

## A DAY IN THE LIFE OF THE ANNUAL TOUR

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's up to riders to get themselves going and on the road each morning.

Before breakfast you'll need to freshen up for the day and visit the toilet. 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.

### **Breakfast 7.00 – 8.00am** (unless otherwise stated)

If you're new to the Annual Tour, here's 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)

Breakfasts are self-serve, with a selection of cereals, fruit and toast. There's also tea, Milo, instant and REAL filter coffee. Feel free to make fresh coffee in the plungers, but please also empty and rinse out the plunger if you get the final cup.

We suggest that you carry your plates, knife, fork and spoon and cup in a shoulder bag enabling you to keep both hands free to carry your food. Don't forget to pack a bag of scroggin for later.

Once you've got 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 the Annual Tour are a welcoming bunch.

After you have eaten breakfast, it's time to wash up your dishes and cutlery at the Bicycle SA wash-up stand.

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 this information.

**IMPORTANT!** By the luggage truck there is a check-list with every rider's name. Put a tick against your name EVERY MORNING when you leave and put another tick EVERY AFTERNOON when you arrive at the next campsite and collect your luggage. In this way, we know whether you're at campsite or en route. An information board is also by the luggage truck, with updated news, local information and is a place 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 in getting 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)

**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, Hydration product, tea, coffee, Milo, fruitcake and biscuits plus a few extra bags of scroggin. The same is provided at the occasional afternoon refreshment stations, and you'll 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.

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. 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 may 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.

Riders with special dietary requirements will be catered for. Your ID lanyards have been coded with your special dietary requirements so please present them at meal times.

## **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 with a tick against your name in 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.