

*General information on Western Australia's long distance off-road cycling trail*

Planning your ride

Maps and distances

For the ease of planning your cycling trip, each trail map has been broken down into a series of suggested riding days. Each day's riding distance is approximately 35-40km and starts and finishes in either a town or campsite. The time it takes to complete each section will vary, depending on the terrain, your level of fitness, off-road cycling experience and whether you are carrying food and camping equipment. Experienced and vehicle supported cyclists may choose to lengthen the daily distance to suit. If you choose not use the Daily Ride Guide use the terrain profiles and distance tables to plan your own rides.

Please Note: Cycling on the Munda Biddi Trail is quite different to riding on bitumised roads or paths.

Cyclists should allow more time between trail sections and as a general guide you can expect to ride 2/3 of the distance you would normally cover on an open road or sealed path. However, this will depend highly on the terrain and the trail surface conditions in the area you are planning to ride in. It is strongly recommended that inexperienced cyclists do a series of day trips carrying gear, to test their fitness levels in preparation for an overnight or multi-day ride.

Check current trail conditions and suggested rides before each ride at www.mundabiddi.org.au

Bicycle computers are a useful tool to help you keep track of your cycling distance. However, they should only be used as a guide and cyclists should learn to use the distance tables and profiles located on the maps.

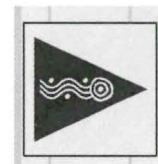
Trail users

The Munda Biddi Trail has been designed primarily for bicycles, although walkers are welcome. Horses, motorcycles and vehicles are not permitted to use the trail under the by-laws of the Metropolitan Water Supply, Sewerage and Drainage Act. These by-laws restrict access in drinking water catchment areas. The use of support vehicles is encouraged, however we ask you use the designated access points highlighted on the trail maps.

Trail feedback: The project team welcomes any feedback that will help improve the maps and trail facilities. Please contact the Tracks and Trails Unit with your comments or complete the online feedback form on the Munda Biddi page at www.naturebase.net

Signage and directional marking

The trail route is marked with a combination of aluminium tree markers showing a reflective blue Munda Biddi symbol on a yellow background and yellow posts along the trail (about a kilometre apart). They are placed vertically to indicate that the trail continues straight ahead, or horizontally to indicate the direction of a turn.



Yellow post

Gradients and surface conditions

The trail uses a network of bush tracks, firebreaks and old railway lines. The majority of the trail is on gently undulating ground, except where the trail enters and exits river valleys. The surface is predominantly compacted laterite (pea gravel) soils.

In some areas the surface may consist of loose gravel and can be slippery, especially in summer when the surface is very dry.

The best time to ride is late autumn into spring when the temperatures are mild and the surfaces have been compacted by the rain. If you are not experienced in riding on these surfaces, it is recommended that you practise with some day rides (also carrying panniers or using buggies) before embarking on a multi-day ride. If you are not confident riding down steep descents, it is recommended that you dismount your bicycle and walk it down.

Alternative touring routes

In the more difficult sections of the trail, touring routes have been established to make the journey more comfortable for cyclists with panniers. Touring routes are a combination of roads and forest tracks and are marked in green on the map. Inexperienced cyclists who feel less confident on hills may also wish to take the touring route.



Friends of the Munda Biddi Trail

The Munda Biddi Trail Foundation has been established to be the community focus for the trail. Members have been active in campsite construction and development of the trail. As the trail progresses, the Foundation's role will grow. Please contact the Foundation (see contacts) if you would like to be involved or to support the organisation.

Where to stay on the Trail

Camping out under the stars

Between Mundaring and Collie there are five purpose-built campsites approximately 35-40km apart, between towns. Each campsite contains a self-composting toilet, a camp shelter (that sleeps 20-25 people) two water tanks, a bike storage shelter and several picnic tables.



PLEASE NOTE:
The purpose-built campsites have been designated for fuel stoves only. Cyclists will need to carry a fuel stove or choose an alternative method of cooking to traditional open fires.

Other forest campsites

In addition to the shelters on the trail, a number of vehicle-based forest campsites with facilities are accessible nearby. Camping fees may be applicable for some sites. Campfires are permitted in most of these sites (in the designated fire rings), but not in very high or extreme fire danger months (November-March).

Code of the campsite

- There is no vehicle access into the purpose-built campsites except in case of an emergency.
- While the Munda Biddi campsites are free, there is no booking system for the shelters and space is on a first-come first-served basis. Always carry a tent.
- Groups of 10 or more are asked not to occupy the shelter before 6pm. Organised groups are asked to use the alternative vehicle-based forest campsites at Gooralong, Whittaker's Mill, Marrinup, Nanga Mill, Logue Brook Dam (Lake Brockman) and Waroona Dam (Lake Navarino).
- Leave the campsite in good condition. Use the brush and rake provided to keep the shelter tidy.
- All rubbish needs to be taken out with you.
- Please respect the environment and other cyclists by using the bike storage shelters provided. Parking and riding bikes in the sleeping and eating areas are a hazard to people moving around and can degrade surrounding bushland.
- Use the water in the tanks sparingly – other cyclists rely on it too.

