



# GREAT VIC BIKE RIDE



ISSUE 1: FRIDAY 22 NOVEMBER  
ROBE

Tomorrow's riding: Robe to Millicent



## WELCOME TO THE GREATEST GREAT VIC EVER!

Welcome to Robe, the starting location of the 36th iteration of The Great Victorian Bike Ride. Over the next week and a bit, we will embark on a journey that will be cherished for the rest of our lives as we hug the coastlines of The Limestone Coast and Great Ocean Road, traverse through the Great Otway National Park and finally reach the beauty of Torquay.

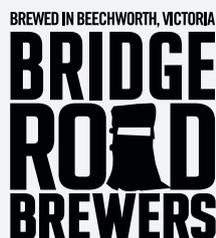
We don't take ourselves lightly when we claim that this will be the 'Greatest Great Vic ever', with stunning scenery, a challenging yet rewarding ride, and entertainment at every bend of our

adventure, we cannot wait to share it together.

With over 4,000 riders joining us on this year's ride, we are being supported by just more than 320 volunteers. Allowing for one volunteer per 13 riders, we guarantee you'll be well looked after the whole journey, from the road to the campsite, you can be sure you've got people looking out for you.

You can also rest easy knowing that any and everything going on with the towns we visit, people we meet, and stories we hear will be readable right here in The Good Oil.

### SPONSORS & PARTERS



### HOSTS





## ROBE: THE TOWN THAT TIME FORGOT

Known affectionately as “South Australia’s favourite seaside town”, Robe is a bustling seaside village full of rich history. Still boasting more than 80 historic buildings and sites, you can ride the streets and coastal pathways, reliving Robe’s remarkable history and the events that have shaped a town that time once forgot.

With the beautiful Long Beach just over 3 kilometres away from the camp site, fascinating architecture and a waterside pub, there is no shortage of experiences to be had on our arrival day. If you’re a history geek like myself, you won’t want to pass up seeing the famous ‘Cape Dombey Obelisk’, which has been standing since 1852, throughout history it prevented many shipwrecks and saved hundreds of lives!

## IN TOWN

### CHRISTMAS NIGHT MARKET

To celebrate the start of the Great Vic, the Robe Tourism Association have organised a Christmas Night Market! Showcasing local shops, community groups, wineries, food and other Robe specialties, it’s the perfect way to immerse yourself in the culture of the quaint village.

## AT CAMP

### BBQ BREAKFAST

Before we begin riding on the 23rd of November, Robe Primary School will cook us a BBQ breakfast at the campsite, perfect for energising before our ride!

### FUN FACT!

The longest single line of cyclists consisted of a whopping 1,186 riders! This was achieved in an event held in Bangladesh during December 2016.

## IN TOWN

### LONG BEACH

Long Beach at Robe is a safe family beach with gentle surf and is quite unique as its one of the few beaches where you can drive your car onto the sand. A unique part of Robe’s Heritage. It’s an ideal place to relax before we start our journey.

### CAPE DOMBEY OBELISK

Sitting atop a rugged coastline, Cape Dombey’s cliffs are eroding due to the forces of nature. Unfortunately, because of this, the Obelisk’s days are numbered. It’s estimated that within 5 years the cliff’s erosion will send the historic icon into the sea, so make sure to see it while you still can!

### CALEDONIAN INN

The Caledonian Inn is a historic English style pub in Robe. Over the past 160 years ‘the Cally’ has become a local landmark and the place to come for food and a drink by the beach in summer.

