

Munda Biddi - Albany to Walpole



Welcome to your next adventure.
Here are a few details to help you get prepared...

Getting to and from your Trip

We will travel down to the trail and back on a comfortable, air-conditioned bus. The bikes and luggage will be loaded into a large trailer.

Pre/Post Trip Accommodation Recommendations

With an early departure, we recommend staying the night in Perth for those coming from interstate or overseas. (The city of Perth is roughly 1/2hr away from the airport) There is no train line to Perth airport so your options are either a Taxi or an airport shuttle. All the below hotels are within easy walking distance from the pick up location.

- The Ibis on Murray Street
- The Comfort Inn on Murray Street
- Mantra on Murray
- Four Points by Sheraton on Wellington Street

Washing Facilities

All accommodations have washing facilities.

Phone Coverage and Charging

There is patchy phone coverage while you are on the track. Like most remote rural places, Telstra offers the best chance at reception. When you are back at your accommodation there is phone coverage.

Climate

The climate on the south coast in Spring and Autumn is normally mild with warm days and cool nights. There is the chance of some hot days and some wet days so please bring appropriate clothing.

Food

Breakfast comprises of cereal, fruit and toast. Lunch is sometimes prepared and brought to you on the track when we can get vehicle access. On days you are walking in a remote section guests will pack their lunch in the morning which consists of cold meats and salad with sandwiches, rolls or wraps. Dinner is a 2 course meal, main and dessert. Each day on the track you will enjoy our famous baked cakes/biscuits for morning tea and fresh fruit is always available.

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If you have any special dietary requirements please let us know when you book, we are happy to adapt our tasty, nutritious meals to suit a variety of dietary needs.

Drinks

There will be an option to buy any alcohol on the first day when we get to Albany. During the tour there will be plenty of opportunities to stock up for any extra supplies.

Prepare for your Ride

This tour is designed for the casual cyclist. Ideally you would be comfortable on bike, but not necessarily a mountain bike. If you are really experienced, fit mountain bike rider, the pace of the tour may be a little frustrating to you. We ride steadily, but we certainly don't set any land speed records!

If you are not a regular cyclist at all, but you are active i.e. hikers, play sport, go to the gym etc then you will probably find it challenging at times, but still achievable. If this describes you, we definitely recommend getting in some riding beforehand, just to get used to spending long periods on a bike.

Here is a blog article one of our ride guides wrote, which may help you get prepared;

www.inspirationoutdoors.com.au/mountain-bike-training-tips

If you plan on bringing your own bike, please let us know the make and model of bike you have. At a minimum you will need;

- A mountain bike with front suspension (rear suspension is also good, but not entirely necessary).
- 26, 27.5 or 29 inch rim tyres
- wide off road tyres. Ideally the tyres will be around the 45-55mm. Anything less than this will be okay for much of the ride, however it will be difficult in the sandy patches. Anything really wide is going to hard going on some of the firmer ground.
- Knobbly tread patterns (not a smooth tyre).
- A spare tube or two.
- Chain links specific to your chain

Medical Restrictions

As we operate in remote areas, guests will need to bring all of their own personal medications on tour. Whilst our guides are qualified in remote area or wilderness first aid and carry satellite phones, we do not carry epi-pens, Ventolin or other emergency medications. If a person requires urgent medical attention whilst on tour, it may take several hours or more for emergency services to attend the scene and take you to a medical facility.

Under certain circumstances your tour consultant may request a medical certificate of fitness before you are cleared to participate on the tour.

If pre-existing medical issues that will affect your ability to complete the tour or have an impact on other guests experiences, are not disclosed prior to the departure, we reserve the right to remove you from the tour.

You can bring a cpap machine whilst on tour but you will need to purchase a single supplement.

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Dietary Requirements

Please let us know if you have any dietary requirements. We will do our best to cater for these whilst you are tour.

Access to Shops

There will be plenty of access to shops as Albany, Denmark and Walpole all have shops where you will have plenty of opportunities to buy anything you need.

What to Pack

- Something in which to carry your water, camera and lunch. Either a small back-pack, handle bag or panniers.
- Padded cycling pants or similar.
- Jersey tops (normal active wear tops are fine) or riding specific tops. Jersey tops are fine to wear and help keep the cost of investing in a new sport down however some people decide to purchase a riding specific top. These tops usually fit better when bent over the handlebars (they are longer at the back preventing skin exposure when you're hunched) and help draw moisture away from your body
- Your helmet (included in bike hire)
- Shoes for riding, sneakers will suffice. If you want to bring cleats then you will need to bring your own pedals to attach to the hire bike.
- Thick cycling socks to prevent blisters.
- Wind cheater or lightweight jumper for protection from the wind.
- Waterproof jacket*
- A pair of good quality riding gloves with padding under the palm.
- Sun protection - sun cream, sun glasses
- Casual clothes for evenings
- Torch/headlamp (can be handy when twin sharing for getting up at night)
- Any preferred first aid supplies - such as treatment for chafe - we recommend your own 'Aussie Butt Cream' (Your guide will carry a full first-aid kit)
- Water bottle/s or camelback - 2 to 3 litre capacity A lunch container (with freezer brick if desired)

*You have to expect some bad weather at any time of the year down here so bring wet weather gear even if the forecast is fine.

