



**GREAT VIC
BIKE RIDE**

The Good Oil

ISSUE 7: PORT ALBERT/Brataualung Country
FRIDAY 1 DECEMBER
Tomorrow's riding: Port Albert to Fish Creek (78km)



A charming port of call

If you think Victoria's first established port might be a decent place to throw a line in, you'd be correct. Port Albert offers superb recreational fishing in addition to its day job as a commercial port, but this charming town is also a wonderful place to visit for the non-angling-inclined.

Port Albert is considered the original gateway to Gippsland and was once a cornerstone of land transport connections. It's a nice thing to keep in mind as you wander along the jetty or take in the local birdlife.

There are also a number of historic buildings worth checking out, including the information centre itself - the "rocket shed" originally built to house lifesaving equipment in 1876.

And if you're simply looking to sit back and relax, you could do worse than order some of the town's famous fish and chips for company.

PARTNERS



WHAT'S ON IN PORT ALBERT?

IN TOWN

Port Albert Fish & Chip Co

A trip to Port Albert wouldn't be complete without sampling some local seafood while overlooking the boats moored to the wharf.

Gurneys Cider

One for tomorrow's riding: pull into Gurneys Cider on the way to Fish Creek for some mid-ride refreshments.

Victoria Hotel Alberton

There's a free courtesy bus shuttling thirsty riders to this local watering hole from camp. Call (03) 5183 2234 for details.

Port Albert Yacht Club

Come for the drinks, stay for the water views. Live music is on 12-6pm. All funds raised are for building management.

Campsite BBQ!

There's a BBQ at camp, put on by the good people of Yarram Traders.

Gippsland Regional Maritime Museum

Learn all about the region, from its Gunaikurnai origins to the arrival of European settlers in 1841, to the vibrant fishing village Port Albert is today. \$5 entry. From 10am until 5:30pm.

Yarram Pool

Rejuvenate those tired legs with a soak at the Yarram Pool. Pick up and drop off available from the Port Albert campsite. \$5 entry.



TOP PLACES TO VISIT AND EXPLORE:

1. Enjoy fish and chips from the Port Albert Fish & Chip Co
2. Unwind with a walk along the Old Port Walking Trail
3. Soak up Port Albert's wonderful history at the local Maritime Museum

WHAT'S ON

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

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.



TODAY

ENTERTAINMENT

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)

5:30pm-7pm: Super Mario Brothers Movie

7:30pm-9:30pm: King Richard

TOMORROW

Main stage entertainment

7:00-7:15pm: Event Manager's briefing

7:30-9:30pm: Hot Tub

Outdoor cinema

3pm-5:30pm: Sports selection (check daily)

5:30-7pm: How to Train Your Dragon

7:30pm-9:30pm: Hot Fuzz

TOMORROW'S RIDE: 78KM

Legs feeling a little heavy after yesterday's century ride? Good news gang, there's just a leisurely 78km in store tomorrow as we head for Fish Creek and soak up spectacular views of South Gippsland. There is a short section of unsealed road, around 4km, but nothing like little (compact) gravel action to spice things up!

The finish line is drawing near...



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. Trail mix. Orange and Apple juice.

LUNCH

Brown rice with roast chicken (veg substitutes). Salads. Protein balls. Fruit.

DINNER

Roast beef, vegetable croquettes. Rice pilaf, vegetable medley. Tomato concasse. Bread rolls.

DESSERT

Mixed berries. Thickened cream. Waffle cones. Vegan custard.

WARBY TIPS

Carry a puncture repair kit and a spare tube and a pump; though others will always be willing to help, you have to help yourself first.

FUN FACT

Bicycles save over 238 million gallons of gas every year, or 900 million litres. Saving the world one pedal stroke at a time!

THE DAILY EXTRA

THE
GOOD
OIL

Campsite: Yarram

Date: Friday 1st December

Surprise!

Nothing like a little change of plans to keep things interesting. While we're sad to be nudged off course due to the weather and miss our stop in the wonderful town of Port Albert, we're very thankful to the people of Yarram for welcoming us with open arms.

The support the Port Albert community has shown for the Great Vic has been incredible, and we still hope to celebrate with them in Yarram.

Some of the activities in this issue of *The Good Oil* are based in Port Albert. If they tickle your fancy, it's approximately 12km away if you've got some fuel in the tank and feel like a pedal.

On that, we've got to give a big shoutout to you, our riders! The heavy rains and strong winds aren't the ideal conditions, but the way you've powered on and kept smiling is what it's all about. Especially today, covering around 100km. Inspiring stuff.

SUDOKU

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

Sudoku provided by Sudoku.com.au

TOMORROW'S WEATHER

MIN: 15° MAX: 18°

Cloudy. 70% chance of showers. South to south-easterly winds of 15 to 20 knots

New adventures



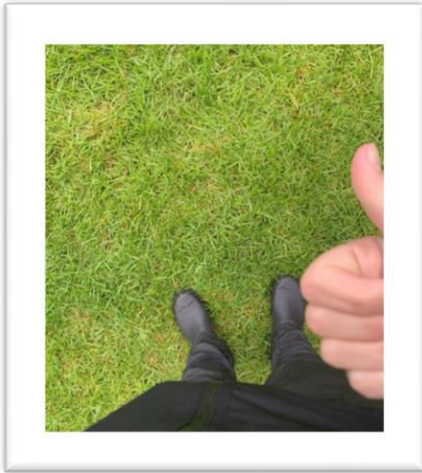
On any Great Vic Bike Ride you'll find explorers and adventurers, but a special bunch has joined us for this year's edition.

The First Nations fund was dreamt up by St Michael's students (some pictured) to bring First Nations students on the Great Vic Bike Ride, and this year's contingent was spearheaded by Bianca (centre).

Other would-be riders have been held back by the weather after arriving in Melbourne and we'll miss them, but the fund will provide these opportunities for many years to come.

Jerseys pictured above are being awarded to one school each night, and there is merch available to raise money for the fund. Head to the hub to show your support!

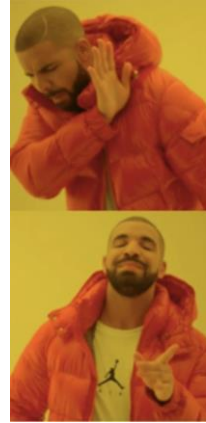
Happy pants



One thing about these conditions is it can bring out the best in people. Bicycle Network team member Jude experienced this first hand when departing rider Bridget kindly offered her waterproof pants before jumping on the bus back to Melbourne. Thanks Bridget!

Just for laughs

My cloning experiment has finally paid off – now I'm beside myself!



Bus for sick/injured riders

SAG Wagon

DAILY CROSSWORD

Herbs & Spices

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

SALT
CINNAMON
BASIL
PAPRIKA
DILL
CUMIN
OREGANO
THYME
NUTMEG
ROSEMARY
SAGE
TARRAGON
GINGER
ALLSPICE
TURMERIC
CAYENNE PEPPER
CLOVES
FENNEL
BAY LEAF