



FLINDERS ESCAPE

11 - 19 MAY 2024

Ride Guide



WELCOME TO THE FLINDERS ESCAPE

A spectacular journey covering over 450km around the magnificent Flinders Ranges. With 600 million years of secrets waiting to be revealed, it is home to one of the greatest adventures of your life.

In the spirit of reconciliation, we acknowledge the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today. Our itinerary will see us traverse country of the Barngala (Port Augusta), Mimbara (Quorn) and Adnyamathanha (Flinders Ranges) people.

The following itinerary information will help you plan for each day, but there is plenty of additional information in supplementary documents that you will find useful including:

- MY RIDE
- MY TRAINING
- MY GEAR
- MY BIKE

This information can be found in the Participant Information tab of the Flinders Escape web page.
<https://bikesa.asn.au/flinders-escape>

Please make sure you read through the above well before the start, so you are fully prepared and can get the most out of the Flinders Escape.

Note: Every effort is made to ensure that the information in this Ride Guide is correct and up to date. Please be aware some details may be subject to change and further information regarding optional activities will be added as it is confirmed. A final updated version will be published just prior to the event.

DAILY ITINERARY

A typical day begins with breakfast, then on your bike until a stop for refreshments, followed by more riding until lunch. On longer days we keep riding through until afternoon refreshments, then on until the campsite is reached. There you can unwind, socialize, explore your surroundings, sip a drink and watch the sunset over dinner. Later, the stars come out and riders share their stories to the early hours or until weary bodies hint it is time for bed. We hope you enjoy sharing the FLINDERS ESCAPE with us.



DAY ONE – SATURDAY 11 MAY

ADELAIDE TO PORT AUGUSTA THEN QUORN – via coach transfer or private car

COACH TRANSFER DEPARTS FROM:

ADELAIDE CENTRAL BUS TERMINAL, 85 FRANKLIN STREET, ADELAIDE

- REGISTRATION AND LUGGAGE LOADING 6:30AM – 7:15AM
- DEPART PROMPTLY 7.30AM, ARRIVE 11.30AM

RIDE PORT AUGUSTA TO QUORN

1PM START: GLADSTONE SQUARE; BEAUCHAMP LANE, PORT AUGUSTA

REFRESHMENTS 26KM PICHICHI PASS / TICKLE BELLY HILL

FINISH 43KM QUORN TOWN OVAL

Welcome to the start of the FLINDERS ESCAPE! Gather early, so you have plenty of time to register, load your luggage onto the luggage truck before embarking on the first of over 450km of great touring around the spectacular Flinders Ranges.

For those taking the coach option from Adelaide, check-in takes place from 6:30am to 7:15am Saturday 11 May, at the Adelaide Central Bus Station, 85 Franklin Street, Adelaide.

For those driving directly to Port Augusta check in will be from 10.30am outside the Port Augusta Cultural Centre on Gladstone Square, Beauchamp Lane, Port Augusta

Lunch will be served onsite from 12 noon. The important rider briefing takes place at 12:40pm before we head off at 1pm and wave goodbye to Port Augusta.

Our maintenance team will also be on hand to help with any last-minute tweaks for your bike.

We leave Port Augusta and head for the hills – literally - embarking on a steady climb following a course parallel to the scenic Pichi Richi Railway and passing by [Saltia Creek](#) with its stunning rock formations. Admire the historic railway bridge and continue on past landmarks such as Tickle Belly Hill and Woolshed Flat as you make your way to Pichi Richi Pass. Approx 10km before Quorn you pass by the site of the old Willows Brewery set in a gum lined creek bed. Established in 1879, it operated for only a few years before it burnt down. The fire was thought to have started when sparks from the engine of a passing train blew onto the roof. Lovingly restored from the old brewery ruins, it is now sometimes used for weddings and functions. Cool ales are only 10kms away in Quorn.

More information

- <https://www.portaugusta.sa.gov.au/attractions>
- <http://www.wadlata.sa.gov.au/>
- <https://www.aussietowns.com.au/town/port-augusta-sa>



QUORN

Prior to European settlement it is thought the Nugunu Aborigines lived in the area. The first European settlers arrived in the 1850s. The town came into existence in 1875 and was named after Quorndon in Leicestershire. The name was given by Governor Jervois whose private secretary originated from near Quorndon.

In 1878 the government sold plots of land in the area and by 1879 it had become an important stopping point on the Great Northern Railway line when the narrow-gauge railway reached Quorn from Port Augusta. However, its greatest period of importance as a railway centre was between 1917 and 1937 when it was the junction for both the east to west and north to south railway services. This importance continued through World War II when over 400 people in the town were working for the railways. During this time thousands of troops passed through the town and it has been estimated that the local branch of the Country Women's Association provided over one million meals to the servicemen!

The first Quorn railway station was built in 1860. This handsome limestone building was completed in 1916 and is characterised by a bull-nosed iron roofed veranda with cast iron decoration.

First settled in the 1850s, Quorn soon became a railway hub of the north, with both narrow and standard gauge lines. Take the 4.7 km historic walk around town, or visit one of the several pubs.

Since 1949 Quorn has been a popular movie set location with its historical buildings & access to the Outback scenery. Check out some of the history & photographs in the front bar of the Criterion or the Quandong Café & relive the moments! Jack Thompson (Sunday Too Far Away) & Mel Gibson (Gallipoli) & The Last Time with Hugo Weaving. Or perhaps have a chat with the locals & hear their celebrity spotting stories!

CHECK OUT ...

In Quorn

- Pichi Richi train & Quorn Railway Station
- Quorn Silo Light Show <https://quornsilolightshow.info/>
- [Quorn Heritage Walk](#)
- Several pubs and cafes!
- Powell Gardens
- Quorn Native Flora Reserve

SERVICES

Banks, ATMs, Post Office, Tourist Information, Shops, Cafes and Hotels all located in the main street just a short walk from the Quorn Oval

More information

- www.flindersranges.com
- <https://history.flindersranges.com.au/places/quorn/>
- <https://www.aussietowns.com.au/town/quorn-sa>



DAY TWO – SUNDAY 12 MAY

QUORN TO HAWKER

| | | |
|----------------|------|-------------------------------|
| REFRESHMENTS | 39KM | KANYAKA WATERHOLE PARKING BAY |
| LUNCH & FINISH | 67KM | HAWKER CARAVAN PARK |

GRAVEL OPTION

| | | |
|--------------|------|-------------------------------|
| REFRESHMENTS | 39KM | ARGADELLS RD |
| LUNCH | 65KM | KANYAKA WATERHOLE PARKING BAY |
| FINISH | 93KM | HAWKER CARAVAN PARK |

We leave Quorn heading in a north easterly direction and across the magnificent panorama of the Willochra Plain on our way to Hawker. Along the way we pass by many ruins, the evidence of falsely placed enthusiasm last century about the agricultural potential of the region - including the historic Gordon township and Kanyaka Homestead ruins.

