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Central West Cycle Trail – Classic Tour – 400km Loop

Dubbo – Wellington – Gulgong – Dunedoo – Mendooran – Ballimore – Dubbo
6 Days/5 nights

FULLY SUPPORTED

Day One: Dubbo to Wellington – 64km

Allow some time in Dubbo prior to your trip to visit the attractions Dubbo has to offer ie: Western Plains Zoo, Old Dubbo Gaol, The Royal Flying Doctor Experience to name a few. Follow the signposted Central West Cycle Trail from Dubbo, Wongarbon to Geurie for morning tea. Continue from Geurie crossing the Macquarie River over the old pick a plank bridge to River Road (gravel), up and over Mt Arthur Reserve into Wellington for our overnight stay. If times permits and your legs are up to it there is a short diversion to the lookout overlooking Wellington.

Accommodation: Bridge Motel – Wellington (*own expense, rooms booked by us, but paid by you*)
Meals included: MT/Lunch

Day Two: Wellington to Gulgong – 76km

This morning you leave Wellington by cycling North over the bridge, through Montefiores which was the first settlement of Wellington. On the edge of the town turn right off the highway towards Mudgee onto Goolma Rd. Cross over the road and take the Twelve Mile Road towards Goolma. Ever so slightly uphill you follow this for 22km. We will have a morning tea break here before cycling the dirt road towards Goolma. There are a few cattle grids along the way, so caution needed but a very picturesque part of the ride.
At **Goolma** you will find a small settlement with a public toilet, hall, a few houses, and a hotel, though presently closed. We will stop in Goolma for lunch at the Memorial Hall before continuing onto Gulgong for our overnight stay.

Accommodation: Prince of Wales Motel (*own expense, rooms booked by us but paid by you*);
Meals included: MT/Lunch

Day Three: Gulgong to Dunedoo - 58km

Leaving town via Medley Street, this quiet sealed road becomes known as Barneys Reef Road, which is another name from the Gold mining days. Continue onto Merotherie Road turning left at the next fork passing the Free Flight Moto Cross Park. The road is generally well graded with some excellent views, good shade, and bird life. Follow the Bus Route South to the large property of “Mayfield” for morning tea. Once you have had a break we continue onto the small settlement of Birriwa. A short section on the highway before turning right past the silos and continue via some more quiet roads towards Tuckland Road. Turn right onto Tuckland Road towards

Dunedoo, this section is a bit undulating, light traffic but great rural views into Dunedoo for lunch. Do not forget to see Winx & her jockey Hugh Bowman!

Accommodation: Swan Motel (*own expense – booked by us paid by you*)
Meals included: MT at Mayfield

Day Four - Dunedoo – Mendooran – 63km

Say goodbye to Winx this morning and head out towards Dubbo before turning off to the left seemingly going the wrong direction. A slight uphill takes you out on a nice road with more great views winding your way back around to the Golden Highway where we head towards "Cobbora" Station for one of Sally's morning teas *(if available)*. After morning tea, we will continue through Cobbora towards Mendooran for lunch and a bit of whisky tasting at the Black Gate Distillery/The Bee Farmer (*if available*) and our overnight stay at the Mendooran B&B. Mostly gravel roads today with small sections of sealed road.

Accommodation: Mendooran B&B – (*own expense booked by us paid by you*)
Meals included: MT (Cobbora) & Lunch, Whisky tasting at Black Gate Distillery/The Bee Farmer (if available)

Day Five – Mendooran to Ballimore – 61km

Through the Goonoo Forest today after cycling some 9km down the road towards Dubbo turning at Punks Trail or if you want you can take the slightly longer & more challenging route. You should see plenty of bird life today such as Mallee Fowl (if you are lucky), Black Cockatoos, and the odd lizard or two. The forest is made up of Eucalyptus, Cypress and Casuarinas. Many love this section due to the mix of challenges it can present. May be a few water crossings to negotiate, not deep but can be long if there has been rain previously. Skills are needed today not to get wet feet! Watch for the sandy sections and the odd rocky outcrop. Take enough supplies to get you through to Ballimore as the support vehicle must go around the long way.