## WARBY TIPS

### Attitude

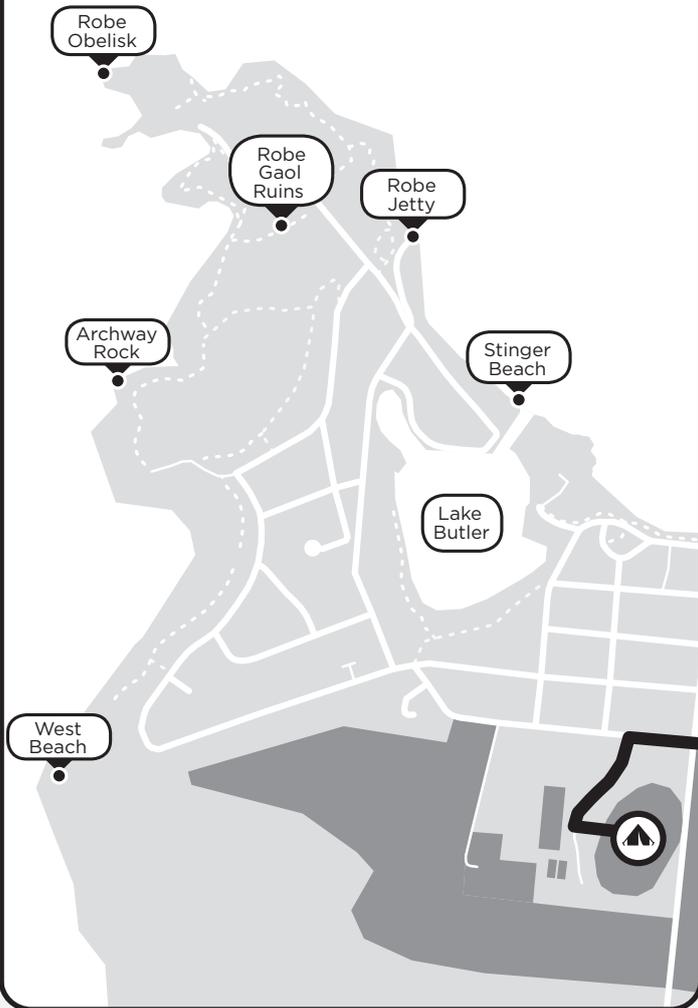
Enjoy the views, stop, rest and relax. It’s a holiday, not a race. You’re burning calories, you can afford the odd coffee and cake.

There is nothing wrong with walking up a hill, just be sure that you don’t get in the way of those still pedalling.

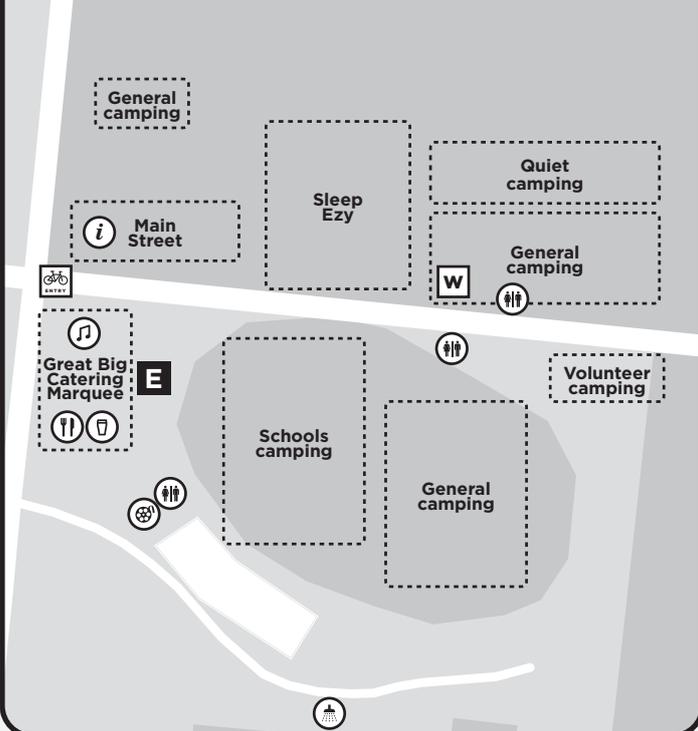
Get going early, particularly on hot days – beat the heat.

Never feel overwhelmed by a day or section of the ride. If it’s a big day, don’t think of the entire day’s ride distance, just the small section until your break. The worst that is going to happen is that you will be slow or need some help – neither of these conditions is terminal!