Those taking today's "gravel" option begin following the Mawson Trail along the spectacular Yarra Vale Road, winding up to a fantastic lookout point, then through the Yarra Vale Gorge. Warren Gorge is just off the trail by 2km but is well worth the short side trip.

Approx. 8km after the morning refreshment stop, pass by the grave of pioneering pastoralist [Hugh Proby](#), who tragically lost his life crossing the flooded Willochra Creek in 1852.

Further north the route crosses Willochra Creek and the expansive Willochra Plain, traveling through the abandoned town of Simmonston, which is a reminder of the harsh conditions faced here by early pioneers. This is one of many ruins around this area, along with the most famous Kanyaka.

KANYAKA

Located south of Hawker on the road to Quorn, the Kanyaka Ruins are definitely worth visiting. A strange collection of ruins dating back to 1851 when Kanyaka Station was a huge wheat property (984 square kilometres) on the limits of the desert. At the time it supported a station population of nearly 70 families (working on farms at the time was labour intensive) but the inevitable droughts drove the people away so that all that is left are the ruins of the buildings. The buildings include remnants of a stable and harness room, a woolshed and an overseer's cottage. Detailed information about the ruins and their history is provided on a number of excellent information plaques which include photographs of the buildings before they became ruins.

Kanyaka Station ruins



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HAWKER

Hawker (population approx. 480) is at the hub of the Flinders Ranges, being at the junction of roads from Port Augusta, Orroroo, Leigh Creek, Wilpena & Blinman. It was a thriving railway town from the 1880's until 1956 when the Ghan was moved further west. Today its main economic activities are tourism & pastoral runs of sheep & cattle. Due to the arid environment stocking rates are low at about one sheep per 4 hectares.

The last Saturday in May sees the famous Hawker Cup with thousands of punters coming from across the state & country – check out the red dust racetrack with the background of the Ranges!

Take some time to see the Jeff Morgan Gallery, on Craddock Rd Hawker - **The home of Wilpena Panorama**, a complete, uninterrupted 360 degree, circular painting of the view as seen from St Mary Peak, the highest peak of Wilpena Pound and the highest peak in the entire Flinders Ranges. The painting also takes in the rest of the Pound and all visible surrounding countryside all to scale as if you were there. Having climbed the central staircase of the specifically designed circular building, view the beautiful uninterrupted panorama of the majestic ranges, expansive plains and shimmering salt lakes as seen from St Mary Peak, and painted by well-known award-winning Hawker artist Jeff Morgan.

CHECK OUT ...

En route

- Gordon ruins
- Kanyaka <https://history.flindersranges.com.au/kanyaka/>
- The Flinders Ranges!
- Wonoka Creek

In Hawker

- Wilpena Panorama
- Hawker pub
- Hawker Motors / Visitor Information Centre
- Town Heritage Walk
- Police Hill Scenic Lookout
- Castle Rock Scenic Lookout
- Camels Hump Scenic Lookout

SERVICES ...

- Post Office, ATM's shops & general store in Craddock Rd (main street)

More information

- <https://hawkervic.info/>
- <https://history.flindersranges.com.au/places/hawker/>
- <https://www.aussietowns.com.au/town/hawker-sa>



DAY THREE – MONDAY 13 MAY

HAWKER TO PARACHILNA

| | | |
|------------|-----------------|---------------------------------|
| AM REFRESH | 25KM G | GRAVEL - MT LITTLE STATION |
| | 33KM GB | 2KM BEFORE MT ALEC STATION RD |
| LUNCH | 55KM B / 63KM G | EDOWIE STATION RD |
| PM REFRESH | 78KM B / 86KM G | COMMODORE STATION RD |
| FINISH | 90KM B / 98KM G | PARACHILNA CAMP / PRAIRIE HOTEL |

Today's on-road ride takes us north along the main road heading towards Leigh Creek with the spectacular Elder Range of mountains to our right. It is a long straight ride and as we continue across the Morolana Plain, we cross over many small waterways along the way including Wonoka and Morolana Creeks. About midway through today's journey the Elder Range gives way to the Wilpena Pound Range, marking the western perimeter of the famous Wilpena Pound geological formation. A little further north Mt Abrupt marks the southern end of the impressive Heysen Range which we will follow all the way to Parachilna.

Gravel riders leave town following the Mawson Trail again, crossing the Wonoka creek twice, then pass by Wonoka ruins and climb Wonoka Hill, followed by a very challenging downhill section over boulders (exercise extreme caution!). We recommend you dismount and walk down this section. You pass Mount Little Station and camp hut, then wind your way over some goat tracks, with many small creek crossings. This should satisfy the lovers of single track. After about 40km on the rough stuff it is back onto the bitumen for the rest of the journey all the way to Parachilna.

PARACHILNA

With a population in the single digits – this is a remote old railway township of the Flinders Ranges. You can't miss the Prairie Hotel (one of the most famous pubs of the Outback!) – a circa 1876 stone faced building with fantastic views of the Flinders Ranges & the desert plains towards Lake Torrens. Some famous visitors include Harvey Keitel & Kate Winslet (filming Holy Smoke), Paul Kelly & Philip Noyce (Rabbit Proof Fence), Bryan Brown (Beautiful Kate) and an excellent reputation for serving a great range of Australian native cuisine (aka Flinders Feral Food!) Inside the hotel you'll also find a selection of artwork by Aboriginal artists

With such a tiny population the pub is the central focus of the community and it is a great place to chill out after a great days ride along the western edge of the Flinders Ranges. It is also the perfect spot to watch the sunset and take in the showcase of changing colours across the landscape.

CHECK OUT ...

- Prairie Hotel <http://www.prairiehotel.com.au/>
 - Spectacular Sunset colours over the Flinders Ranges
 - Nilpena Ediacara National Park
<https://www.parks.sa.gov.au/parks/nilpena-ediacara-national-park>
- TBC - Details of optional visit including transport from/to Prairie Hotel at Parachilna to be advised.