Accommodation: Hair of the Dog Inn, Ballimore – (*own expense booked by us paid by you*)
Meals included: MT/Lunch

Day Six – Ballimore to Dubbo – 55km

Leaving Ballimore behind we head for home. Our last day to savor quiet, gravel roads in the countryside. Slightly undulating ride via Wongarbon where we will stop for a country farm morning tea (if available) before hitting the final part of the trail back to Dubbo via the outskirts of Beni Forest. Hopefully you have enjoyed cycling the Central West Cycle Trail through Central West NSW, visiting country towns you may not have been to before and experiencing the hospitality of the locals and what this area has to offer.
Meals included: Breakfast & MT (*Wongarbon)*

Includes:

- Personal tour guide with over 40 years cycling experience & 15+ years of tour guiding around the Central West
- All accommodation pre-booked by us in motels or pubs (*subject to availability*)
- Mechanical support, daily, from start to finish (*on the spot mobile bike shop*)
- Luggage transfer from accommodation to accommodation
- Support van & custom bike trailer for rider/bike transport if required
- Navigation assistance with cue sheets/Ride with GPS files (Free via our Tour account)
- Route tips & advice for each day
- Car fridge on board with cold drinks
- Morning tea/lunches en-route included (*except lunch at Dunedoo*)
- Signage & flashing light coverage on busy sections
- Snacks/energy bars/gels, trail mix, sweets, water, drinks, tea/coffee
- Bikes locked & secured each night
- Detailed attention always

Not Included:

- Accommodation costs – *ranges from $50-$180 per room approx.* NB: Accommodation around the route has been chosen by us as it meets a lot of our needs with regards to bike storage and a comfortable stay.

  Single room for the week (approx..): **$560**
  Double room for the week (approx..): **$600**
  Twin room for the week (approx..): **$650**
- Breakfast – *ranges from $10-$20 approx.*
- Meals at night – *ranges from $15-$30 approx*.
- Lunch at Dunedoo.
- Personal items
- Pre & post accommodation
- Consumables ie: tubes, cables etc

Please advise us if you have any dietary requirements.

Extras:

- Bike hire – quality mountain bikes starting from **$50/day**
- Quality e-bikes from **$90/day**

Group Size: Min: 5, Max: 8
Cost: $1,650 inc GST per person plus accommodation costs based on your breakdown
Deposit: $200 per person to secure dates, non-refundable
Final Payment: due 21 days from start of tour

Cancellation: if before final payment due – loss of deposit; after final payment paid – 50% of tour cost unless we can replace you with someone else.

WHAT TO BRING....

Listed are some considerations regarding bikes and equipment on one of our supported Central West Cycle Trail tours:

- A suitable bike including E-bikes that meet NSW legal requirements.
- If bringing a new or borrowed bike, make sure you have had some long rides on it to iron out any potential problems.
- As the trail is 50% gravel, a suitable bike that you are comfortable to ride on varied surfaces including rocks, sand, corrugations and water. If you are not confident on these surfaces we would recommend an MTB with wide tyres, otherwise a gravel bike would suffice.
- Mudguards are a good idea if wet to keep you and your bike a bit cleaner but make sure they have plenty of clearance for mud build up.
- Please keep luggage to a minimum. One medium sized soft bag (if possible) as they pack better. A rack and rack bag for carrying daily 'stuff' is recommended.
- Wet weather gear in case it rains.
- Some good visible clothing as country drivers on quiet roads are not expecting to come across us.
- Tools and spare tubes specific to your bike. No need to bring spare tyres as we have most sizes.
- Front and rear lights are a good idea in case of bad visibility.
- A cyclo computer (or similar) to compare distances with the supplied navigation cue sheets.
- You will receive an invite code to access our RideWithgps account free of charge. This is the app we use for navigation and can be used via your phone or downloaded to a navigation device ie:- Garmin or Wahoo.
- The trail is marked all the way round with directional arrows, but it is good to have a backup in case they are missing.
- If you are not a strong rider, have not done a lot of riding leading up to the tour or hills are not your friend, we strongly recommend, for your enjoyment of the trail, to bring or hire an e-bike. Words of wisdom from past participants.