

15 August 2023

Dear Annual Tour rider,

8 weeks and counting.....

This will be the first in a series of updates and reminders to all of you who are joining us for Limestone Coast Annual Tour in October 2023.

Have your mates booked yet?

If you know of friends or family who are thinking about joining us but who have yet to book, we only have a handful of positions left for the Tour, including a few Deluxe tents

Training

Time to get very serious, if you haven't already, and sort your training schedule for the following weeks. Make your commitment, and the hard yakka will pay off!

View the **My Training** information sheet in the Resources <https://bikesa.asn.au/faq-annual-tour>

Travel Insurance

We recommend that all participants purchase travel insurance to cover any of the usual unforeseen issues that can occur with any holiday **including cancellation due to unexpected illness** or injury. We don't recommend any particular company, but suggest you spend time researching what is on offer with the various companies and options available. Check the fine print! The time to sort this is now, not the week before you leave.

Emergency Identification

Your bike will be identified with your name plate (in your registration pack which you collect at the start). However, we urge all riders to carry another form of identification on them whilst riding (as well as your lanyard). There are many ways of doing this. An old driver's licence in your seat bag, a laminated photocopy of your passport or one of the many sport ID bracelets or helmet ID's that are available. Important to list your emergency contact details and any medical conditions or allergies, as well.

EMERGENCY 000

We recommend that you download this app to your smartphone, as a permanent safety feature. The Emergency+ app is free, and was developed by Australia's emergency services, the Government and industry partners. The app uses GPS functionality to help a Triple Zero caller provide critical location details to mobilise emergency services. <http://emergencyapp.triplezero.gov.au/>

Annual Tour Ride Guide

This will be available shortly to download on our website.

An updated printed copy of the Ride Guide including any last minute amendments will be included in the rider Welcome Pack on the first day of the ride

Carparking

This information will be available shortly, regarding costs/location in Mt Gambier

Labelling and Lost Property

With up to 200 participants, plus our team of volunteers – there is a lot of 'stuff' that ends up in lost property, nameless and homeless. Please make sure your belongings have been clearly labelled with your full name. Also your mobile phone, and any recharging cords. There will be a facility to recharge phones/Ebikes in the evening. If recharging cords are labelled with your name, there can be no arguments as to who it belongs to!

Overnight Locations

DAY ONE - SATURDAY 14 OCTOBER Mount Gambier - arrival and check-in

Tour Accom venue: South Gambier Football Club Blue Lake Sports Park [200 Jubilee Hwy E, Mount Gambier SA 5290](#) - 4km from town centre

<https://discovermountgambier.com.au/activities/stay-do/>

DAY TWO - SUNDAY 15 OCTOBER Mount Gambier to Nelson and return

Tour Accom venue: South Gambier Football Club Blue Lake Sports Park [200 Jubilee Hwy E, Mount Gambier SA 5290](#) - 4km from town centre

DAY THREE - MONDAY 16 OCTOBER Mount Gambier to Beachport

Tour Accom venue: Southern Ocean Tourist Park [Somerville St, Beachport SA 5280](#) Telephone (08) 87358153 www.wattlerange.sa.gov.au/tourism/tourism/wrcaccommodation

<https://www.southernoceantouristpark.com.au/>

www.beachportsa.com.au/wheretostay

DAY FOUR - TUESDAY 17 OCTOBER Beachport to Kingston SE

Tour Accom venue: Gall Park./ Kingston Football Club

[46 East Terrace, Kingston SE SA 5275](#)

www.discoverkingstonse.au/stay-local

DAY FIVE - WEDNESDAY 18 OCTOBER Kingston SE to Naracoorte

Tour Accom venue: Naracoorte Showgrounds

[Smith St, Naracoorte](#) ** No accom on site. Lots of options nearby

www.naracoortelucindale.sa.gov.au/stay-do

DAY SIX - THURSDAY 19 OCTOBER

Rest Day in Naracoorte

DAY SEVEN - FRIDAY 20 OCTOBER Naracoorte to Penola

Tour Accom venue: [McCorquindale Park / Penola Oval 29 Cameron St, Penola](#)

www.wattlerange.sa.gov.au/tourism/tourism/wrcaccommodation

DAY EIGHT - SATURDAY 21 OCTOBER Penola to Mount Gambier

Tour Accom venue: South Gambier Football Club Blue Lake Sports Park [200 Jubilee Hwy E, Mount Gambier SA 5290](#) - 4km from town centre

DAY NINE - SUNDAY 22 OCTOBER Mount Gambier to Port MacDonnell and return

We'll be sending our further updates over the coming weeks.

As always, don't hesitate to contact us if you have any queries in the meantime.