DAY FOUR – TUESDAY 14 MAY

| | | |
|-------------------------|--|------------------------------|
| PARACHILNA TO BLINMAN – | OPTIONAL EXCURSION / COACH TRANSPORT THROUGH | |
| PARACHILNA GORGE – | 32KM | GRAVEL ROAD PLUS 5KM BITUMEN |
| REFRESHMENTS | 17KM G | ANGORICHNA TOURIST VILLAGE |
| LUNCH | 32KM G | BLINMAN |
| FINISH | 37KM | ALPANA STATION |

The distance travelled today is quite short at only 37kms however it involves mostly gravel road which is definitely NOT suitable for dedicated road bikes with skinny tyres. If you are riding a hybrid, gravel or mountain bike with sturdy tyres you will be fine, though be careful on the loose surface (and please keep to the left when negotiating some of the narrow bends).

For those who do not want to ride the gravel we will transport you and your bike to our overnight stop at Alpina Station. From there it's only 5km ride on sealed road back into Blinman. We will enjoy a scenic drive through Parachilna Gorge along the way.

BLINMAN

On a hot December day in 1859 Robert Blinman, a shepherd employed at H.C. Swan's Angorichina station observed a great mineral outcrop on top of a hill, about thirty metres above a creek. To him it looked not only big, but also promising enough to gamble a few weeks' wages on. He needed at least \$10 to make a mineral application to secure the outcrop and the area around it. Blinman's application was approved on 9 February 1860 and surveyed on 10 May.

Today there is little more than a pub and a few houses with the main interest lying in the remnants of the old copper mines which exist in all their rusted glory. You can explore a local treasure trove of old buildings, mines and history. On the hill above the town there are old smelters and bits and pieces which are remnants of the late nineteenth century, when the town was alive with miners.

Accommodation

Alpina Station, a working merino producing property 6km south of Blinman, is our camping spot tonight. The property consists of 51,000 acres & over 3000 sheep! With a backdrop of the Heyson and ABC Ranges, the station features deep gorges with pine filled valleys and rocky outcrops. A beautiful, isolated campsite & many stories of the tour so far to share around the campfire tonight! And hopefully the stars will come out in their true Outback beauty.

<http://alpanastation.com/>

CHECK OUT ...

En route

- Parachilna Gorge
- Angorichina Village Tourist Park and Blinman Pools walk

En route in Blinman

- Blinman Pub <https://www.northblinmanhotel.com.au/>
- Miners Crib Café <https://www.facebook.com/theminerscrib/>
- Copper mine heritage & tour <https://heritageblinmanmine.com.au/>
- Blinman historic cemetery

Alpina Station

- Walks

More information

- www.blinman.org.au
- <https://www.aussietowns.com.au/town/blinman-sa>
- <https://history.flindersranges.com.au/mining/copper/>

DAY FIVE – WEDNESDAY 15 MAY

BLINMAN TO WILPENA POUND

| | | |
|-----------------|-----------------|----------------------------------|
| AM REFRESHMENTS | 28KM G | TREZONA CAMP / BRACHINA GORGE RD |
| | 32KM B | DINGLEY DELL CAMPGROUND |
| LUNCH & FINISH | 58KM B / 62KM G | WILPENA POUND RESORT |

We have reached the most northern point of our journey now and today we begin the journey south - so it is all “downhill” from here – kind of!! There are quite a few small hills and undulations to test your legs as our route winds its way south. However, it’s another comparatively shorter day and a great ride through more amazing Flinders Ranges Scenery.

We will pass by the Great Wall of China geological formation and Gum Creek Station before entering the Ikara-Flinders Ranges National Park. Approx 15km before the Wilpena Pound turnoff, Stokes Hill and Hucks Lookout are a short detour off the sealed road and offer more great views.

Today’s gravel offering serves up what some consider to be the “premier” section of SA’s famous Mawson Trail – a 900km long marked mountain bike trail that runs all the way from Adelaide through the heart of the Flinders Ranges to Blinman. The Mawson Trail between Alpana Station and Wilpena starts with a 13km ride along the main road and then heads west into the Ikara-Flinders Ranges National Park following forest and fire access trails, taking riders on a spectacular journey through the very heart of the Flinders Ranges. There is approx. 30km of great off-road riding before arriving directly at the camping area in Wilpena Pound.

Note of Caution: The surface condition of the Mawson Trail can vary quite a lot depending on recent weather events and the timing of any trail maintenance, This section can be quite rough with many creek crossings plus lots of ruts and gutters across the track. You may need to dismount and walk some sections. You will need to exercise extreme caution through this area.

Tonight, dinner will be in the picturesque surrounds of the Wilpena Pound Resort and restaurant. We will enjoy some time to relax and also get to know a bit more about the local area with a welcome to country by a representative of traditional landowners, the Adnyamathanha people.

WILPENA POUND

Wilpena Pound is one of the most photographed features of the Flinders Ranges – a rather remarkable rock amphitheatre which covers a huge 80sq. km and reaches a height of about 500m. It was formed over 640 million years ago by sedimentary deposits under the sea. The deposits were folded into mountains whilst millions of years of erosion have resulted in the amazing chiseled formation that can be seen today. The area has wonderful scenery and is home to a whole host of animals, including plenty of birds, kangaroos and wallabies. There are some magnificent walks in the area, which really allow you to see the beauty of the Wilpena Pound if your legs are up to it when you arrive or save it for the Rest Day?

<https://www.parks.sa.gov.au/parks/ikara-flinders-ranges-national-park#see-and-do>

CHECK OUT ...

En route

- Great Wall of China
- Stokes Hill Lookout
- Hucks Lookout
- Mawson Trail – gravel / offroad riders

More information

www.wilpenapound.com.au

<https://www.aussietowns.com.au/town/wilpena-pound-sa>

DAY SIX – THURSDAY 16 MAY

WILPENA REST DAY

Officially this is your Rest Day, but there is plenty to keep you active with plenty of walking trails and the opportunity to take a scenic flight to take in the spectacular views of this iconic landscape. This is an opportunity of a lifetime – to really appreciate the wonder of this huge natural structure.

The walk to the top of St Mary Peak is a great option for those with the energy to make the climb and from the top you are rewarded with spectacular views of Wilpena Pound and surrounding ranges.

If you just feel like taking it easy you can soak up some sunshine, enjoy a coffee/beer/wine or take a refreshing dip in the pool at the nearby Wilpena Resort bar and restaurant.

CHECK OUT ...

