



**GREAT VIC
BIKE RIDE**

The Good Oil

ISSUE 1: ORBOST/ KRAUTUNGALUNG COUNTRY
SATURDAY 25 NOVEMBER - Arrival Day
Tomorrow's riding: Orbost to Buchan (58km)



Welcome to the 2023 Great Vic Bike Ride!

Welcome to the 2023 Great Vic Bike Ride! Here we are in the charming town of Orbost with a grand adventure ahead of us. Our journey will take us from the magnificent Snowy River to the crisp coastal air in Wonthaggi, and don't we have some sights to look forward to along the way.

There'll be historic bridges, ancient caves, icy swimming holes and soothing hot springs. There'll be winding country roads, classic pubs and famous donuts. And of course, there'll be the community spirit and warm regional hospitality that the Great Vic is known for.

There is a lot to look forward to on this scenic nine-day adventure, but be sure to pace yourself, take plenty of breaks and soak it up with your fellow riders, all two thousand plus of them. Also be sure to smile and say thanks to our many volunteers who make the Great Vic possible and get to know the local communities who will welcome us with open arms.

But most of all, enjoy!

PARTNERS



GET TO KNOW ORBOST

Our starting point for the 2023 Great Vic Bike Ride is the picturesque town of Orbost on the Snowy River and it offers a great taste of the adventure ahead, as there is no shortage of things to see and do.

Orbost has been home to the Krauatungalung people for tens of thousands of years, and also has a proud history of gold mining, timber harvesting and farming. The hard work continues on the farmlands around the town today and at the 100-year-old butter factory, where craft brewery Sailors Grave churns up delightful beers made from farmed and foraged ingredients.

The town features many remnants of its proud history that offer visitors a glimpse into its past, while there are plenty of reasons to escape into its scenic surroundings. So, once you've grabbed your rider pack, set up camp for the night and said g'day to your neighbours, get out and explore the area!

WHAT'S ON IN ORBOST

IN TOWN

Orbost Markets

Wander down the main street of Orbost and check out some of the local arts, crafts and live music on show at the market, open from 2pm until 6pm.

Orbost Bakery

Visit the local bakery from 10am-4pm for special Great Vic \$10 deals, including pie and drink, or coffee and cake or slice. Devonshire Tea will also be on offer for \$8.

East Gippsland Coffee Roasters

East Gippsland Coffee Roasters understand coffee can lead to many great adventures! Drop in for a cup of coffee in Orbost - roasted fresh onsite.

Grandview Lookout

Warm up the legs with a 22-minute ride from the campsite to the Grandview Lookout at Newmerella, overlooking Orbost's stunning green pastures and mountains.

Sailors Grave

Located at The Old Butter Factory, this craft brewery serves up some adventurous ales and will feature live music until late on Saturday.

Orbost Hotel

Established in 1884, this hotel serves up classic pub fare in classic surroundings.

Orbost Exhibition Centre

Come for the "Bits and Bobs" exhibition during the day but stay for the live "Funk & Punk" music until late. \$15 entry at the door.

Orbost Tennis Club

Get the body moving with some tennis and other activities at the Orbost Tennis Club. Gold coin donation.

Snowy River Bridge

Orbost is home to the longest wooden railway bridge in Victoria and there's a local campaign to refurbish it for walking and bike riding. Visit the bridge and check out www.savethesnowyrailbridge.org to learn more.

Self-guided river tour

Ride along the Snowy River and then paddle back downstream on a kayak or SUP, available for hire under the Snowy River Bridge.

More information: 0439 419 468 or scan the QR code.



Free bus tour

Take a free two-hour bus trip along the Snowy River to Marlo, visiting Cape Conran, Salmon Rocks and the Marlo Jetty. Leaving the info centre at:

11am, 1pm, 2pm. And 3pm. Book via the QR code.



The Slab Hut

This historic building doubles as the visitor information centre for Orbost. Find The Slab Hut on Facebook for things to do, or scan the QR code.



TODAY'S MENU

Standard, vegetarian or vegan? Not to worry, all dietaries are catered for on the Great Vic! Here's what's on the menu today.

LUNCH

Pitas and wraps, with fillings of salad, turkey, cranberry, roasted pumpkin and relish. Cordial for refreshment.

DINNER

We're going Greek, with marinated lamb, spanakopita, roasted root vegetables, Greek salad, smoky eggplant dips and hamburger rolls.

DINNER

Chocolate mudcake and chocolate brownies. Thickened cream. Vegan custard, yes please!

