

Munda Biddi - Walpole to Manjimup



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

Getting to and from your Trip

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).

Perth now has an airport train line which is really exciting. The train departs the T1 & T2 terminals every 15 minutes. There is a bus to take you to the train station from T3 & T4 terminals. The train from the airport will take you straight to the Perth station. There is no need to change lines.

<https://www.transperth.wa.gov.au/JourneyPlanner/Airport-Line>

We use a well serviced and maintained air-conditioned minibus to drive from Perth to Walpole and back, and to and from the Munda Biddi Track each day. As the transport from Perth is provided at no additional charge, discounts cannot be offered if walkers choose to find their own way to Walpole.

The bikes and luggage will be loaded into a large trailer.

Accommodation

Pre & Post Tour

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.

- IBIS Perth - 334 Murray Street, Perth
- Rendezvous Hotel Perth Central - 24 Mount Street, Perth
- Adina Apartment Hotel - 138 Barrack Street, Perth

On Tour

The Walpole accommodation on this tour is villas with shared bathroom facilities. A single supplement will give you your own room but not your own bathroom. In Pemberton we stay in motel rooms with private en-suites.

Washing Facilities

Bayside Villas have a laundry within the villa.

The Pemberton Hotel has two laundromats within easy walking distance from the hotel:

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- Pemberton Laundromat - Brockman St (Next to Butchers) 6am-7pm daily
- Pemberton Fresh Laundry - 2 Ellis St, Pemberton WA 6260 6-10pm daily

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

All meals are included apart from lunch on the last day of tour. You will have a chance to wander around Bunbury to source a takeaway lunch option.

Breakfast comprises of cereal, fruit and toast. In Walpole we will have breakfast together in the rooms. In Pemberton we will enjoy a continental breakfast in the hotel restaurant

Lunch is packed by guests in the morning and consists of cold meats and salad with sandwiches, rolls or wraps.

Dinner is a 2 course meal, main and dessert. In Walpole, the guides will do the cooking. In Pemberton, we will dine out in a restaurant

Each day on the track you will enjoy morning tea carried by your guides and fresh fruit is always available.

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 Walpole. During the tour there will be other 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 are a few blog articles one of our ride guides wrote, which may help you get prepared;

<https://www.inspirationoutdoors.com.au/blog/mountain-bike-training-tips/>

<https://www.inspirationoutdoors.com.au/blog/how-to-prevent-common-mountain-bike-injuries/> <https://www.inspirationoutdoors.com.au/blog/cycling-essentials-5-tips-for-the-perfect-bike-riding-holiday/>

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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.

Access to Shops

It's better to bring everything you need prior to the tour starting but if there are necessary items that need to be purchased there will be opportunities to access the shops.

Getting ready for your 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

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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/blog/mountain-bike-gear-beginners/> <https://www.inspirationoutdoors.com.au/blog/mountain-biking-skills-for-beginners/>

Looking after your skin

Preventing blisters: To prevent blister formation, we highly recommend using 'fixomull' or a similar tape on heels, toes and fingers where rubbing is likely to occur - ask for it at your pharmacy. The principle of blister prevention is to transfer any friction, caused by the movement, onto the fixomull tape or the extra sock/glove, rather than onto your skin. If you feel any rubbing or a 'hot spot' whilst cycling, the best thing to do is stop and do something about it. In all instances, prevention is better than cure.

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.

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:

- 84 days or more prior to departure, we will refund your deposit minus \$50 administration fee
- between 30 and 84 days prior to departure, loss of deposit
- between 24 and 29 days prior to departure, we charge a cancellation fee of 25% of the total booking cost
- between 15 and 23 days prior to departure, we charge a cancellation fee of 50% of the total booking cost
- 14 days or fewer prior to departure, we charge a cancellation fee of 100% of the booking cost.

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Please see our cancellation policy https://www.inspirationoutdoors.com.au/booking_conditions/

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.

Our privacy policy can be found here: <https://www.inspirationoutdoors.com.au/privacy-policy/>

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