- Wilpena Pound walks
- St Mary Peak / Ngarri Mudlanha St Mary Peak is central to the Adnyamathanha creation story. For this reason, the Adnyamathanha people of the Flinders Ranges would prefer that visitors do not climb to the summit of the peak [beyond Tanderra Saddle]. The shorter option to Tanderra Saddle also affords spectacular views.
- Wangarra Lookout & Hills Homestead
- Old Wilpena Station
- Sacred Canyon guided access only – see link below
- Cultural and 4wd tours – <https://www.wilpenapound.com.au/experiences/aboriginal-cultural-tours/>
- Scenic flights of the Pound - book early, seats will fill very quickly

For all scenic flight and 4wd tour bookings please contact Wilpena Pound directly

E. reservations@wilpenapound.com.au

T. (08) 8648 0004

<https://www.wilpenapound.com.au/experiences/scenic-flights/>



DAY SEVEN – FRIDAY 17 MAY

WILPENA POUND TO HAWKER

REFRESHMENTS

30KM BG

ELDER RANGE LOOKOUT

LUNCH & FINISH

55KM B / 68KM G

HAWKER CARAVAN PARK

With our legs refreshed after our rest day at Wilpena, we continue south back to the friendly town of Hawker – our overnight stop on day 2. Today's route is again highlighted by great scenery with numerous vantage points and lookouts to take in the vista and get some more great photos – in particular, Rawnsley Bluff and the Elder Range to the west and the Chace Range to the east.

Today's gravel option is limited to a short section of the Mawson Trail as we leave Ikara-Flinders Ranges National Park, followed by a straight-forward cruise down the bitumen, before a final gravel cruise into Hawker, tracing the southern end of the Elder Range

In Hawker we will again be guests of the local community and you have a chance to check out anything you missed on our first visit a few days ago (See Day 2)

If you feel like a little extra pedaling you can head out to the Camels Hump Lookout just south of town or if your tyres are ok on the dirt Jarvis Hill lookout is about 6kms west of town.

In Hawker

- Wilpena Panorama
- Hawker pub
- Hawker Motors / Visitor Information Centre
- Town Heritage Walk
- Police Hill Scenic Lookout
- Castle Rock Scenic Lookout
- A game of lawn bowls at the Hawker Sports Club

For more information

<https://hawkervic.info/>

<https://history.flindersranges.com.au/places/hawker/>

<https://www.aussietowns.com.au/town/hawker-sa>



DAY EIGHT – SATURDAY 18 MAY

HAWKER TO QUORN

REFRESHMENTS 28KM BG

LUNCH & FINISH 62KM B / 72KM G

KANYAKA WATERHOLE PARKING BAY

QUORN TOWN OVAL

If this stretch of road seems vaguely familiar you are not seeing things. We travel back over the same ground as on Day Two however this time it is in the opposite direction. Things always look a little different when coming from another angle so you will enjoy the Ranges in a slightly different light. If you did not check them out on the way north, you can take the time to check out the Kanyaka ruins.

Gravel riders will stay on the main road for most of today's journey before leaving the bitumen to head west across the southwestern section of the Willochra Plain towards the Ragless Range, with the final run into Quorn via Yarra Vale Rd.

PARTY TIME

Tonight is our last night together before the final leg back to Port Augusta although some of you may wish to extend your stay here to take in more of the Region's delights.

We will make a celebration of the fun times we have had and the kms ridden over the last 8 days – a chance to cement new-found friendships over a few wines or beers from the local area.

If you missed out on the Quorn Silo Light Show on Day 1 you'll have a chance to check it out tonight as well.

CHECK OUT ...

In Quorn

- Pichi Richi train & Quorn Railway Station
- Quorn Silo Light Show <https://quornsilolightshow.info/>
- [Quorn Heritage Walk](#)
- Several pubs and cafes!
- Powell Gardens
- Quorn Native Flora Reserve

SERVICES

Banks, ATMs, Post Office, Tourist Information, Shops, Cafes and Hotels all located in the main street just a short walk from the Quorn Oval

More information

- www.flindersranges.com
- <https://history.flindersranges.com.au/places/quorn/>
- <https://www.aussietowns.com.au/town/quorn-sa>



DAY NINE – SUNDAY 19 MAY

QUORN TO PORT AUGUSTA VIA WILMINGTON & HORROCKS PASS

| | | |
|--------------|--------|--------------------------|
| REFRESHMENTS | 19KM B | BUFFAM ROAD |
| | 20KM G | GUNYA RD / OLD GUNYAH RD |
| LUNCH | 40KM | WILMINGTON |
| FINISH | 80KM | PORT AUGUSTA |

Our final day sees us heading south across the southern edge of the Willochra Plain to the small town of Wilmington – in the heart of what is locally known the Beautiful Valley.

Gravel riders will take the Old Gunyah Rd route, following closer to range that hosts Mt Brown as its summit.

After an early lunch stop it is a short 7km ride to the top of Horrocks Pass where you will find a memorial cairn to pastoralist John Horrocks. As you approach the bottom of the pass you will be greeted by an impressive view out across the Spencer Gulf.

It is less than 30km from the bottom of the pass on the final run back to Port Augusta where transfer coaches will be waiting for the return journey to Adelaide. Horrocks Pass is a wonderful, fast, winding downhill to bring to the western face of the ranges. Look out for the right hand turn into Spears Creek Road. This is a great shortcut with hardly any traffic ... but the trade-off is it is a very patchy stretch of bitumen. You will have to keep one eye looking out for the potholes, as well as one eye looking left at the wonderful view.

For those who fancy a shorter ride or need to get away a little earlier to catch flights there is the option to take the 40km direct route back to Port Augusta via Pichi Richi Pass – the reverse of the route on Day 1.

Please note that is direct route option will be UNSUPPORTED.

Sadly it is time to say farewells and head for home but you never know, we may meet again on another of Bicycle SA's great rides.

Until then, whether you are staying on to explore more of South Australia or returning home with wonderful memories and photos to prove it (not to mention legs like iron), we wish you farewell and safe riding. We loved having you with us on our FLINDERS ESCAPE, proving once again that small *is* beautiful and life *is* better on a bike. Happy cycling!

A DAY IN THE LIFE OF THE FLINDERS ESCAPE

The new day on the campsite usually begins between 6.30am – 7am. If you are an early riser, we ask you to be considerate of others still in bed by keeping as quiet as possible. We ask all riders to refrain from talking in the tent area before 6.30am so that those who cherish that last half an hour of sleep can rest undisturbed. We don't give wake up calls, so it is up to riders to get themselves going and on the road each morning.