OPTIONAL ITEMS

- Your own seat if you have a more comfortable seat you prefer (e.g. gel seat)
- Camera and charger/batteries
- Bathers and towel - there may be an opportunity to swim if the weather is nice.
- Snacks and alcohol - there will be time to purchase more during the week if you need to. Some people like to have some energy gels, muesli bars, nuts, lollies etc.
- Arm/leg warmers for sun protection or cold weather

TOOLS/SPARE PARTS TO BRING:

For those bringing their own bikes - we recommend bringing the following tools with you. Rest assured your guides will have a full tool kit, but it's a good idea to have the following items with you in case of trailside breakdowns:

- Multi-tool (preferably with chain breaker)
- Chain links specific to your chain
- Tyre levers
- Small tyre pump
- 1-2 spare tubes (our guides can't realistically carry enough 26", 27.5", and 29" tubes for everyone)
- Any rare parts that might be hard to find locally for your brand of bike

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Getting ready to ride...

Now is a great time to start to prepare your body for the ride. You don't need to be Cadel Evens (our guides are praying you are not that fit!) but the more cycle fit you are, the more fun the experience will be.

There are two aspects to your preparation; legs fitness, and conditioning.

LEG FITNESS

Strong thighs, quads and calves are the only things that will get you up the hills. The Munda Biddi is no Mt Blanc, but there are still hills every day, and you want to give yourself the best chance of getting to the top, with as few profanities as possible.

The best way to develop leg fitness between now and your ride, is funnily enough, riding up hills. We understand that you probably can't afford the time to go for a 50km ride too often, so we recommend riding often, but at high intensity. If you are going for a ride of less than 45 minutes, ensure that you are getting a sweat up and puffing, otherwise you are not getting much benefit from the exercise. 20 minutes of intense exercise is better than an hour on that flat (for leg fitness).

CONDITIONING

The other aspect of your preparation, is general conditioning to being on a bike. Now chances are, you don't sit on a bike for 5-6 hours a day in your everyday life.... but come your ride, you will be!

I know what you are thinking, but it is more than just preparing for saddle soreness. Gripping the handle bars, the slight curve in your back, even the wearing of a helmet day in day out, can all cause their issues.

The best way to get conditioned is... you guessed it, riding. Extended time in the saddle between now and your ride is really important to work through these issues prior to the trip. Ideally this time in the saddle would come in the form of (the odd) long ride, but we are realistic about how much you can do. The general rule is, the more the better when it comes to conditioning.

If you have a chance to do any riding on different types of surfaces, it would also be hugely beneficial. The Munda Biddi is a touring trail, with the odd technical section, rather than the other way round. But that aside, a few extra skills/experience will greatly improve your confidence and thus your enjoyment of the tour.

Even riding on grass will help in a small way, but rough tracks, gravel, rocky ground, sand, etc are where it is at. If you would like any further reading, here are a couple of blog posts that one of our guides Anna wrote, which you may find helpful.

<https://www.inspirationoutdoors.com.au/mountain-bike-gearbeginners/>

<https://www.inspirationoutdoors.com.au/mountain-bikingskills-for-beginners/>

Looking after your skin

Preventing blisters: To prevent blister formation, we highly recommend using 'fixomull' or a similar tape on heels and toes where rubbing is likely to occur - ask for it at your pharmacy. Some walkers also wear two pairs of socks to prevent blisters forming - a thin inner pair and a thicker outer pair. Others swear by Hikerswool applied between toes and over pressure points. The principle of blister prevention is to transfer any friction, caused by the movement of your foot inside your shoe, onto the fixomull tape or the

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extra sock, rather than onto your skin. If you know that your feet have a tendency to blister in certain spots, tape them before you walk. We are happy to help you with this. If you feel any rubbing or a 'hot spot' whilst walking, the best thing to do is stop and do something about it. In all instances, prevention is better than cure. Blisters are very difficult to dress so that you are able to walk comfortably.

Treating blisters: Blister treatments vary and you may have your favourites. The second skin variety seems good, though you will also need good tape to keep it in place. Second skin treatments often have a sterile gel pack that pads and protects the blister from further friction. They can also be used as a (more expensive) preventative measure. Blister Block or Compeed are examples of this type of dressing.

A thick moleskin type plaster is also good to carry for blister treatment. Holes can be cut into moleskin to fit around a blister and a plaster put on top of that. This way there is little pressure put on the blister itself.

Emergency Contact on Tour

In the case of an emergency and family and friends are trying to get in contact with you and unable to reach you on your personal phone, please ask them to call the office on 1300 544 882. After hours or on the weekend there is an option on the voicemail which will direct them through to the duty managers personal mobile.

On tour in an emergency situation our guides will be carrying satellite phones.

Final Payment Due Date

Final payment is required six weeks prior to departure or at time of booking if booking within six weeks. We will send out a reminder email.

Cancellation Policy

All our tours are guaranteed departures.

We hope that you do not need to cancel your booking. However, if you do, our cancellation fee, based on the notice given prior to the departure date, is:

- More than 12 weeks: \$50 administration fee
- 6 to 12 weeks: loss of deposit
- 4 to 6 weeks: 25% of full tour cost
- 2 to 4 weeks: 50% of full tour cost
- less than 2 weeks: 100% of full tour cost, no refund

If you have any concerns about cancelling, please take out travel insurance covering this contingency. This policy will be adhered to despite the most compelling and compassionate circumstances.

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