Other accommodation sources

Alternative accommodation can be found in the towns along the trail. Contact the local tourist centre for more information (see contacts) or visit the Accommodation and Services Guide on the Foundation website.

www.mundabiddi.org.au

Preparing to ride

For more information on how to prepare for your ride, see *The Munda Biddi Off-Road Cycling Guide* published by the Munda Biddi Foundation.

Bicycles, carriers and tools

While a mountain bike is the most suitable bicycle for the trail, hybrid bicycles can also be used but only if they are fitted with wide off-road tyres. There is now a wide selection of carriers available for bikes, including panniers. Contact your local bike and outdoor store for further advice about choosing suitable equipment for off-road touring.

TRAIL TIP: For easier cycling and bike stability, keep your camping gear and pannier weight below 15 kilograms.

Make sure that you have your bike serviced and carry a comprehensive repair kit on your rides. The kit should include a spare tube, pump, puncture repair kit, tyre levers and tool set.

Wearing a helmet

A helmet is essential for your own safety.

It may save your life. Wearing a helmet is also a legal requirement in Western Australia. Invest in a good quality helmet, ensure that it fits correctly and that the straps are adjusted for a snug fit. Your local bike shop can assist you in choosing the most appropriate helmet.

Dehydration and water

A lack of water can lead to serious health problems. Symptoms of heat exhaustion and dehydration include feeling hot, faint, giddy, thirsty, nauseous, cramping and headaches. You should aim to drink 500-750ml every couple of hours. Remember to keep drinking after the day's ride to replenish fluid. If you do become dehydrated, rest in a shady place. Cool the skin with a damp sponge and drink cool water slowly. In the summer months your water consumption should be at least 500ml per hour. Never rely entirely on the rainwater tanks in the campsites.

Watercourses, streams and rivers are shown on the map. However, many water sources cannot be depended on for drinking water. Please ensure that you carry adequate water supplies. The purity of water from any source cannot be guaranteed. Riders are responsible for treating water. Options include boiling, mechanical filtration and using purification tablets.

Pests in the bush

Common pests to cyclists in the bush are ticks, mosquitos and March flies. It is recommended that you regularly apply insect repellent to avoid being bitten.

If you find a tick in your skin, the best way to remove it is to smother it with cream or Vaseline and then carefully remove it with a pair of tweezers. Avoid leaving the head in because this may lead to an itchy lump or infection.

While snakes are common they are rarely seen and will only strike if cornered. If you see a snake or goanna sunning itself on the trail, approach with caution. Quite often the snake will feel surface vibrations and move away before you even recognise it's there.

Safety and personal responsibility

Code to cycling in the bush

Plan ahead and prepare

- Always carry a map and understand how to read it.
- Ensure that someone at home knows your itinerary.
- Do not rely on your mobile phone.
- Ride to your ability and fitness level.
- Plan for extreme weather and emergencies.

Travel and camp on durable surfaces

- Protect the trail surface from erosion. Ride in the middle of the trail and avoid cutting corners, braking or skidding.
- Respect drinking water catchments don't swim or bathe in streams and use only the designated campsites and toilets along the trail.

Dispose of waste properly

- Take your rubbish home. Pack it in, pack it out.
- Where a toilet isn't available, bury human waste in a 20cm deep hole at least 100m from the trail and all water bodies.

Leave what you find

- Stay on the trail and avoid sensitive natural areas.
- Keep your tyres clean of mud to help prevent the spread of the dieback fungus.

Fire and impacts

- Open fires are not permitted in Munda Biddi campsites. Use fuel stoves for cooking and layered clothing for warmth. Alternatively use the vehicle based campsites if you wish to have an open fire.



Respect the wildlife

- Do not feed native animals or birds.
- Observe wildlife from a distance. Don't approach or follow.

Be considerate of others

- Be courteous to other trail users in shared use areas.
- Give plenty of warning and ring your bell at least 30m before passing.
- Tune into the sounds of nature avoid making loud noises at campsites and when passing private property.

REMEMBER to sign the trail logbook at each campsite giving your name, date, where you have come from and where you are going. If you are using a "trail name", ensure that your contact at home knows it.

REMEMBER your safety is our concern, but your responsibility!

First aid

Cycling can be a bruising pastime. Be prepared - do a first aid course and always carry a comprehensive first aid kit.

Look, lock and leave!

There are a number of vehicle access points along the trail, and some access points are in high theft areas. If you leave your vehicle unattended at an access point, lock it completely and do not leave any valuables inside.

The best times to cycle in the bush

Autumn, spring and parts of winter are the best times to cycle the trail. Spring in the jarrah forest is a true delight with the wildflowers in bloom. It is recommended that beginner cyclists avoid riding during the hot summer months from around December to March. Remember to always carry warm clothing when camping out because evening temperatures can drop rapidly.

Environment

Caring for your drinking water catchments

Most of the trail between Mundaring and Collie lies within Perth's drinking water supply catchments. Responsible behaviour from cyclists is important to maintain the purity of our drinking water. Please follow the following advice regarding sanitation and pollution.

