

5.00pm – CARDZILLA Calcutta Race at Georgetown (2 heats plus a final). Each pack puts up a rider to race. Night Activities – Music at Camp & Wally Awards

WEDNESDAY JUNE 26TH [GEORGETOWN TO CROYDON - 148KM]



RIDERS

SILLY SOCK DAY - put on your silliest socks and judging will begin. Winner will be announced in Croydon.

* Departure times may change depending on conditions and advice from Police escort

Pack 4 departs at 7.00 am

Pack 3 departs at 7.20 am

Pack 2 departs at 7.40 am

Pack 1 departs at 8.00 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.

This is a hot, dry stop, so it is advisable to have a good shade hat 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. Plenty of water and electrolytes are essential to prevent dehydration.

5.00pm Stretch Class (Gold Coin Donation)

5.30pm Meetings

1.Escort Drivers / Pack Leaders

2. Drinks Stop Crew

DINNER / CAMPING

- Dinner at 6.30 pm. Your meal wrist band must be worn.
- Overnight camping at Croydon Rodeo Grounds which is on the southern outskirts of town. You wil 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

Photos - share on social media and use the hashtag #C2KBikeRide Wally Awards

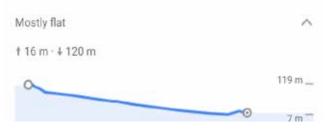
Night Activities - Gulflander Tour & Music







THURSDAY 27TH JUNE [CROYDON TO NORMANTON - 152KM]



Your meal wrist band must be worn.

Breakfast - 6.00-6.45am

Lunch - Pack lunch

Normanton O Blackbull A 7 hr 26 min Scroydon Croydon

scan to view map

ATTENTION!!!

We are not staying at the Normanton Rodeo Grounds.

Sleeping location - Sports Centre

Eating Location - Shire Hall (Dinner & Breakfast)

RIDERS

* Departure times may change depending on conditions and advice from Police escort

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 8.30 am and races the Gulflander train to Normanton

Drink stops every 20 kms.

LUNCH STOP: at 110km, 10km past Timora turn off at a roadside stopping area.

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. The section after lunch is somewhat deceiving with a subtle and relatively negligible climb to Normanton. Hydrate regularly. Some drink stops may be placed on the right hand side of the highway due to space, safety and shade. Take care crossing the road.

5.00pm Stretch Class (Gold Coin Donation)

5.30pm Meetings

- 1. Escort Drivers / Pack Leaders
- 2. Drink Stop Crew

DINNER / CAMPING

- Overnight sleeping at Sports Centre, Cnr Landsborough & Philp St. Tents are not required only sleeping gear.
- Dinner at 6.30 pm at Shire Hall.
- Breakfast at 6:30-7:00am at Shire Hall.

EVENING ACTIVITIES

Photos - share on social media and use the hashtag #C2KBikeRide Night Activities — Ties & Tiara Ball - Dance the night away! Volunteer Presentations





FRIDAY 28th JUNE [NORMANTON TO KARUMBA - 74KM]



Your meal wrist band must be worn.
Breakfast - 6.30-7.00am at Shire Hall **Lunch** - Pack lunch



RIDERS

All packs ride ito Krys the infamous croc at 7.30am for photo opportunity.

Packs form and leave Normanton as directed.

EVERYONE meet at Karumba Golf Club and have Lunch then all ride together to Karumba Point.

Escort Drivers, Drinks Crew to hand in radios, lights and all other equipment to ride coordinator. **Note:** This is your last catered meal as dinner and Saturday 29th 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 affects 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!!

DINNER / CAMPING

Important: Unsupported riders should have ordered and paid for breakfast that they will receive at approximately 6.30am on Sat 29 June. Unsupported riders need to pack their bikes into boxes directly after arrival in Karumba. 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 homeward (Cairns) bound.

