



**GREAT VIC
BIKE RIDE**

The Good Oil

ISSUE 3: LAKES ENTRANCE/ KRAUTUNGALUNG COUNTRY
MONDAY 27 NOVEMBER -
Tomorrow's riding: Lakes Entrance to Paynesville (76km)



Living it up in Lakes Entrance

Here we are where the Gippsland Lakes meet the sea with our second day of riding behind us, the cobwebs all blown out and the wheels well and truly in motion. The buzzing holiday town of Lakes Entrance provides a compelling change of pace from the quieter townships now in the rear view. But where to begin?

There is no shortage of water-based activities to take part in here, but if you're looking to slow down a little, why not take advantage of some of the local culinary delights?

Lakes Entrance is also home to a deeply significant Aboriginal history. The nearby Lake Tyers was the site of one of the first Mission Settlements in Victoria in the late 1800s.

There is also a proud tradition of fishing here, as for many years Lakes Entrance was the only place in the entire lakes system with an opening to the sea. Today it is home to the largest fishing fleet in Victoria.

PARTNERS



WHAT'S ON IN LAKES ENTRANCE?

IN TOWN

Big bear donuts

Renowned donuts that people queue up for. Visit the local shop in town, word is they are well worth the wait.

The Servo

Authentic Mexican food is on offer at the local favourite, with live music and cocktails to enjoy while you're at it.

Peel Lakes Cruise

Explore the vast Gippsland Lakes from the comfort of a watercraft while your expert skipper shares their local wisdom. The kids will love it and there's lots to learn.

Kalimna Lookout

Head to the top of Jimmy's Point for this special view of scenic Gippsland Lakes.

Entrance Walk

Stretch the legs and take in some natural scenery with this 5km bushwalk to the lake entrance itself.

Venture Out Australia

Take a sunset tour on a kayak or SUP. For details, visit: ventureout.com.au/booking

Gippsland Lakes Discovery Trail

Itching to get back on the bike? Take a pedal through the Colquhoun State Forest along the Gippsland Lakes Discovery Trail.

Iceworks Studio

Check into this local gallery to enjoy some art, venison snags, and live music from Olivia Lay, Ashley Carmody and Christine Watterson.

Metung Hot Springs

Soak it up in the variety of hot spring pools, cold plunges, geothermal showers and saunas at the Bathing Ridge. Break it up with some nature trails. Sessions include transport, limited spots available.



TOP PLACES TO VISIT AND EXPLORE:

1. A trip to Raymond Island (accessible via Ferry) is the perfect place to take a leisurely stroll and go koala and bird spotting
2. Unwind from the day and enjoy the water relaxing at Sunset Cove
3. Looking over Raymond Island, enjoy local produce from the seasonal menu at Sardine Dining.

Looking for lunch?

Tomorrow on the way to Paynesville, why not stop in for a gourmet pizza at Earth & Soul in Bairnsdale? Just show your rider passport or use the promo code RIDE10 for 10% off.

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

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.

WHAT'S
ON



TODAY

ENTERTAINMENT

Main stage entertainment

3:00-5:30pm: Ruben Reeves (pictured above)
7:00-7:15pm: Event Manager's briefing
7:30-9:30pm: Talent Show and Trivia

Outdoor cinema

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

TOMORROW

Main stage entertainment

3:00-5:30pm: Ruben Reeves
7:00-7:15pm: Event Manager's briefing
7:30-9:30pm: Live Comedy: Annie Louey

Outdoor cinema

3pm-5:30pm: Sports selection (check daily)
5:30pm-7pm: Sing 2
7:30pm-9:30pm: Dungeons & Dragons: Honor Among Thieves

TOMORROW'S RIDE: 76KM

Get ready to go bush because tomorrow we explore the rolling backcountry hills to Bairnsdale and onward to Paynesville, in Tatungalong Country. Yes, there'll be some climbing, but the rewarding views of the lush green countryside will make it all worthwhile, we promise!



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. Protein bars. Fruit juices. Anzac biscuits.

LUNCH

Chicken Ceasar Salad. Quinoa Chickpea and coleslaw salad. Apples and Bananas. Killer Pythons and vegan dark chocolate. Cordial.

DINNER

Roast lamb with garlic and rosemary. Vege koftas. Roast potatoes and greens. Bread rolls.

DESSERT

Waffle cones with crème caramel. Caramel slice.

WARBY TIPS

There is nothing wrong with walking up a hill. Remember to pace yourself. Just make sure you don't get in the way of those pedalling.

FUN FACT

The fastest measured speed of riding a bicycle on a flat surface is 133.75 km/h. Even faster than a car on an Australia highway!

THE DAILY EXTRA



Campsite: Lakes Entrance

Date: Monday 27th November 2023

Great work team!

You've just knocked off day two of riding through some stunning scenery and now have 142km under your belts. Well done!

There's been some great riding out there and we are hearing lots of fantastic stories about the good camaraderie out there on the road.

Welcome to beautiful Lakes Entrance. There's so much to do here you won't know where to start. If you prefer to just find a quiet spot to soak in a gorgeous view, we will understand.

But if you're up for adventure take yourself off to explore Ninety Mile Beach, check out the boats at the jetty, or see if you can hire yourself a paddleboat (just for a bit of extra pedalling).

Tomorrow's adventure awaits, so fuel up, rest up and see if you can get those tents to dry out before the next downpour. It's all part of the adventure!

SUDOKU

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

Sudoku provided by Sudoku.com.au

TOMORROW'S WEATHER

MIN: 15° MAX: 25°

Partly cloudy today. There's a high chance of showers and a thunderstorm in the afternoon and evening. Light winds.

Love stories



We reckon there's nothing better than a bike riding love story.

Meet Brad and Kelly. This fabulous couple met 10 years ago on the Great Vic and are now married.

The looked pretty happy at the start of yesterday's ride.

We hope they conquered the Buchan hills together and were still smiling at the end of the day.

Image of the day



We are going to need a lot more Good Oil pages for the stack of great memes provided by Michael Iurovetski. Look out for more!

Just for laughs

Don't try proposing to your girlfriend in the gym – it just doesn't work out!

Thoughts of Graham

Sending our best wishes to Great Vic legend Graham Buckley, 86, known to Alice Springs locals as Tjilpi (jill-pee). Graham rode in the first Great Vic in 1984 and brings a group of Indigenous students with him each year.

Graham had an accident over the weekend, and we wish him a speedy recovery.

DAILY CROSSWORD

The Simpsons Characters

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

SELMA
RALPH
CLETUS
LENNY
BARNEY
APU
SMITHERS
HOMER
GRAMPA
WILLIE
NED
LISA
MARGE
MR BURNS
KRUSTY
BART
CARL
PATTY
NELSON
MOE

Play this puzzle online at : <https://thewordsearch.com/puzzle/13/>