



GREAT VIC BIKE RIDE

The Good Oil

ISSUE 6: SALE/BRAYAKAULUNG COUNTRY
THURSDAY 30 NOVEMBER -
Tomorrow's riding: Sale to Port Albert (101km)



Living the slow life

Another day in Sale, another chance to soak up the wonders of Gippsland. While it has proud maritime roots, Sale owes much of its early prosperity to nearby mountain gold rushes and its convenient location between Port Albert and diggings.

Learn more about its past at the Sale Historical Museum and if you're still hungry for culture, why not visit one of the town's tasty eateries?

Lake Guthridge and Lake Guyatt are also well worth look and if you're looking to get the legs moving, why not take to the Sale Lakes and Wetlands Cycling Trail?

No pressure though. This is a rest day.

PARTNERS



WHAT'S ON IN SALE?

IN TOWN

The Criterion Hotel

"The Crit" is an iconic watering hole, built in 1865 and one of the largest intact 19th century hotels in Victoria. Tonight is oyster night!

Lakeside Club

A great spot for meals with friends and family, or a quiet drink at the bay. A relaxed dining atmosphere with quality gastropub meals.

Star Hotel

Check into this local spot and bring your smartest Great Vic pals, it's trivia night!

Sporting Legends Club

The place to be for spots and entertainment. Bistro open 12-2pm and 5:30-8:30pm.

Element at Mansi

Treat yourself to a little "me" time at this wellness centre featuring a light-filled Yoga studio, magnesium float baths and an infrared sauna.

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.

Sale Swing Bridge

The first moveable bridge constructed in Victoria. Check it out down by the highway.

Port of Sale Heritage Cruise

Drift over the water and through time as you learn about the development of Gippsland and its original inhabitants, the Gunaikurnai people.

Jack Ryan's Irish Bar

A local favourite with Guinness on top and a kitchen open seven days a week. And warm up those vocal cords again because tonight is karaoke night!

OTHER SUGGESTED ACTIVITIES ON REST DAY:

1. Sale Lakes & Wetlands Cycling Trail - stretch the legs and take an easy, enjoyable ride which takes in the manicured scenery around the lakes.



Gippsland Regional Art Gallery

Established in 1965, this art gallery can be found at the Port of Sale overlooking stunning waterways and parkland, for great views inside and out.

Tinamba Hotel

Dine in at this local favourite 20 minutes away. A return shuttle bus will be running from Guthridge Parade for \$10. Call 0418 565 728 to book your spot.

Sale Botanic Gardens

Stroll through these 150-year-old gardens replete with elm forests, maple groves and diverse wildlife.

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

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

DINNER

Sweet chilli chicken. Eggplant lentil tofu hot pot. Potato salad, bread rolls. Polenta and Freekah.

DESSERT

Cheesecake. Chocolate Turkish delight. Waffle cones.

WHAT'S
ON



TODAY

ENTERTAINMENT

Main stage entertainment

3:00-5:30pm: Erin Billings
7:00-7:15pm: Event Manager's briefing
7:30-9:30pm: Electric Empire (pictured above)

Outdoor cinema

3pm-5:30pm: Sports selection (check daily)
5:30pm-7pm: The Bad Guys
7:30pm-9:30pm: Zoolander

TOMORROW

Main stage entertainment

3:00-5:30pm: Ross Buchanan
7:00-7:15pm: Event Manager's briefing
7:30-9:30pm: Live comedy: Zack Dyer and Jack Druce

Outdoor cinema

3pm-5:30pm: Sports selection (check daily)
5:30-7pm: Super Marios Brothers Movie
7:30pm-9:30pm: King Richard

TOMORROW'S RIDE: 101KM

Feeling rested? Good because tomorrow we're tackling the first and only century ride of our Great Vic adventure. The challenge day may be a little longer but it is also mostly flat and features plenty of quiet country roads. It should be a rewarding day on the bike.



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. Muesli bars. Anzac cookies. Jelly Babies.

LUNCH

Roast beef baguette. Roasted pumpkin wraps and pitas. Fruits, muesli bars and cordials.

DINNER

Sticky beef brisket. Marinated vegetable shaslicks. Potato salad. Coleslaw. Kransky and bread rolls.

DESSERT

Sticky date cake.

WARBY TIPS

Adjusting your bike seat to the correct height can help prevent knee or back pain. When you have your foot on the pedal, at the lowest point, there should still be a slight bend in your knee.

FUN FACT

The first electric bike was invented in 1897 when Boston-based inventor Hosea W. Libbey built a double electric motor to turn a crank axle. Fair to say, it didn't quite enjoy the same commercial success of the e-bikes of today.

THE DAILY EXTRA

THE
GOOD
OIL

Campsite: Sale

Date: Thursday 30th November

You can't rain on this parade!

Six days into our Great Vic adventure and while the weather gods aren't exactly playing ball, our riders sure are shining brightly.

Thanks for sticking with us, there's nothing like the smell of pouring rain in the morning.

And just remember, no matter how wet you get or where you are in the world, there's always hot pizza.



TOMORROW'S WEATHER

MIN: 15° MAX: 18°

At this stage, best not to think about it. But if you really want to know: Cloudy. Very high chance of rain. 25km/h winds from the south east, becoming light during the evening.

Hey Dave



This is Dave

Dave and his wife Helen and their daughters Hayley and Ashlee come from Wollongong. The girls are very happy on the back of the bike and are enjoying their snacks. Word is that they performed in the talent show the other night and lit up the floor with their dance moves. Or were they doppelgangers? Either way, hell of a show.

SUDOKU

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

Sudoku provided by Sudoku.com.au

Riders wanted!



Are you bike fit? You're on the Great Vic Bike Ride, so there's a fair chance you might be!

You may have spotted the quint, a five-person bicycle, on this year's event and the good news is you can get in on the fun!

The team is looking for one more rider to saddle up with them on December 1, 2, and 3. You can put your bike in the SAG wagon for the day. Interested? Call Mike: 0417568328

Just for laughs

Apparently, the person who invented all the knock knock jokes won the No-bell prize!



DAILY CROSSWORD

Famous Bands

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A	I	U	K	H	Y	E	L	B	E	E	E	T	E
W	L	E	E	T	A	M	C	F	L	Y	T	H	T
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MCFLY
 PSY
 ELBOW
 WESTLIFE
 PINK
 TAKE THAT
 COLDPLAY
 FLEETWOOD MAC
 LITTLE MIX
 WANTED
 THE KILLERS
 GREEN DAY
 THE WHO
 UNION J
 BLUR
 BUSTED
 MUSE
 QUEEN