EVENING ACTIVITIES

Photos - share on social media and use the hashtag #C2KBikeRide Night: Unofficial Post Ride Party – Sunset Tavern Last opportunity to purchase any C2K merchandise





IMPORTANT THINGS TO REMEMBER IN NORMANTON

LUGGAGE FOR UNSUPPORTED RIDERS

Before you leave Normanton all your luggage to be transported to Cairns must be loaded into the luggage truck. You will not have access to these items in Karumba. If you have booked accommodation in Karumba, pack only an overnight bag for your night in Karumba. You can place this at the back of the luggage truck for easy access. If you are staying in the sports centre, you will not require a tent. Items being transported to Cairns will be packed at the front of the truck in Normanton and will not be accessible in Karumba as all the bike boxes and bike bags will be packed at the back for riders to be able to pack their bikes.

Bikes need to be packed into the luggage truck directly upon arrival in Karumba.

SATURDAY BREAKFAST IN NORMANTON

If you are taking the bus to Cairns, you should have pre-ordered your breakfast online. Breakfast will be collected on Saturday morning when the bus to Cairns does a quick stop at Karumba (village) on it's way out.

LUNCH IN KARUMBA ON ARRIVAL

Lunch will be at the Kuramba Golf Club, the last official meal together as a group. We then all ride to Kuramba Point together.

Waughy's Kilometer Guess Competition will also take place at this time.





SATURDAY 29 JUNE [KARUMBA TO CAIRNS BUS RIDE]

For those people returning on the bus, pick up will be at the Karumba Point at 5.40am (meet at the corner where the phone box is located opposite Ash's Takeaway) and Karumba Rec Hall at 6.00am. Breakfast will be at 6.15am at the Karumba Cafe before you depart to Cairns.

The bus will travel to Cairns and should arrive around 6.00-6.30pm if not earlier (depending on the delays during the day).

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 (94 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 (June 30 from 7-11am). Please go to the C2K Ride Shed on 94 Clarke Street, Manunda for all collections.



STAGE 9 – SUNDAY 30 JUNE[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.

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.

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 in Karumba 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 94 Clarke Street, Manunda.



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 21st of June. When booking flights, please be mindful of the return journey time from Karumba to Cairns (6am-7pm, via bus) on Saturday 29th June. 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).



Pre & Post Ride - Accommodation in Cairns

When looking at accommodation in Cairns, before and after the ride please consider booking early. There is a variety of accommodation in Cairns available to you however as it is high tourist season, book as early as possible. Consider booking close to the Lagoon Car Park to make it easier for your departure early in the morning.

Unsupported Riders

If you are riding without support you will need to have paid the unsupported rider fee of \$180, 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 (number of seats available) is determined by payments received. The bus leaves from Karumba 6am, Saturday 29th of June arriving in Cairns at approximately 6.30pm.



What to Bring

- Bicycle and a safety standard approved helmet
- Associated bicycle equipment eg: gloves, sunglasses or protective glasses, bike pants, shoes, pump etc.
- 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 and 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!)
- Lunch Box plus crockery, cutlery, cups and tea towels.
- Spare cash for coffee, bar, merchandise & more
- Outfits for 'Theme' nights VERY important as well as a happy disposition and a smile
- **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 and 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, medics, bike mechanics, rest stops;
- · Ride Jersey and other merchandise;
- An active holiday friends, fresh air and fitness;
- Your opportunity to contribute to the education of rural kids.

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 unusual, humorous or ridiculous. Each evening two people are awarded the Wally Jersey that must be worn the following day!



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 T-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 helena@C2KBikeRide.com.au.

FUNDRAISING PAGE

Fundraising amounts are not tax deductible.

You can setup your own Fundraising Page through our website. By using this portal you can communicate with friends and colleagues via the web to seek donations to support your involvement in the ride.

Any fundraising, sponsorship, donations and other fund raising activities can also be used to raise your funds - be imaginative!