## ROBE AREA MAP



## ROBE CAMPSITE

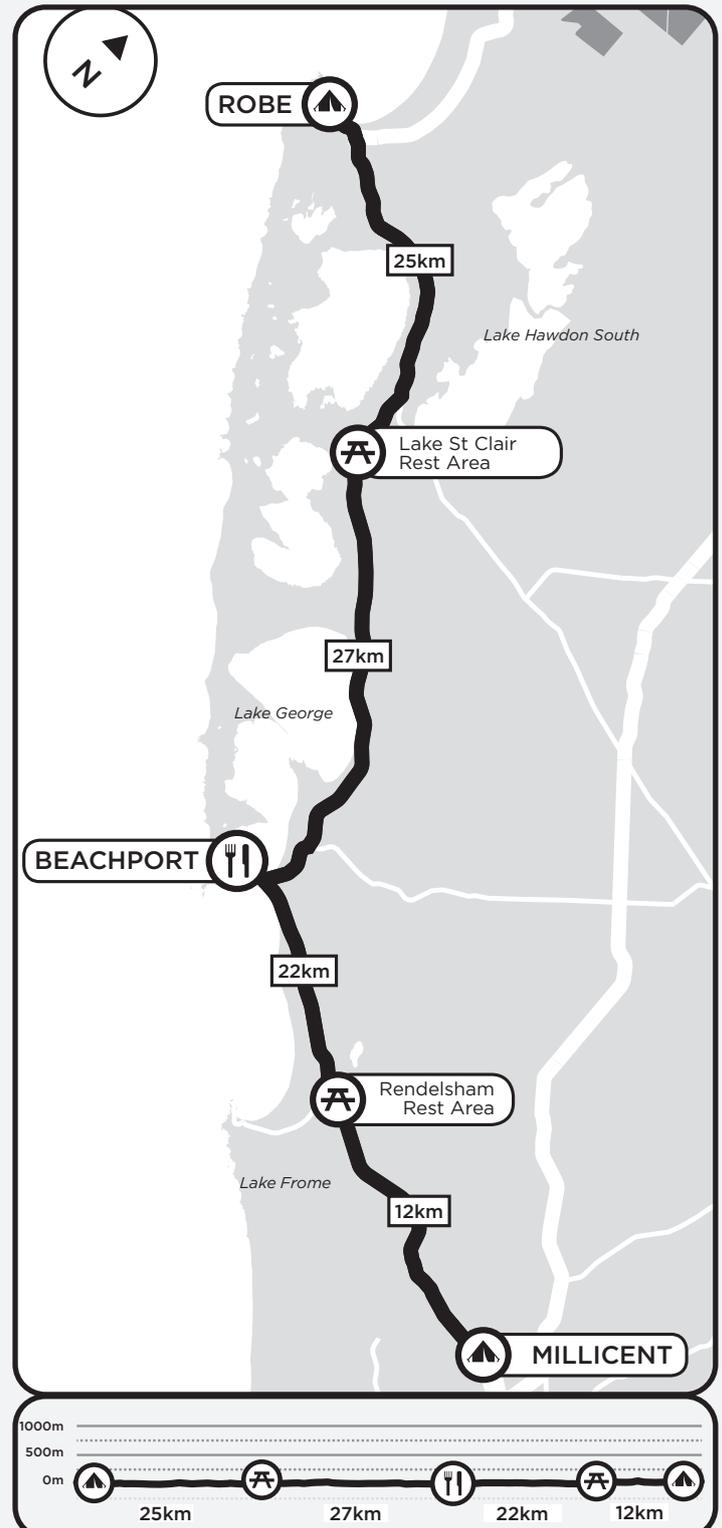


# TOMORROW'S RIDE

## Robe to Millicent

We'll ease into the first day on the bike with a relatively flat ride, hugging the coastline on the way to Millicent. Keep an eye out for Lake Saint Clair and be sure to take the time to explore the small coastal town of Beachport on your way.