Before breakfast you will need to freshen up for the day. The toilet facilities are open throughout the night, and where possible the showers are too. We use on-site facilities, which vary from campsite to campsite. Sometimes they're big, plentiful and spotless, and other times they can be football club style. Where possible, we try to make sure there are private shower facilities available. In addition, we will have the services of a mobile toilet and shower truck to supplement onsite facilities. The showers in this facility will close at 9pm every evening to enable cleaning and may not be available the following morning. Toilets will remain open throughout.

Breakfast 7.00 – 8.00am (unless otherwise stated)

If you are new to the Flinders Escape, here is how our meal service arrangements work: breakfasts and dinners are served from the big hall (e.g. football club) or marquee (e.g. caravan park)

Except for the occasional fry-ups, breakfasts will include a selection of cereals, fruit and toast plus tea, instant coffee and hot chocolate.

Self-service of food and beverage items is not permitted. Catering volunteers at designated meal service areas will serve you a ready-plated meal or will serve the food directly to your plate. Similarly, tea and coffee service will require one of our team to assist and will be limited to designated meal times. You will be able to take advantage of local cafés when you arrive in each town – we encourage you to support local business.

Crockery and cutlery will be provided at all meals - you do not have to bring your own.

For those who love a fresh brewed espresso or frothy cappuccino, we will have a mobile coffee vendor with us for the duration of the event. This will be set up at each overnight venue and also at selected refreshment stations during the day. Both cash and credit card are accepted for payment.

Once you have your food you can either eat with your group or find a new friend. Bicycle SA is known for its intimate, friendly rides and you will soon find that riders on Flinders Escape are a welcoming bunch. After you have eaten your meal, please return your dishes to the kitchen or washup area.

Before you hit the road, pack your bags and tents and deliver them onto the back of the luggage truck, where our luggage crew volunteers will stack them for you on the truck. Please don't drop off your bags on the ground beside the luggage trucks as these may get left behind.

Note: please familiarise yourself with our Luggage Handling policy and be aware of luggage limits as outlined later in the My Gear information sheet.

IMPORTANT! By the luggage truck there is a checklist with every rider's name. Please see the volunteer marshal who will check you out before you leave in the morning and check you in when you arrive at the next campsite and then you can collect your luggage. In this way we will know whether you are at the campsite or en-route. An information board is also by the luggage truck, with updated news, local information and is a place where riders can leave each other messages.

Departing Camp. We understand that everyone has their own morning routine and some take a little longer than others to get organized. Whatever your routine we ask that you are all packed up and on the road by 8.30am when the SAG wagon will depart (unless otherwise advised). If you are a slow rider, we ask that you try to leave a little earlier, especially on longer riding days.

Lunch (approximately 11.30am - 2pm) Lunch is at the designated lunch stop, typically around 60% along the route. Lunch may either be a filled wrap/roll or something hot. Bicycle SA uses local providers, such as clubs, groups and restaurants to provide the meal, which means you will always be guaranteed a variety of nourishing local fare.

Morning and Afternoon refreshments. While you will pass the occasional café and bakery along the route, Bicycle SA offers refreshments approximately 20km – 30km into each day's ride. There will be water, Nippy's juices, fruitcake, biscuits, snack bars and fruit. The same is provided at the occasional afternoon refreshment stations, though most often you will enjoy all these goodies when you arrive at each campsite.

Dinner 6pm – 7.30pm. Each dinner includes 3 courses – soup, main and dessert. Each course is served separately. The evening rider briefing is from 7pm between the main course and dessert.

Riders with special dietary requirements will be catered for (by nominating their requirements with their registration) These riders will have specially coded lanyards, to ensure they receive their correct meals. All riders must wear their lanyard at all times. No Lanyard = No Meal!

A bar will be operating at each of our overnight venues. Sometimes it will be operated by our hosts for the evening and at other times by a local community or sports club. Please respect local liquor licensing requirements that prohibit BYO alcohol. Not all venues will have credit card facilities so it is best to have some cash with you. Each day you will pass through towns where ATM facilities should be available but be prepared that smaller towns may not have sufficient ATM resources to service an influx of 200+ all people wishing to withdraw cash. Plan ahead.

DAILY PROGRAMME

- 7.00am – 8.00am Breakfast (unless otherwise advised)
- 7.30am Route opens
- 8.30am SAG wagon departs
- 9.30am – 11am Morning Refreshments
- 11.30am – 2pm Lunch
- 2pm – 4pm Afternoon Refreshments (when applicable)
- 6pm – 7.30pm Dinner
- 7pm Rider Briefing

ARRIVING AT EACH CAMPSITE

Once you have got to the campsite at the end of your day's ride you will probably want to find your luggage, set up your tent and attend to your ablutions before enjoying a well-deserved drink or setting out to explore the nearby locale. But even before that, you must sign in on the list by the luggage truck. This is very important, as it's our principal way of knowing who's safely in camp and who might still be out on the route and needing our support.

Bags from the luggage truck are laid out on the ground in rows. If it rains, the luggage crew will place tarpaulins over the rows of bags so please make sure you replace these covers carefully after you have retrieved yours so that other riders' luggage remains sheltered.

Generally, you can pitch your tent wherever you like within the designated campsite, though be very aware of any areas marked out as no camping. Often irrigation systems are located near the surface and any tent peg driven through them will leave you very wet and removed from the groundkeeper's Christmas card list.

By the luggage truck will be an information board with a campsite site plan and general venue information as well as location of water, showers and toilets.

Bear in mind that in your tent you have maximum visual privacy but minimal audible privacy, especially if space is limited and we're forced to camp close together. If you are a light sleeper, we recommend you select a quiet tent site apart from other campers or bring earplugs. If you are a snorer, be considerate and park your tent away from the others.

The loud and lyrical sounds of socializing are focused on the dining area and bar, where you are welcome to stay after dinner and share a natter and drink with fellow riders. Beyond 10.00pm noise and mayhem are not welcome in the camping areas, where tired bodies are snoozing.

TRAVELLING TO THE START

Travelling by air

TRAVELLING TO THE START

Travelling by air

All Australian airlines require your bike to be boxed. Qantas and JetStar will sell you a bike box at the airport while Virgin Australia requires that you provide your own. If in doubt about air travel arrangements for you, your luggage or bike you should check with your airline well in advance of your departure date.

