

# Munda Biddi Cycling Tour

Albany to Walpole, South West WA  
Distance: 213 km Duration: 6 Days / 5 Nights

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Complete the southern section of one of the world's great cycle touring trails.

The Munda Biddi trail weaves its way from Albany to Mundaring just outside Perth. Through Jarrah, Karri and Tingle forest, along the coast and through 15 quaint South West towns, all up the trail is over 1000 kilometres long. On this tour we will complete 213km of the southern half over 6 days. Ride free of trailers or heavy panniers as you will be supported by a vehicle, stay in accommodation and have all of your meals catered. All you need to do is, enjoy the ride and let our team take care of the rest.

Bring your own bike or we can provide one for you.

**Level:** *Moderate to Challenging (at times)*

Most people will need to do some training before hand, but you do not need to be an elite athlete to enjoy this ride. This tour has a good amount of challenge, with mostly moderate terrain and not much in the way of technical riding. The greatest challenge for "non-riders" will be the amount of time in the saddle.

**Give us a call or send us an email if you have any questions!**

**(08) 6219 5164 or [walk@inspirationoutdoors.com.au](mailto:walk@inspirationoutdoors.com.au)**

**What our guests say:**

*"Wow. That's the only word that sums it up. Our guides were great, and became part of the group very quickly. You can imagine the quality of the meals when one of the guides was a chef. Both had a great deal of knowledge about all aspects of the forest, it's history and the plants and flowers. When approaching something challenging on the track both guides made sure we understood what to do, and how to approach the issue to keep us safe. This is a must do ride for experienced riders and first timers. Fabulous 6 days. Thank you.."*

**Tripadvisor review, pjbricky- Nov 2019**



From the Visitor's centre in Albany to Torbay is mostly easy going, with the odd hill. A perfect start to this fun adventure. After the ride, we will check into our motel for a one (1) night stay and have a meal at a local restaurant. With the travel, it will feel like a big day, so don't make any plans for the evening.

## Day 2

Torbay to Denmark  
Distance: 55km

After breakfast, we will pack up our gear and head out in the vehicle with bikes in the trailer back out to Torbay. All of today's ride to Denmark is classed as easy in terms of the riding surface, but there are a few decent hills. There are several access points for our vehicle to pick you up along the way should you wish to have a shorter day. We will finish the days ride at our accommodation in Denmark where we will be staying for the next three (3) nights.



## Itinerary

Your guides will accompany you each day as you ride between 10 and 55 km. There is no such thing as an easy day on a bike! However, with a moderate level of fitness, each day is very achievable and enjoyable. There are some hills, some gravel sections and some narrow trails all of which can be challenging. We recommend getting some leg fitness to prepare for your ride.

Each day we will resume the ride from where we finished the previous day, and will complete the whole southern section of the Munda Biddi trail. Please note that on many days there are options to ride half a day; and you are always welcome to take a day off from riding. We will try to help you find suitable alternative activities if you desire. The itinerary plan may alter depending on local conditions and weather.

### Day 0 (Prior to the tour)

#### Bike Collection

If you choose to bring your own bike (we can also rent one to you), either drop off your bike at our office in Fremantle or we will arrange to have your bike picked up. This is so that you do not need to bring your bike into the city at the start of the tour.

### Day 1

Drive Perth to Albany + ride Albany to Torbay  
Distance: 26km

Picking up in Perth at 8:00am, we will head south towards Albany. With morning tea and lunch on the way, we will arrive in the coastal town early afternoon and get straight into it!

### Day 3

Denmark to Scottsdale Rd  
Distance: 38km

From Denmark, it is a particularly scenic and enjoyable route along the WOW trail past Light's beach then out to Green's Pool, one of Australia's most beautiful beaches. After a delicious morning tea, there is a long uphill section heading out towards Mt Shadforth, followed by a long down hill, to Scottsdale road. The riding is partly along the stunning coastline then up through farmland today. At the end of the ride, the bus will be waiting to take us back to Denmark.



## Day 4

Scottsdale Rd to Nornalup Rd  
Distance: 52km

A great day today! We will begin by weaving our way through some more farmland and passing one of the beautifully built campsites (don't worry we are not sleeping there!). After morning tea, we start to head back into the tall trees of the National Parks. There are a few short challenging sections today which will test us, but it is all achievable. Again, those seeking an easier option, can shorten the day if they wish. The bus will be waiting for us at Nornalup Rd, to take us back for our last night in Denmark.