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 \$1,500,000. 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 the ride and supporting our cause.

FAQs

How do I get my gear from the airport to the C2K shed for the luggage truck?

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?

ALL unsupported rider's luggage should be brought to the Cairns School of Distance Education (94 Clarke St, Manunda) between 4-6pm (during gear collection, on Friday 21st June, for loading onto the luggage truck. Keep a small bag with you overnight and pass to your escort driver on Saturday 22nd June. No luggage to be loaded on Saturday morning.

What will the weather be like?

Day 1 and 2 is generally cool and wet. Prepare riding clothes for cold and wet conditions for these two days. Normally, this time of year is cool and clear. 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 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 if they are with the Telstra network.

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 'n' 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 22nd June with the last catered meal being the final lunch at Karumba on Friday 28th of June. 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 28th of June (night).

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 (although not necessary at all). Coffee, tea and milo will be provided at the catering venues too as will Cafe One coffee van.

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 four packs of riders on the road and



two on the dirt. 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. This is part of our permit requirement. 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 - 30 - 35 km/h plus Pack 2 - 25-30km/hr Pack 3 - 20-25 km/h Pack 4 - 18-20 km/hr

The number 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.

Can I bring my pet?

No. Pets are not permitted on C2K. The ride travels through National Parks, private property and Council land for which permits are required. As much as we love our furry or feathery friends, make sure you leave them at home

Please contact Ride Coordinator to discuss.

YOUR SAFETY AND WELLBEING DURING COVID

our riders, volunteers, staff and the people in the com- washing and sanitising hands. munities in which we visit, has been of the greatest importance to us.

The virus responsible for COVID-19 adds an additional challenge to our safety planning but with your help we expect to provide you with the same high-level ride experience C2K Bike Ride has become known for.

Due to how the COVID-19 virus spreads, the most effective control measures are through physical distanc-

Since our very beginnings the safety and wellbeing of ing and enhanced personal hygiene practices, such as

Our collective behaviour controls the fate of C2K so please be especially diligent about physical distancing and washing your hands in the weeks leading up to and whilst you are on the ride with us.

You can find the COVID Policy and COVID Vaccination Statement on the website.







Take A Look Back In Time....





























2015







2018







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2021

2022



POINTS OF INTEREST ALONG THE ROUTE OF THE RIDE

Kuranda, as well as being a hippies' hang out in the 60s, 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 70s.



Mareeba proudly boasts 300 days of sunshine per year. If you yearn for a 1950s 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's coffee. Check out the Rock Wallabies at Granite Gorge or Jabirus/Brolgas at the Wetlands.

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 beady 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 collector's 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 historic town 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

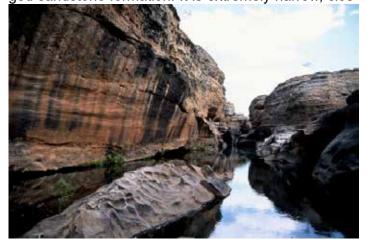




renowned for its semi-precious stones, including topaz, quartz, spinel, garnet, cairngorm, aquamarine and sapphires. Visit the TerrEstrial Centre to see the multi award winning Ted Elliott Mineral collection, containing over 4500 mineral specimens in a myriad of fascinating colours and shapes from the region and throughout the world. Georgetown's Hall, next to the Shire Council offices is a restoration delight, worth a sticky beak.

Einasleigh'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 Einasleigh 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, clos-



ing to a mere two metres 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 metres 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 its 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.



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 1800s, 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 & Attractions

Mount Garnet Traveller's Park

If you don't want to camp, you can book accommoddation at the Mount Garnet Traveller's Park. 2-10 Nymbool Road Phone:07 4097 9335

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 Latara 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

Leichhardt Lagoon

If you have time on the way back to Cairns this is a 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

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

Blackwater dump site at Sunset Caravan Park





Thank you to our 2024 Sponsors







































