

We will assemble pre-dawn on the South Perth foreshore, the "City of Lights" reflecting across the picturesque Swan River. Heading off at dawn, we will follow the river south and escape the city via a 40km bike path, crossing only a single small road. We then make our way via flat back roads to our first checkpoint and morning tea at the award winning Pinjarra Bakery (90km). Following this, we continue to meander south through farmland. A brief sortie onto the Bunbury Highway will bring us to the Leschenault Inlet, which we will follow down to our second checkpoint in Australind (173km). Leaving Australind, we skirt around Bunbury, travelling through more farmland and passing through the small towns of Dardanup, Boyanup & Capel. South of Capel we reach the tranquil Ludlow Forrest, which we pass through to reach the Sunset Coast as we head into Busselton (250km) for the next control, watching the sun gradually set over Geographe Bay and the Indian Ocean. At Busselton we turn inland on the isolated Vasse Highway before finally encountering our first hills at and the South-West Jarrah forests at 280km. Low rolling hills and increasingly thick forests accompany us into the night, passing through Nannup (310km) before reaching our first nights accommodation in Manjimup (370km) where cooked meals, showers & beds await us.

Rising before dawn we continue on though the beautiful Karri forests of the Shannon and Mt Frankland National Parks, moonlight filtering through the gaps in the trees before the first rays of the sun greet us. The rolling hills then flatten off and the tall trees make way for the coastal scrub of the D'Entrecasteaux National Park. One final climb brings us to the Tingle forests of the Walpole-Nornalup National Forrest and the long descent down into Walpole (490km) with glimpses of the Nornalup inlet through the trees as we go. We then head east, travelling over low coastal hills with views of the Southern Ocean between farms and woods to reach the town of Denmark (555km). A quick (or slow) bite at our eventual second night's accommodation will have us refreshed for the final outbound leg. We continue to travel east beyond the Denmark Inlet where we branch off the South Coast Highway onto the flat Lower Denmark Rd which then takes us to our destination, Albany (610km) on the majestic King George Sound. We do a lap of the town before heading back to Denmark (677km) for our second dinner and another well earned sleep, having ridden 307km for the day.

The third, and probably hardest day will see us continuing to retrace our path back along the South Coast to Walpole (743km), through the rolling Karri forests to Manjimup (861km) and on to Nannup (921km). Here we will diverge from the outbound route, heading North through forested back roads to eventually reach Brook Lodge in the apple capital of WA, Donnybrook (988km).

Our final day starts (after a sleep in and big breakfast) with 10km of low rolling hills, mostly down, before reaching the flat coastal plain. Here we rejoin the outbound route at Boyanup and retrace the final 200km back to Perth, flat all the way.