The ride stops at Millicent overnight with plenty to see and do - the Millicent Swimming Lake is sure to be a favourite spot to cool off.



# TOMORROW'S MENU

## BREAKFAST

Porridge, cereals, muesli, yoghurt, fruit salad, fresh fruit, bread and condiments, gluten free cereal, gluten free muesli, tea, coffee, juice, milk.

## SNACK

Chocolate muffin, gluten free chocolate muffin, jam tart.

## LUNCH

### STANDARD:

Mexican Chicken Pita

### VEGETARIAN:

Mexican Pita

### GLUTEN FREE:

GF Wrap with Chicken & Avocado

### GLUTEN FREE VEGETARIAN:

GF Wrap with Roast Vegetables Quinoa salad with chickpeas

### VEGAN:

Roast Vegetable Wrap.

## DINNER

### STANDARD:

Butter Chicken with coconut rice & salad

### VEGETARIAN:

Chickpea spinach curry with coconut rice & salad

### GLUTEN FREE:

Butter Chicken with coconut rice & salad

### GLUTEN FREE VEGETARIAN:

Chickpea spinach curry with coconut rice & salad

### VEGAN:

Chickpea spinach curry with coconut rice & salad

## DESSERT

### STANDARD:

Cheesecake

### VEGETARIAN:

Cheesecake

### GLUTEN FREE:

GF Cheesecake

### GLUTEN FREE VEGETARIAN:

GF Cheesecake

### VEGAN:

V Cheesecake

# ENTERTAINMENT

## TONIGHT

### Main Stage

19:00 - 22:00: Calli Boys

### Outdoor Cinema

17:00: Fantastic Beasts: Crimes of Grindelwald

19:30: Bohemian Rhapsody

## TOMORROW

### Main Stage

19:00 - 22:00: Christy Wallace

### Outdoor Cinema

17:00: The Lego Batman Movie

19:30: Aquaman

### Bridge Road Brewers Bar

14:30 - 17:00: WILLnKO

## WHAT IS THE GOOD OIL?

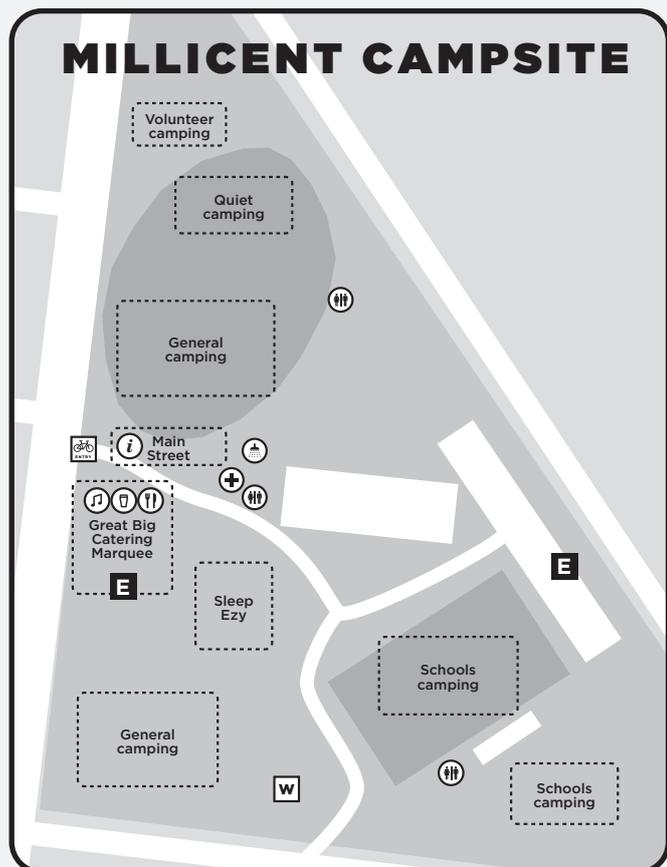
The Good Oil is the Great Vic's daily newspaper that is given to riders each evening and is a must read to ensure you, the rider, is kept informed on each day's happenings on the ride, and to get the real story about the tales you encounter while riding. It is our pleasure to take you on this adventure and you can be rest assured we will do our best to maximise your experiences throughout the ride.