Please note that due to limited storage capacity at our office we are unable to store luggage and bikes in the days prior to the start. You will need to make arrangements to store your bike at your accommodation on Friday night so you can ride directly to the start in the Adelaide CBD.

For more information on transporting your bike check out the Bike Transport info sheet on the website.

Travelling by car

You can drive to Adelaide and take the coach option to Port Augusta or you can drive directly to the start at Port Augusta.

FOR LONG TERM PARKING:

Port Augusta – Arrangements will be made to enable riders to park their cars for the duration of the event in a secure location not too far from the official starting point at Gladstone Square in the centre of Port Augusta. If you wish to book secure parking for your vehicle, contact (08) 8168 9999 or office@bikesa.asn.au

Please note that all parking arrangements are at owner's risk, and Bicycle SA cannot accept any liability for any damage or loss.

HOW DO I CHECK IN?

For those taking the coach option from Adelaide, check-in takes place from 6:30am to 7:15am Saturday 11 May, at the Adelaide Central Bus Station, 85 Franklin Street, Adelaide.

For those driving directly to Port Augusta check in will be from 10.30am outside the Port Augusta Cultural Centre on Gladstone Square, Beauchamp Lane, Port Augusta

Just bring your identification to us for check-in and to receive your FLINDERS ESCAPE info pack and Rider ID. Be ready to load your luggage directly onto the trucks parked on site.

The important rider briefing takes place at 12:40am before we head off at 1pm and wave goodbye to Port Augusta.



LUGGAGE SPECIFICATIONS AND HANDLING

Your total luggage allowance is 25kg/person - this includes your tent, sleeping bag/mat, etc.

This must be packed into 2 bags, each weighing no more than 14kg

Each bag must be no more than 85 litres in volume or have dimensions of no more than 140cm in total. i.e. L x H x W e.g. 70cm Long + 35cm High + 35cm Wide = 140cm

If any of your bags exceed the 14kg individual bag limit you will be required to unload or redistribute the bag contents. We suggest you use one bag for your wet tent, cutlery, plates, etc, and the other for your sleeping bag / mat, dry clothes and personal items.

For the health and safety of the luggage volunteers we will not carry bags that exceed the maximum size and weight as outlined above.

Before loading your luggage bags on Day 1, please ensure they are clearly tagged with airline style waterproof luggage labels containing your full contact details. It is advisable to also attach similar contact details inside your bag just in case the external label comes adrift. To ensure your bag can be easily distinguished, we suggest tying coloured ribbons around the handle.

Our luggage truck volunteers will weigh your bags before loading. Luggage ID tags must remain fixed to your bags during the Tour. Only bags with suitable luggage ID tags will be accepted by loading volunteers during the ride.

If your total luggage weight exceeds the 25kg allowance you will be charged an excess luggage fee of \$25 per kilogram up to a maximum of 28kg (\$75) and you may be required to re-bag your luggage. If, after redistribution and paying the excess fee, the total weight is greater than 28kg (that is, more than 14kg in each bag), then you'll be required to remove items to bring down the total weight to a maximum of 14kg per bag.

Each morning, before loading your luggage, change into your riding clothes and take out any items that you will need with you out on the road, as once you load your luggage onto the trucks you will not be able to get to it again until the campsite at the end of the day. We strongly urge you to take a set of extra-warm outer clothes as well as any other items you will need with you on the ride.



ACCOMMODATION

Saturday 11 May

Quorn

Quorn Community Sports Club and Oval
Park Tce, Quorn

Sunday 12 May

Hawker

Hawker Caravan Park
44 Chace View Terrace Hawker
Contact: (08) 8648-4006

Monday 13 May

Parachilna

Prairie Hotel & Community Campground
Contact: (08) 8648-4844

Tuesday 14 May

Blinman

Alpana Station
Contact (08) 8648-4626

Wednesday 15 & Thursday 16 May

Wilpena Pound

Wilpena Pound Resort & Campground
Contact: (08) 8648-0004

Friday 17 September

Hawker

Hawker Caravan Park
44 Chace View Terrace Hawker
Contact: (08) 8648-4006

Saturday 18 September

Quorn

Quorn Community Sports Club and Oval
Park Tce, Quorn

DELUXE CAMPING

Deluxe Camping is ideal for those riders who don't want the hassle of putting up and packing down their tent each day. The package includes a roomy 2-person tent that is tall enough to stand up in plus one air mattress per person. Best of all, we put it up and pack it down for you each day, and even inflate your air mattresses. So, all you have to do is roll out your sleeping bag and relax. Everything is taken care of.

The cost includes all of the above and is per tent, so if you are riding alone you can have the tent all to yourself. Couples only pay the single fee for their tents.

Air Mattresses

We provide 6cm self-inflatable air mattresses which have a high-density foam inner core bonded to a hardwearing outer cover. If you are one who feels the cold more easily you may want to supplement your sleeping bag with a lightweight thermal liner.

Each day the mat will be placed in your tent with the inflation valve left OPEN. If the weather is warm and the temperature inside the tent gets too high, it can cause the air inside the air mattress to expand and place undue pressure on the mattress seams and bonding. We ask that you leave the valve open during the day and gently twist it closed before you go to bed. In the morning simply open the valve again ready for transport. Please DO NOT place bags on the mattresses or walk on the mattress.

Bring a pillow

The air mattresses do not have pillows attached so you will need to BRING YOUR OWN PILLOW. We suggest using a small lightweight travel pillow that can be easily stuffed in your luggage. Most outdoor shops provide a wide range to choose from. Alternatively, you can bring along a pillow case and stuff your clothing inside to make your own pillow.

Tent Allocation

You will be allocated a specially numbered Deluxe Camping tent on Day 1. This will be your exclusive home for the tour. If you have any problems at all with your tent or air mattress during the ride, please don't hesitate to ask one of the volunteer tent team for assistance.

No bikes in or on tents please

Our Deluxe Camping tents are for human occupation only. Bikes are NOT PERMITTED to be stored inside tents. Please also do not lean bikes against the tent or tent / awning poles. The weight of the bikes can seriously damage the tents if they fall over, especially if the wind picks up. We advise you to place your bikes upside down next to your tent whilst leaving plenty of room for other campers to walk freely along the line of tents.

Shoes off inside

We also ask that you remove your shoes before entering your tent to help keep the tents clean and prevent any damage to the floors and airbeds – especially from riding shoes.

Laundry / washing lines.

