

# Munda Biddi Cycling Tour

Albany to Walpole, South West WA  
Distance: 224km Duration: 6 Days / 5 Nights

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

## Pick up and Drop Off:

We depart at 8am from the Wellington Street Tourist Coach Stand in Perth (or 7.20am from Fremantle if requested). The coach stand is on Wellington Street, very close to the corner of William Street. Keep an eye out for one of our friendly crew on an Inspiration Outdoors branded mini bus with large trailer. Here is a google maps link for your reference.

<https://goo.gl/maps/EHtxB1tV9fq>

At the end of the tour, you will be dropped off to the same location in Perth at 4/4:30pm, and then on to Fremantle at 4.30/5pm. If you would like to fly out on the last day of the tour you should be able to make a flight after 7pm.

***Bike Collection: If you choose to bring your own bike, either drop off your bike at our depot 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. We will contact you prior to the tour departing to arrange this.***

Departure City: **Perth**

Where should I stay the night prior to the tour?

With an early departure, we recommend a 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.

- The Ibis on Murray Street (This is a favourite pick as it's only 50m away!)
- The Comfort Inn on Murray Street
- Mantra on Murray
- Four Points by Sheraton on Wellington Street

**\*\*First day reminder\*\***

While you will be riding on the first day of the tour, you do not have to wear your gear on the bus ride from Perth to Albany. There will be an opportunity to get changed into your riding gear at the visitor centre in Albany, so please have your first days riding gear in a small accessible pack, separate from your main luggage. Your luggage will be stowed in a trailer and waiting for you at the accommodation when you return from your first days ride. There is also an opportunity to purchase alcohol in Albany and your guides will arrange this should you wish to.

## What should i pack?

- Something to carry your water, camera lunch in. Either a small back-pack, handle bag or panniers
- Padded cycling pants or similar.
- Jersey tops (normal active wear tops are fine) or riding specific tops. Jersey tops are fine to wear and help keep the cost of investing in a new sport down however some people decide to purchase a riding specific top. These tops usually fit better when bent over the handlebars (they are longer at the back preventing skin exposure when you're hunched) and help draw moisture away from your body
- Your helmet (included in bike hire)
- Shoes for riding, sneakers will suffice. if you want to bring cleats then you will need to bring your own peddles to attach to the hire bike.
- Thick cycling socks to prevent blisters.
- Wind cheater or lightweight jumper for protection from the wind.
- Waterproof jacket\*
- A pair of good quality riding gloves with padding under the palm.
- Sun protection – sun cream, sun glasses
- Casual clothes for evenings
- Torch/headlamp (can be handy when twin sharing for getting up at night)
- Any preferred first aid supplies – such as treatment for chafe (Your guide will carry a full first-aid kit)
- Water bottle/s or camelback – 2 to 3 litre capacity
- A lunch container (with freezer brick if desired)

\*You have to expect some bad weather at any time of the year down here so bring wet weather gear even if the forecast is fine.

**Washing Clothes:** There are clothes washing facilities at the accommodation in Denmark and in Walpole.

### **Optional items**

- Waterproof pants. Some people love them and some hate them – personally, we don't wear them but there have been times when we have wished for a pair!
- Camera and charger/batteries
- Bathers and towel - We go to Greens Pool, which is a lovely spot to swim if the weather is nice.
- Snacks and alcohol – there will be time to purchase more during the week if you need to. Some people like to have some muesli bars, nuts, lollies etc.
- Knee and elbow pads will help protect you against injury if you fall.
- Arm/leg warmers.

### **TOOLS/SPARE PARTS TO BRING:**

For those bringing their own bikes - we recommend bringing the following tools with you. Rest assured your guides will have a full tool kit, but it's a good idea to have the following items with you in case of trailside breakdowns:

- Multi-tool (preferably with chain breaker)
- Tire levers
- Small tire pump
- 1-2 spare tubes (our guides can't realistically carry enough 26", 27.5", and 29" tubes for everyone)
- Any rare parts that might be hard to find locally for your brand of bike

## 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

That said re: leg fitness, 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 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/mountain-bike-gear-beginners/>

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

### Looking after your feet

**Preventing blisters:** To prevent blister formation, we highly recommend using 'fixomull' or a similar tape on heels and toes where rubbing is likely to occur – ask for it at your pharmacy.

Some riders also wear two pairs of socks to prevent blisters forming – a thin inner pair and a thicker outer pair. Others swear by Hikerswool applied between toes and over pressure points.



The principle of blister prevention is to transfer any friction, caused by the movement of your foot inside your shoe, onto the fixomull tape or the extra sock, rather than onto your skin. If you know that your feet have a tendency to blister in certain spots, tape them before you ride. We are happy to help you with this. If you feel any rubbing or a 'hot spot' whilst riding, the best thing to do is stop and do something about it. In all instances, prevention is better than cure. Blisters are very difficult to dress so as to be able to ride comfortably.

**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.

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Albany to Walpole  
Level: 80% Moderate 20% Challenging

Any questions?  
Call us on 08 6219 5164



Just in case...

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:

- 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.

**Give us a call if you have any questions!**  
**08 6219 5164 or [walk@inspirationoutdoors.com.au](mailto:walk@inspirationoutdoors.com.au)**