## Day 5

Middle Rd/Trent Rd to Gully Rd  
Distance: 32km

We are changing accommodation today, so we will pack up our rooms in Denmark before we head off for the day. Most of today's ride is back in the National park, through the Tingle forest and following the river. We will see a mix of Karri forest as well as Tingle trees as we get closer to Walpole. There are some long uphill and fun downhill sections today, with a mix of easy and intermediate terrain. Our accommodation tonight is in Walpole.

## Day 6

Gully Rd to Walpole + Rtn to Perth  
Distance: 10km

Our last day! A short ride this morning with a few challenges, so it is no easy push off into the sunset. We finish in the town of Walpole. We'll get views of the Nornalup Inlet at Coalmine Beach before arriving in the town. There will be time for a quick shower and morning tea before we head back to Perth, with our tired legs and our sore cheeks - that's from smiling too much! :)

## The Fine Details

Cost: \$2,100 per person, twin share/double

Optional Extras:

- Single supplement: \$250
- \$100 discount if you bring your own bike

What's included:

- Bike hire for the 6 days (or bring your own)
- All transport: private bus transport to and from Perth; as well as transport to and from the track each day
- Professional guiding and mechanical support each day
- Emergency support: guides carry satellite phones and a full first aid kit
- 5 night's comfortable accommodation
- 5 healthy breakfasts – cereal, fruit, yogurt, toast
- 6 morning teas, carried by your guide
- 6 lunches – some packed and some delivered picnics
- Pre-dinner nibbles each night
- 5 delicious two course dinners
- Excellent itinerary and planning drawn from 14 yrs experience



## Can I bring my own bike?

Absolutely. If you plan on bringing your own bike, we just ask that your drop off your bike to our office in Fremantle the day prior to the tour (or earlier), so that we do not have to “load up” the trailer on the morning of departure. It may be possible to arrange a pick up of bikes.

## Where do we start from?

The tour starts and finishes in the Perth CBD. We pick up our guests from the Wellington Street Tourist coach stand on Wellington Street at 8am on the morning of the departure.

We can also pick up from Fremantle at 7:20am from the Parry Street car park (just let us know). In the weeks prior to the tour we will provide you with a map to this location.

As we are riding on the first day of the tour, if you are coming from Interstate or overseas, it is not advisable to fly into Perth on the morning of the tour departure. We recommend staying (at least) one night in Perth before the tour. At the end of the tour, we aim to be back in Perth by around 5pm, and then on to Fremantle at 6pm.

If you are looking for accommodation in Perth close to the pick up spot, we recommend the following hotels;

- The Ibis (on Murray Street)
- The Royal (on Wellington Street)
- Mantra on Murray (on Murray Street)
- Four Points by Sheraton (on Wellington Street).

All are within easy walking distance of the pick up spot.

## Where do we stay?

Accommodation is allocated on a double or twin share basis. A limited number of single supplements are available for an additional \$250. Single supplements are not mandatory for solo travellers, we will accommodate solo travellers with a fellow solo traveller of the same gender.

We will be staying in 3 locations on this tour.

1 night in Albany at Emu Point Motel

3 nights in Denmark at the Cove OR the Koorabup Motel

1 night in Walpole at the Bayside Villas

## Dietary requirements?

From vegetarians to pescatarians to meat loving carnivores with an aversion to cucumbers we cater for most dietary requirements and will make sure you are well fed and looked after on tour.

## Average Temperature (degrees):

**Autumn Departures: Mar:** 12 min - 24 max

**Spring Departures: Nov:** 10.5 min - 21 max

## Ready to book?

Your next adventure is two steps away...

- Jump onto our website [www.inspirationoutdoors.com.au](http://www.inspirationoutdoors.com.au), find your tour in the menu and click on the orange button in the top right hand corner that states, ‘**CheckAvailability/Book Now**’ alternatively call us on **08 6219 5164** (international calls dial **+618 62195164**) or email us at [walk@InspirationOutdoors.com.au](mailto:walk@InspirationOutdoors.com.au). (If you choose to bring your own bike, we will apply the \$100 discount after the booking has been made and send you through a revised balance. If you choose to hire a bike which is included in the tour cost please provide your measurements so we can fit you with an appropriate size bike)
- Pay a \$350pp deposit to secure your booking (full payment is required six weeks prior to departure or at time of booking if booking within six weeks). Once we have your registration form, we will provide payment instructions.

## Just in case...

All our tours are guaranteed departures. We hope that you do not need to cancel your booking. However, if you do, our cancellation fees are detailed below:

- 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.