Please DO NOT hang washing lines from your tent as this can place undue stress on the tent structure and may cause damage to the tent, especially if windy. Please make use of a nearby fence or tree instead.

Daily access

Deluxe Camping tents will generally not be available **before 2.00pm each day**. It takes time to pack down and re-erect the tents each day, so your patience is appreciated. If you arrive early, take some time to explore the local surroundings whilst your tent is being prepared.

Packing up in the morning

On departure mornings please open the valve on your air mattress and take it to the “mattress truck” BEFORE you go to breakfast. Please have the majority of your bags packed before breakfast so that all you have to do is pack your eating utensils and toiletries before taking your bags to the luggage truck. This will assist the tent team in being able to pack up the tents each day in a timely manner and then move on to the next destination to commence setting up tents again ready for your arrival.

SECURITY AND SAFETY ON THE CAMPSITE

Bicycle SA is committed to best practice workplace safety and event management procedures for the comfort and safety of participants and volunteer personnel. Please help us by following these few simple points:

- **Sign out and in with the “check-in” marshal by the luggage truck** when you leave each morning and when you arrive at each new campsite in the afternoon. This is our roll call in case we need to check who is on site and who may still be out on the route or in town.
- **Lock your bike. Never leave your bike unlocked on the campsite.** Many of our sites are unfenced and we depend on riders to be vigilant and help maintain good security for all.
- **Secure your belongings.** Reduce the risk of theft by keeping all your belongings inside your tent.
- **Keep an eye out.** Good campsite security depends on all riders being watchful and observant. Report any unusual incidents to event personnel.
- **No fires are permitted** anywhere on the campsite for safety reasons. Tent material can be highly flammable. This prohibition includes candles, fireworks, sparklers and camp stoves of any type.
- **Smoking is prohibited** in all buildings, vehicles, tents, marquees and in any food service areas.
- **Camp only in the areas indicated.** Check with luggage truck personnel regarding any “no camping” areas, or areas marked with underground irrigation.
- **Please keep out of all work areas** marked by traffic cones or bunting. Experienced personnel undertake all activities in these areas.
- **The campsite is a quiet area between 10.00pm and 6.00am.** Tents have thin walls and we will all be tired at the end of the day so please ensure you are quiet after 10.00pm. If you are returning from town late, please do not talk in the tent area.
- **Alcohol free campsite.** The dining area and bars are the only parts of the campsite where alcohol is permitted.

RIDER SAFETY AND ETIQUETTE

Rider safety is not only your right, but also your responsibility.

This is an open road event - you will be sharing it with other road users. The roads we travel on are generally reasonably wide and in good condition. The volume of traffic they carry is not huge. However heavy vehicles and caravans are not uncommon. Please be aware of your position on the road and be aware of traffic approaching from behind you.

To ensure the safety of all riders please adhere to the following road etiquette:

- Ride single file in most cases, keeping well to the left
- When moving out, let other riders know and check to ensure that there is not another rider directly behind
- When passing please let the other riders know by saying, 'passing right'. At no time pass anyone on the left and please keep to the left of the road
- When stopping please let other riders know by saying, 'stopping' and move a minimum of one metre off the road immediately. Avoid stopping and blocking the road

Campsite evacuation. In the event of an emergency site evacuation, you should leave your tent (and any luggage as well as your bike!) and go immediately to the evacuation assembly point, which is by the logistics truck (the biggest truck on site). The signal for an emergency site evacuation is a continuous car horn sounded for a minimum of one minute and repeated 15 seconds later.

Event volunteer personnel will assist you in the event of an emergency evacuation. Please follow their instructions and do not attempt to return to your tent until you have been advised that it is safe to do so. Emergency procedures have been designed for your safety and the safety of all riders and crew.

GENERAL INFORMATION

The luggage truck can be a quick source of information. It is where you will find campsite details and messages from other riders. More information, such as details about the locale and tourism attractions, can be found inside the big hall or marquee or on the Information Table. Generally lost property will either be at the luggage truck or on the Information Table.

Mobile phone charging, internet access and banking

The Flinders Ranges are in what is considered a remote part of South Australia. Mobile phone coverage is very limited along the route. Coverage is reasonable at Port Augusta, Quorn and Hawker and also in the town of Parachilna and Blinman and the surrounds of Wilpena Camping ground. Telstra has the better coverage but don't expect much from the smaller networks.

It is a good idea to carry your mobile phone as a precaution and may be handy if you break down or are involved in an accident. A phone recharging area will be available in the clubrooms or marquee at each overnight destination. Please bring your own charging cables and adaptors and label them with your name to avoid someone taking the wrong cable by mistake. As a courtesy to other participants, please ensure you remove your device from the charging area as soon as it is charged as the number of available outlets will be limited.

Internet facilities are also a little harder to come by. Obviously if you have a smart phone or wireless broadband facility you can access whenever you find a network signal. However, please be aware that in more remote areas the phone signal may not be strong enough for internet data. Otherwise, you may be able to access internet terminals and free WIFI at the Visitor Information Centres in Port Augusta, Quorn and Hawker

Banking facilities are available at Port Augusta and smaller bank agencies are available in Quorn and Hawker. Not all places have EFTPOS or credit card facilities and access to ATMs is more limited as we head further north so it's best to keep a stash of cash handy – especially for the cash only bars that will be available in some venues.

Emergency 000 App for your phone

We recommend that you download this app to your smartphone, as a permanent safety feature. The app is free and uses GPS functionality to help a Triple Zero caller provide critical location details to mobilise emergency services.

<https://emergencyapp.triplezero.gov.au/>

Toilets & Showers

There are usually plenty of toilets and showers at each campsite and we will also be travelling with a mobile toilet/shower facility. However, you may still have to wait your turn, depending on when you want to perform your ablutions.

Predictably, toilets are busiest in the mornings, while the showers get used most in the mid-afternoon / early evening when riders come in from a day in the saddle. If you plan around these times, you often won't have to queue at all.

Important Note: The hot water supply is often limited in many locations so please keep your showers short so everyone can have a warm shower – 4 minutes is more than adequate.

The number of toilets and showers, and their location, varies during the ride. Local facilities always factor, and sometimes these are augmented by hired portaloos or showers. The campsite map by the luggage truck indicates where these are. So, if the local facilities are being used, you might like to check out any hired facilities elsewhere on site. Showers in the mobile facility will close at 9pm each night.

When staying on sports grounds, the showers are almost always football club 'communal' style. One of the changing rooms will be set aside for men and the other for women. Sometimes there are additional, more private club showers on site.