WHAT'S ON

TODAY

ENTERTAINMENT

Main stage entertainment

7:00-7:15pm: Event Manager's briefing
7:30-9:30pm: Electric Empire

Outdoor cinema

3pm-5:30pm: Sports selection (check daily)
5:30pm-7pm: Minions: Rise of Gru
7:30pm-9:30pm: Shazam: Fury of the Gods

TOMORROW

Main stage entertainment

7:00-7:15pm: Event Manager's briefing
7:30-9:30pm: Mick Harrington

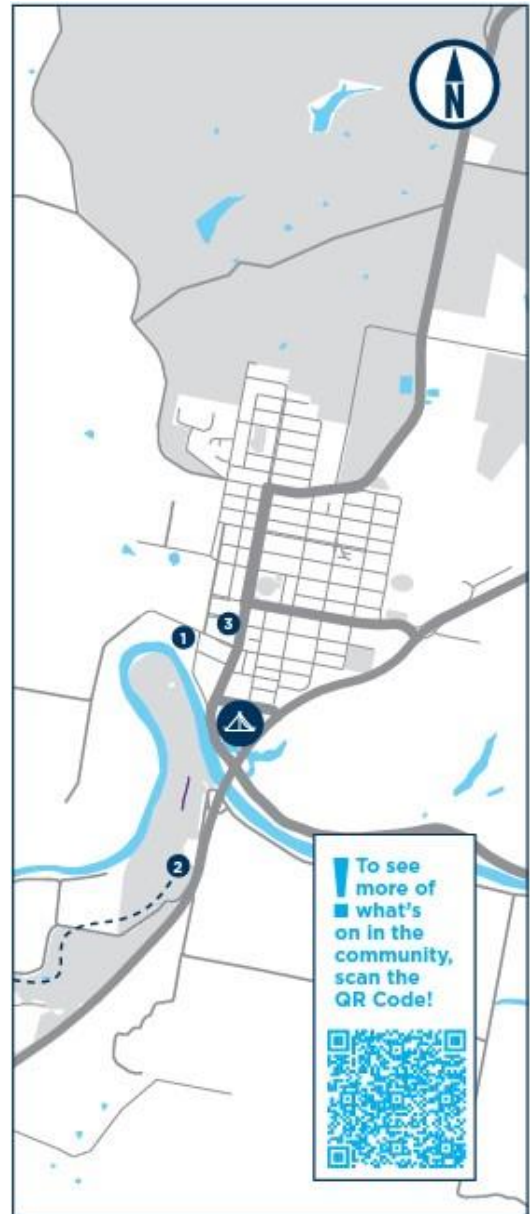
Outdoor cinema

3pm-5:30pm: Sports selection (check daily)
5:30pm-7pm: Puss in Boots: The Last Wish
7:30pm-9:30pm: Top Gun Maverick

AT CAMP

Barbeque

The local Rotary Club are putting on a BBQ at the Great Vic campsite to welcome new friends to Orbost, be sure to swing by for a snag!



TOP PLACES TO VISIT AND EXPLORE:

1. Enjoy a crafty beer at Sallor's Grave Brewing
2. Explore the snowy river by pedaling a section of the East Gippsland Rail Trail
3. Orbost Hotel, serving great food and drink since 1884

TOMORROW'S RIDE

It's the first day in the saddle and what better way to kick things off than a cruise down the Snowy River? A quiet, windy road to Buchan awaits, where we'll enjoy stunning views of East Gippsland and the Snowy River National Park. Who's excited?



TOMORROW'S MENU

BREAKFAST

Oats, Nutri Grain, muesli, Weetbix, fruit salad, Corn Flakes, all kinds of bread, jams, honey, Vegemite, flavoured and Greek yoghurt, coffee, tea, Milo, fruit juices.

GRAB 'N' GO

Apples, bananas, juice boxes, choc chip cookies, protein bars.

LUNCH

Pasta salad with bacon and or feta, apples, bananas, banana bread, cordial (mixed flavours).

DINNER

Butter chicken, chickpea and spinach curry, coconut basmati rice, Italian salad. Pita bread.

DESSERT

Belgian chocolate mousse, waffle cones.

INTRODUCING OUR WARBYS

If you've been on the Great Vic before you'll be familiar with this crew of volunteers riding in support. These beloved folks wear their motto "We Are Right Behind You" on their hearts and are ready to stop and help anyone at anytime. They're also highly skilled at starting conversations, spreading good vibes, dishing out friendly advice and keeping the spirits high. Keep an eye out and be sure to say hi!

FUN FACT

The longest tandem bike ever built had 35 seats and measured about 20 metres in length!