- **IMPORTANT NOTE:** Camping outside the designated campsites in water catchments is not permitted. People found 'wild camping' outside designated areas are subject to prosecution under the by-laws of the Metropolitan Water Supply, Sewerage and Drainage Act.
- A self-composting toilet is provided at each campsite. Please use these facilities. If this is not possible, human waste should be buried 20cm deep and at least 100m from any stream, river or water source.
- Wash your dishes and yourself well away from any water source. Wherever possible, try not to use soaps or detergents.
- Sunscreen and insect repellent can easily wash off your face and hands into streams and pools. Try not to pollute these watercourses with chemicals.
- All rubbish needs to be carried out with you and disposed of in bins.
- To protect drinking water supplies, the following users and activities are not permitted in catchment areas or to have contact with water bodies: horses, trailbikes, dogs, marroning, fishing, shooting and hunting. Water Corporation rangers carry out surveillance in these catchment areas. Please report pollution to freecall 1800 626 636.

Environment

A northern snapshot

The Nyoongar people once inhabited these lands, creating their own munda biddis as they searched for food, water and shelter. In the northernmost section of the trail, cyclists will experience the rugged beauty of the Perth Hills as it follows the western edge of the Darling Scarp. In forest predominated by jarrah, the trail winds its way through river valleys such as the Helena, Serpentine, Canning, Dandalup, Murray and Harvey valleys en route to Collie.

The jarrah forest is also home to many native animals including the western brush wallaby, the brushtail possum, the western grey kangaroo and the emu.

Along the way, there are reminders of the timber-cutting era including old timber bridges and forest mill towns such as Balmoral, Whittakers and Marrinup. The old timber towns of Jarrahdale, Dwellingup, Nanga Mill, Willowdale and Collie are steeped in forest history and still display remains of that bygone era. Many of the old rail formations that cyclists will use were created to connect the forest camps to the large mill towns. Today these towns host new industries of bauxite and coal mining, and tourism.

Fires - wild and prescribed

The Department of Conservation and Land Management conducts a program of controlled fuel reduction burns in the cooler months, usually after the opening rains of autumn or at the end of the rains in spring. Should a burn be likely to impact the trail, signs will be erected to warn cyclists and indicate diversion. A controller will check the trail before the fire is lit. Should a wildfire occur in your proximity, don't panic. Quickly make your way away from the fire. Very few forest fires travel faster than cycling pace.

Forest disease - dieback

Dieback, a destructive root disease caused by the microscopic fungi *Phytophthora cinnamomi*, can cause enormous destruction to native vegetation and plant communities. On land managed by CALM, Disease Risk Areas have been designated which contain significant areas that are still free of the pathogen. Motor vehicles, trail bikes, mountain bikes and horses are not permitted to enter Disease Risk Areas without a written permit from a CALM Office. These are only issued in exceptional circumstances. Please note: The trail does pass through some small pockets of clean or disease free bushland. There are areas currently signed 'Dieback Free'. People cycling in these areas should not be concerned by the signage. However, cyclists are encouraged to stay on the trail at all times and reduce their risk of spreading the disease by brushing down their tyres before entering these areas.

Dogs and other domestic animals

Dogs and most domestic pets are not permitted in national parks, conservation parks, nature reserves and water catchments. Owners should also be aware that many areas are baited with 1080, which is fatal for domestic animals if swallowed.

Project partners

The Munda Biddi Trail would not have become a reality without the generous support and contributions from our trail partners and other supporters: Alcoa



Australia, LotteryWest, Department of Justice, Peel and South West Development Commissions, local government: Mundaring, Kalamunda, Armadale, Serpentine-Jarrahdale, Waroona, Harvey and Collie, the Water Corporation and the Waters and Rivers Commission.

Maintaining the Trail

Most of the trail is on conservation estate, managed by CALM. A network of Regional and District offices manages the general day-to-day operations of the trail, while overall coordination is the responsibility of CALM's Munda Biddi Trail Coordinator, based at CALM's Kensington headquarters (see contacts).

Useful contacts

Department of Conservation and Land Management

Tracks and Trails Unit

Phone: (08) 9334 0265

Email: mundabiddi@calm.wa.gov.au

Website: www.naturebase.net

Perth Hills District - Mundaring Office

Phone: (08) 9295 1955

Dwellingup Office

Phone: (08) 9538 1078

Wellington District - Collie Office

Phone: (08) 9734 1988

The Munda Biddi Trail Foundation

Phone: 0422 112 229

E-mail: foundation@mundabiddi.org.au

Website: www.mundabiddi.org.au

Tourist centres

Mundaring Tourism Association

Phone: (08) 9295 0202

E-mail: info@mundaringtourism.com.au

Website: www.mundaringtourism.com.au

Peel Regional Tourism Association

Phone: (08) 9550 3998 Web: www.peeltour.net.au

Dwellingup History and Visitor Information Centre

Phone: (08) 9538 1108 E-mail: dhvic@wn.com.au

Waroona Tourist Centre

Phone: (08) 9734 2051 Web: www.waroona.wa.gov.au

Collie Visitor Centre Phone: (08) 9734 2051

Website: www.collierivervalley.org.au