The Handle Bar

Each afternoon and evening you can relax in the campground and enjoy a drink from the Handle Bar. At most of our campsites the local clubs and community groups will run a cash bar, selling wine, beer and soft drinks over the bar.

At other places, Bicycle SA will provide cold beer, cans of soft drink, plus white and red wine (by the glass or bottle).

Where possible, the Handle Bar will be open from 3pm, but never later than 5pm.

Note that alcohol can only be consumed in the Handle Bar and the dining area. BYO is welcome when Bicycle SA is running the Handle Bar, but not permitted at venues where the locals are running the club bar.

Massage

Hazeline & her team will provide massage services each day during the FLINDERS ESCAPE. There will be a comfortable, quiet place in each campsite, where you can be healed and pampered. Whether you need a quick going over of the leg muscles, or want to indulge in the luxury of a full-body massage, they are happy to assist. You will need to book ahead though, as their diary tends to fill up quickly.

The massage team has a schedule of applicable fees, depending on time booked. Fees are payable directly to them. You can contact Hazeline on 0439 331 569 or email hazy.hm2204@outlook.com to make advance bookings and/or payment if you wish.

FLINDERS ESCAPE photographs

It's always great to see photographs from the FLINDERS ESCAPE. Following the event we hope to bring together riders' photos into a compilation of images from the FLINDERS ESCAPE for everyone to enjoy. These will be uploaded to our Flickr webpage for all to see. Details will be available during the ride.

WHAT ABOUT THE WEATHER?

The weather in the Flinders Ranges in May is usually mainly fine with generally mild conditions during the day however it can be quite chilly in the evening and early mornings.

We suggest you pack a good warm sleeping bag and appropriate warm clothing both for riding and for the evenings. Do not forget a rain jacket for wet weather protection if needed

| MAY | ANGORICHINA (near Blinman) | HAWKER | PORT AUGUSTA |
|----------------------------|---|-----------------|-----------------|
| Mean daily max | 21.3C | 21.6C | 21.6C |
| Mean daily min | 7.7C | 6.8C | 10.4C |
| Mean 9am temp & wind speed | 14.9C; 20.km/h (wind speed not available) | 14.9C; 11.1km/h | 15.0C; 14.5km/h |
| Mean 3pm temp & wind speed | 20.5C; (wind speed not available) | 20.4C; 14.0km/h | 20.4C; 20.9km/h |
| Mean monthly rainfall | 22.9mm | 38.3mm | 25mm |
| Mean # - rainy days | 4.7days | 5.7days | 7.5days |

More weather information can be found at www.bom.gov.au

TOURISM

Adelaide

www.southaustralia.com/places-to-go/adelaide

[Adelaide Visitor Guide](#)

Flinders Ranges

<http://www.flindersranges.com/>

<https://www.frc.sa.gov.au/tourism/visitor-guides>

<https://www.frc.sa.gov.au/tourism/what-to-do/walks-and-lookouts>

Port Augusta

<http://www.wadlata.sa.gov.au/>

Quorn

<https://www.frc.sa.gov.au/tourism>

Hawker

<https://hawkervic.info/>

Parachilna

<http://www.prairiehotel.com.au/>

NOTES

Contact Information

Russell Miatke

Event Manager
0427 771 821

Maureen Merrick

Volunteer Coordinator and Catering
0407 600 326

Bicycle SA office

Open 9am to 5pm 4 days (Mon-Thurs)
(08) 8168 9999

Keep trying these numbers until you make contact. Do not rely on messages through a third party. Once contact has been established this representative of Bicycle SA will assume coordination of the incident and all further communication should be directed via them.

First Aid is available from qualified volunteer personnel (identified with 'First Aider' on their ID), but with general non-urgent health issues see Maureen at the campsite. Please ensure you inform us of any pre-existing medical conditions *before* the start of the FLINDERS ESCAPE.

Emergency contacts. Your mobile phone is the most direct way for family and friends to contact you, provided that there is mobile phone reception along the trail or in town. As most riders do not reach the day's campsite until mid-afternoon, it is best for people to phone you in the late afternoon or early evening.

If you can't be contacted directly, your family or friends should phone Russell Miatke, Maureen Merrick or the Bicycle SA office (numbers as above) and leave a message for you to ring home.

If something happens to you on the ride, we will phone your nominated emergency contact person. Please ensure this information is accurate at the date you depart for the ride.

Campsite evacuation. In the event of an emergency site evacuation, you should leave your tent (and any luggage as well as your bike!) and go immediately to the evacuation assembly point, which is by the logistics truck (the biggest truck on site). The signal for an emergency site evacuation is a continuous car horn sounded for a minimum of one minute and repeated 15 seconds later.

Event volunteer personnel will assist you in the event of an emergency evacuation. Please follow their instructions and do not attempt to return to your tent until you have been advised that it is safe to do so. Emergency procedures have been designed for your safety and the safety of all riders and crew.

For more information go to www.bikesa.asn.au or email office@bikesa.asn.au

Contact Information

| | | |
|-----------------------|---------|--------------|
| EVENT MANAGER | Russell | 0427 771 821 |
| VOLUNTEER COORDINATOR | Maureen | 0407 600 326 |
| SAG WAGON | | 0438 438 846 |

SIGNAGE
AM REFRESHMENTS
LUNCH
PM REFRESHMENTS
CATERING SUPPORT

BIKE MAINTENANCE

MASSAGE
RIDE MARSHALS
EQUIPMENT LOGISTICS
FURNITURE TRUCK
LUGGAGE TRUCK
DELUXE CAMPING

| | |
|--|----------------|
| BICYCLE SA OFFICE (4 days Mon - Thurs) | (08) 8168 9999 |
| POLICE (non emergency) | 131 444 |
| AMBULANCE / POLICE (emergency) | 000 |

FIRST AID, MEDICAL HELP AND EMERGENCIES

In the event of an emergency or incident, please use the following checklist as a guide:

- Ensure your safety first;
- Ensure the safety and welfare of any injured person, any riders, volunteers and / or public;
- Contact appropriate emergency authorities – **dial 000** – stating your name, location, phone number, role and service(s) required;
- Remain at the scene until emergency assistance arrives unless it is safe to do so;
- Provide all possible assistance to emergency services;
- Record all actions and times and details of all involved, including possible witnesses as soon as practical. If possible / necessary, take photographs;
- Contact Bicycle SA personnel as soon as possible: