



**GREAT VIC
BIKE RIDE**

The Good Oil

ISSUE 2: BUCHAN/ KRAUTUNGALUNG COUNTRY
SUNDAY 26 NOVEMBER -
Tomorrow's riding: Buchan to Lakes Entrance (84 km)



The beauty of Buchan

Here we are in Buchan with the first day of riding in the books, so let's all give ourselves a little pat on the back. Don't get too comfortable though, there is lots to see and do in this picturesque town originally known as Bukan-Mungie ("the place of rocks with holes in them").

Buchan was founded by pioneers venturing south from the Monaro Tablelands in NSW to become one of the oldest European settlements in Victoria.

There is a rich history of fossils and bones of the creatures that inhabited this place thousands of years ago, but even older (much older) than that are the famous Buchan Caves, the largest cave system in Australia which formed around 400 million years go. The scenic limestone cliffs are also a sight to behold. So, once you've refreshed at camp, get out and explore!

PARTNERS



WHAT'S ON IN BUCHAN?

IN TOWN

Buchan Caves

These otherworldly caves will transport you to another place and time. Learn about their history through guided tours and Dreamtime stories. Book online at the Parks Victoria website.

Limestone cliffs

Appreciate this picturesque valley with views of these magnificent rock formations.

Buchan Caves Pool

The icy cave spring water that fills these recently reopened pools might be just what the doctor ordered after our first day on the bike. Some might prefer to just dip their toes!

Buchan South

Jump back on your bike for a gentle pedal to Buchan South, where a black marble outcrop awaits.

Buchan Caves Hotel

It is well worth calling into this recently renovated pub for a refreshment, or even a meal if the tummy is rumbling. The generously sized burger will satisfy, but there'll be lighter meals available in the afternoon. There'll also be live music courtesy of Olivia Lay. Bookings preferred.

Willow Café

Amazing lunch selection at this local eatery. Coffee and cakes also available.

AT CAMP

More campsite BBQ

The good people of the Buchan Bush Nursing Association will be putting on a BBQ at the campsite on Sunday afternoon.

Hot breakfast

Buchan Primary School will be seeing us off with a hot breakfast at camp on Monday morning.



TOP PLACES TO VISIT AND EXPLORE:

1. Enjoy the afternoon exploring the Buchan Caves with a guided tour
2. Stretch the legs at the Buchan Caves Reserve walks
3. Take some recovery at the Buchan Caves pool, renowned icy cold spring water!
4. Treat yourself to a hard-earned meal at the recently renovated Buchan Caves Hotel

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

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.

DINNER

Belgian chocolate mousse, waffle cones.

WHAT'S
ON



TODAY

ENTERTAINMENT

Main stage entertainment

7:00-7:15pm: Event Manager's briefing
7:30-9:30pm: Mick Harrington (pictured above)

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

TOMORROW

Main stage entertainment

3:00-5:30pm: Ruben Reeves
7:00-7:15pm: Event Manager's briefing
7:30-9:30pm: Talent Show and Trivia. Get those vocal cords ready!

Outdoor cinema

3pm-5:30pm: Sports selection (check daily)
5:30pm-7pm: DC League of Super Pets
7:30pm-9:30pm: Champions

TOMORROW'S RIDE: 84KM

Tomorrow we depart the stunning Snowy River National Park and make our way to Lakes Entrance, where the Gippsland lakes meet the sea. The journey begins with a steady but rewarding climb, and then an enjoyable descent with wonderful coastal views along the way.



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 and Bananas. Up and Go. Fruit Bars. Wrapped cherry slice. Jelly babies.

LUNCH

Baguettes with chicken, salad and cheese and avo options. Vegan rolls with salad and chutney. Apples and bananas. Cheese and crackers. Cordials.

DINNER

Chilli con carne (vege and standard). Mexican rice. Corn chips and tortillas. Garden salad.

DESSERT

Panna cotta. Vanilla desserts. Waffle cones.

WARBY TIPS

Enjoy the views and remember to stop, rest and relax, you're on holidays not the Tour de France!

Bonus tip: You're burning some serious calories, so you can afford to consume the odd coffee and cake. Treat yourself.

FUN FACT

There are currently more than one billion bicycles in use around the world. How many do you think are on the Great Vic?

THE DAILY EXTRA



Campsite: Buchan

Date: Sunday 26th November 2023

Hello there!

Congratulations! You've just knocked off day one of riding and already clocked up 58km. Very impressive.

Time to recharge the batteries in Buchan, but you might find it hard to sit still for too long with incredible caves to explore, icy pools to dip your toes in and cracking food and drinks spots to visit.

There'll be no judgement in these pages for those that choose to take it easy, however. Kicking it around camp is always an option, or venture down to local favourite the Buchan Caves Hotel and wrap your hands around the generously sized burger.

Whatever adventure you choose, we're sure you'll enjoy your stay in this quaint inland township before we hop on the bike tomorrow and head for the coast. 'Til then!

TOMORROW'S WEATHER

MIN: 12° MAX: 26°

Partly cloudy today. High chance of showers and a chance of a thunderstorm. Light winds.

Meet Tommy



If you see a strong rider cruise on by on a recumbent bike, chances are it's our good friend Tommy Quick.

Tommy is a young stroke survivor and just last month completed an epic bike ride to all four extreme points of Australia to raise money and awareness for young stroke, covering around 9,000km.

Now, he is completing the full nine-day Great Vic as a victory lap and we're privileged to have him along for the ride.

If you see Tommy out on the road be sure to say hello, he's as friendly as they come!

To find out more about his incredible adventure and to get behind his cause, visit [@4pointsaustralia](#) on Instagram.

SUDOKU

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1		2	3	8				4
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	6	3	4		5	8	7	
5	4		9	2				
	8	7			4			
2				9	8	4		7
4		9				3		

Image of the day



Riders take a rest on the first Great Vic Bike Ride, and sip on 50 cent cups of Devonshire tea.

Just for laughs

My Son asked me if I could explain a solar eclipse – I said no Son!

Women's Community

Bicycle Network's women's community aims to make it easier for women and gender diverse riders to meet likeminded people. Lookout for our Rider Ambassadors wearing purple bibs and come dinner time, look for the purple tables and come over for a chat!

DAILY CROSSWORD

Ice Cream Flavors

C	A	S	A	H	O	K	E	Y	P	O	K	E	Y
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T	U	O	H	A	A	U	E	T	A	R	S	C	Y
O	N	O	O	E	T	W	A	A	N	U	L	A	C
N	E	K	C	T	U	O	B	T	C	I	N	R	V
C	O	I	O	N	E	O	T	E	A	T	L	T	A
A	P	E	L	E	A	R	O	T	R	Y	R	E	N
N	O	D	A	E	C	E	R	A	C	R	O	S	I
D	L	O	T	R	E	E	S	E	S	T	Y	O	L
Y	I	U	E	G	G	F	U	D	G	E	W	O	L
U	T	G	S	I	A	N	A	N	A	B	E	M	A
E	A	H	T	U	N	O	C	O	C	I	A	O	N
L	N	N	N	T	D	A	O	R	Y	K	C	O	R

COCONUT
 STRAWBERRY
 VANILLA
 FUDGE
 ROCKY ROAD
 COOKIE DOUGH
 NEOPOLITAN
 COTTON CANDY
 HOKEY POKEY
 CHOCOLATE
 MOOSE TRACKS
 GREEN TEA
 TIGER TAIL
 PECAN
 REESE'S
 BANANA

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