# TOMORROW'S TOWN

**Millicent: A Community of Prosperity**  
Regarded by many as a hotspot on the limestone coast, Millicent is a vibrant and friendly community. Surrounded by pine forests, see if you can notice the distinctive aroma, as hidden within the woods is a pulp mill, paper mill and saw mill, all contributing to a scent of wood in the air.

After a relatively flat 86 kms hugging the beautiful coastline from Robe, make sure to pay a visit to the Millicent Swimming Lake to cool off. Elsewhere the town will also be buzzing with a street party and the annual Christmas light-up event. Also keep an eye out for the specially decorated bikes around the town!



## IN TOWN

### MILLICENT SWIMMING LAKE

The unique man-made Millicent swimming lake is set among spacious lawns and trees and is the perfect place to cook off after a long day riding. Plenty of shade is provided for shelter from the sun and a kiosk is available providing take away food and beverages.

### THE LIVING HISTORY MUSEUM

The Millicent National Trust Museum is amongst the best local museums in Southern Australia. The building started as a primary school in 1873 and was later converted to a museum in 1960. It features all the stories of The Limestone Coast and is a great place for historians of all ages.

## AT CAMP

### TACO FEAST

Millicent United Soccer Club will be providing a delicious variety of tacos on the 23rd including beef, chicken, fish, vegetarian, as well as gluten and dairy free varieties. The Soccer Club will also be selling fresh fruits and juices on both the Saturday and the Sunday, whilst their canteen will be open all of Saturday.

### BOOK EXCHANGE

Keep an eye out for the book exchange on Main Street - you can leave a book you're finished with and pick up a new one to read from the ever-growing library!

## **AT CAMP**

### **BACON AND EGG BREAKFAST**

Bacon and Eggs will be prepared on the Sunday morning by the Lion's club, as they send us on our journey towards Mount Gambier!

### **LASER TAG**

The stadium will also be hosting laser tag from 5PM until late, no booking is required and pricing is at \$10 for 4 games.

### **LOCAL BASKETBALL**

The Millicent MacJaguar Magic will be hosting the Horsham Hornets in a match for competition points at Millicent Stadium, next to the campsite. Entrance is only \$5 and chicken + beef schnitzel meals will be available for \$16. If you pre-book dinner, the entrance fee is waived!

## **ABOUT THE AUTHOR**

Hey! My name is Thomas and I'm the author of this year's Good Oil. I'm an aspiring young writer and am both excited and humbled that I've been given this opportunity to write this year's iteration of the Good Oil. I'm eager to meet as many of you as possible and hear any wondrous and crazy stories you might have! Don't be afraid to come say g'day or drop into the hub to drop off any story ideas for The Good Oil!

## **ABOUT OUR ENTERTAINERS**

### **CALLI BOYS**

The Calli boys are a dynamic pub-rock band that will recreate your favourite memories through classic song. With hits ranging from the 60's through to modern dance tunes, there is something for everyone in the Calli Boys' shows. You won't be able to help yourself singing and dancing the night away.

### **WILLNKO**

Willnko are a musical duo from Warnambool Victoria, their diverse range of styles, combined with their unique take on popular songs, makes them a popular choice for any function. They love a big crowd and are excited to play for you all!

### **CHRISTY WALLACE**

Christy Wallace, joined by her husband on guitar and son on drums, the trio's gracious approach has won over crowds wherever they go, with a focus on country-folk style, relatable original songs of life in regional Australia. This creative element is mixed with a repertoire of acoustic recreations of popular songs, from Johnny Cash to Paul Kelly, Kasey Chambers and The Beatles, with an easy-going and entertaining rock vibe. She is looking forward to sharing classic songs from the '60s through to recent times with Great Victorian Bike Ride participants during the Millicent stopover to unwind and sing along after a day on the bike.